

LOOKS EAST

The Newsletter of The Rotary Club of Ipswich East
Edition 13-2021 : 27th July 2021

**Club Business Meeting
Tuesday 27th July starting at 7.30pm**

Duty Rotarians : not required

'One Lump or Two'

Zoom Meeting Tuesday 13th July - after the presentation of two more Paul Harris Fellowships (*see next page*) and a virtual handover, Club members were delighted to welcome Darren Couchman from Robin Cancer Trust who has survived testicular cancer and now campaigns for the charity.

With great humour and aplomb, Darren talked about testicular cancer and how he was diagnosed with it 20 years ago. Having been successfully treated, Darren has dedicated himself to raising awareness of this devastating disease. He explained that it is known as the young person's cancer, typically affecting men in the age range 15-45 with up to 2,400 cases diagnosed every year.

Darren now works with Robin Cancer Trust which was set up by the Freeman family in 2012 after their son, Robin, was diagnosed with testicular cancer in December 2010. Robin died one year later on 10th December 2011 despite undergoing months of treatment. The Trust was set up to save lives by raising awareness and offering support to individuals and their families after a diagnosis, providing free care packs and forums for connecting and sharing stories. Their mission is to educate, engage and empower young adults since this disease is 98% curable if caught early enough and that involves awareness and regular checking of the testicles.

The club members then were quizzed by Darren on their knowledge and discovered through an interactive Q&A that testicle checks should be done at least monthly on a regular basis, that symptoms can include a dull ache in the groin, sharp pain in the testicles, a feeling of heaviness in the testicles or an unusual difference between the two testicles. The best time to check is when the testicles are relaxed after a hot bath or shower and that both hands should be used to check each testicle.

Darren did emphasise that losing a testicle does not mean a loss of fertility and is himself testament to that by having a young daughter after his treatment. He did warn though that the chemotherapy can cause infertility so typically sperm is harvested prior to treatment just to be sure.

The highlight of the talk was Darren expertly demonstrating how to carry out a self-exam with the use of a prosthetic set of testicles, rolling each testicle between the thumb and forefinger for 30 seconds - but he did caution not to squeeze too hard!!

Over and above the work that Darren does with the Robin Cancer Trust, his commitment to raising awareness of Testicular Cancer has also involved him in organising a Guinness Record breaking event of the largest simultaneous testicular self-check involving 208 participants in Clacton-on-Sea in 2010 and he has written a book about his experience of being diagnosed with Testicular Cancer entitled 'One Lump or Two'. In traditional club style, Peter Shepherd thanked Darren for his entertaining and informative talk.

Lucy Trenchard

CLUB OFFICERS 2021/22

President: Jo Banthorpe

Sen V. President: Steve Runnacles

Jun V President: George Woodward

Secretary: Tony Baker

Asst Secretary: Bill Robinson

Treasurer: Neil Hewitt



August

Karen Finch
Colin Davies
Alan Forsdike
Neil Hewitt
Toby Pound
George Woodward



**ROBIN
CANCER
TRUST**

Paul Harris Fellowship Citations

The club has been pleased to honour three members recently, here are the citations for each...

ALAN FORSDIKE

It is my great pleasure to announce the presentation this evening of a Paul Harris sapphire for his outstanding work producing our Newsletters for many years. These have been very well appreciated by the members, helping to keep them in touch with our club.

He has also arranged our zoom meetings which again have served to help keep the club together.

He has done sterling work at Trinity Park flying the flag for Rotary while acting as a marshal for many COVID vaccination sessions.

This is Alan Forsdike's second Paul Harris Fellowship and he will now receive his sapphire Rotary PHF pin.



CHRIS HARRALL

There are two club events that consistently raise money for our Benevolent Fund. The Annual Golf Day is held early in the summer and has always raises between £2,000 and £3,000

The task of organising the event has to a great extent fallen onto the shoulders of one club member. The event takes many months to arrange with the booking of a golf course, cajoling teams to enter, arranging sponsorship, arranging prizes for the winners and the raffle, arranging refreshments and meals, as well as supervising the event on the day.

As with the Orwell Challenge, others have copied our ideas and therefore it becomes more and more difficult and challenging to attract competitors for the event. However, Chris Harrall works the miracle each year and provides a successful Golf Day which results in competitors returning year after year.

During Chris Harrall's 20-year stewardship of our Golf Day £50,000 has been raised for the Benevolent Fund and therefore it gives me great pleasure to award Chris a Paul Harris Fellowship.



GEORGE WOODWARD

The Covid period has been a time of exceptional change for Rotary Club of Ipswich East. To a great extent, it curtailed the ability of the club to provide hands-on involvement in community projects. The call to be involved in marshalling at Trinity Park for Covid vaccinations provided a much needed focus and an impetus for the club.

At first the task looked menial and simplistic, but it soon emerged that it was far from the case. There was a need to liaise closely with the Suffolk GP Federation to improve the rota system and for the organising of volunteers. It soon became evident that the marshals were an integral part of the process and set the scene as the first point of contact. Often in difficult and inclement conditions, the volunteers from Ipswich East ensured that members of the public were greeted, welcomed and set on course for vaccinations in a professional manner that ensured a successful process.

George Woodward provided the leadership for the volunteers by liaising with the Suffolk GP Federation and ensured a process so that all slots were filled. George became the ever available "go-to" person for help and advice and ensured that continuous support was available to provide cover for absence and illness. George and the volunteers from the club raised the profile and the standing of our club in our local area at a time of need, and therefore it gives me great pleasure to award George Woodward a Paul Harris Fellowship.



Handing Over

Robbed of the opportunity this year to hand-over in person, David Chittick handed-over the chain of office via zoom to Jo Banthorpe. In turn, the senior vice-president's chain was taken by Steve Runnacles. The junior vice-president's gong should have been worn by incoming JVP George Woodward, but it was still 'in transit'.



To complete the handing-over of articles (two PHFs had already been awarded) Jo presented John Button with a large bottle of wine and card of thanks to commemorate and express the club's gratitude to John for his hard work in arranging this year's Orwell Challenge.



Lighthouse

Thank you to you and all the members of Ipswich East Rotary for the generous donation of £500.00 that was given to Lighthouse to help fund the work on our kitchens in Refuge. Donations such as these go a long in allowing Lighthouse to provide the best emergency accommodation for those women and children needing to flee domestic abuse.

Lighthouse Women's Aid
Westgate House
Museum Street
Ipswich
IP1 1HQ

As you know Lighthouse is a local, independent charity and in the current situation it is a huge challenge to ensure we are there to provide the support that is so desperately needed. Support from local businesses, community groups and individuals, are really important to enable Lighthouse to sustain and develop our services not just now but going forward.

Domestic abuse remains a significant challenge in our communities across Suffolk and we work with women, young people and children who have the most devastating experiences of abuse and violence. As I am sure you have seen, there have been numerous news articles about the escalation of domestic abuse during this lockdown with some victims shockingly losing their lives. Lighthouse continues to provide safe emergency housing in our refuge, access to advice and support over the phone, as well as via email and Facebook Messenger. Our therapeutic courses have gone on line where appropriate and we are continuing to develop new ways of working to ensure support can be provided.

Thank you again for your support of our organisation, we take great pride in our mission and accomplishments, and with your help we can continue to support those in need.

Yours sincerely ,

Deborah Johnson Business Coordinator

In a change to the published programme...

Tuesday 10th August 2021 - now ZOOM CLUB MEETING with Speaker

'Venue16' is unable to accommodate our first post-lockdown face-to-face meeting on the 10th August, this meeting will revert to being a zoom meeting (with Speaker) starting at 7:30 pm. The usual zoom details apply.

First Face-to-Face Meeting this Rotary Year - Tuesday 14th September

The organiser (Dave Atkins) will assume you will be there. If you cannot, you must **OPT OUT** by emailing Dave using the new email address rcieattendance@gmail.com by 12th September at the absolute latest or you will be charged..

Dave adds, "members who have previously advised leave of absence, recurring absence or a specific absence for this meeting need not reply again unless their intention has changed."

President's Tea Party at Ufford Park Hotel - now Sunday 3rd October

This was originally scheduled for the 18th July, but had to be cancelled because of changes to the lockdown release timetable.

The recent poll of members showed that a significant majority were in favour of continuing to celebrate together but slightly later in the year. The new date is Sunday 3rd October.

Afternoon tea will be served at 3.30pm.

For this event, you need to **OPT IN**.

Please email Dave Atkins using the new email address rcieattendance@gmail.com

When you opt in, please also advise Dave the name(s) of any guest(s) you will be taking and any particular dietary needs.

The deadline to request places is Sunday 5th September.

If you have any questions regarding either of these updates please contact Dave Atkins.

Trinity Park Commemorated

The Suffolk GP Federation celebrated the completion of their mass vaccination programme with a party at Trinity Park to thank staff and volunteers on Monday 26th July.

The chairman of the Federation unveiled a plaque (made by Hudson Signs) before a splendid BBQ was enjoyed by a huge number who were able to attend. A good number of our Rotary volunteers were there and posed by the plaque.

It was a balmy evening in stark but welcome contrast to the weather during the campaign!



Rotary Road-map to Recovery

Club Council has agreed that, subject to no further changes in government restrictions, meetings in the immediate future will be held on...

SECOND TUESDAY OF THE MONTH *(from September)*

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 *(from September)*

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.

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

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.



Inner Wheel Past District Chairmen's Reunion 2021

Catherine Forsdike was Inner Wheel District 8's Chairman in 2016/17. Fifteen of the DCs for that year had a reunion in Montrose Scotland this last weekend with Past Association President Trish Douglas at her hotel in the town.

There was a lot of catching up to be done but they also found time to visit the V&A in Dundee and Glamis Castle, the childhood home of HM The Queen Mother.



Known as 'Trish's Treasurers', these ladies (and a good few partners) let their hair down with two splendid suppers. The first was a Scottish themed and the second celebrated the 1970s.



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.



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.]



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.

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.



**Photographic Memories
of the 2014 visit to Shelley's Restaurant
Suffolk New College**





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

ACT ON IT - BOOK NOW
ticketsource.co.uk or www.actco.uk
or call 01728 343 344 / 07771 593 218

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Aldeburgh Jubilee Hall Crabbe Street, Aldeburgh IP15 5BN
ACT is a trading name of Southwold and Aldeburgh Theatre Ltd

Branding and design by Origin 8 Design Limited

★ ★ ★
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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