

# LOOKS EAST

The Newsletter of The Rotary Club of Ipswich East  
Edition 15-2021 : 24<sup>th</sup> August 2021

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



**September**

John Button

Geoff Watson

Roger Gilles

Russell Wiles

Richard Porter

Mark Harrison

Chris Banham

Clifford Smith

**Club Speaker Meeting on Zoom  
Tuesday 24<sup>th</sup> August starting at 7.30pm**

**Kevin Wraight will be talking about ‘Trafalgar’  
(presumably the battle thereof!)**

*(Kevin is a nephew of former Mr RYLA, Robin Wraight)*

**Duty Rotarians : George Woodward (VoT) Juliette Adams (notes)**

**Most of us hope that when our time comes,  
we'll die peacefully in our own bed.  
But almost half of us will die in a busy hospital,  
surrounded by strangers.**

Anne Robson  
Trust 

*The quote above is from The Anne Robson Trust's webpage and is the topic explained by Susan Ryan of trust's Butterfly Volunteers who gave a very considerate talk on a highly sensitive subject via zoom on Tuesday 10<sup>th</sup> August.*

Susan Ryan began by explaining how she came to be involved in the trust. Her son's brother in law was killed in a mass shooting in the US, something that proved to be a life changing experience for the family in dealing with unwanted changes.

Susan is a trained counsellor, and also volunteers as a counsellor at Ipswich Hospital for cancer patients.

As a rule, people in Britain are very uncomfortable about talking about dying, death and grief yet sooner or later it's going to affect everyone one of us.

The Trust was founded by Liz Prior, daughter of Anne Robson. Anne suffered from a lack of good care in hospital and died shortly after returning to care home. She died alone without any family or friends being present. That fact gave Liz the inspiration to set up the charity.

The volunteers operate in a number of hospitals across the country. Volunteers are given extensive training for the task including meeting the chaplaincy team. The 'Butterflies' sit with patients in their last days and hours to provide companionship, not medical care. Priority is given to patients who don't receive visitors, or to give respite to those that do.

Counsellors work in teams of two. Experience has shown that families very much appreciate knowing that person in hospital being supported by somebody non-medical. When starting with a new patient, a counsellor first leaves a card indicating how long they will be with a patient and what happened during the first visit. This is partly for continuity for next visitor, and for family members to know what's happening.

All this is co-ordinated by close communication with the hospital. *(continued overleaf...)*



The work of the Butterflies was curtailed during the lockdown and instead they set up a Helpline continue to provide support.

The Trust also offer podcasts and workshops regarding end of life, and their Time-to-Talk initiatives which focus a lot on emphasising the importance of establishing people's intentions for their final days. Susan provided the club with links to the Anne Robson Trust as well as her own email address (susanryan counselling@gmail.com).

The podcasts can be found at <https://annerobsontrust.org.uk/podcasts/>

Following Susan's presentation, Martin Whitworth gave a well measured Vote of Thanks on behalf of the club, expressing gratitude for what Susan does for people at the most difficult of times, and what the trust does, both in person and via the Helpline.

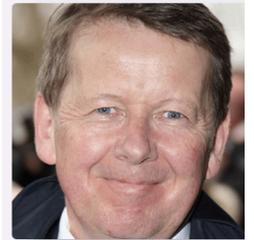
*Alan Forsdike, based on notes taken by Russell Wiles.*



ABOUT HOSPITALS VOLUNTEER NEWS TIME TO TALK CONTACT HELPLINE

It is a simple truth that we are all going to die. But do we have the courage to have conversations about death, dying and what we would want at the end of our lives?

Our podcast series, *Time to Talk*, aims to equip people to have these important conversations. The podcasts are hosted by Bill Turnbull, the well-known TV presenter and Patron of the Anne Robson Trust who is himself living with cancer.



## COMING UP SOON...

### First Face-to-Face Meeting this Rotary Year - Tuesday 14<sup>th</sup> September

The organiser (Dave Atkins) will assume you will be there.

If you cannot attend, you must **OPT OUT** by emailing Dave using the new email address [rcieattendance@gmail.com](mailto:rcieattendance@gmail.com)

The deadline is 12<sup>th</sup> September or you will be charged.



**If you are not attending, you must OPT OUT**



### President's Tea Party at Ufford Park Hotel - Sunday 3<sup>rd</sup> 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](mailto: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 is Sunday 5<sup>th</sup> September.

**If you are attending, you must OPT IN**

## 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...

### **2<sup>nd</sup>** SECOND TUESDAY OF THE MONTH

*Lunchtime meeting 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.

### **4<sup>th</sup>** FOURTH TUESDAY OF THE MONTH

*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.

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## Notifying non-attendance [or extra meals] at Lunchtime Meetings

**You must opt out of lunch** (in-person) meetings.

The club will assume you will attend when placing their 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.*

**Email: [rcieattendance@gmail.com](mailto:rcieattendance@gmail.com)**

If you don't opt out, you will be charged the full cost of the meal.

The Club pays for all lunches ordered regardless of the number who attend.

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

### *The Duty Rotarian's role on the day of a meeting...*

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.



## *Congratulations to Dick and Val Jeffery on their Blue Sapphire Anniversary - 65 years.*

Val has not been well of late but was able to get downstairs on the day. She wore a blue top (he was in trouble for not noticing!) and they were delighted to receive greetings from HM The Queen.

Their first great-grandchild Matilda (Tilly) Iris Hallworth arrived this week just in time to add to their joy!

## **Ipswich East success at Woodbridge Deben Rotary Club Golf Day**

On Friday 20th August the team from Ipswich East won the afternoon event at the Woodbridge Deben Rotary Club's Charity Golf Day held at St Audreys Golf Club at Melton.

The team consisted of John Button, Peter Moss, Toby Pound and Bill Robinson (aka Button's Boys) and as winning team they received a voucher for 4 people to have a free round of golf at Ufford Park Golf Club at a date of their choice in the future.

John Button also won the nearest the pin competition with a magnificent shot at the par 3 seventh hole(132 yards) to land the ball 3 feet from the pin.

Woodbridge Deben were raising money for Riding for the Disabled and other Roary Charities and the event raised over £2000.

Unfortunately Geoff Watson, who was due to play but had to pull out due to illness, was able to be sent a consolation prize to be delivered to him by Peter Moss and I'm sure Geoff will be able to reveal his prize to members at some stage in the future.

*Bill Robinson*

## **Orwell Challenge nets £10,000 for Ipswich East Rotary Club**

*Mr Orwell Challenge, John Button and Club Treasurer, Neil Hewitt are pleased to report that the proceeds from the Orwell Walk will enable just under £10,000 to be added to our Benevolent Fund.*

## Working with the Rotary Club of Ipswich Mass.

### ‘Saving Our Local Watershed - The Lifeblood of Our Communities’

#### District 7930 Global Grant Proposal - How Ipswich East could help.

At our meeting on 10th August, President Jo confirmed that Ipswich East had agreed in principle to support the Ipswich River Project (Ipswich Massachusetts). We held a poll within the Zoom meeting that night and the overwhelming majority of members voted in favour of making a donation of £1,000.

*To remind you of the project, the details are reproduced here...*

‘Ipswich Massachusetts are intending to apply for a Global Grant to fund the project. RI terms state that 15% of funding, some £3700, must come from outside of the host nation, hence the request for funding from Ipswich East.

‘Those of you who attended the last Business Meeting will remember that members voted to support the project in principle, pending further information. As our twin club, we hope Ipswich Massachusetts may in turn support one of our future projects.

‘Ipswich Massachusetts would like to have funding in place so that the project can commence this Autumn. There is a deadline of 10<sup>th</sup> August for this application to be submitted so our club is limited as to how this request can be addressed.

‘Unfortunately with such short notice we cannot accommodate such a request within our normal grant making distribution process from the Benevolent Fund.

‘At the meeting on 10<sup>th</sup> August, I am going to ask members to consider the size of the donation from the General Fund.

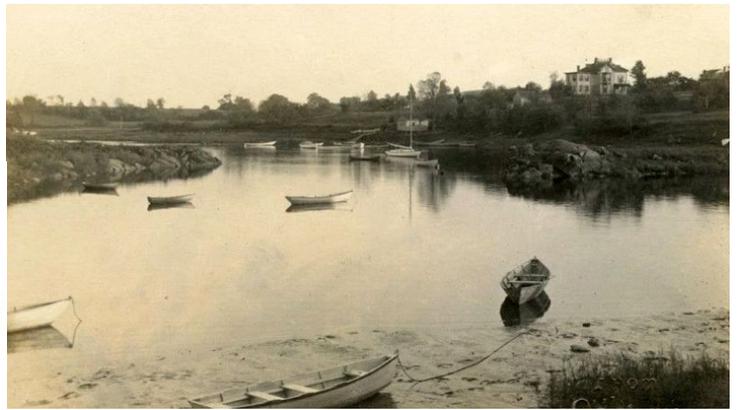
‘That donation would be in lieu of the gift which we would normally make at next year’s exchange visit. Our twin club have made some generous gifts to us over the years.

‘If you are unable to attend this meeting and you would wish to state your thoughts, or you would like some more information, then please feel free to email me.

‘David Chittick has contacted the three other Ipswich Rotary clubs to enlist their support for the project.’



This article is extracted from the website of the project.



## The Ipswich River Project

The Ipswich Mass water sources, the Ipswich River and adjacent watersheds of the Parker and the Essex Rivers, are threatened and may disappear if action is not taken. But, through the work of Rotarians, Ipswich River Watershed Association (IRWA), and Youth partners, we can support a process preventing the current loss of water, and advocate for conservation efforts insuring a water supply for future generations

### *Grant Sponsors*

Joan Arsenault, Ingrid Miles, Ann Witzig - Ipswich Club, District 7930; and Johanna Banthorpe, Ipswich East Club, District 1080.

### *Background*

The Ipswich River is a small coastal river just north of Boston that flows through communities, forests, and farms before reaching the Atlantic Ocean. The river is the lifeblood of the region providing drinking water to 350,000 people and businesses daily.

The two adjacent watersheds, the Parker River as well as the Essex River, combined with the Ipswich River, provide critical water resources to our area.

### *Endangered Status*

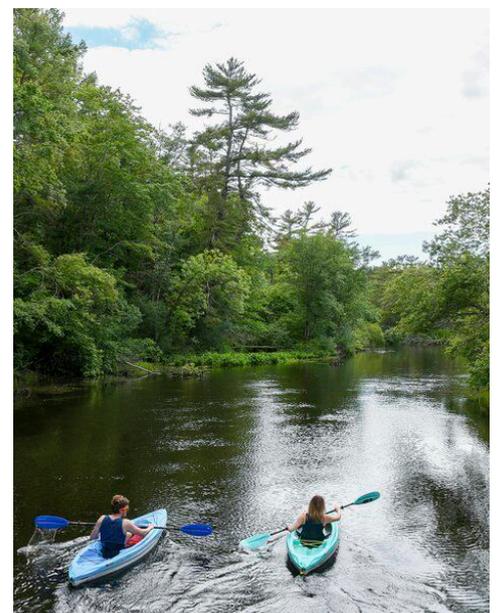
Unfortunately, our three rivers are at risk due to both overuse and the impacts of climate change. Even in non-drought years, stretches of the Ipswich and Parker Rivers and their tributaries run dry, not only threatening the region's water supply, but resulting in fish kills, ecological damage to aquatic habitats and loss of recreational opportunities.

### *One of Ten Most Endangered US Rivers*

The Ipswich River was declared one of the 10 most endangered rivers in the United States in 2021 due to these threats. Groundwater withdrawal for municipal and private use was a major driving factor for low flows in both the Ipswich and the Parker Rivers. These watersheds are critical natural resources for our communities, including 30 within our own Rotary District 7930.

### *Inefficient Use and Outdated Allocations of Water*

Local water advocates determined that as much as 50% of water used from the river during droughts was wasted, due to inefficient and discretionary water use.



Since the river is already over taxed and the State has determined that the river's Safe Yield calculation for water withdrawals has been exceeded, local communities live within outdated allocations.

Despite these failures, all communities must be encouraged to further reduce their water consumption in order to meet current and future needs.

### ***Our Goals***

This project proposes to provide training, networking, and training resources to District 7930 Rotary clubs and Youth Activist groups to encourage individuals, communities, and our state government to conserve water.

Our youth, in particular, are among the North Shore's leading influencers and advocates. They effectively work to educate, mobilize and activate our community leaders as well as the general public to make the societal level changes necessary to significantly reduce water use throughout the region.



### ***Climate Change and the Ipswich River***

Local goals, actions, and advocacy create the essential foundation critical to both our national and even international responses to climate change.

### ***Our Community Partnership***

Why did we choose IRWA as our community partner and what role will it play in the grant?

The IRWA is an excellent partner for our Rotary Global Grant. The Rotarian community-centered advocacy work is in conjunction with the IRWA's SAVE THE RIVER campaign. This includes a comprehensive suite of practical measures identified to address threatened water supplies on a long-term basis.

### ***Rotarians at Work***

Rotarians will participate in training activities, supportive of water protection and conservation. These activities and trainings will be inclusive of IRWA membership and affiliated groups to understand and act upon the critical need for water conservation by individuals, by our local communities, and by our state government.



### ***Mentors to Youth***

Rotarians will also serve as youth mentors, helping students to develop basic (as well as more sophisticated) "democratic dialog skills". This includes understanding of "we" and sparking generative thinking.

Rotarians with the youth groups will convene "Climate Cafes" in all shapes and sizes so youth can hone their skills by engaging in "conversations that matter" with peers and adults.

### ***International Rotarians will also have a role***

International Rotarians will be visiting Ipswich, MA in the fall of 2022. They will meet with IRWA staff to learn about the current water conservation efforts within the watersheds.

The International Rotarians will also participate in a training program, conducted by District 7930 Rotarians, on creating and monitoring local and watershed-level water conservation efforts of local citizens, businesses, and town structures. The International Rotarians will take these training skills in advocacy and youth empowerment to their own community, Ipswich, England.