

LOOKS EAST

The Newsletter of The Rotary Club of Ipswich East
Edition 02-2021 : 19th January 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 Meeting
Tuesday 19th January starting at 6.30pm

Guest Speaker: Deb Johnson (of Lighthouse Women's Aid)
"Domestic Abuse - The Hidden Pandemic"

Duty Rotarians: John Goodship (VofT) Allan Gosling (notes)



January
Bill Pipe
Ray Walters
Andy Lewis
Dick Jeffery
Eva Alcerreca
Ian Lord

How to get noticed in a Zoom Meeting

We have been using Zoom for a while now.

Some of us (your editor included) experience Zoom exhaustion - 6 meetings in a day is about as much as he can take)

BUT - if it means we can see each other and share thoughts and information then Zoom is a solution.

The recent club membership survey showed that, for the majority of members, meeting on zoom is better than nothing.

What we miss of course is the ability to chat and share good hearted 'Rotary banter'; chipping in with *bons mots**.

It just doesn't work on Zoom.

There is a delay in transmitting another sound and someone else speaking the same time as the main speaker will break up the transmission.

Sometimes you might have a serious point to make or an announcement. Here is what to do:

- 1 If you know before the meeting, email your request to Secretary Tony who will appoint a slot on the agenda.
- 2 If you want to make a point during the meeting, use the chat function to directly contact Alan or Catherine who are hosting the meeting. They are constantly watching 'chat' and will alert the President.
- 3 Chat is best but you can also 'raise the blue hand' in Zoom. (See next page for more information on this feature.)

Just to reassure you, the zoom hosts, Catherine and Alan spend all the meetings scanning their screens to monitor reactions of members and look for signs that someone is wanting to speak. However, someone holding up a finger is unlikely to be noticed so if you can't do the things listed above, wave frantically until you are acknowledged!

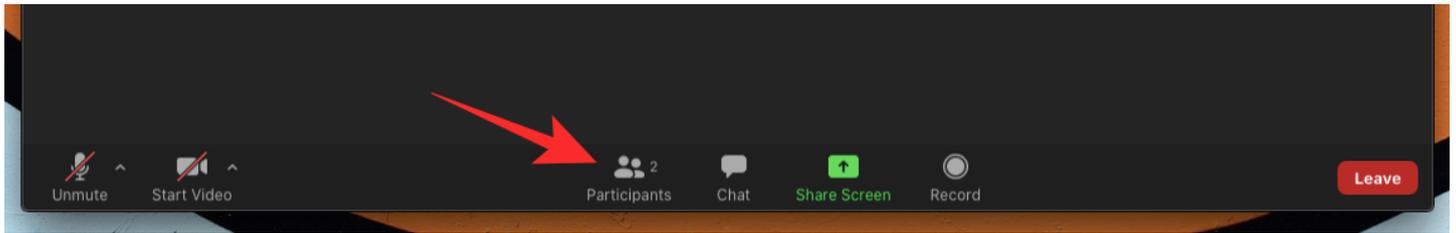
If all else fails (but only as a last result, 'un-mute' and interrupt!

[*I did look it up, the plural of bon mot is either *bons mots* OR *bon mots*]

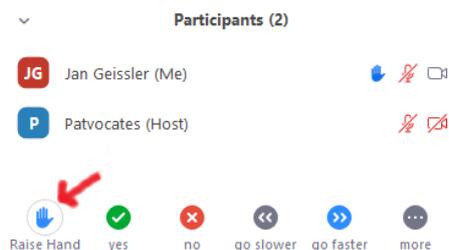


The Blue Hand

To raise your hand in Zoom's desktop or laptop app, click the "Raise Hand" button in the "Participants" tab (shown by the red arrow below) on the bottom of your screen.

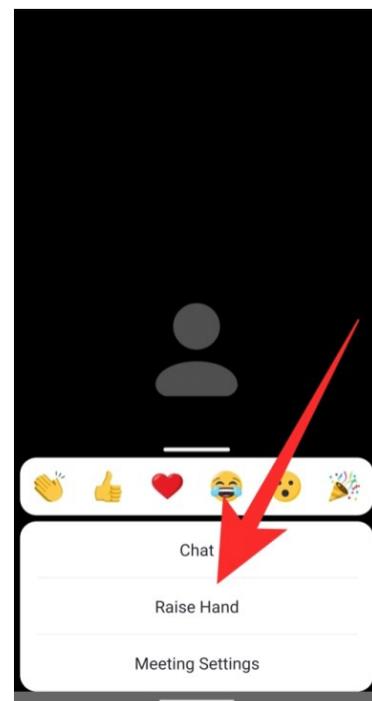
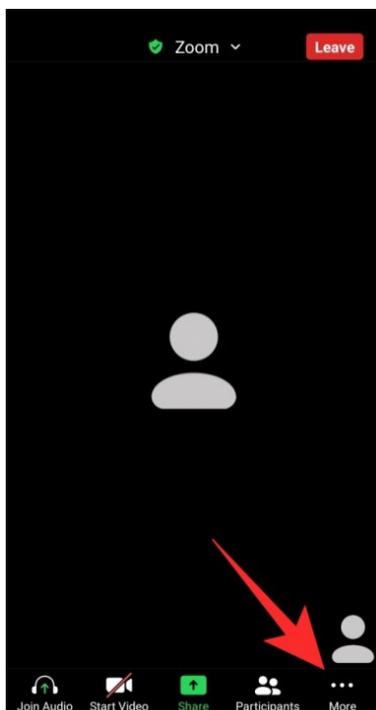


you'll then see this (it will list the people in our meeting):



So to raise your blue hand, click the icon on the bottom left (shown by the red arrow in the picture above)

To raise your hand in Zoom's mobile app (on an iPad, tablet or 'phone), tap 'more' (that's the one with the three dots ... (an ellipsis) on the bottom right, then select "Raise Hand" option (shown on the second picture below)



If you later change your mind about raising your hand, you can lower it by clicking "Lower Hand." The zoom host will lower it after you have spoken.

My Year in Sport (A Marathon Journey!)

Jo Banthorpe gets a few things off her chest...

It is now just over a year since, in a moment of madness, I stuck my neck out and announced publicly that I wanted to run the 2021 Orwell Challenge full marathon!

Taking inspiration from the Park Runners I leafleted in the lead up to 2019's event, and also from a couple of 'mature' first time marathon runners I chatted with at our checkpoint that same year, the idea of me running a marathon started brewing in my head! If they could do it, then why couldn't I?

Saying it out loud to myself and to more than one other person really helped to reinforce the idea. Coupled with the fact that I came spectacularly last in the parents' and grandparents' race at my grand daughter's sports day, the gauntlet was well and truly thrown!

I remember mentioning the idea to a couple of people shortly after the 2019 OC but immediately dismissed it as being ludicrous. And so, with the encouragement of two other 'mature' hopefuls (who incidentally have both since dropped out), I lined up a marathon training guru to keep me on track, downloaded the C25K (Couch to 5K) app onto my phone and started recording my efforts on the Strava app (which anyone can download and 'follow' me - please feel free to do so!).

My first 'run' involved jogging for 30 seconds, followed by walking for 1 minute - and it absolutely KILLED me!! I could quite easily have given up right there and then but I'd just spent good money on a pair of proper running shoes so thought I'd better give it at least a bit longer.

And now here we are - one year on and 189 active days later. I can now own up to having run for 166 hours, covering a total of 1225K (almost Ipswich to London and back x 5) and an elevation of 7829 m (7/8th of the height of Everest - in Suffolk?!).

Currently my training regime consists of running three times a week plus one strength/cardio session. I start the week with a brisk short run (approximately 7K), a medium run working on speed and/or strength (hill sprints, sprint intervals, FARTLEK intervals) and then finally a long run (either a steady or progressive pace). The strength/cardio session is in the gym when allowed (HIIT - high intensity interval training) or specific exercises to strengthen glutes and quads, as prescribed by my marathon training guru Alice. During the current lockdown whilst I'm not working I'm also walking with Hubs - trying to build up the length of time on my feet.

My longest run to date is 27K, which happened one day last August when I got lost and ended up in a field of asparagus somewhere near Martlesham. Now I'm concentrating on improving my form and pace, and will start to gradually increase the distance over the next 6 months until June.

This journey hasn't been all plain sailing though. Early on, I experienced a return of my childhood asthma which has thankfully now resolved with minimal use of medication (I just needed to start breathing properly and using my lungs more efficiently). My first downhill run resulted in a knee injury in the short term, again thankfully now resolved by using just heat and ice; an over-enthusiastic hill sprint led to a very painful calf injury for a couple of weeks. Listening to the following TED talk really helped with managing this - <https://youtu.be/gwd-wLdIHjs>



So - questions....Why?

I'm often asked (and most frequently by my husband and almost as frequently by myself)

Answers:

- 1) Why not? If they (the park runners) can do it, then I should be able to. Right?
- 2) Personal challenge/ B4-60 Bucket List
- 3) A REALLY welcome structure during the lockdowns (I even caught myself saying a couple of times that I didn't want my work to interrupt my training!!)
- 4) To raise much needed funds for a local charity. I'm keen to support Suffolk Mind as I feel that escalating mental health issues will be a sad legacy of the pandemic.

Do I like running?

NO!! Absolutely not!! I HATE RUNNING!!

I liken it to child birth - it seems really easy at the outset, but is in fact the worst experience in the world whilst you're going through it. Once it's all over, you very quickly forget how awful it all was and can't wait to try again!

I REALLY hate the thought of going out to run. I hate it for the first 3K and could very easily give up and go home. After that, I manage to convince myself that I'm almost home so it makes sense to continue. I refuse to wimp out and ask for a lift home. However, I am not that person who loves running or gets a buzz out of running. Never have, never will.

Best bits:

- 1) Running down hill - it all feels so easy and perfectly possible.
- 2) The homeward stretch. Lying on the floor after a run and stretching out. Hot cuppa, boiled egg and toast; standing in a boiling hot shower.
- 3) Reaching the end of a run and realising that I've run further than I thought/had planned.
- 4) Feeling a huge sense of achievement after each run.
- 5) Logging on to Strava, checking my stats and achievements (or lack of)
- 6) Having a glass of wine with dinner, knowing that I don't have to run the next day.

Worst bits:

- 1) Running up hill - it all feels so hard and nigh on impossible.
- 2) Knowing that I have to run today.
- 3) Reaching the end of a run and realising that I'm way short of my target
(I find it impossible to squeeze out an extra few Ks once my brain has shut down)
- 4) The first 3K of any run. Going home is far more appealing.
- 5) Speed intervals. My body is built for comfort, not for speed! My little legs won't go fast!
- 6) Bishops Hill uphill.
- 7) Running in the dark or freezing cold; cold fingers and toes
(reminds me of hockey at school in the winter); gale force wind - SUCH hard work unless it's behind you.

The Upsides:

- 1) Recording runs in km rather than miles. The numbers make it feel like you've run a long way!
- 2) Seeing progression and being thankful for how far I've come and having the opportunity to stretch myself to such an extent.
- 3) Running before sunrise and seeing the new day dawning (I only did this once though, but it was lovely!)
- 4) Being top of the Strava leaderboard or a Local Legend for a segment (a tiny bit of competitiveness coming out)
- 5) Running in the rain, fog or mud. For some reason I like getting soaked or splattered. I've always loved the fog.

- 6) I'm 2/3rds done and only 6 months of training left.
- 7) That moment when your fitness is such that your legs ache before you feel out of breath - a real game changer.



The Down sides:

- 1) Recording runs in km rather than miles. You have to do more of them to complete the full distance (42K rather than 26 miles - bummer)
- 2) Really struggling to go out for a run when your head and body says 'NOOO!! STAY IN BED!!'
- 3) Trying to peel off compression leggings - they're far easier to pull on than to take off, especially when sweaty!
- 4) REALLY stinky running shoes.
- 5) Runner's toe - black and really thickened toenails. No open-toed sandals for me this summer.
- 6) The thought of the OC being cancelled this year. I absolutely CANNOT keep training until October or 2022 - I know I'd lose the will to live. I'd rather run a virtual marathon in June if all else fails.
- 7) That moment when your legs ache and you feel out of breath.

Most embarrassing moments:

- 1) Tripping over a tree root, falling flat on my face; grazed knees and hands, feeling shaken, hurt pride.
- 2) Tripping over a blade of grass, falling flat on my face in full view of others, feeling like a real idiot.
- 3) Getting bitten on the bum by a dog
- 4) Realising that one's bladder isn't quite what it used to be!

Discoveries:

- 1) I have to get up and go straight out for a run.. If I delay or aim to go later in the day, I'll very easily talk myself out of going.
- 2) Discovering new routes. The joy and wonder of having no idea where a new footpath will end up (reminds me of walking in Wales as a child, hunting for way markers)
- 3) I've never been one to set goals or targets but I find it essential whilst running. Strava has free virtual challenges that you can sign up for - really helps with motivation.
- 4) Recording pace and distance on Strava gives different results to Garmin. Garmin is apparently more accurate. My all time 5K record was recorded on Strava and I haven't a hope of bettering it!
- 5) Keeping my phone in a waterproof pouch. Before I got my Garmin watch I recorded my runs on Strava via the phone app. Sweat found its way under the screen and left a huge black blob on the display which made the phone unusable for a while. Scary, as all my work contacts etc are on that phone. I now only take the phone in case of emergency, and it's well wrapped up.
- 6) Being able to find my way home despite my hopeless sense of direction.
- 7) Loving the sense of solitude; noticing footpaths that I've walked past for years without realising they were there; noticing nature - wild flowers, trees, birdsong.
- 8) Some people listen to music or podcasts whilst running. I do neither - I just count (in, two, three, out, two, three) - I'm now very good at counting to three! Sometimes I aim to run to the next lamp post/post box/junction/traffic light but once I reach it I try to run just a little bit further - gives a huge sense of achievement.
- 9) Discovering Rushmere Common, the Sandlings Walk, Foxhall Woods, Brookhill Woods,; rediscovering Orwell Country Park and the River Walk in town - whoever even knew they existed? I didn't, despite living right next door to them for all of my life!
- 10) Being kind to myself. I'm not out to become the next Mo Farrah so it doesn't matter how quickly or slowly I run, or even if I walk for part



of the way. A marathon is the same distance whether you run it quickly or slowly. The first time I had to break from running into a walk was in the heatwave of last summer. Initially I felt a complete and utter failure and almost phoned for a lift home, but quickly had a talk with myself and managed to walk/jog all the way back. There is actually a recognised running technique called 'Jeffing' - invented by US marathon coach Jeff Galloway, which encourages walk/running for the duration. Not as easy as it sounds - for me, I find it really hard to start running again if I've been walking for too long.

- 11) I find I have to visualise my runs before starting, and usually plan them the night before. However, sometimes my head and body are not in sync and a run just doesn't go according to plan. I'm now OK with this and just aim to smash it at the next outing!
- 12) Running off road may be kinder to the knees and joints in the long run but it's much harder work than running on a hard surface. Mud and uneven ground slows you down (though it's good for core strength), and running with soggy feet just isn't fun! However, it's SO much nicer running across fields and in woods rather than next to a noisy road.
- 13) Nutrition and hydration are extremely important. I can't eat much before I run (maybe half a banana) or drink too much (half a cup of tea) otherwise it all starts sloshing about, so I rely on the previous evening's meal and hydration to see me through the next day's run. I take sports gels if running for more than an hour, and carry water and electrolytes in hot weather. It does weigh you down and is a pain, which is why the OC checkpoints are really essential fuelling stations. Energy bars do a good job too - the Veloforte ones are delicious!
- 14) I lose a huge amount of heat immediately after a run, even in hot weather, so I need to have a hot drink and FOOD as soon as possible. I get to eat more potatoes than my husband and I carefully monitor my fluid intake, aiming for 2100 ml per day (caffeine tea/coffee and alcohol don't count!)
- 15) I'm a real advocate for the natural anti inflammatory and analgesic properties of turmeric so I take a daily supplement of fermented turmeric and black pepper, which is also good for the gut microbiome. General tightness in calves, quads and glutes can be eased with a handheld percussive massage gun. I always make time once a month for a 2 hour reflexology and massage treatment.

What next?

Nothing!!! Nothing at all, nada, zilch. Lots of long lie-ins at the weekend, enjoying the summer; not feeling too knackered to do gardening.

This is very much a once only performance! I have no intention of running long-distance ever again, although I will probably keep up with a weekly short run and definitely will keep up the HIIT training.



If I never see another hill again then I won't be upset at all; likewise sprint or FARTLEK intervals.

I might enter the parents'/grandparents race at my grandchildren's next sports day - but there again, maybe not. I've been able to prove a point to myself so I don't need to prove it to others.

FIND Food Parcel Deliveries

Ipswich East pulled out all the stops just before Christmas to come to the aid of Maureen and FIND. At the eleventh hour, the call for help was received. The mission - to deliver 30 - 40 food parcels to families in need in and around Ipswich. This in addition to a bulk drop to Social Services in Leiston which Graham Bickers kindly undertook and duly completed.

Historically, collection of parcels from FIND HQ has been known to be rather long winded, with Maureen sticking resolutely to her pen and paper method of 'automation'. However, the restrictions brought about by the current pandemic have necessitated a different way of working, and the implementation of a new voucher scheme for clients made the whole organisation slicker and quicker. A real silver lining!

The recent Club survey gave the option for Rotarians to log their interest in helping out with community projects such as FIND deliveries (in a Covid secure way). Troops were mobilised very quickly via the Keep Smiling Ipswich East WhatsApp group and we were able to get the job sorted in no time!

Many thanks for the dozen or so Rotarians who stepped up to the mark at such short notice. Job well done in true Rotary spirit! *Jo Banthorpe*



In the final of his series of articles about his life as a fire-fighter, Tony Baker describes the move from Buckinghamshire to Suffolk and why he is still here.

Suffolk

Fire Brigades were inspected by H M Inspectors of Fire Service. Each year they would arrive for a week with a team to assess each and every aspect of the brigade. Inspectors were usually retired chief fire officers with long fire service experience. In 1991 the inspector arrived in Buckinghamshire at the beginning of the year with his team. We had an in-depth discussion about my role. At the end of interview, he said that a chief's job would become available in Suffolk and that I should make an application. I threw my cap into the ring.

For the first time ever I came to Suffolk for the interview and stayed at the Marlborough Hotel. I knew all of the other candidates having served with them or had attended command courses with them at the fire service college. The interview process was long and involved with psychometric tests and a series of interviews with the Chief Executive, Leader of the Council and then elected members.

The decision must have been difficult to reach as we candidates sat together trying to make small talk for some two hours before I was called in to be offered the job. The existing deputy was not best pleased as he had received an indication that the job would be his. We had somewhat of a frosty relationship before he retired. I had to see the brigade doctor, Gordon Kember, before the appointment was confirmed. After the medical, I asked him if everything was OK. Gordon said that all was in working order but perhaps some bits did not work as frequently as before.

Moving house from county to county was never a smooth operation. Liz had been subjected to house move after move after move. We had just about settled in to a very pleasant village life in Buckinghamshire and she had a very enjoyable job managing student grants. We came to an agreement. The move was on provided she became a lady of leisure. The deal was done. Our house was not quite ready for us to move into in December 1991, so for two weeks we lived in a hotel in Needham Market.

A good colleague of mine in the Brigade enjoyed researching the First World War. He discovered that pro rata, the Suffolk regiment had the least number of soldiers executed for cowardice. His analysis was that Suffolk people were resolute and loyal. If they instructed to stay and hold, they would stay and hold despite any threats, but if you tried to introduce change, there would be real problems. When I arrived here in Suffolk, my assessment of the brigade was that it was very old fashioned and traditional without the capacity or capability to move forward in the modern world. I set about restructuring the brigade from a traditional hierarchical divisional structure to one that embraced functional management with departments that could address the important issues of change. It was achieved within a year with many battles with resolute people as it required closing offices, moving personnel and changes to the way many issues were addressed.

It was at this time that I first met Alan Forsdike. Alan was undertaking building works at the Ipswich Colchester Road Headquarters building and fire station for the [then] County Architect's Department. He offered to redesign my office to reflect the new style of management.



Suffolk Fire & Rescue Service Facts 2019/2020

(courtesy Wikipedia)

Established	1948
Annual calls	5,212
Incidents	
Employees	593
Operational Staff	
Annual budget	£21.6m
Facilities and equipment	
Divisions	3
Stations	35
Engines	43



I also met John Beamish at this time. John was secretary of the Fire Brigades Union and we had many long and detailed debates and battles. I did see the Fire Brigades Union as one of the last of the dinosaurs of the trade union world. However, if you ever found yourself in a dark and difficult place at an operational incident, the guy that you would want beside you was John Beamish. John had many qualities and I suggested to him that he should consider becoming a Magistrate and then later to be a member of our Rotary Club.

I'm pleased to say that the regime that I established in Bucks continued: the chief was always away when a major incident occurred in Suffolk. There was a corps of very competent fire officers in Suffolk who were more than capable of commanding major incidents. The only time I felt obliged to return to the county was to attend a major fire in a warehouse on the Whitehouse Industrial estate.

I was chairing a meeting in Hertfordshire when I received a message that ten pumps were attending the incident. Ten pumps was a large attendance, however I was confident that command of the incident was in good hands. A few minutes later, a further message informed me that the attendance had been increased to fifteen pumps, a major incident. I felt duty-bound to attend having taken into account the size of the attendance and the rapidity of the increased attendance. I sped back to Suffolk and was pleased to find that my expectations had been exceeded and that the fire had been successfully and safely brought under control.

It was the tradition in the Brigade at that time to hold a Christmas Lunch and to invite retired senior officers to attend. One such officer was John Whyman. John immediately asked me to speak at a rotary club in Lowestoft where he had retained membership from the time that he had worked in the town. Soon afterwards he invited me to attend Ipswich East Rotary Club and I became a club member early in 1993.

I had the pleasure of watching Ipswich Town from the Directors' Box where I first met Ken NG who was the club dentist. My brother-in-law was an ardent Manchester United fan; we all have our crosses to bear. I managed to secure a second seat and he was able to sit just behind his all-time hero Bobby Charlton when United came to Portman Road. He still owes me a pint.

Fortunately Ipswich won by the odd goal of five. John Whyman was a member of the Corp of Commissioners and was the guardian of the stairs that gave access to the box. I first met Alan Hunter at the matches. He and I both supported Orwell Mencap Genesis for many years. Until recently we would meet up at bowls matches. Alan first played football for Coleraine in Northern Ireland where our eldest son lives. I mentioned to Alan that we were going to Coleraine and he gave me a long list of places to visit. On our first day in Coleraine, the first person we bumped into was Alan Hunter. His uncle had died and he had jumped on a plane at short notice.

Full county council meetings were a regular occurrence. Usually I would attend in full uniform, but on one occasion I went wearing a suit. I was having a quiet chat with Tony Coe, the Chief Constable. On the far side of the council chamber was Marie Rodgers, county councillor for Lowestoft. I knew Marie well as we were both involved with Victim Support. Marie was a larger than life character who had once been a market trader in the Portobello Market. I suddenly heard a very loud voice ring out. "Ooh Mr Baker, I didn't recognise you with your clothes on!" The Chief Executive was really impressed!



Editor Alan surfed the net for a photo of Tony - this is what he found; an article from 1992.

"Suffolk firemen received their awards for 20 years' long service and good conduct at Bury St Edmunds Fire Station in 1992.

"Elmswell Station was awarded a trophy for the best kept station garden in Suffolk Fire Service and Miss Teresa Flack collected the award for her father Barry.

"The picture shows from left to right: Mike Mutimer, sub officer; Brian Barnes, leading fireman; Miss Teresa Flack, representing Barry Flack; Malcolm Swan divisional officer; Tony Baker, county fire officer; Richard Silver, leading fireman; Roy Sandry, leading fireman; Cliff Reader, retired; and Pat Hills, leading fireman.

(Acknowledgements: Awards - Suffolk News)

One of the roles of a Chief Fire Officers was to hear cases brought under the Fire Service Discipline Regulations. Charges could be laid for a whole host of offences and any resulting punishments ranged from a caution to a fine and up to dismissal. The proceedings prompted an interest in the Magistracy. I applied and was appointed as a Justice of the Peace with which I continued after leaving the brigade.

I made it a habit to attend all of the 36 stations in the Brigade each year to drill the crews, inspect the station and then to sit down to talk with the station personnel. The first time that I attended a station in the north of the county I had great difficulty. I asked a part-time fireman what his full time job was. I could not understand his reply. He repeated the answer. I still could not understand the reply. He made some actions. He leaned forward, picked something up, put it under his arm, did a twisting action, and then appeared to hang the object up at a high level. On the second round of actions and with a word that I had picked up, I guessed that he worked at the local poultry processing depot and was a chicken catcher.

In subsequent years, I always took a local officer as an interpreter with me to that area of the county. Years later I found that the Sub Officer had a personal management technique. Any miscreants would be taken around to the back of the drill tower and where there would be a robust interaction. There was an annual inspection of station premises with an award for the top station. I went to the aforementioned station and everything was immaculate. A few days later on passing I noticed neat rows of holes in the earth of the front garden. Inspection over, the enterprising Sub Officer had returned the borrowed plants to the local nursery.

The annual station visit round illustrated a human trait. After a number of years, I could accurately predict which questions would be asked and who would ask them. It would be the same questions asked by the same person as asked twelve months before. People will only hear what they want to hear. If the answer is not what they want to hear, it is as though it was never given. Perhaps that is why people don't or don't want to understand the present Covid restrictions and look for ways to flex them.

I once had to attend a Safety Assembly at County Hall during the planning and assessment process for future development of Sizewell. I was quizzed by many parties regarding the Brigade's ability and capability to attend incidents at a nuclear power station. Subsequently, I received very detailed letters from one of the groups opposed to expansion at the Sizewell site. I quickly learned to keep replies short and strictly to the point. The more superfluous information given, the greater the opportunity to raise vexatious questions and challenges. The lesson was well learned when it became necessary to deal with some aspects of Rotary applications.

Howard Griffiths was one of my predecessors in the job. He lived just around the corner. I discovered that he had been quite an author and poet over the years. One day I asked him where his wife Phyllis was. (Phyllis was always smart and elegant. She had gone on fire brigade rambles in high heels and carefully coiffed hair.) Howard had a wicked sense of humour and replied, "Gone to the Beauty Parlour, never works." Typical of good Suffolk humour.

I was invited to attend the opening of a new library in Sudbury (pictured). The opening was to be performed by a government minister. He was late. With devilment, I told the county librarian, Amanda Arrowsmith, that the delay had given me the opportunity to assess the means of escape in case of fire. I told her that I had observed severe inadequacies and that the building would have to be evacuated with immediate effect. Eventually she saw a twinkle in my eye. I was fortunate to escape with everything intact.

When I left the fire service in 1997, we had to make a decision. Do we stop in Suffolk, or do we return to one of the many places where we had lived. We decided that there was no contest. Ipswich in Suffolk is a very pleasant place, full of good people, and in an ideal location for everything apart from travelling to the north. Most importantly, Ipswich has a fine Rotary club with fine club members who have become good friends over the years.





The Woolverstone Project

Sailing for people with disabilities

Like many charities supplying services for people with disabilities in 2020, Covid-19 has prevented the Woolverstone Project from providing normal activities. We have not had any sailing sessions.

Back in February and early March we prepared everything at our Alton Water base for the season, boats were rigged, cleaned & all equipment ready, only for Lockdown to cancel our first sailing session. We have not restarted at either Alton or at Woolverstone.

We cannot do so without close contact with our sailors, many of whom are vulnerable. Those who require a hoist need to be made comfortable both in the sling and in the boat and the more able very often require assistance to get on board and with the rigging. We also had concern for the carers and our volunteers.

Contact has been maintained with members by Zoom talks and on line sailing competitions. A disappointing time made worse because it is our 25th year and we had planned some special events.

We are very grateful for the Rotary Club donation for “copper coating” on the Sonar boat. That will be done over the winter which should (Covid permitting) enable us to launch for the 2021 season on the Orwell.

So no photo from 2020 but this one was taken on a lively day at the end of the 2019 season and shows Gippeswyk, which the four Ipswich Rotary Clubs presented to the Project 10 years ago. The second photograph shows off that gleaming copper hull.



John Clements

The Winning Team

Gina Cooper is sorting photographs and found this one from 1993. Stuart was SVP that year.

Stuart says, 'A group of us attended the Rotary District Conference in Scarborough. At that time we held our lunches at the Centre Spot in Portman Road and I was able to borrow a strip from ITFC for the fancy dress night.'

'This was the result and we won second prize.'



Ten tips to help you live 100 years

Juliette Adams writes...

'On a trip to the US a few years ago I happened to see these tips which were compiled by the American Longevity Association. I think they may interest you.'



- 1 **Substitute fish** for meat often in your diet. Fish has oils that have shown promise in laboratory tests for prevention of heart attacks.
- 2 **Substitute vegetables** often for meat and dairy products. The protein in vegetables lowers blood cholesterol.
- 3 **Eat more vegetables high in beta carotene** - for example, carrots, spinach, broccoli and melon to prevent many forms of cancer.
- 4 **Stick to a diet low in fat** to prevent heart disease and cancer.
- 5 **Keep calorie intake and weight low** to help slow the ageing process.
- 6 **Supplement your diet** with vitamins C, E and the minerals selenium and zinc which will help prevent oxidant damage to tissues.
- 7 **Drink hard water** rather than soft (this is easy for us in Suffolk!)
- 8 **Do not smoke.**
- 9 **Avoid food preserved with nitrates.** Such compounds have produced stomach and colon cancer in laboratory animals. (One of our medically qualified members could help us understand about nitrates).
- 10 **Avoid food** such as powdered eggs and powdered milk and smoked meats. These contain cholesterol that has been oxidized which has damaged the arteries of experimental animals.

With regard to the 5th tip there is an organisation called Overeaters Anonymous which could be a useful source of information. I hope these 10 tips are helpful.

Hon sec Tony circulated an email on 14th January with links to videos. This is the text of that email...

'HELP US SURVIVE THE WINTER'

On 27 December 2012, we distributed our first aid packages in Syria.

Eight years later, we are still providing critical aid to families who are fleeing violence and danger from the ongoing conflict. We've helped over 250,000 people during this time, making it the largest response in our history.

The conflict in Syria is now entering its 10th year and shows no sign of stopping - but neither do we.

A JOURNEY OF STRENGTH

Last year, Lauren decided to do the unthinkable. She swam 24km over 24 beaches in a single day to raise money for ShelterBox.

Although Lauren is no stranger to challenge events, this one was something that really pushed her to her limits.

Let Lauren inspire you this new year that is already overshadowed by lockdown. Take part in our 20 for 20 challenge to get fit, improve your mental health and support families who've lost their home to disaster.



OUR NEW YEAR'S RESOLUTION

At ShelterBox, we continue to work hard to overcome challenges and reach families who desperately need support. Our new year's resolution is simple; to provide more life-saving aid to vulnerable families fighting to survive disaster, conflict and coronavirus.

Right now, we're working to support families in Honduras, Syria, India, Sudan, Ethiopia, Burkina Faso, Nigeria and Cameroon.

Visit our website to see what your incredible support translates to.



ShelterBox Trust is a registered charity (1096479) and a limited company in England and Wales (04612652), VAT registered.



Ipswich East Inner Wheel



Last year IW Member Rosey Watson made Christmas themed face masks and raised £284, which will be going to 4YP.

Rosey is continuing to make masks which can be yours for just £5 each - they are available either shaped or pleated.

Both are fitted with wires over the nose bridge and the shaped ones also have adjusters on the elastic.

They are washable and have an extra layer in them to help protect although they cannot be guaranteed. If anyone would like one could they email Rosey directly at

rosey.watson@sky.com



Catherine Forsdike is home again!

Catherine has been swimming the channel 'virtually' and has raised over £500 for the Ipswich East Inner Wheel Club President's charity '4YP'

Sponsorship is coming in through 'Just Giving' and in cash donations direct to Catherine and to IW Ipswich East Treasurer Jenny Clements.

THANK YOU FOR YOUR SUPPORT



Catherine Forsdike

Catherine's Swimming the channel

Swimming back from France but this time sponsored for 4YP because It is our Inner Wheel clubs chosen charity



4YP

We raise funds for suffolk young people to provide well being services for 12 - 15y

Charity Registration No. 1084286

Donate with **JustGiving**

If you would like to support 4YP by sponsoring Catherine, you can do so by going to the Just Giving website (justgiving.com) and search for "Catherine's Swimming the Channel"

Photographic Memories of the 2012 Past Presidents' Dinner at the Ipswich & Suffolk Club





Grants

This is the timescale planned for 2021

From now, members need to start feeding their requests for grant on behalf of good causes to the Club Council via our Hon Sec Tony Baker.

On Monday 1st March, the Club Council meeting will consider those requests.

On Tuesday 4th May Grants Committee will meet to make Initial Listing of Grants Proposed for discussion on Monday 17th May at the Club Council meeting. Club Council will consider that listing and make a recommendation to the Club Business meeting on Tuesday 25th May.

Future Club Meetings

We are unlikely to be permitted to meet in person for some time yet.

That may change but in the meantime, this will help you to plan your diary.

What Week Do We Meet?

Ipswich East is going to continue to meet fortnightly for the foreseeable future. We have been meeting on the first and third Tuesdays (and ignoring fifth Tuesdays) however, Ipswich East Inner Wheel Club has begun to meet on Zoom.

Since they began over 40 years ago, Inner Wheel have always met once a month on the first Tuesday. Ipswich East RC member Catherine Forsdike is also a member of Ipswich East IW and hosts their meetings on zoom. Try as she might, she cannot be in two places at once so our Rotary Club has agreed to move our zoom meetings to the second and fourth Tuesday of each month.

The change takes place with immediate effect so the speaker meeting previously advertised for 2nd February will move to 9th February. Unfortunately the speaker booked for 16th February is unable to move so just for February, that meeting will remain on 16th (third Tuesday). That is all spelled out in the list below.

What Time Do We Meet?

Members who attended the first meeting of the New Year at 7.30pm on 5th January (and there was a good number) will know that we held a poll to ask about the start time. Everyone but one said they preferred 7.30pm or would be happy to meet at 7.30pm. Most of those attending were the same people who have been meeting at 6.30pm.

However, in the interests of balance, it is only fair to ask the question of the people who attend on Tuesday next which is at 6.30pm so another poll will be held. The result of that will determine if we meet at 6.30 or 7.30 or perhaps have one of each a month.

Please come along and vote in the poll that evening.

Forward Programme of Meetings

Tuesday 9th February 7.30pm Zoom Club Meeting: Norman Lloyd, “A Disc Jockey’s Lament”

Norman Lloyd tells the story of becoming a radio presenter, the radio stations he worked on and what the future of local radio will look like in his opinion. Norman shares some of the highs and lows of over 30 years working in commercial radio and the BBC. And the \$64,000 question, how did he end with a multi-coloured suit?

Duty Rotarians: Norman Haines (VoT), Liz Harsant (notes)

Tuesday 23rd February

Zoom Club Meeting: Richard Hems “Long in the Tooth”

Duty Rotarians: David Knights (VoT), Andy Lewis (notes)

Tuesday 9th March

Zoom Club Business Meeting

Duty Rotarians: (not required)

Tuesday 23rd March

Zoom Club Meeting with guest speaker (tba)

Duty Rotarians: Ian Lord (VoT), Ross Lunney (notes)

Tuesday 13th April

Zoom Club Meeting with guest speaker (tba)

Duty Rotarians: George McLellan (VoT), Ed Nicholls (notes)

Tuesday 27th April

Zoom Club Meeting with guest speaker (tba)

Duty Rotarians: Bob Parker (VoT), Bill Pipe (notes)

Tuesday 11th May

Zoom Club Meeting with guest speaker (tba)

Duty Rotarians: Richard Porter (VoT), Toby Pound (notes)

Tuesday 25th May

Zoom Club Business Meeting (*grant distribution put to member vote*)

Tuesday 8th June

Zoom Club meeting with guest speaker (tba)

Tuesday 22nd June

Zoom Club meeting with guest speaker (tba)

Tuesday 13th July

Zoom Club meeting with guest speaker (tba)

Tuesday 27th July

Zoom Club meeting with guest speaker (tba)