

LOOKS EAST

The Newsletter of The Rotary Club of Ipswich East
Edition 07-2021 : 14th April 2021

CLUB OFFICERS—2020/21
President: David Chittick
Sen V. President: Jo Banthorpe
Jun V. President: Steve Runnacles
Secretary: Tony Baker
Asst Secretary: Bill Robinson
Treasurer: Neil Hewitt

**Club Zoom Meeting with Guest Speaker
Dr Owen Thurtle : “Hidden Ipswich”
sights you may have missed”**

Tuesday 14th April starting at 7.30pm

George McLellan (VofT) and Ross Lunney (Notes for magazine)



*April
Neill Keveren
Bob Parker
Janet Dillaway
Michelle B-Margetts*

Our last Rotary meeting was a first for Ipswich East since our two presenters were talking to us live from Mexico.

We had an excellent presentation from Rubi Alcerecca and Maria Luisa Gonzalez about their charity called ‘Albatros’.

It was a treat to welcome them to talk to us with the help of modern technology. Our note taker was concerned at the start that he was going to need the help of a personal translator, but all was well.

The shocking fact is that Mexico has a population in excess of 126 million people of which 20 million of those have a disability that affects their day-to-day lives.

Albatros is an organisation set up to help people with any kind of brain injury through different kinds of therapy in their home town of Colima on the west coast of Mexico.



Comprehensive Rehabilitation

<p>Cognitive development</p> <ul style="list-style-type: none"> • Focused on activities that stimulate our student learning skills. 	<p>Motor development</p> <ul style="list-style-type: none"> • Focused on caring for people who cannot walk or have problems controlling their bodies and need permanent assistance. 	<p>Language therapy and alternative communication therapy</p> <ul style="list-style-type: none"> • Aimed at users who have difficulty speaking or those cases where oral language is not possible. 	<p>Vision therapy</p> <ul style="list-style-type: none"> • Aimed at correcting visual problems. 	<p>Hydrotherapy</p> <ul style="list-style-type: none"> • Water activities to aid in motor development.
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Maria became involved when her son was diagnosed with cerebral palsy.

We learnt that Maria’s son is now 19 years old and has made great progress; he has completed his education at a regular school and is now able to get around without a special chair which he has had for some time.

Colima has a population 731,000: 5.5% of them have some form of disability.

Few charities in Mexico deal with all disabilities. Albatros provides a huge range of services.

The purpose is complete rehabilitation with a focus on discipline and love and respect for every kind of ailment. The work is based upon a human rights approach and gender perspective. Rehabilitation takes the form of improvement in health and both school inclusion and work inclusion. Students are provided with workshops with the aim of re-introducing them into the outside world.

The main spheres are a) cognitive development with activities to stimulate the students through learning skills, b) motor development helping those who have problems with walking, c) language therapy for those who have speech problems, d) vision therapy for those with visual problems and e) hydrotherapy which provides water activities to aid motor development.

We are...

As a Private Assistance Institute, our mission is to help achieve school, work and social inclusion for people with disability through the development of their skills.



In 16 years 500 students and families have been helped by Albatros and currently the charity is helping 60 people between the ages of 5 months and 76 years.

We heard that the charity is supported by physiotherapists, psychotherapists, psychologists and teaching technique specialists. It costs approximately £91,000 per year to run the charity. Funding comes from many sources including from abroad.

Whilst it might not seem much to us in the UK, £91,000 is about 2,600,000 Pesos. But there are 33 people on the payroll.

To put it into context, the cost of living is low (compared with the UK). The minimum

income is £3 to £4 per day. Eva who acted as translator during the Q&A session, told us that an income of between £200 and £300 a month is not unusual.

Funds for the charity are secured in a variety of ways - from the users themselves, state and municipal government subsidies, open calls for funds, donations from companies and individuals and productive projects such as recycling, and making of t-shirts and tote bags.

Albatros is the only charity of its kind in the whole of Mexico. They have a national award for their work. It was fitting that we should ask about life with Covid 19 in Mexico. It seems the situation is complicated - Colima is on 'yellow' alert which indicates a low rate of transmission. However, the numbers are unreliable and few tests are undertaken. There are no official restrictions on mixing and movement - we draw our own conclusions of the impact that has.

Well done to Eva for getting her sister to talk to us and as Ian Lord said in his vote of thanks, if we are considering helping an international charity in the future then "Albatros" is something we might like to consider.

Finally thanks go to our guest speakers Rubi and Maria with a very big thank you to Eva Alcerecca, Rubi's sister, for organising it.

Here to help

Since we started, we've helped over 500 people.

Currently, we're treating 60 people between the ages of 5 months and 76 years with ailments such as:

- Cerebral palsy
- Down's syndrome
- Autism
- Microcephaly
- Intellectual disability
- Hyperactivity
- Attention deficit



A Thousand 100s Program

Support the rehabilitation of people with disabilities in Colima Mexico



https://www.paypal.com/donate?hosted_button_id=8EAR7CGG6G4C4

querer es poder

David Knights,
Ed Nicholls and Alan Forsdike

Forward Programme of Meetings

Tuesday 27th April	Zoom Club Meeting with guest speaker Lewis Tyler 'Keep Smiling - the Golden Days of BBC Wireless Humour' <i>Duty Rotarians: Bob Parker (VoT), Bill Pipe (notes)</i>
Tuesday 11th May	Zoom Club Meeting with a talk from Suffolk Family Carers on supporting Young Carers during the pandemic <i>Duty Rotarians: Richard Porter (VoT), Toby Pound (notes)</i>
Thursday 13 th May	Annual Golf Day (see article in this newsletter)
Tuesday 25th May	Zoom Club Annual General Meeting (<i>grant distribution put to member vote</i>)
Tuesday 8 th June	Zoom Club Assembly
Tuesday 22 nd June	Zoom Club meeting with guest speaker (tba)
FIFTH TUESDAY OF JUNE	
Tuesday 29 th June	50 th Anniversary lunch at 'The BoxTree' Restaurant founder members will be guests of honour presentation of commemorative gift to founder members also distribution of commemorative lapel pins



Tuesday 13th May 2021 Ipswich Golf Club

The Golf Day will be an important event this year as it is one of the few opportunities to raise money for our Benevolent Fund.

If you wish to sponsor a hole or green for £100, contact Chris Harrall on

01473 726655 or chrish@charrallassoc.com

Please also contact Chris if you (as a member of Ipswich East) intend to enter a team this year or if you know of any other potential golf teams.

We currently have 23 teams to date, so there is capacity for a further 7 teams. It would be good to secure 30 teams to maximise revenue.

If you wish to donate a prize for the raffle, which usually raises £650, you can drop it off at Chris' home or he will arrange collection.

Unfortunately, we are unable to offer any discounted green fees to Ipswich Golf Club members, as Kevin Lovelock, manager at IGC has offered us a very beneficial green fee.

Marathon Report

Jo Banthorpe did it! She fulfilled her personal challenge and here is her full report. There is still time to donate to her benefitting charity.

Just over a week ago I ran my first (and last!) full marathon to raise funds for Suffolk Mind's 'Sammy the Sea Squirt' emotional resilience project for youngsters, and also for local small charities supported by the Club through our Benevolent Fund distributions.

Having set a target of £500, we have now raised £1,524 to date, thanks to the 57 mostly non-Rotarian supporters!

After 15 months of training, which involved running three times a week plus one cardio session, I felt as ready as I'd ever be!

Actually, that's a lie. I didn't feel ready at all. I should have had an additional three months of training if I was to run the marathon in June as planned. I can't blame the pandemic for curtailing my activities, but the reality was that I'd had enough, both physically and mentally.

When it looked as though the Orwell Challenge would be deferred until September I grasped at the opportunity of a quick exit. Not being a quitter I knew I had to complete this run, but I just couldn't keep going with the training much longer, certainly not until September!



Treasures in Orwell Country Park and (below) a touching memorial at Nacton



We all know that exercise and movement are extremely beneficial for mental wellbeing - but marathon training IS NOT!! It is an unnatural stress on the body and for months on end you're pushing the pain and endurance barriers, expecting the body to cope with more and more.

I see enough people through my line of work who are struggling physically and mentally through stress and I realised I was becoming one of them! I felt constantly exhausted, especially after going back to working full time after Lockdown 2; but most importantly I felt stressed at the thought of my next run, particularly the weekend long runs which were lasting 2 - 3 hours towards the end. I'd then be completely shattered for the rest of the weekend, and never fully rested in order to start a full working week.

And so with huge apologies to the Orwell Challenge Team for not being able to hold out until June, I decided to thrash it out last Saturday, just before Easter. And no - I didn't feel ready at all!

On my penultimate training run my hamstring started playing up and I had real problems with walking, stairs etc. Even gentle stretches made it feel much worse.



Congratulations, this activity is your longest run on Strava!

Distance
42.20 km

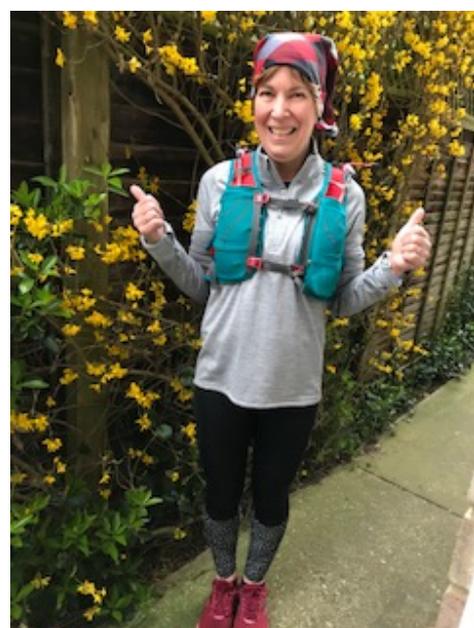
Avg Pace
8:02 /km

Moving Time
5:39:04

Elevation Gain
177 m

Calories
2,248 Cal

Avg Heart Rate
155 bpm



Tam - ready for the off.

The three weeks leading up to the marathon was meant to involve a few short 'taper' runs just to keep things ticking over, and plenty of carb loading. The carb loading I could do - no problem, but I could hardly walk, let alone extend into a trot for any length of time!

I'm very aware through my work practises that the brain plays a huge part in the pain response to injury. The brain's job is to keep the body safe and very often it will send messages of pain which are far in excess of what the injury actually warrants. So I realised that much of what I was experiencing wasn't down to the injury at all - I just had to convince my brain of this! Pushing through injury had worked in the past, but this one was a lot more tenacious than previous strains and niggles.

So basically I stopped all training three weeks before the run, save for a very gentle 3K trot to experiment running in a hydration vest just three days before my planned run. The hamstring was distinctly unhappy after this short run and I realised then that to run a full marathon with this injury was going to REALLY hurt!!

So leaving nothing to chance, I had my butt taped up with kinesiology tape and preloaded with ibuprofen the day before the race - and just went for it!!

My thinking was - what's the worst that could happen? We'd planned a route that had virtually no hills and I was determined to get round, even if it meant I had to crawl! I'd also awarded myself a week off work to recover, so as long as I could hobble after that I'd be OK, right?!

And here's the thing. After the first half hour, I didn't notice the hamstring at all - not only that, it didn't hurt even a tiny bit afterwards either, and nor has it since! It is in fact completely cured!! So how much of that pain was my brain kicking in to protect my body?

The run itself was amazing!! It was just a brilliant day - perfect weather (cool, with a breeze), really dry under foot and with wonderful support from family members and Eva - who scurried around the countryside trying to find me as the live tracker didn't work as expected. (Thank you Eva - it meant such a lot!)

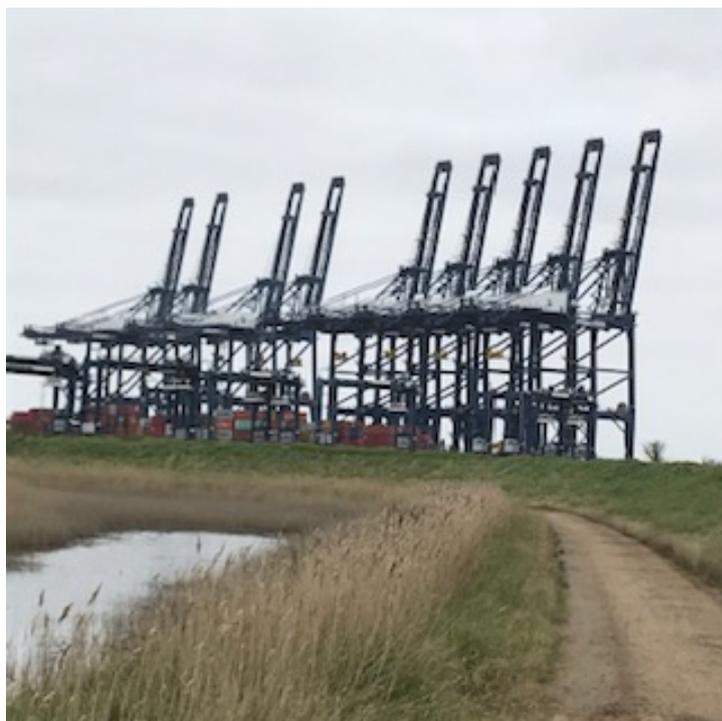
I was sad not to be able to follow the Orwell Challenge route exactly, especially the bit along the foreshore, but I took heed of advice and for once in my life and made the decision to make life as simple as possible - hence the flattest route we could find!



Towards Levington Marina with run buddy Kate (aka, 'Ironman Queen')



Trimley Marshes



Nearly half-way round!



Rare selfie with run-buddy Kate.



Track up to Cordy's Lane.



Keeper's Lane - whopping willow!



Venison sausages and burgers for sale at Purdis

I had offers from family and friends to run various parts of the route with me. Initially I felt overwhelmed and pressured by this - I didn't want to hold them up, or struggle to keep pace

with them. But once again, I fought my head and agreed to run the Levington Loop with a long lost school buddy (a 26-time Ironman veteran, no pressure then!), and the final leg with my son and his partner pictured right.

They were all great company and made the time go really quickly. I felt no pressure to keep to pace - we all just went with the flow!

My total run time was 5 hours 39 minutes - and it went in a flash! Not at any point did I feel I 'hit the wall' as they say, neither was I willing for it all to be over. I didn't check my watch for distance or pace at all and felt I reached the landmarks really quickly. Despite carefully plotting the route, we were 2K short of the distance at the end (I may have cut off a few corners here and there!) so I had to add on an extra loop through Landseer Park, but even that didn't feel demoralising in the slightest!



I realise now that it is well documented in athletes who compete with an injury or who are in recovery tend to perform much better than expected. This is because the brain kicks in once again and gives permission to fail or to perform below par. I'm sure this is what happened here - I'd completely absolved myself from the limits of stress and expectation and just thrashed it out - and had a great time!!

So for all those months of saying how much I hated running, I now realise it's not the running I hate but more the pressure I had put myself under to keep up with the training.



Way marker, Rushmere Heath.

And what's next?

I will definitely keep up with running. I love exploring new paths and there are so many out there waiting to be discovered! I don't need to go out in all weathers though, and will be avoiding frost and searing heat!

I definitely don't need to do another full marathon but maybe a half marathon at some point (certainly not this year!)

Lessons I've learned:

- 1) Remember to pick your feet up! (I took a tumble halfway round and ended up with a fat lip and a Shrek nose!)
- 2) Listen to, and trust in your body
- 3) Don't get hung up in the process, try to make time to enjoy the scenery
- 4) Accept all offers of help (the hardest lesson for me!)
- 5) Get out in nature and appreciate what we have on our doorstep
- 6) Great journeys are never about the destination; travel is a search for the self. If you wander around long enough with your eyes open, soon enough you'll find things!



A bad case of runner's toe-nail!



24 hours later, a fat lip and a 'Shrek' nose.

Photographic Memories of Ipswich East Rotary Club's Strawberry Supper at Station Farm 2013





Socially Distanced Tea in the Freezer - oops! garden

You might not recognise some of these people with their pandemic haircuts.

In case you are struggling, it's Chris and Anne Banham, Steve and Belinda Runnacles, and hosts Tony and Liz Baker.



Tony got so cold, that tea-cosy came in useful!

It may have been cold but Tony says they all had a good fun time together.



Rotary District Assembly - President David reports...

We live in exciting times, Rotary is committing itself to change. It is hard to believe that it is a year since I attended the District Assembly this time last year. The meeting on Saturday last (10th) was slick and had an ambitious message (it will be available to view on the District website). The future of Rotary depends on Rotarians at club level working within their clubs, and clubs teaming up towards common goals. The two subjects that are going to be addressed at National and District level are the environment and Peace and Mental Health- brilliant! Ian Elliott is teaming up with 3 other districts to work on a strategy for his year.

We heard from the DG elect Keith Brownlie from District 1240 (largely Essex) and Karen Eveleigh DG elect of Thames Valley. They are going to make a great team. Our District is proposing to elect members of the board for 3 year terms. The executive will be smaller in number and is looking to make the organisation run more efficiently.

We have an inspirational leader for the next year at International level. Skehar Mehta is President elect of Rotary International. When he talked about membership, he pointed out that there are 1.2 million Rotarians world-wide. This figure has stayed the same for the past 20 years. He would like the number to increase to 1.3 million by the end of his year.

He recognised that women in the world need to be empowered, we need more women in Rotary. He gave the example of women's education in India, most start in the educational system but a large proportion drop out, often due to health reasons but also due to the risk, he inferred, of rape or other abuse particularly on their way to school. He has been involved in a project to provide girls with bicycles which has helped the situation, great idea!

The focus according to Nicki Scott is on letting prospective members know why we joined Rotary and find out why they might like to join. Many Rotary groups could grow or new ones form through taking on specific causes people have within a community. We need to work within our communities to develop and support projects that help others. This will make us more relevant and help us to adapt to the needs of new members. She proposed that we add a fifth criteria of the 4-way test. Projects should be fun and yes, we can take risks, there is no one policing us in Rotary!

Saturday 17th April 10am is the next session and is on Membership and Foundation. Book on-line via District 1080 website

Hands Across the Pond

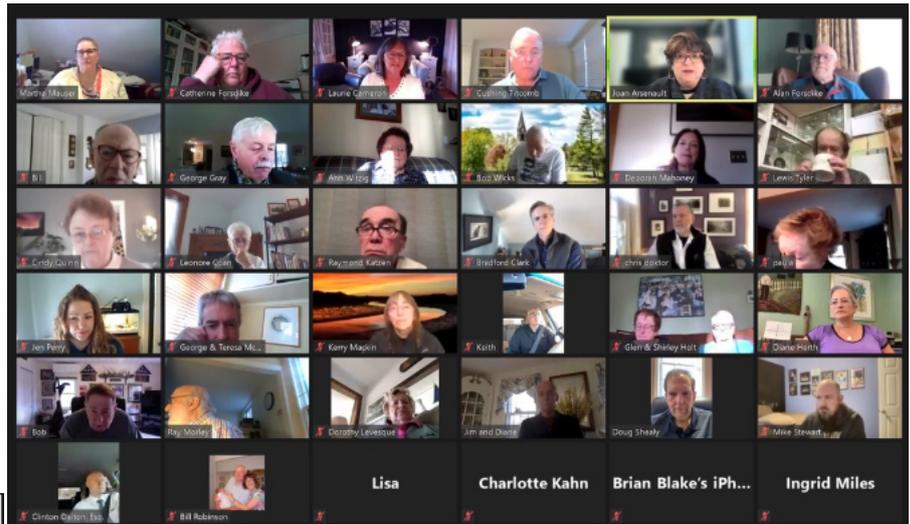
“Well this is a first for me!”

So said your Editor Alan Forsdike when he addressed the RC of Ipswich Massachusetts at their breakfast meeting on 7th April

Fortunately for Alan, it was lunchtime in the UK but he'd been up hours and was freshly windblown from 4 hours at Trinity Park.

President Martha found herself without a guest speaker the day before and invited Alan to tell her club about the effect the pandemic had had on life in Ipswich UK and what Ipswich East RC has been doing in response.

Lewis Tyler, George McLellan and Bill (and Marleen) Robinson joined the call when Alan, aided and abetted by Catherine told the tale. We were 36 in total on the zoom call and everyone enjoyed seeing each other across the pond. There was a good range of questions and comments after. One of their members, Sister Leonore gave a beautiful and heartfelt vote of thanks to our club for what we have been doing.



Here is the text of Alan's presentation...

On Friday 29th February 2020, Catherine and I boarded a plane to fly to Durban, South Africa via the Dubai Hub. There had been some talk in the news about a virus. There was nothing at Heathrow or Dubai airports about taking precautions. However, at Durban we were questioned as to how we felt and had our temperatures taken.



We had a terrific holiday (that's another talk in itself!). On the evening of 15th March we sat in the bar of our hotel reflecting on our stay as we drank our final aperitif.

The TV was on and suddenly there was an announcement from the president of South Africa. From the next day, as a precaution against Corona Virus (as it was then called) he was shutting the borders. You can imagine that rather changed our mood.

We did fly out of Durban the next day and once more broke the trip at the Dubai Hub. It was very quiet. The flight boards were littered with the ominous 'cancelled' notice. People were feeling tense.

We were lucky, we left Dubai and arrived several hours later in London Heathrow expecting health checks before we were allowed in. There were signs up instructing us that if we experienced any of the following symptoms, (you know the list) we were to self-isolate for 10 days. Nothing more; no temperature checks, no testing. That was it and, with the benefit of hindsight, that's where the UK started to go wrong.

Catherine and I were wary. We did some essential shopping back home in Ipswich and stayed at home. Well of course events quickly caught up with us because the next day our Prime Minister announced he was going to put the whole country under lockdown from 26th March for three weeks. Great, we thought, it will all be over soon.

Ha! On 16th April that lockdown was extended for at least another three weeks but Boris bravely announced on 30th April that we were 'past the peak of the pandemic' giving details on 10th May for a conditional lifting of the restrictions.

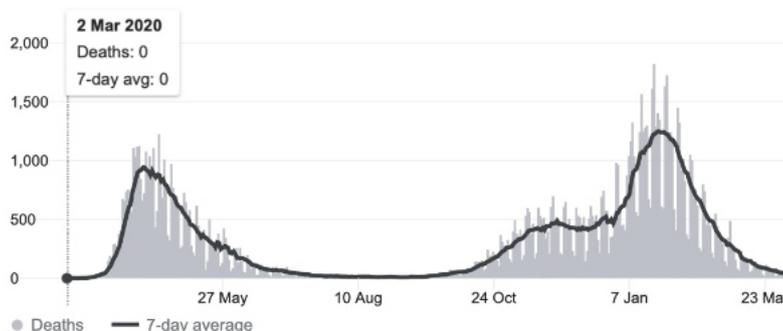
So from 26th March, everything that was not classified as essential had stopped. People (including our daughter) who could not work from home or were not in an essential key-worker position were furloughed at the government's expense.

Life did open up from 1st June when schools began to reopen, 15th June when non-essential shops reopened and on 23rd June we were told that the 'national hibernation' was coming to an end. It didn't.

For a little while it was OK - some venues such as theatres and concert halls were able to offer events with reduced numbers sitting at social distance. We were encouraged to '*Eat Out to Help Out*' with meals discounted by the government by 50% up to £10 a person. The weather was good - there were no holidays as such but we could have days at the seaside.

What of course I've not yet mentioned was the illness and deaths that were occurring whilst we enjoyed the qualified freedom.

When Catherine and I left for South Africa, there were no deaths from Covid-19. By the time we came back (15th March) there were 14 deaths in the previous 24 hours (a 7-day average of 6) a month later, on 18th April, we were running at 1,000 deaths a day. By the end of July that had dropped to 15 a day but started to climb quickly again in mid-September peaking at the end of November with 520 deaths a day. (The population of the UK is just under 68,000,000.)



That's a guide to the death rate but there was also a huge number of people very ill in hospital who needed to be on a ventilator. At vast expense and astonishing speed about 7 temporary large scale critical care "Nightingale" hospitals were constructed using exhibition spaces which were standing empty. Fortunately, they were not much used and have since been repurposed.

But back to day-to-day life... To restrict the number of people who could meet, the 'Rule of Six' was introduced on 14th September. That meant 6 people could sit together outside, socially distanced to eat and drink together. Catherine and I hosted many such gatherings and there were a great way of seeing friends all the while the weather lasted! We are fortunate in having a sheltered area with a large table, an awning over the top and light and heat. We sometimes sat out there in pouring rain.

That Rule of Six remained in place until the beginning of January this year and from last Monday has now been reintroduced.

The second lockdown was announced on 31st October because the number of deaths had been creeping up since the end September. That lockdown lasted from 5th November to 2nd December. It didn't mean a return to normality because the country was divided up into tiers with varied restrictions. It was horribly confusing.

On 24th November we were told that three households would be able to meet up during during a five-day Christmas period of 23rd to 27th December. Many people were sceptical. We could see it would undo all the good. Indeed the death rate was still climbing on 19th December when Boris told the county that we could not meet for Christmas after all. Clearly some did for the death rate climbed fast in January as the second wave took hold.

So the third national lockdown began on 6th January. It was no surprise to anyone with a bit of sense. The peak in deaths in the second wave was on 20th January with 1800 deaths (1200 on the 7-day average) higher than the peak of the first wave.

[Contd...]

The third lockdown has been successful not just because of the restriction on movement which reduces the transmissions rate but because the medical treatment of Covid cases has improved enormously as I'm sure you know so more people are surviving Covid.

The third reason is that the UK began the gargantuan task of vaccination in January. That's where some members of Ipswich East Rotary Club have been busy.

Just before I move on to that, I will add that the number of deaths nationally for Tuesday this week was 20 with a 7-day average of 30 so it has come down enormously. BUT we mustn't forget that 127,000 people have died within 28 days of having a positive test.

I should also add that the social and economic cost has been enormous. Care homes remain closed to visitors even after a year. Weddings cannot be held at present (that changes soon) funerals can be attended by no more than 30 people and there are no gatherings afterwards. Churches are opening up again now but under severe restrictions. From next Monday hairdressers, gyms and pubs can reopen - again with restrictions. Food and drink have to be consumed outside only. On-line shopping has boomed. Businesses have closed. I'm sure a lot of this is familiar to you.

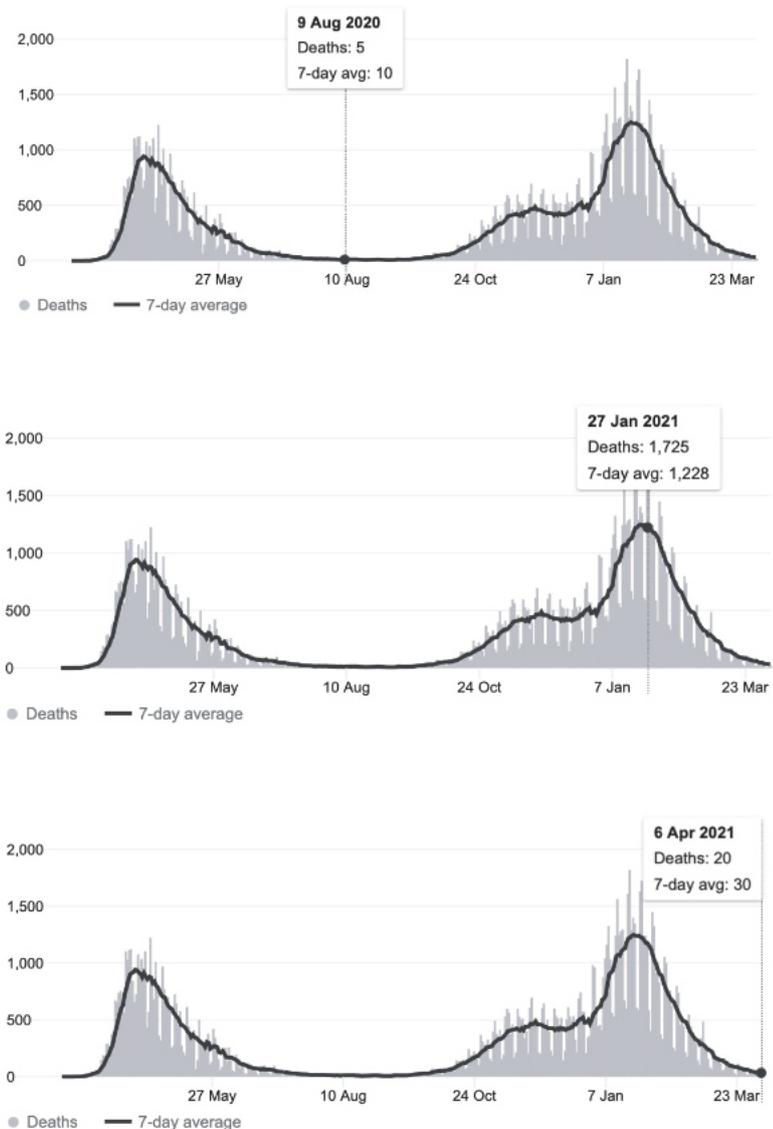
Good news locally, just 3 people tested positive in Ipswich yesterday. (There were 61 on the same day last week). Tuesday there were no deaths in Ipswich (there have been only 2 in the last 7 days), 3 people were admitted to hospital bringing the total in our two area hospital (Ipswich and Colchester) to 29 of which just 2 are on ventilators.

So to vaccination...The first vaccination using the Pfizer vaccine was given on 8th December. So began a mass vaccination programme nationwide. Some GP practices began immunising straight away but that was not going to be fast enough - they still needed to do their other work. Groups of practices have been working together and our hospitals too have been holding daily clinics. So far the UK has given the first dose of vaccine to more than 31,000,000 adults. That's more than 50% of the population. In Suffolk the figure for people over 50 is presently more than 99% who have received their first jab.

That's where Ipswich East came in... Some of our members have been meeting on Zoom twice a month since last May but for a group of people who, like your club, enjoy getting their hands dirty, members were getting a touch of cabin fever!

In the middle of January a call was put out for volunteers to assist with marshalling car parks and crowd control at a local mass vaccination centre set up on the outskirts of Ipswich. The Trinity Park centre is one of 5 run by a federation of Suffolk GP Practices.

Around 20 members who were fit and able (not shielding or clinically vulnerable) were keen to get stuck in.



We are there 2 or three of us at a time covering three shifts a day from 8 in the morning until 8 at night. Trinity Park can easily vaccinate 800 people a day. The maximum was 912!

Catherine and I have completed 37 shifts between us so far. We love doing it - it give us something to do outside of our house and garden, we are in the fresh air and we get to talk to people.

I say fresh air... the Trinity Park site is a vast open field with not much to stop the wind. Even on a sunny day in June it can be darn cold up there. When we (unusually) had 9 inches of snow on the ground in February and the air temperature was -2 C (that's 28F to you!) with a wind blowing over all that ice it was very cold BUT we did it cheerfully and willingly.

Being a volunteer marshal is not just a case of waving people into a parking space and pointing them to the main entrance. There is the softer side of reassuring folk, getting the wheelchair, working the crowd and arranging the queue...

It's dashing round the car park when people have been asked to wait in their cars saying, *"They're ready for the 10.15am appointments. Don't rush but make your way over now please."*

We listen patiently to stories and smile behind our mask (you have to show empathy in your eyes). We had one lady this week who was visibly shaking with nerves. There was another who had been nursing a dying dog all night. We need to listen and show empathy.

People are understandably worried about being out and what was going to happen to them. But they are also excited about the prospect of getting out and a return to something approaching 'normal' life.

Some come lightly dressed ready to bare an arm (and think the man on the door might be doing it). One lady came expecting to wind down her window to be jabbed and then drive on!

We gently reassure, we encourage carers and accompanier that, *'Yes, you can go in with Mum/Dad/Uncle/Aunt...'*

We negotiate with taxi drivers: *"Could you wait? He's only going to here for 10 mins and there's no-where for him to wait for you to come back."*

We negotiate with the bookers-in: *"I've a lady here whose appointment is not for an hour but she's unable to stand for long. Can you see her now?"*

And when those jabbed come out and trot back to their cars they wave and say, *"Thank you very much. You're doing a great job!" "Thank you for your welcome and cheerfulness."*

It's wonderful to be out in the fresh air doing some practical Rotary Service. It's great to actually talk to people mask-to-mask.



It's good to be able to offer help and assistance and be friendly.

Although our role as marshals is pretty insignificant compared to the army of doctors, nurses and clinicians, it is still a very good feeling to be part of something so vital to the country as a whole.

This is what we've missing all these months of incarceration - true Rotary 'Service Above Self'.





At our last business meeting members agreed to support the Rotary Forget-Me-Not Project.

This is a low cost project with the aim of raising the Club's profile within the local community, whilst also sending out a message of positivity as we ease out of lockdown. The name of the plant is poignant in that it will stand to remind us of those who sadly lost their lives to COVID.

Members are invited to grow forget-me-nots from seed, prick them out individually into eco-friendly newspaper or toilet roll pots and distribute them for free to their local school, neighbours etc or to have them at the end of their drive for passers-by to pick up.

I hope members will source and fund their own seeds (prices from about 45p for 200 seeds) and compost (£5 or 6 a bag at B&Q).

You will need to make your own newspaper/toilet roll pots - see the link below for instructions:

From newspaper:

<https://m.youtube.com/watch?v=pSjab0Re2fA&feature=youtu.be>

Or from toilet roll centres:

<https://m.youtube.com/watch?v=XjdeX0g34e0&feature=youtu.be>



Seeds can be sown anytime from now until July. Early sowings may flower this year but most will flower next Spring. They will self seed, will grow almost anywhere, are bee/pet friendly and are non-toxic.

You will be emailed an information sheet to print off with the Rotary logo on it, the Club's website details and simple planting instructions for the recipient. This can be cut up and stuck to the newspaper pots to help spread the message and the word of Rotary.

If you would like to participate in this project then please let me know - jo.banthorpe@btinternet.com or 07918 145399 - and indicate where you intend to distribute your plants, so that we don't end up doubling up.

I hope we can all join together to spread the word and sow some joy! Thanks, Jo Banthorpe.



John Button writes:

We have advertising banners for the *Orwell Challenge* and need to get these up in prominent visible places around Town and the surrounding areas. If you live on or run a business on or adjacent to a major road or well-used through-road please offer to put one up.

Let me know if you are able to help in this way – I will then arrange to get a banner to you.



Waiting for Kluuny

Bröckedde is located in the heart of Germany - where the Rhine and Danube flow into the beautiful Bröckeddesee. This is where RC Bröckedde meets in the Bröckedder Hof - every Wednesday at 1 pm in the Salon Hindenburg.



Alexander Hoffmann 01.04.2021

A rumour started its rounds through the networks; just in time for the new season (claimed Friend Moosblume on Facebook, as a keen practical joker and April fooler). There was to be a new director for Bröckedde's much loved theatre - none other than George Kluuny.

"Wherever he's worked to date" she wrote admiringly, "there's always been a new lease of life and he has a formidable reputation".

Echoes eventually reached President Pröpke, who remarked at a committee meeting, "Kluuny would be a great asset for the Club and certainly a change from our doctors and accountants. Does anyone know anything more?"

Bopper, Bröckedde's leading baker, hadn't actually ever been to the theatre as he was always in his bakeries at 4:00 am. However, he did still offer that he had only heard good things about Kluuny. Munzinger, the investment banker who loved to show off his Broadway tickets, had also never been to Bröckedde's theatre but remarked rather caustically that he (Kluuny) was a bit of an imposter, who had apparently wrecked the theatre at Strumelien. Friend Zitterlohe, editor of the Bröckedde Gazette also took up the theme "He'll certainly get full houses, but I wonder whether it will be a case of quantity rather than quality."

Rumours continued and alleged sightings were now added to the mix. A grand villa in Bröckedde's exclusive Rosenhöhe district had been let to a mystery tenant. He had been seen driving into town in a white Bentley and Friend Schnapphals-Schneckenberger reported that one of her contacts thought Kluuny had chosen Bröckedde ahead of an attractive offer from Vienna's state theatre.

President Pröpke wondered how he might recruit such a star as a member. Wily Treasurer Knödler was rubbing his hands at the thought of how he would get free tickets to each premiere and then raffle them off to replenish the Club's coffers. But it was all to no avail because on April 1st, Moosblume came clean, saying it was all just a bit of fun, there was no Kluuny and she simply wanted to liven the membership up a bit in these dull pandemic days.

The Trial Version

An April Fool's hoax but no harm done, yet good old Pröpke still felt a bit disappointed. However, he still had something to look forward to; a family Zoom call that evening to mark his brilliant and much loved niece's 30th birthday. She was completing her PhD in human rights law in London. What Pröpke didn't know was she was in the Doughty Street Chambers and working closely with one Amal Alamuddin, who retained her maiden name in the practice. As a former Rotaract member, Pröpke's dear niece always asked her uncle about Club affairs and he duly gave a quick update on this latest ado about nothing. Conversation then changed topics as other family members joined in and all too soon it was time to say fond goodbyes.

A few days later President Pröpke was surprised to get an email from someone actually offering to give an online talk to the Club; perhaps on research into something called Monuments Men. Dear old Pröpke has absolutely no idea what on earth this was all about but duly clicked his reply icon and answered, in his best English:

"Dear GC, Very many thanks for your kind offer....."

Ipswich East / Ipswich Mass Twinning

The International Committee announce that the revised confirmed dates for **Ipswich East** to visit **Ipswich Mass** are **Wednesday 31st August to the 7th September 2022**.



Members are asked to email George McLellan with their 'expressions of interest' as soon as possible and those who are 'thinking about it', should make a diary note now.

Ipswich East Rotary Club *Benevolent Fund*

Preparations are underway for the next distribution from the Benevolent Fund in May.

The Hon Treasurer anticipates that £6,000 could be available.

As usual, tangible projects are sought.

In addition there is £3,000 available for immediate use for hardship caused by the Covid crisis and there is a further £500 available for hardship in our local area.

Please forward any applications to the club secretary.

Applications for hardship caused by the Covid crisis can be progressed very quickly.

Email the Hon Sec Tony Baker) for a pro-forma to make an application.

CCIS (Cancer Campaign in Suffolk) is offering everyone the chance to be the proud owner of a painting by Ed Sheeran.

CCIS are selling raffle tickets - so everyone stands the same chance and at the same time raise much needed funds for this small but important Charity serving the people of Suffolk.

The website and Ed's video can be viewed here on this CCIS website (a clickable link is provided in the covering email to this newsletter. (www.ccisuffolk.org?raffle/1/ed-sheeran-painting) You are also able to purchase the raffle tickets via the website.

Thank you in anticipation of your support,
John Button (Trustee of CCIS).





Ipswich East Inner Wheel News

Members of Ipswich Inner Wheel went on a (virtual) excursion to Turkey on 6th April. Our guide was Jenny Gibbs who told us about her adventures.

It all started in 1993 when she was booked on a cruise to Turkey by workmates despite the fact she was terrified of being on the water.

When she joined the cruise on the Aegean coast, she was even more concerned because the vessel was not the sort of cruise ship she imagined but a small sailing boat.

Poor Jenny was so frightened of the sea that she stayed in her cabin until half-way through the cruise until she gained the courage to join her fellow travellers. However that all changed on occasion when she went ashore and she had the notion that she would live in Turkey. So strong was the feeling that, on her return to England, she took voluntary redundancy and followed her dream.

Jenny simply upped-sticks from the UK and travelled to Turkey, with no long-term plan in mind. Taking a mini-bus from the airport she found herself in a small town on a bay where found a restaurant where no-one spoke English. She struggled to ask about places to stay so enquired about the food they were eating and within minutes found herself in the kitchen preparing ingredients. The staff thought she was asking for work!

So began the process of speaking, writing and understanding Turkish as well as learning to cook *a la Turk*. She ate the food and was charged nothing; mind you, she wasn't asked if she wanted payment for her work so she ended up working 7am-12midnight, 7 days a week, for nothing!

One day in 1994, at a special festival, the restaurant's owner returned to his village home to pay respect to his elders and Jenny accompanied him. It was a remote village in the mountains and she was the first foreigner ever to visit. The villagers there were still living following traditional ways and customs. Daily attire was in the style you see in the photograph. Jenny was inescapably drawn to living in the village. That same day Mustapha, the restaurant owner said to her, "We will buy a house together." And they did. As someone once wrote, "Reader I married him!"

They made their home in a 200-year old farmhouse in a village that time seemed to have forgotten. Jenny remains married to Mustafa and they split their year (in normal times) spending the UK's cold months in Turkey and the warmer months in the UK.

Catherine Forsdike



Grandmother and Grand-daughter in the news!

Claire Lunney was featured on Norwood's Facebook page holding one of their recently hatched Easter chicks. Emma Crellin (nee Lunney) is the poster girl for Ipswich Rugby Club women's team.

