

LOOKS EAST

The Newsletter of The Rotary Club of Ipswich East

Edition 10-2022 : 7th June 2022

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



June

Dave Atkins
Norman Haines
Jeremy Doncaster
Graham Bickers
John Hutton

Annual Club Assembly at 'I&SC'

Tuesday 7th June 2022 at 7 for 7.30pm
(no lunchtime meeting)

Duty Rotarians: Michelle Bevan-Margetts & Graham Bickers

Menu - chicken wrapped in bacon, plus seasonal vegetables, followed by strawberry iced parfait with coffee and mints to conclude.

Charity Golf Day

It's taken the Club a while to get back into the swing of our 'normal' activities but we've started with a bang - and a hugely successful Charity Golf Day last Wednesday, raising around £2400 for the Bumblebee Children's Charity and the Club's Benevolent Fund.

Based in Sproughton near Ipswich, the charity provides one to one and small group sensory learning for pre-school and older children with profound physical and learning disabilities. Currently the centre is only able to open for two days each week, and both days are always fully booked with a waiting list. Children travel from all around Suffolk to access the facilities here, which are very specialist and unique to the area. Families do not have to pay for sessions, and the charity receives no Government funding and so is totally reliant upon donations.

The day of the event dawned with sunshine and a light breeze - in fact, it was perfect weather for golf! 24 teams took part, with some golfers travelling from outside of the county to play on the prestigious Purdis course.

Competitors were welcomed on arrival with a bacon buttie and coffee (and the opportunity to buy raffle tickets!) before teeing off, with the promise of ham, egg and chips and prize giving at the end of the day.

There were some excellent scores, no doubt helped by the very favourable conditions. A few extra challenges were added in just to give a little more of a competitive edge, with the opportunity to win some quality golf-themed prizes.

Now to the winners:

Team Prizes

1st - The Burgess Group (Eddie Burgess, Shyam Patel, Prad Patel, Daniel Sheridan) 93 points

2nd - Barker Gotelee 2 (Sam Read, Paul Tuckswell, Ollie Johnson, Ollie Holloway) 89 points

3rd - Barker Gotelee1 (Christopher Green, Chris Wakefield, Nick Wakefield, Philip Ashden) 87 pts (on countback)

Best Sponsor: Plasufix Ltd - (Dean Garnham, Peter Catchpole, Ian Finbow, Neil Rumsey) 83 pts

Nearest the Pin: Ewan Dodds **Longest Drive:** Sam Read

Lowest Gross Score: Philip Ashden (H'cap 0.6) 72 (on countback from Sam Read (handicap 6.2))

We are extremely grateful to all the businesses who sponsored a hole on the course - this always generates a large proportion of the profit for this event.

Steve Flory and Hudson Group very generously donated a golf jacket which was auctioned, and pledged for it to be embroidered with the name of the highest bidder.

The raffle is always popular and was extremely generously supported by golfers and helpers alike. There were in excess of 50 prizes this year - many thanks to all Rotarians who donated items on this occasion.

Enormous thanks to Chris Harrall who did more than the lion's share of organisation, and indeed has done so for the last 25 or so years in promoting and running this event! Many thanks also to all who helped on the day, especially John Button and Steve Runnacles.

It was lovely to see some of our senior members who helped with folding raffle tickets and supported the event just by coming along!

Next year's date has already been fixed for Thursday 18th May 2023 at Ipswich Golf Club - save the date! *Jo Banthorpe*

The Orwell Challenge needs all our efforts,
so make sure you follow the event on all your social media!
Help us spread the word!

 **OrwellChallenge**

 **OrwellChallenge**

 **TheOrwellChallenge**



Sunday 19th June, 2022 • Sign up at orwellchallenge.co.uk

This year's Orwell Challenge on Sunday 19th June is rapidly approaching, we need to give the numbers a real boost. One of the ways you can help to do that is for those of you on 'socials' to give the social media posts on Facebook, Twitter and Instagram a like and or a share to your followers. Just search for /OrwellChallenge on FB and /theorwellchallenge on Insta(gram) and @OrwellChallenge on Twitter - if you can also follow those accounts from your own individual accounts that will also help.

We still have leaflets and posters you can hand out and banners if you have a great place to put them. So let's do what we as a club do brilliantly and spread the word to have another awesome fundraiser for 2022. *(Steph Mackentyre)*

Gestation of Orwell Bridge

Clifford Smith gave a talk after our lunch 17th May on how he was appointed in 1964 to help mastermind the building of the Orwell Bridge, at a time when there were no dual carriageway road in Suffolk and how the A12 and A14 needed to be duelled.

There were various options and in 1964 a local census by East Suffolk Council with Government Agencies looking at many schemes which included a crossing at Harwich not Ipswich and a tunnel not a bridge.

Various expansions of Ipswich and the surrounding towns were considered but it was decided to let expansions be done naturally.

After a public enquiry East Suffolk County plan was to do the crossing at Belstead linking Kesgrave and Martlesham, the expansion of Felixstowe Port and BT at Martlesham helped convince the Government and in 1974 all the Suffolk planning authorities agreed for the bridge to be built.

Allan Gosling

[Whilst discussions stated in 1964, construction of the bridge commenced in October 1979 and was completed in December 1982. You can't rush these things! - Ed]



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: VACANT
Fund Raising: Judi Walters - Community Service: Anne NG

PROGRAMME

(All subject to change)

Tuesday 21st June - District Committee Meeting and AGM - Brome Grange

Tuesday 5th July 7:15pm - Handover meeting - Prosecco and Strawberries



Duty Rotarians

If you are unable to be the Duty Rotarian for the week shown, please arrange your own swaps and notify the Hon Secretary and the Newsletter Editor.

As a reminder, when you receive your invitation-to-attend email, the information is repeated.

14th June - John Button & Jack Earwaker

21st June - John Clements & Stuart Cooper

28th June - Des Cunningham & Ewan Dodds

5th July - Jeremy Doncaster & David Chittick

12th July - Nigel Farthing & Karen Finch

19th July - Steve Flory & Francis Fobbie

26th July - Alan Forsdike & Catherine Forsdike



Help for Ukraine

Following the decision Tuesday 23rd May to send £1,000 to the Rotary Ukraine appeal, Bill Pipe contacted Dr John Philip who is Chair of the International Fellowship of Rotarian Doctors and co-ordinating the medical relief efforts.

Dr John has thanked us for our generosity, and our contribution will go towards the purchase of some orthopaedic devices to fix complex fractures. Ray Walters is adding his £200 from the recycling of 'phones to our total.

What's On

14th June - Graham Miles, Agricultural Chaplain

21st June - Hannah Bloom, St Elizabeth Hospice

12th July - Handover

19th July - tba

26th July - tba

Lunch Menu

14th June - Chunky beef lasagne served with garlic bread, topped with grated cheese and served with fresh salad

21st June - Minted lamb steak served with ratatouille, fat chips and a rocket and mozzarella salad

28th June - Shepherd's Pie topped with cheesy mash.

Alternatives are available each week but must be notified in advance unless you have a 'standing order'.

Collections for Good Causes that cost you (virtually) nothing

Ray Walters is collecting unwanted mobile **mobile telephones** in aid of Water Aid. Contact Ray is happy to help you dispose of any old phones 'mobiles' that are sitting in drawers or cupboards gathering dust.



John Button is collecting used **postage stamps** in aid of St Elizabeth Hospice.

Contact John to hand over your used stamps.



Andy Lewis has a good home for your used **printer ink cartridges** please (raising money for Rotary funds)

Andy will also take any **drinks can ring pulls** for jewellery making by Philippino families in poverty.



Des Cunningham is no longer collecting used spectacles for use overseas.

It appears that such collections are no longer sought, unless you know better.

***Do you collect items for a charity or good cause?
If so, send the details to the Newsletter Editor Alan Forsdike
and he'll advertise it here.***

How has the global crisis shaped our minds?

A thought-provoking article was sent in by Jo Banthorpe and has been edited to share with you...

"Security is mostly a superstition. It does not exist in nature, nor do the children of men as a whole experience it." - Helen Keller, *The Open Door*, 1902.

The world has changed. We have become divided, even splintered.

It was once believed that societal threats bring us all together. We spoke of the 'Blitz spirit', in which death from the skies was met with, yes, nightly terror, but also shared stoicism and determination, a pulling together, a shared vision. The general feeling that the world is out to get us naturally promotes anxiety. Society as one would get through this.

But what did this series of coronaviruses do to society? To collective and individual psychology? Did the initial Blitz spirit turn into a self-inflicted blitzkrieg of opinion, agendas, confusion, and even hate? Was the collective focus against the illness, or other people?

Has this existential threat strengthened or weakened us, collectively and individually?

Some people saw the closing down of businesses, the printing of oceans of inflationary cash, and the governmental draconian measures as unnecessary, even outrageous. They saw the pandemic as merely an excuse for governmental authoritarianism. Some suspected or questioned the evidence that the virus was as deadly as it was presented, that the vaccines worked, or even that the vaccines weren't dangerous in themselves.

On the other side of the divide, some of those fully for governmental controls, vaccines, and restrictions saw people who even mildly questioned governmental policy as notorious 'vaccine deniers' or 'conspiracy theorists'. At one end of the spectrum, the death of 'anti-vaxxers' was deemed worthy of mockery, while on the other, illness and death of the fully vaxxed were deemed proof that vaccines were useless.

This 'them and us' mentality has its dangers. As soon as we begin to categorize or stereotype others as stupid, naive, or, worse, subhuman, then we risk becoming addicted to sanctimonious self-righteousness and dehumanize them to the extent that we can justify anything in our treatment of them.

Both attitudes make us worse human beings.

One side reduces the other to stupid, bigoted, dangerous, even subhuman. Meanwhile, the other side sees their 'opponents' as naive, easily led, and in favour of tyranny. And so our binary, un-nuanced culture spirals its merry way towards oblivion.

So one impact of the pandemic may have been to produce a more divided people. And chronic division within societies rarely ends well. Rather than one common enemy - the pandemic, say, or even inept government - there are lots of enemies, one of which may be your 'dumb' neighbour or (former) friend. For better or, as I suspect, for way worse, we are nowhere near the Blitz spirit.

Abraham Lincoln's wise sentiment that we should act "with malice toward none, with charity for all" has been lost in a self-righteous haze of spite, rage, sneering superiority, and mistrust - all fuelled by a howling media.

But what of the personal psychological effect? How are we as people after the pandemic? Fearful and risk averse? Certainly, anxiety conditions, depression, and addictions, as well as sleep disorders may well have increased hugely during the pandemic. That's to say nothing of the trauma caused by the increased incidence of domestic abuse.

This isn't too surprising, of course. The palpable mass fear, the time alone separated from the touch of loved ones, the crippling uncertainty, the opportunity to drink... all this was

exacerbated by lockdowns. The sense of 'stranger danger' while simply going outside for a walk or to the supermarket, and the general feeling that the world is out to get us, naturally promotes anxiety.

Pile on top of this the fact that the treatment of other illnesses and diseases has been, in some cases, impossible, and we are in a right sorry mess. But if this international crisis has made us all too risk averse, then the risk of fearing to live may be the most dangerous consequence of all.

The real danger of favouring one part of the mind over another

I recently read Dr Iain McGilchrist's new book, *The Matter with Things: Our Brains, Our Delusions, and the Unmaking of the World*. It's about all kinds of things (it's an impressive 1,600 pages!), but one of those things is how society can come to favour one way of knowing over another.

The left hemisphere of the brain thinks it knows it all, likes bureaucracy and rules, prefers theory to reality, misses the bigger picture and context, and is cautious but also over-confident in its own rightness.

The left hemisphere is intolerant; sees people only insofar as they fit into a certain category or identity group; and doesn't perceive, so therefore doesn't appreciate or allow for, uniqueness. It may not 'get' humour, missing the implicit and insisting on the validity of only what is clear, immediate, and explicit.

And, crucially - in the words of McGilchrist - it "doesn't know what it doesn't know", so any talk of it missing the full picture is deemed nonsense.

The left-hemispheric way of perceiving is vital to human survival but, [...] it feels it is the master when in fact it is simply the emissary.

McGilchrist argues we are now living in an age in which the left-hemispheric way of knowing is encouraged at the expense of broader, wiser ways of seeing.

Wiser ways

The right-hemispheric way of knowing is wiser; it sees wider contexts and likely consequences of current actions. It may pursue smaller risks as a way of averting greater, longer-term risks. Greater risks the left hemisphere cannot see. By trying to hide from any and all threats, we leave ourselves more open to harm when we do, perhaps inevitably, become exposed. Not only do we make ourselves more fragile and less resilient, but we deny ourselves the opportunity to become anti-fragile.

Anti-fragility happens when we're strengthened through exposure to stressors. So stressors don't just promote resilience, they actually make us stronger than we were before. Anti-fragility isn't just resilience - it's the exact opposite of fragility.

Maybe our left-brained way of seeing as a culture has forgotten that to become stronger we sometimes need to be exposed to more stressors, as long as it doesn't overwhelm us.

Too much protection, trying to cover all potential threat bases can, paradoxically, be the biggest threat to individual wellbeing and empowerment. This is true on a psychological level, but also on a physical one.

Peanuts, pathogens, and paranoia

Avoidance gives short-term comfort but entails long-term weakness. Could it be that chronic, life-shrivelling, fulfilment-evaporating overcautiousness will be one unintended consequence of the pandemic?

Please understand, I'm not suggesting that all the precautions were unnecessary. Far from it. I'm just talking about the possible ongoing consequences if we carry on trying to live as though under permanent threat. Too much of one thing can cause its complete opposite. Too much security, comfort, and ease can lead to pain and suffering in the longer term - the very parts of life we were trying to escape.

Lack of exposure to pathogens when young may deny the immune system the chance to properly learn (yes, it learns!) and strengthen, which can have a lifelong negative effect on immune

function. The huge increase in peanut allergies in young people may be, in part, due to avoidance of peanuts when young.

Does a great deal of risk aversion strengthen or weaken us?

Does sending a message to young people that 'words are violence' teach them to respect others' feelings or simply to fear committing some mediaeval sin? Or to feel like they might never recover from being told words they don't like?

Do 'trigger warnings' actually produce better-adjusted, less fearful people? Research suggests that not only are they ineffective, but they may cause harm. Trigger warnings can have the deleterious effect of cementing trauma survivors' negative self-perceptions so that the trauma comes to feel more central to their identity. When it comes to getting stronger, it's a case of "as above, so below."

Emotional and physical immunity

We can't avoid all unpleasantness in life, and nor should we. We have emotional immune systems as well as physical ones.[14] Both need to avoid overexposure to overwhelming threats, but at the same time need a reasonable amount of exposure to adversity in order to become stronger and therefore better able to protect us.

One possible function of traditional fairy tales may have been to expose young children to wickedness, hardship, and duplicity (but also courage and honour) in a safe way. Once upon a time, exposure to these elements of life was not avoided but encouraged for youngsters. We need to open up, in our minds and in our lives.

Opening up to life

It seems that too much caution - treating others and ourselves as if we are fragile, weak, and endangered when we're not - may be a huge risk in itself. We may be the first culture to fail through mass overcautiousness.

I'm not for an instant downplaying the real heartache and suffering Covid-19 has wrought. During a 5-week period when the first variant was new I felt worse than I'd ever felt in my life, and I still, sometimes, feel the after effects even two years later. People died, people lost loved ones. People suffered, too, because of the restrictions placed upon them. But if we, as a culture and individually, are to live again - to truly live - we need to open up to life, to take some risks, to not let fear rule us. Avoidance on the emotional and behavioural level is akin to lying on the couch all day then wondering why our muscle tone has disappeared.

Yes, the vulnerable need to be protected - but if we carry forward too much cautiousness from the pandemic, we may suffer much more because of that. We may fossilize as a society and wither as individuals. Turning people into enemies ('them' and 'us'), trying to control everything left-brain style, and living as though life is always out to get us all sap the life from living.

Trying to live with no risk is like trying to walk with no steps.

Mark Tyrrell

Co-Founder, Uncommon Knowledge - psychology trainers since 1995