



**SERVE TO  
CHANGE LIVES**

# LOOKS EAST

The Newsletter of The Rotary Club of Ipswich East  
Edition 22-2021 : 7<sup>th</sup> December 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



**December**  
Ross Lunney  
David Chittick  
John Riches  
Juliette Adams

## Club Lunchtime Meeting at 'Venue 16' Tuesday 7<sup>th</sup> December at 12.55pm

Duty Rotarians: Ewan Dodds and Nigel Farthing

## Important Message from Club President Jo Banthorpe

If you haven't seen the email circulated over the last weekend, then you'll need to know that this week's meeting will take a slightly different format to that previously advertised.

My apologies if you are expecting a speaker this week. Unfortunately our planned speaker has had to pull out but will hopefully he will be rescheduled in the New Year.

However, since every cloud has a silver lining, this will give us the ideal opportunity to open up the floor to members to discuss their thoughts about the frequency and format of meetings, as recommended by the Planning Group (details were circulated by Hon Sec Tony at the weekend and are on the next page).

We will also have an opportunity for SVP Steve Runnacles to share information about the proposed new booking/payment system, which will be a huge improvement on the current labour intensive system.

If you are concerned about the health risks of larger gatherings in view of the new Omicron variant, then our resident medic David has this to report:

*"I have just listened to Prof Tim Spector on the Zoe app. From what he said, the risks of contacting COVID have not increased. Current cases are low in the older age groups. Deaths and hospitalisations have dropped but those on ventilators remains high. The Omicron variant may not change the situation significantly. It might be that the Delta variant remains dominant."*

Obviously we must all determine our own degree of risk and please only attend lunches if you feel safe to do so. Please can I encourage you all to take a LFT before attending, and wear masks until seated at your table.

There are still spaces available for the Christmas Lunch on 21st December. I will extend a warm welcome to all members, spouses and guests but again, please don't feel pressured into attending if you don't feel safe in doing so. Remember, this is an OPT IN event.

I am delighted to announce an additional meeting in the form of an evening Zoom on Tuesday 14th December. This will be a joint meeting with our twin Club in Bad Salzuflen and open to all, especially to our regular twinner. A Zoom link will be circulated soon.

I look forward to your company in the lead up to Christmas!

Jo Banthorpe



The Club's Planning Group met last week to discuss and review the frequency and format of meetings, and also the proposed changes to the lunch booking system. The Planning Group's recommendations are set out below. There will be the opportunity for Members to discuss these recommendations Tuesday 7th December, when Steve Runnacles will also present the proposed new booking system to Club. The discussion will be instead of a speaker on this occasion.

We resumed physical Rotary meetings on 14<sup>th</sup> September and are now operating to a fortnightly schedule, as opposed to the previous weekly schedule. This change was agreed after club discussion and a vote encompassing all members. Ahead of any decision to resume weekly meetings a commitment was given that a review of its viability / desirability would be performed. This is a significant issue for many members; the recommendation generated was informed by the views of Central Government, Rotary Headquarters and Ipswich East club members.

*The committee's recommendation to the Club Council is to stay with fortnightly meetings, this view was defined by the following considerations:*

- That the level of national COVID 19 daily infections remains high, the 14-day gap between meetings remains important to allow us to manage and advise the membership of any infections reported at meetings ahead of the next meeting. This is particularly relevant with the appearance of the Omicron variant with its anticipated increased infection capability, and the heightened control measures being introduced by Central Government.*
- That the commitment to fortnightly meetings (whilst reacting to the current covid challenge) is also aligned to the club councils view that this change will make the club more attractive to new members by reducing the formal meeting time commitment required by their membership.*
- That in the short-term, members who want to meet on the weeks where there is no formal Rotary event can do so by booking tables themselves directly with Venue16. Avoid Tuesdays as the restaurant is normally closed only opening on the Tuesdays required for Rotary.*
- That the club is looking to introduce software very shortly that will automate a number of currently manual processes. One of those changes will be to allow members to directly record their attendance or apologies online for club meetings via computer or smartphone. This will also facilitate the automation of lunch booking at Venue 16 on the alternate weeks where no formal Rotary club meeting is occurring. If sufficient members take up the opportunity to participate in this arrangement, We are confident that Venue16 will be prepared to open on the Tuesday lunchtimes with no formal meeting. However, if this option is to be taken forward there will be a need for Venue16 to achieve a critical number of routine diners (likely to be between 20 and 25) on those Tuesdays.*
- That it has become increasingly difficult to source interesting and relevant speakers for weekly meetings, the move to fortnightly meetings reduces demand and offers the opportunity for us to increase the quality of our speakers.*

The adoption of the software mentioned above will be a significant move forward for the club. There will be a presentation of its features before any adoption decision is made to the full club, hopefully in early 2022. If the Club Council recommends adoption of the software the proposal, including the relevant costs will then be presented to the club for consideration. Presuming the software implementation was approved we should then be able to facilitate a mix of formal Rotary meetings and informal lunch meetings each month. The administrative activities required to manage these events should be performed automatically with minimal human intervention.

President Jo hopes members will accept these proposals as being in the best interest of the whole club as we plan to move into a post Covid era and develop a vibrant community-based organisation attractive to both existing and new members.

## Ipswich East wider Rotary family news

George and Margaret Woodward's daughter, Caroline gave birth to Florence Edith Auger at Ipswich Hospital Maternity Unit on Sun 24th October, weighing in at 7lb 1oz a sister to Matilda.



...and pictured below...



Dick Jeffery is holding the arm of newly-wed grand-daughter Belinda Hallworth (daughter of former Ipswich East member Bret and Dick's daughter Liz) who married Jack on 20<sup>th</sup> November in Essex. He is also cradling his great-grand-daughter Matilida (Tilly, the daughter of Bret & Liz's son James). Tilly is wearing her great-grand-mother Val's pearls.

*Christmas is fast approaching with the opportunity to send greetings to club members.*

*Instead of sending cards, send your greetings by way of our club Newsletter.*

*Contact editor Alan Forsdike to include your name in the Rotary Christmas Greetings Card and make a donation to our Benevolent Fund. Your donation will be enhanced by 20% when Neil makes our claim for Gift Aid. The sort code and account number for the Benevolent Fund account are 20-44-51, 20758779.*

*Names so far:*

*Andy Lewis - George & Teresa McLellan  
- Eric Barnett -*



**7th December - Minted Lamb steak served with ratatouille, fat chips and a rocket and mozzarella salad**

**21st December - Christmas Lunch (see next page)**

**Alternatives are available but must be notified in advance**



# Christmas Lunch, Tuesday 21<sup>st</sup> December 2021

Venue16's Restaurant can seat a maximum of 60 people

*- This lunch is now open to members' guests -*

**YOU MUST OPT-IN**

Bookings in both instances should be made via email to me at [rcieattendance@gmail.com](mailto:rcieattendance@gmail.com) clearly stating in the message header that it is a Christmas meal request please.

Venue16 are offering individual choices from the menu below, so when you book Dave needs to know your preference.

**1 - Turkey escalope with a cranberry and sausage meat stuffing, served with roasted potatoes, a vegetable parcel, thyme roasted Brussel sprouts and a turkey jus**  
*(can be adapted for GF - please order now)*

**2 - Roasted fillet of haddock topped with a creamy mussel and prawn sauce served with roasted potatoes and a vegetable parcel (GF)**

**3 - Traditional vegetable moussaka served with a Greek salad and tzatziki dip**  
*(GF, V and can be adapted for Vegan - please order now)*

**followed by**

**Traditional Christmas pudding with brandy sauce**  
*(vegan version available - please order now)*

**(alternative - Ice Cream) and coffee**

**The meal will be the normal cost for two courses, £15.50**

**PLEASE REMEMBER TO OPT-IN**





Click here for details of Carol services throughout Ipswich this Christmas so you too can hear the angels' message of good news and great joy.

Bring joy to Ipswich this Christmas!  
[www.inspiringangels.org.uk](http://www.inspiringangels.org.uk)



## Appearing somewhere near you soon!

Ipswich is going to 'angel bombed' this year with angels everywhere and anywhere! Large wings (on the right above) will be appearing on churches and buildings around Ipswich to get people to engage with what Christmas is about. The challenge has been thrown down to everyone to do their bit too. They can be made out of anything- paper, wood, metal or material.

Scan the QR code to find out more.

### Gilian Maylin - RIP

Some of our members will recall Gilian Maylin, wife of Alan who was for many years a member of Ipswich East Rotary Club. They were both great supporters of the club's twinning with Bad Salzuflen in Germany. Gilian passed away in a nursing home recently.

**Gilian's funeral will be held at Seven Hills Crematorium at 1.30pm on Monday 20th December 2021.**



Editor Alan, who is closely involved in the 'Inspiring Angels' project, is pictured here wearing his specially printed 'hoodie' and sitting next to Claire Lunney. Alan and Catherine Forsdike visited Claire in her home at Norwood a week ago. Catherine was leading the act of worship and Alan accompanying the singing on the piano.

There is a link here with Alan Maylin because Claire was his PA when they both worked for the Area Health Authority.

*(Alan apologises for not taking a photo of Clifford and those who were also present.)*

# Twining visit to Rotary Club of Ipswich, Massachusetts

While the above twinning is still quite a few months off, both Martha, the US side organiser, and I have started putting some thoughts down and they need to know who and how many are committed to take part in joining the exchange this time round.

Please let me know now if you would like to go. We currently have 14 signed up and it would be nice to be nearer 20.

If you've never participated in the US twinning you might like to know that, in theory, it happens every two years so we host every four years. The event itself lasts for a week and we are accommodated in individual Rotarians homes, and vice versa. This arrangement works well and keeps the cost down when your visiting but it does imply that one would reciprocate in two years time. Usually hosts and guests form good relationships which develop as in our case, where we have become extremely good friends with our hosts, Bob and Kathy Gravino. Sometimes of course the pairings don't quite work out so we change it for next time. No problem.

In times where we, Ipswich East, travel to Ipswich Massachusetts most of us tag on an additional holiday having committed to airfares etc and in 2022, I understand that some Rotarians are traveling to the US on the Queen Mary.

We do hope you will consider joining and I look forward to answering and questions you may have in the meantime. *George McLellan*

**RESPONSES ARE NEEDED NOW - PLEASE CONTACT GEORGE**

## 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.**

## Eating in the UK in the 1950s

Pasta had not been discovered

Curry was a surname

A take-away was a mathematical problem

A pizza was something to do with a leaning tower

Bananas and oranges only appeared at Christmas

Crisps were plain; the only choice was to salt or not

A Chinese chippy was a foreign carpenter

A big mac was something worn in the rain

Brown bread was something poor people ate

Oil was for lubricating, fat was for cooking

Tea was made in a teapot and was never green.

Coffee was 'Camp' and came in a bottle

Cubed sugar was regarded as posh

Only Heinz made beans

Fish didn't have fingers

None of us had heard of yoghurt

People who didn't peel potatoes were considered lazy

Prunes were medicinal

Muesli was available but called cattle feed

Pineapple came in a tin

Cooking outside was called camping

Water came out of a tap - if someone had suggested bottling and charging more for it per pint than petrol they would have been a laughing stock

The one thing we never had on our table was our elbows.

# Ipswich East Rotary Club Meetings Programme

**Tuesday 14th December - 7.30pm Zoom Meeting  
with our twinned club,  
RC of Bad Salzuflen to discuss a visit.**

Zoom details will be circulated by email.

**Tuesday 21<sup>st</sup> December - Christmas Lunch  
12.55pm at 'Venue 16'**

Duty Rotarians: Karen Finch & John Goodship

**Tuesday 11th January 2022 - Speaker Meeting**

**Tuesday 25th January - Business Meeting**

**Tuesday 8th February - Speaker Meeting**

**Tuesday 22nd February - Speaker Meeting**

**Tuesday 8th March - Speaker meeting**

**Tuesday 22nd March - Business Meeting**

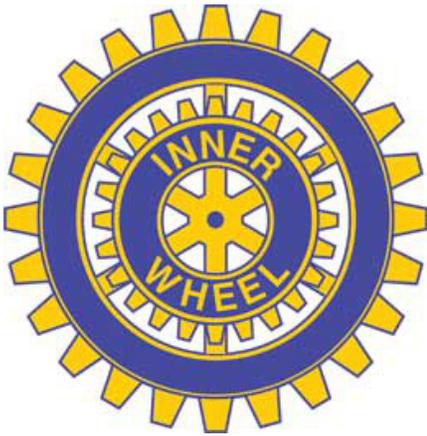
**Tuesday 12th April - Speaker Meeting**

**Tuesday 26th April - Speaker Meeting**

**Tuesday 10th May - Speaker Meeting**

**Tuesday 24th May - Business Meeting**

*(Duty Rotarians, please confirm to the Hon Sec and Editor that you are going to be available.)*



## *Inner Wheel Club of Ipswich East*

**President: Catherine Forsdike**

**Secretary: Margaret Woodward**

**Treasurer: Rosey Watson**

**Club Correspondent: Anne Riches**

**International Service Organiser: Monica Pipe**

**Membership and Welfare: Ruth Goodship**

**Social: Karen Finch**

**Fund Raising: Judi Walters**

**Community Service: Anne NG**

## **PROGRAMME**

**Tuesday 7<sup>th</sup> December 7:15pm - Christmas Music Quiz - Ipswich & Suffolk Club**

**Tuesday 4<sup>th</sup> January 2022 12:15pm - New Year Social Pub Lunch**  
*(at a venue to be arranged)*

### ***Sunday 9<sup>th</sup> January - Walk and Tea - Hill Farm Tuddenham***

hosted by Bill and Monica Pipe at Hill Farm, Tuddenham. Walkers to start at 1.30pm for the longer walk and the short walk will start from about 2.30pm. A wonderful afternoon tea will be served from 3.30pm.

Tickets £5 per person, all proceeds to The Stoke Association. Please get in touch with Judi by email: [judiwalters@btconnect.com](mailto:judiwalters@btconnect.com)



**Tuesday 1<sup>st</sup> February 12:15pm - Frugal Lunch at Hill House, 2 Henley Road**

***Friday 25<sup>th</sup> February - Trivia Quiz - Tuddenham Village Hall***  
***PLEASE KEEP THE DATE!***

**Tuesday 1<sup>st</sup> March 7:15pm - Business Meeting at Ipswich & Suffolk Club**

***Wednesday 16<sup>th</sup> March - District Committee Meeting: Honington and Sapiston Village Hall***

**Tuesday 5<sup>th</sup> April 12:15 - Speaker Meeting (tba)**

***5<sup>th</sup> - 7<sup>th</sup> April - Inner Wheel Conference Bournemouth***

**Tuesday 3<sup>rd</sup> May 7:15pm - AGM and District Chairman's Visit**

***Wednesday 18<sup>th</sup> May - District International Rally - Ely***

**Tuesday 7<sup>th</sup> June 7:15pm - Speaker Meeting (tba)**

***Tuesday 21<sup>st</sup> June - District Committee Meeting and AGM - Brome Grange***

**Tuesday 5<sup>th</sup> July 7:15pm - Handover meeting - Prosecco and Strawberries**