

LOOKS EAST

The Newsletter of The Rotary Club of Ipswich East
Edition 17-2021 : 28th September 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

**Club Lunchtime Meeting at 'Venue 16'
Tuesday 28th September at 12.55pm**

Business Meeting

Duty Rotarians : Alison Baldry and John Barbour



September
Clifford Smith
October
Ewan Dodds
Bob Dunnett
Stuart Cooper
Brian Annis

Congratulations to Liz Harsant

At our first 'in-person' meeting since March 2020, President Jo Banthorpe was delighted to present former President Liz Harsant with a Paul Harris Fellowship to honour the work she has undertaken for her community and for Rotary.

For more pictures of the meeting, see pages 5 & 6

There are several things celebrated in this newsletter. Please read on...



Future Rotary Meetings

Set out below are the recommendations of Club Council for our future meetings.

With Covid safety in mind and keeping a watchful eye on the ZOE app's updates, having fortnightly meetings will enable us to monitor the impact of larger gatherings on infection rates within our Club, which is amongst the largest in the country, and to respond accordingly. It is proposed that this schedule of meetings will continue until the end of this Rotary year, or until such time that more information becomes available.

The president will seek to gain the widest possible views of club members by holding a poll of all club members rather than the usual show of hands to vote at a Business Meeting.

Commencing from October 2021:

- We will hold 'face-face' Lunchtime Speaker Meetings on the 2nd and 4th Tuesdays of each month.
- Business Meetings will be held every other month by Zoom in the evening, on the 4th Tuesday of November, January, March and May instead of the Lunchtime Speaker Meeting
- The Club Service Committee will begin to make plans for Fifth Tuesday events, which will initially be low key and non-bookable, e.g. pub nights, walks, etc.
- In addition, the Planning Group is also working to revise attendance reporting, subscription and lunch payment methods in order to reduce the workloads on the Treasurer and Attendance Officer.

I hope that the current small, informal lunch gatherings organised by individual members will continue, so that those who wish to meet their friends more regularly will still be able to do so.

Whilst friendship meetings are an important aspect of Rotary, we must not forget that we are also a service organisation. As the Club's average age increases, it is increasingly evident that more and more members are less willing and/or able to engage in service activities. It is imperative therefore that we attract active new members who can fulfil these roles.

We have already had prospective new members who have been deterred by the level of time commitment required and the impracticability in attending weekly lunchtime meetings, hence the move towards quality rather than quantity of meetings, and a format which is more compatible with today's working environment.

It is also proving to be more and more difficult to recruit current members into key roles within the Club. An injection of new blood, ideas and energy is vital in order to keep the Club vibrant and relevant. This problem is being reported right across Rotary and all clubs are being encouraged to make changes in order to counter this, and indeed many are doing so.

It is hoped that these recommendations will serve to modernise the Club, to attract active new members and to lessen the workload of key management team members, whilst encouraging each member to take more responsibility and have a greater input into the Club.

Jo Banthorpe

23rd September 2021

How do we move ahead in Rotary?

Here is a short extract from an article that appeared on p23 of the Aug/Sept Rotary Magazine. It will be helpful for members to read before forming an opinion on how the club should evolve, post-Covid.

George Woodward

As we come out of COVID restrictions, clubs will be re-thinking the way they meet. Please don't just revert back to what we always did, think of new and innovative forms of meetings.

I would ask you to think of this: plan the style of your future club meetings not for the current members, but for those members who have not yet joined.

We must take a hard look at ourselves and ask if our club is attractive to new members?

Those that know me are aware that I am an advocate for change, not just for the sake of it, but because the clubs deserve better.

I will also continue to work closely with Nicki Scott, our Director and Association Leader, as we have been for over the last year and a half. We are in exciting times.

All I ask is that you embrace these changes, get on board and enjoy the ride as our communities need Rotary more than they ever have.”

[written by David Ellis, Chairman of the Executive for Rotary GB&I]

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



Afternoon tea will be served at 3.30pm.

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

THE DEADLINE TO OPT IN HAS PASSED BUT IT MIGHT BE WORTH CONTACTING DAVE ATKINS

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

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.

LRCC says 'thank you'

To thank our club, Rev Ian Daniels (*leader of 'Lindbergh Road Community Church' (a church plant from St Augustine's Church Ipswich)*) has sent in a photograph of the splendid gazebo which has been purchased with a grant from Ipswich East Rotary Club Benevolent Fund.

LRCC presently meets in the front garden of Ian and his wife Julie's front garden.



Credit where credit is due...

Mea culpa! Your editor extends apologies for accidentally omitting to give credit to Juliette Adams for her excellent report on our last speaker meeting.



Taking the Prize

Ipswich East Rotary Club member Peter Moss was this year's winner at Thetford Golf Club.

Eighteen players from around ten Rotary Clubs took part in the Annual District Golf Day.

Allan Gosling

Next Ipswich East Rotary Club Meeting

Tuesday, 12th October **Face-to-Face Meeting with Guest Speaker Tess Aristodemou, Chief Executive Office, 'Aspect Living Foundation' (Suffolk Meals on Wheels)**
12.55pm at 'Venue 16'

Tess is the 'Founder' of Aspect Living Foundation, Trustee and CEO of the Organisation who has successfully managed and operated the Suffolk Meals on Wheels service for over 3 years including taking the Service through from funded to private in October 2013. Tess says, 'The elderly are why we are all here today and believe that we should assist them to the best of our ability to stay Independent in their own homes. The name ASPECT is more than just a name it has a strong meaning behind it which is what the Charity aims to operate by.

Duty Rotarians: Eric Barnett and Graham Bickers (please confirm you are going to be available)

At Last!

Members of Ipswich East RC met at 'Venue 16' for the first time since March 2020 and judging from the smiling faces and concentration, it was a happy event.







Congratulations...

... to Richard and June Porter who recently celebrated their Diamond Wedding Anniversary.

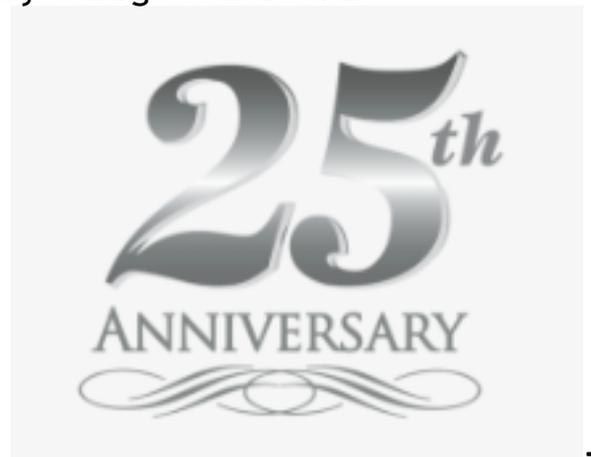


...and yet more Congratulations...

... to Belinda and Steve Runnacles who recently celebrated their Silver Wedding Anniversary.



Here they are pictured here in this shot which was taken on their 20th wedding anniversary at Glacier Point in Yosemite Valley, California by George Woodward.



The Big Hoot Ipswich

Forty decorated models will swoop into Ipswich next summer as part of St Elizabeth Hospice's Big Hoot Ipswich 2022.

Owls were chosen as the charity has taken patients with progressive illnesses, and their families, "under the wing of its care" for 32 years.

The charity's last trail, of elephants in 2019, raised £260,000.

The Ipswich-based charity said the owl sculptures would feature designs celebrating "all things Suffolk" and be on display in the town's centre, waterfront and Christchurch Park from June to September next year.



President Jo throws down the challenge...

Do we have any budding artists amongst our members (and partners/families eg Julie Dodds) who would be willing/able to come up with a bright and cheerful design to celebrate Suffolk and to promote the Club and Rotary in general?

Entries open to submission until 15th October 2021 and it's free to submit a design. Artists whose design is accepted will be given £900 and guidance from the Hospice team during the process of painting and varnishing their owl statue.

Thank You

Inner Wheel and Rotary were very well represented at last week's service of farewell and thanksgiving at Aldeburgh church on Wednesday 22nd September.

Almost 300 people came to pay their respects to a remarkable lady who had served Inner Wheel, the church, Snape Maltings and many other charitable organisations for decades. Val's family were very touched by the groundswell of support shown.

Val's favourite colour, pink was reflected in the magnificent floral displays placed on and flanking her coffin in church.

In time, Val's ashes will be scattered on the sea where she so much enjoyed swimming both in Aldeburgh and Felixstowe.

Donations in memory of Val will be divided equally between Aldeburgh Parish Church, The Blue Cross and Headway Suffolk (Inner Wheel Club of Ipswich East President's Charity this year) and may be sent to Farthing Funeral Service, 650 Woodbridge Road, Ipswich, IP4 4PW (cheques payable to: Farthing Funeral Service Ltd Clients Donations Account')



SUFFOLK MiND is appealing for people to join their team as trustees. They say...



We want to make Suffolk the best place in the world for talking about and taking care of mental health. To help us do this, we're looking for three new trustees to join our board.

It's an exciting time to join Suffolk Mind. We're diversifying and growing our income and helping as many people as possible, right across the county, to look after themselves and those around them

Our trustees are vital to the charity - they ensure we are having the greatest impact possible. They set our overall strategy, look at our progress and make important decisions.

We need a diverse range of people and skills on our board. We are particularly encouraging applications from anyone who has worked in the sector, has lived experience of mental health problems, those from a minority ethnic background (BAME), young people and those who have digital expertise.

Suffolk Mind is here to support anyone in Suffolk who is facing mental health challenges - can you help us do this?

Interested in becoming a Trustee at Suffolk Mind?

To express your interest in the role, contact our Head of Support Services, Linda Phelan on: Linda.Phelan@suffolkmind.org.uk.

Fancy a Road Trip with a Difference?

For a week from 9th October a team led by our own Steve Flory are doing the next Undy 500 to the North Coast of Scotland.



Steve says he has a space in an available car for a team if anyone in the club wants to come along. Here is some more detail from him...

- Spend £500 on a car to complete a road trip to Scotland and take on the North Coast 500 route.
- Returning cars are sent for scrap and the value along with any other monies raised are donated to the Blossom Appeal for the new breast cancer ward at Ipswich Hospital
- Accommodation will be basic, but we hope clean!
- Set stops every night for everyone to meet and discuss the days events over dinner and a beer.
- Cars can be tinkered with for safety and reliability, but not upgrades!
- Any cars not making the course due to failure will be ethically disposed of and you will continue in another Undy entrant's vehicle.
- I would welcome any donations from club members.

Best regards, Steve Flory