

LOOKS EAST

The Newsletter of The Rotary Club of Ipswich East
Edition 12-2021 : 13th July 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 Handover and Speaker Meeting Tuesday 13th July starting at 7.30pm

**Darren Couchman from the Robin Cancer Trust
talking about what the trust can do.**

*Vote of thanks - Rotarian Peter Shepherd
Notes for the Newsletter - Rotarian Lucy Trenchard*



July
Chris Harrall
Jack Earwaker
Jo Banthorpe
August
Karen Finch
Colin Davies
Alan Forsdike
Neil Hewitt
Toby Pound
George Woodward

Seven Group Explained

At the Zoom meeting on Tuesday, 8th June the President introduced that well-know local entrepreneur, businessman, raconteur extraordinaire and Club member, Steve Runnacles, who spoke about his involvement as Chief Financial Officer of the Seven Group in Ipswich which has its HQ at the corner of St Peter's Street.

Steve had taken on the role following his retirement from the Accountancy firm, Ensors.

Steve explained that there were a number of aspects to the business which was a family company and was in the top 10 family companies in Suffolk.

The first component being 'Seven Asset Ltd.' that deals with long term contact rentals for Trucks, Vans, Cars and Trailers including the maintenance and servicing of the vehicles. This also incorporates overseeing drivers working times and operator licence compliance. Major customers are Headlam, Freightliner and Alstons. The division has 50 staff based at St Peter's Street (pictured).

The company's refrigeration division has 1400 refrigerated and ambient temperature containers and provide services to Marks and Spencer, Tesco, Sainsbury's and Waitrose and other major retailers, to enable them to provide a consistent service to their customers for frozen and chilled food products.

'Seven Logistics' provide a haulage service with 85 vehicles and 75 sub-contract vehicles operating from the major ports around England.

The Group also has 60 domestic properties around Ipswich and they employ 12 people to operate that aspect of the business.

Steve suggested that Rotarians will have had some contact with the Group via food shopping, catering at major sporting events and more topically the transport of vaccines.



What does the Seven Group do?

- **Seven Asset Limited**
 - Truck, Van, Car and Trailer long term contract rental – with or without maintenance
 - Offer long and short term rental of refrigerated and ambient temperature containers
- **Seven Logistics Limited**
 - comprehensive range of container transport and logistics services to the ever-growing supply chain industry
- **Seven Properties Limited**



The company is majoring on automation to provide online status of vehicles, monitoring refrigeration and online tracking of driver situations viewable by customers.

They are also moving towards discontinuing the use of internal combustion engines in

their vehicles in favour of those using battery power as well as environmentally friending refrigeration units.

The highlight of the evening was Steve showing a video of his ice bucket challenge (a still from the video is on the right) from a few years and any member who missed his talk can see the event for themselves by searching Youtube for 'Steve Runnacles ice bucket challenge'.



In traditional Club style, the President thanked Steve for his interesting and informative talk.

Bill Robinson

Thank you - from Mr Newsletter

Club Newsletter Editor and joint 'zoom master' Alan Forsdike was surprised at the last zoom meeting to be presented with a Paul Harris Fellowship - with a sapphire. This is the first PHF that the club has presented Alan, his first was presented by District many years ago.

Once he had composed himself, Alan expressed his thanks to the club. Later on, he heard the subterfuge that had gone on earlier in the day and the circuitous route the award had made so that it could be presented by Catherine who came downstairs from her study to Alan's lair and made the presentation on behalf of President David.

Thanking the club for their generous award, Alan laughed and said, 'I wondered why Catherine told me to smarten myself up before starting the meeting!' One wag was heard to quip, 'Well, you didn't make a very good job of it.'

For the benefit of newer members, a PHF is awarded by a club to a person they deem deserves recognition for civic or other service. The club must have contributed \$1,000 to the Rotary Foundation (or have credits to that value).

Multiple Paul Harris Fellow recognition is extended at each subsequent \$1,000 levels. In some countries they are 'purchased' by individuals but the GB&I system is more generous.

Recognition consists of a pin with stones corresponding to the recipient's recognition amount.

- \$2,000 to 2,999.99 - one sapphire
- \$3,000 to 3,999.99 - two sapphires
- \$4,000 to 4,999.99 - three sapphires
- \$5,000 to 5,999.99 - four sapphires
- \$6,000 to 6,999.99 - five sapphires
- \$7,000 to 7,999.99 - one ruby



A word from the Incoming President...

Tuesday (13th July) Presidential Handover Evening.

Please try to be present as there will be some polls taken to help Club Council plan ahead.

President-in-waiting Jo Banthorpe is all ready for the big day and will be telling us about the coming year. It almost goes without saying that everything carries a caveat ... the continuing pandemic situation makes planning ahead difficult so it's all subject to the 'if and when' to which we have all needed to become accustomed.

In her address to the club on Zoom next Tuesday, Jo will break the news that if members are expecting the running of the Club to go back to 'normal' after the 19th July they going to be disappointed!

At Club Assembly Jo revealed a schedule for meetings which assumed full lifting of restrictions on 21st June. This of course didn't happen and sadly our planned face to face events weren't able to go ahead. The President's Afternoon Tea will be rescheduled but sadly the moment has passed for the Inaugural Celebratory Lunch. So we must proceed with a degree of caution.

The monthly schedule for meetings will still be as previously agreed by Club Council (details are repeated on p4 of this newsletter).

Jo will say that all this will be reviewed by Club Council on 21st September, with recommendations put to members at the Business Meeting on 28th September.

It's important that Club Council meets the needs and expectations of the members. To gauge opinion Jo has arranged with zoom-masters Catherine and Alan for a short series of polls at Tuesday's zoom meeting.

Please make every effort to be present and take part in those polls.

We do need you all to re-engage and respond, to step up to the mark and consider taking on new challenges; to come up with new ideas, think outside of the box and perhaps step into a new role. As our membership age increases, it is important now, more than ever, to plan for the future of the Club and for succession.

As Jo said at Club Assembly, "If we don't evolve we will become extinct and I for one, don't want to become a dinosaur."



Commemorative Lapel Pins

The club has commissioned commemorative lapel pins for each member and favoured persons to celebrate the 50th Birthday of the club. Designed by Alan Forsdike they are high quality enamel and will be distributed as soon as we are able to meet in person.



Rotary Road-map to Recovery

Club Council has agreed that, subject to government restrictions being lifted as planned on 21st June, meetings in the immediate future will be held on...

SECOND TUESDAY OF THE MONTH

A lunchtime meeting in person at 'Venue 16' (formerly 'The Box Tree')

Lunch will be two courses and coffee at £16 per head

The meeting will not include a guest speaker meetings as the emphasis will be on resuming/ building fellowship. All being well, Lunch Speakers will resume in September.

FOURTH TUESDAY OF THE MONTH

An evening meeting on Zoom at 7.30pm with a guest speaker.

**Business meetings will remain once every TWO MONTHS
and held via evening Zoom gatherings.**

Fifth Tuesday meetings will be suspended for the time being except in June.

Arrangements will be under regular review since we will need to respond to future government announcements and also feedback from members.

The first review of the situation will be at the September Club Council meeting.

New system for notifying non-attendance or extra meals at Lunchtime Meetings

As in pre-pandemic times, **you will need to opt out of lunch** because the club will **assume you will attend** when placing the order for lunch.

If you cannot attend, you must give your apologies via email to Dave Atkins by the Sunday midnight before the physical lunch meeting using this dedicated email address: rcieattendance@gmail.com

If you fail to give notice that you are not attending **you will be charged** the full cost of the meal. The Club pays for all lunches ordered regardless of who attends.

If you need an additional places at lunch (for a guest or a speaker you have arranged) the same rules apply: you must notify Dave Atkins using the same email address by midnight of the Sunday ahead of the meeting.

Role of 'Duty Rotarian' on the day.

Dave Atkins will send a list of expected attendees to one of the Duty Rotarians for the lunch. That Rotarian will be responsible for checking the attendees and agreeing these numbers with the Venue 16 staff at the lunch.

At other times, Club Council encourage members to arrange extra, non-official informal lunch gatherings at 'Venue 16' amongst themselves to encourage fellowship.

The cost is of course independent from the monthly subscription and strictly pay-as-you-go.

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.

How about making this the trip of a lifetime?

The famous Cunard Liner 'Queen Mary 2' leaves Southampton on 21st August to cross to New York and arrives 28th August. One member has already booked to go!
[Talk to Lewis Tyler.]



Vaccination project, that's a wrap...nearly!

The vaccination centres that the Suffolk GP Federation mobilised and that have been running since January, closed their doors in June after an incredibly successful 6 months.

With the exception of Woodbridge (that will be continuing until the end of August), the project is complete and over 185,000 vaccines have been administered.

The Executive Team and Site Managers would like to extend their huge thanks and gratitude to everyone involved that helped to deliver this historic piece of work. Clinical team, administrators, drivers, all that have been seconded to support this mountain that we have climbed.

What a journey, made only possible by everyone coming together, so thank you very much.

[Copied from the recent 'Fed Express', the newsletter of the Suffolk GP Federation. It's a shame they didn't actually mention the Rotarian marshals but we know they were grateful!]

The photograph shows the smiling faces on the last day at the Debenham site.



Eternal Loyalty

RC Bröckedde's newest members, Friends Schüttelgras and Watzbrot, were surprised by an old but interesting guest at their table on the occasion of their first meeting in the Salon Hindenburg. The white haired Rotarian was from the Rotary Club of Moneypenny, which once had a close relationship with RC Bröckedde and the guest soon started reminiscing.

"Those were the days. We used to have boat races on the Thames. As far as I recall, on the last one our Moneypenny Eight were several lengths ahead of RC Bröckedde's."

"When was that?" asked Schüttelgras.

"1989" answered the guest with a sigh.

Friends Schüttelgras and Watzbrot were left puzzled and even more so a month later when they met another white haired guest bringing best Rotarian wishes from Bröckedde's Austrian friends in RC Bad Oschl. He also spoke of the good old days, when the Bröckedde and Oschl clubs visited Vienna's Imperial Crypt and toasted eternal loyalty with glasses of Bröckedde's legendary Schlunzbeere schnapps over the tomb of Empress Maria Theresia.

"And when was that?" asked Watzbrot.

"A very long time ago, it feels almost as far back as the Emperor's days," came the wistful reply.

The two new Rotarians were mystified and approached President Pröpke for enlightenment. "Ah yes, Moneypenny and Bad Oschl, ages ago they were our two Partner Clubs but over the years the relationships have just faded away. Pity really." Friend Schüttelgras was indignant, "But Rotary stands for better worldwide understanding amongst likeminded people. How could we let that peter out? And can't we row anymore, or have we run out of Schlunzbeere schnapps?", added Watzbrot for good measure.

This time it was Pröpke's turn to answer with a sigh, "The partnerships slowly died out from lack of interest. At first there were dozens of takers for each exchange visit, then less than 20, then single figures and on the final visit there was just Treasurer Knödler and me."

Schüttelgras and Watzbrot were determined to reinvigorate the old partnerships and devised a bonus programme. Any RC Bröckedde member taking part in a partner visit would be relieved of having to give a talk for up to 3 years, would receive an annual Paul Harris Fellowship and get a double helping of pudding at every meeting.

Their efforts bore fruit with a warm welcome from RC Bad Oschl in the Sisi Hotel, where all three Sisi films were shown to give members time to get through a magnum bottle of Schlunzbeere schnapps. "We should have brought a barrel", declared a delighted President Pröpke. The welcome from RC Moneypenny was just as gracious and in the interests of British fair play, the out-of-practice RC Bröckedde Eight were to be allowed an outboard engine at the next boat race on the Thames.

There's going to be a short article in August's GBI Rotary magazine about Club life in Germany where Colin Gordon who circulates these tales has made mention of RC Bröckedde with a link to a special story that Alexander Hoffmann has written for us.

The aim is to popularise the stories as much as possible, so we can market a collection of them in a small book called "Welcome to the Club", for the benefit of Uppingham and Herr Hoffmann's club in Frankfurt. I think we are making slow but steady progress. I have just finished sending out the PDF copy to all 137 German clubs with British and a couple of US partners. I know there are a few Canadian clubs that are forwarded copies as well.



HOLD THE DATE!

Put this date in your diary/calendar now please...

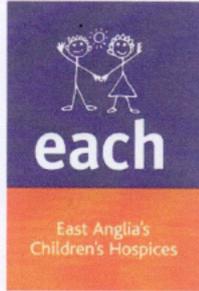
Sunday 19th June 2022
for next year's Orwell Challenge.



Rotary Club of Ipswich East
c/o Tony Baker
3 Carlton Way
Ipswich
IP4 2TR



22



each
East Anglia's
Children's Hospices

25 June 2021

Dear Rotary Club of Ipswich East,

Thank you for your kind donation of £1,000 to The Treehouse hospice at East Anglia's Children's Hospices (EACH). It is only with supporters like you, EACH can continue providing care services for children and young people with life-threatening conditions across Cambridgeshire, Essex, Norfolk and Suffolk.

Your support enables us to provide services such as art therapy sessions to any child or family that requires it. Art therapy offers children an outlet to express themselves and find their voice in an extremely complex and confusing situation. These sessions funnel emotions in a creative and productive way, helping to alleviate symptoms of anxiety, depression and stress, and is particularly well-suited to give children and families this kind of emotional support as it provides an escape from a difficult situation and helps foster an atmosphere of fun, joy and life that is crucial to helping families make the most of the time they have left, and providing light in the darkest of moments.

We continue to support families in different and innovative ways. Contact with families includes phone calls, texts, video calls, face-to-face interaction and online groups. We also continue to develop online wellbeing resources and activities to support the emotional health and wellbeing needs of all family members.

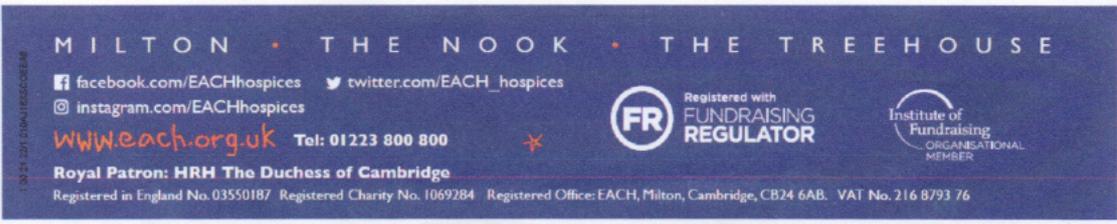
If you would like to find out more about how we are adapting to support families during COVID-19 and beyond, please visit our website www.each.org.uk or please contact me directly.

On behalf of everyone at EACH, thank you for your generosity and support.



Issy O'Riordan issy.oriordan@each.org.uk 01473 917965

P.S. You may also receive a receipt from our finance team. This is automatically generated by our system and a requirement for our finance and thanking systems.



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Say it with Roses

Founder members Bob Dunnett, Jack Earwaker, Dick Jeffery, Bill Pipe, Richard Porter and Lewis Tyler were each presented last week with a David Austin commemorative rose, in honour of their involvement in setting up the Club some 50 years ago.

The very first meeting took place on 29th July 1971, with the full Charter being implemented in October later the same year. As you are aware, we had aimed to celebrate this Inaugural Anniversary in person with a special lunch on 29th June, but sadly continuing Covid restrictions have put paid to the event going ahead.

To mark the occasion, the six remaining Founder Members were presented with 'Golden Anniversary' (top) and 'Maigold' (bottom pic) varieties of bush and climbing rose, as a token of thanks from our President David Chittick, President in Waiting Jo Banthorpe and the members.





**SERVE TO
CHANGE LIVES**

Did you notice that the masthead of our magazine has changed?

Each incoming International President settles on a theme for their year and issues a challenge to members. Launching his theme, Rotary International President Shekhar Mehta urged members to become more involved in service projects, saying that caring for and serving others is the best way to live because it changes not only other people's lives, but also our own.

Mehta, a member of the Rotary Club of Calcutta-Mahanagar, West Bengal, India, revealed the 2021-22 presidential theme, Serve to Change Lives, to incoming district governors on 1 February during the Rotary International Assembly. The assembly, a yearly training event for district governors-elect, was originally set to take place in Orlando, Florida, USA, but was held virtually because of the COVID-19 pandemic.

Mehta spoke about how participating in service projects through Rotary changed him as a person and made him empathize more with the needs of others. Soon after joining his club, he helped carry out projects that benefited rural communities in India.

Some of the poor conditions he saw in those communities strengthened his commitment to service. "I truly understood the plight of my brethren," he said.

Mehta participated in initiatives that brought artificial limbs to children, clean water and sanitation to homes, and better health care facilities to communities.

"Rotary kindled the spark within me to look beyond myself and embrace humanity," he said. "Service became a way of life for me and I, like many others, adopted the guiding philosophy that 'Service is the rent I pay for the space I occupy on this earth, and I want to be a good tenant of this earth.'"

Mehta encouraged district governors-elect to lead by example during their term and inspire Rotary and Rotaract members to participate in projects that have measurable and sustainable impacts. He's asking each club to conduct a Rotary Day of Service.

"At the end of your term as district governor, you should feel that because of your leadership, because of your inspiration to Rotarians and Rotaractors, the world has changed for the better because of the service done by them during the year," he said.

Focusing on diversity, membership - For the 2021-22 Rotary year, Mehta wants members to focus their efforts on empowering girls and ensuring their access to education, resources, services, and opportunities so that future generations of women leaders will have the tools they need to succeed. Mehta asked members to use Rotary's belief that diversity, equity, and inclusion is critical in all we do as a compass to guide this work.

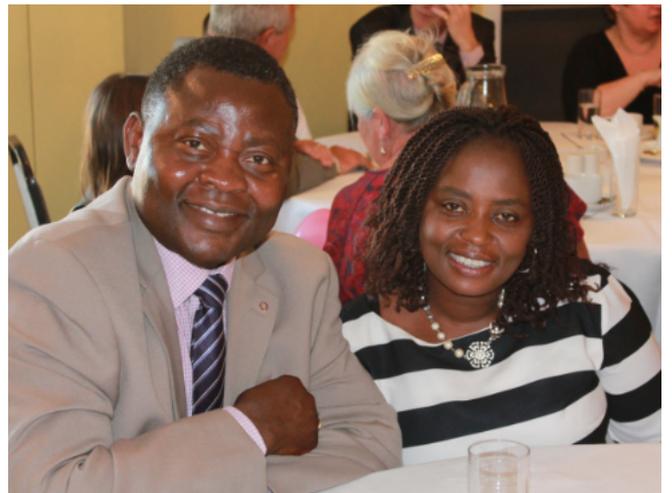
"There are many issues that girls face in different parts of the world, and you as leaders will ensure that we try and mitigate the disadvantage of the girl that they may have," he said.

To be able to do more through service, Rotary needs to increase membership, Mehta said. Membership has hovered around 1.2 million for the past two decades. He challenged the incoming governors to be catalysts in their districts to help increase membership to 1.3 million by 1 July 2022.

Mehta's 'Each One, Bring One' initiative asks every member to bring one person to join Rotary within the next 17 months.

Increasing membership while also continuing our commitment to eradicating polio, fighting COVID-19, and serving our communities is an ambitious goal. "And that should excite you," Mehta said. "Rotarians love challenges."

Photographic Memories of the 2014 Easter Family Lunch as (what was then) 'Greshams'







**Ipswich
East Inner
Wheel
gathered
together
in person for the
first time since
February 2020**

The handover of the presidential chain from Monica Pipe to Catherine Forsdike was made at a delightful evening gathering in Monica's beautiful walled garden.

Paying tribute to Monica in what has not been an easy year, Catherine presented her with a hydrangea plant to express the gratitude of the club. Catherine was then vested with the club chain (for the third time) rounding off a very happy evening.



Pop-out to the Pop-up and Tidy up?

Eight churches in Ipswich are hosting 'Pop-Up Shops' providing low-cost food for some really needy people.

This is a great example of the churches getting involved in and supporting their local communities.

One of them is St Helen's Church in St Helen's Street where a 'shop' is held every Thursday.

Could you help Community Service Committee Chairman George Woodward make up an Ipswich East Rotary Club Working Party to help make the outside more welcoming and attractive?

If you are interested, email George Woodward.



Forward Programme of Meetings

(20th July - Club Council, 6.30 pm on Zoom)

Tuesday 27th July

Evening Zoom Club meeting with guest speaker

Duty Rotarians : Martin Whitworth (VoT) & Russell Wiles (notes for newsletter)

10th Aug - social lunch at 'Venue 16'

24th Aug - Evening Zoom Club meeting with guest speaker

(31st Aug - 5th Tuesday, suspended)

14th Sept - social lunch at 'Venue 16'

Monday 20th Sept - Club Council

28th Sept - Zoom Business meeting + review of meeting structure

Duty Rotarians : George Woodward (VoT) & Juliet Adams (notes for newsletter)



Ross Lunney captured this great shot whilst watching Pinmill Barge Match a few days ago.

"It's good to see Rotary supporting sailing barge Cambria," said Ross.



**Kids Cancer Charity
acknowledged our
club's recent donation
of £550 with this
splendid certificate.**



WARNING FOR BLUE BADGE HOLDERS

*If you park at Ipswich Hospital and display your Blue Badge for free parking in your car, you **MUST** go to 'South Wards Reception' before moving to your clinic to register the fact you have parked.*

If you don't you risk receiving a fine.

Theatre is back at Aldeburgh

Many of our readers used to enjoy the Jill Freud Summer Season at Aldeburgh. That ceased some years ago and was replaced by something similar. Of course last year it all had to be suspended but IT IS BACK and here are the details...

2021 SUMMER SEASON at Aldeburgh Jubilee Hall

Noël Coward's
Fallen Angels
19th-31st July

It Could Be Any One of Us
By Alan Ayckbourn
2nd-14th August

"A sparkling
Jazz-Age
Comedy
Classic"

"A unique
comedy thriller
- Even we don't
know who
Whodunnit!"

**Summer Theatre
by the Sea**

"An Exotic
spy-themed
Adventure
Romcom"

"A Noises
Off Style Farce
in a Fawlty
Towers style
Hotel"

Our Man in Havana
By Graham Greene, adapted by Clive Francis
16th-28th August

Who's Who
By Keith Waterhouse and Willis Hall
30th August-4th September

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or call 01728 343 344 / 07771 593 218

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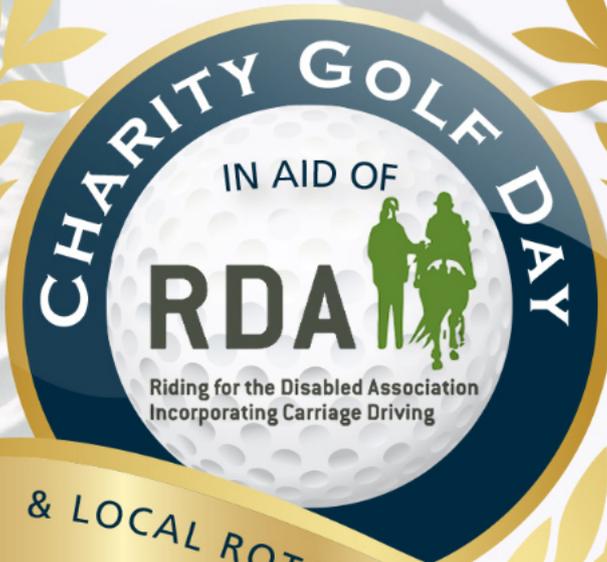
Aldeburgh Jubilee Hall Crabbe Street, Aldeburgh IP15 5BN
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★ ★ ★
STARTING TIMES
8.30AM OR 1.30PM



St Audrys Golf Club
Melton



Teams of 4 players, consisting of 2 pairs
Playing 18 holes Greensomes

Bacon Butties included Additional on course games
(Handicap allowance – Standard Greensomes, capped Men 28 & Women 36)



TEAMS PLAYING FOR "THE MARIE HUNT SHIELD"

Closing date for applications : 13th AUGUST 2021
For further details : 07804 900086 or
contact Simon Smith : smithsquires@talktalk.net

For full details & to download entry form please visit www.debenrotary.org.uk

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