



**SERVE TO  
CHANGE LIVES**

# LOOKS EAST

The Newsletter of The Rotary Club of Ipswich East

Edition 11-2022 : 28<sup>th</sup> 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



## July

Chris Harrall

Jack Earwaker

Jo Banthorpe

## August

Karen Finch

Colin Davies

Alan Forsdike

neil Hewitt

Toby Pound

George Woodward

## Club Lunchtime Meeting Orwell Challenge Debrief Tuesday 28<sup>th</sup> June 2022 at 12.55pm

*Duty Rotarians: Des Cunningham & Ewan Dodds*

*Menu - Shepherd's Pie with Cheesy Mash*

## 'Cracking' Orwell Challenge celebrates 45th year

**That's how the EADT  
announced their report  
using a picture taken by  
Steve Favell (Steph's  
hubby)**

President Jo writes:

Despite fears of the extreme weather conditions of the previous couple of days continuing, these were fortunately and thankfully unfounded. The day of The Orwell Challenge 22 dawned cool, overcast and dry - perfect weather for runners, walkers and checkpoint marshalls alike!

The promise of clement weather clearly tipped the 'undecided' into action as there was a significant number of entrants, runners and walkers, who signed up on the day, taking the total number of participants to over 500.

Runners got off to a great start whilst there was still a cool breeze, and the later departing walkers were accompanied by pleasant sunshine to help them on their way.

I was delighted to meet His Worshipful Mayor John Cook at HQ, where he chatted amiably for some time to registration volunteers, before accompanying him in his swanky electric 'Mayormobile' to Levington Creek and Decoy checkpoints. Again, he met and chatted with marshalls and many of the participants - mainly walkers at that point as the runners didn't stay still for long enough! Turns out that the Mayor knew Des' Dad and Brother very well; he also recognised walkers that he'd met at previous events - small world indeed!



Through my own interactions with participants and volunteers at HQ, Fishponds, Levington, Decoy and Cordy's, the overall feedback was extremely positive! Much praise was voiced for the checkpoint marshals who were extremely helpful, friendly and motivational - their clapping and cheering really helped!

One lady I spoke to enthused that it was wonderful to have the opportunity to take part in an activity on her doorstep which wasn't organised by big corporates, to have the choice to sign up on the day and to support local efforts.

So a huge, huge THANK YOU!!! to John Button and team for making OC22 an enormous success once again! It's a huge amount of work, but it is SOO worthwhile! It is our flagship event - not only is it our main fundraiser, but it really brings the Club together in fellowship for the day. It was lovely to some of our senior members at the more accessible checkpoints, to spend some time socialising with folk who aren't always able to come to lunch.

ENORMOUS THANKS also go out to all Rotarians, spouses and friends who pulled out all the stops to support the day! We really couldn't have done it without you all!

Sadly numbers are not as buoyant as they have been in the very early days, as we now see ourselves competing with many other similar charitable events. Indeed, there were at least two other events happening on the same day this year, but our main USP is still that it enables people to raise money for smaller charities close to their hearts.

The date for next year's OC is already set for **Sunday 25th June 2023** - put it in your diaries now as we'll need as many hands on deck as possible to make the event another success!



## A word of thanks from Organiser John Button:

**Once again a huge thanks for your support again this year with The Orwell Challenge.**

**We are looking to hold a de-brief shortly\* so can I ask you to send me your thoughts / comments / constructive criticism on this year's event asap, and by Friday this week please**

- *The debrief is Tuesday 28<sup>th</sup> June*

## Thanks pour in...

I'd like to thank you and your team for organising a great event, the marshals were a great support and the food stops were well stocked (I always carry enough anyhow) and there if you needed them.

This is the fifth time my son and I have run the marathon and is a great way to spend Father's Day.

Many thanks again looking forward to next year's event. *Ian Kennedy, Laxfield*

...and from *Allison Weston*:

Thank you for a super walk.  
The volunteers and pit stops were brilliant 😊



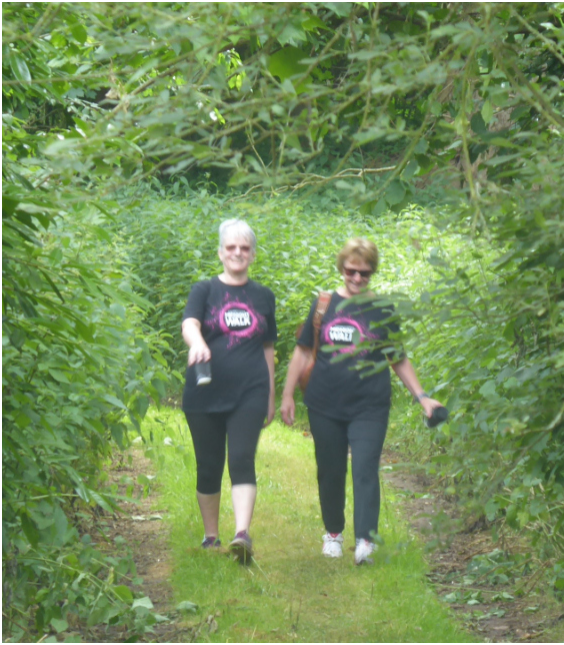


*Some memories of the day...*

(You might like to think up some captions for a couple on the next page!)















*...and finally...*

*These two eight-year old lads completed the 25mile course.*

**The next  
Orwell Challenge is  
Sunday 25th June 2023**

## **Guest Speaker - 14th June**

Graham Miles, the Diocesan Rural Agricultural Chaplain who is licensed minister (not ordained) was our speaker at our meeting on the 13<sup>th</sup> June.

Now in his 60s he comes from a farming background and explained the problems of depression, loneliness, anxiety and suicidal thoughts incurred by those throughout agriculture.

His work is non-denominational and his 'phone is available 24/7. Graham gave examples of typical calls including a long one at 4am from a depressed worker needing help. He is able to take funeral services and said there were forty-one farming deaths last year. Graham attends events and agricultural shows as well as calling at farms.

After questions John Clements gave a vote of thanks.

*Jack Earwaker*



**Something just for the spelling pedants among us...**

**We all remember the rule of spelling drummed into us at school:  
"I before E except after C."**

**Well, it works a lot of the time except when your foreign neighbour  
Keith receives eight counterfeit beige sleighs from feisty caffeinated  
weightlifters.**

**Weird!**



## Guest Speaker - 21st June 2022

Our Club was fortunate to have Hannah Bloom of St Elizabeth Hospice talk to us today and explain more about what they do at the Hospice and, in particular, more about their “Big Hoot” campaign.

Hannah explained that working through Covid had put an additional strain on the Hospice. They received a 50% increase in calls during that period. They also had to create an isolation ward and increase their general bed space to cope during the pandemic.

They also moved toward a “virtual support” so that they could keep the service going and created the “Living Grief” initiative.

Income during the pandemic was difficult as their shops were effectively shut for 48 of the 52 weeks in the first year and general fundraising was halted. The Government however came up trumps with their “Hospice UK” support package which ensure that the Hospice could continue its great work during that difficult period.

The “Big Hoot” follows on from the successful “Pigs Gone Wild” and “Elmer’s Grand Parade” campaigns and forms an art trail around the Town for all to enjoy. There are 50 large owls situated around the Town and 65 little owls displayed in shop windows. There has been great local support from businesses.

The Owls have come from Poland and artists from as far afield as Liverpool have decorated them. The little owls have largely been decorated by schools and local groups.

The event was launched on the day of our Orwell Challenge and this year you have the chance of winning an Owl as there is an on-line £5 raffle as well as the usual post parade auction. The event is on until the 3rd September with the auction taking place on the 10th September.

Last year the Elmer’s parade raised £260,000 for the Hospice. We wish them luck this year!

Other current initiatives include “Suffolk Remembers” down on the seafront gardens at Felixstowe this week. This gives those who have lost loved ones the chance to light tea lights in memory of them and is expected to be a very moving occasion.

The Hospice will also be resurrecting their Midnight Walk next year and they will be starting a café in the Town hall. Lots to look forward to.

*John Button*

*The trail is live until 3<sup>rd</sup> September*





## 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.*

**28<sup>th</sup> June - Des Cunningham & Ewan Dodds**

**5<sup>th</sup> July - Jeremy Doncaster & David Chittick**

**12<sup>th</sup> July - Nigel Farthing & Karen Finch**

**19<sup>th</sup> July - Steve Flory & Francis Fobbie**

**26<sup>th</sup> 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

**5<sup>th</sup> July - Business Meeting**

**12<sup>th</sup> July - Handover  
[Evening Meeting]**

**19<sup>th</sup> July - Richie Ross  
(Ipswich Regent)**

**26<sup>th</sup> July - tba**

## Lunch Menu

**5<sup>th</sup> July** - Marinated pork schnitzel topped with creamy sauce.

**19<sup>th</sup> July** - Fresh salmon infused with soya sauce & honey, served with a lime and coriander crab cake and an Asian slaw.

**26<sup>th</sup> July** - Trio of Suffolk sausages on a root vegetable mash topped with crispy onions.

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



# Zurich Standards



Bröckedde is located in the heart of Germany - where the Rhine and Danube flow into the beautiful Bröckeddesee. This is where RC Bröckedde meets in the Bröckedder Hof - every Wednesday at 1pm in the Salon Hindenburg.

Alexander Hoffmann

01.06.2022

President Pröpke sighed with relief. After a great deal of effort, he had finally managed to fill all the Club posts for the coming Rotarian year. "I had to put some members under quite a lot of pressure before they would commit", he said as an aside at the next meeting.

"The Club needs to adopt the Zurich Standards" replied Friend Zorngiebel, an old-school Rotarian whose constant complaints about Rotary's general decline were normally dreaded.

"I've been reading about how things were in the 1920s at RC Zurich", Zorngiebel continued, "it was a very distinguished club, a real jewel in the crown." President Pröpke also delved into the historical weekly reports and was very taken with the old club. In Zurich, for example, two thirds of all members applied for a club position and those with the most votes then received the coveted offices. The attendance rules were strict. Anyone who missed a meeting had to apologise in writing, stating their reasons. Those who were absent without excuse were named in the weekly report.

So Pröpke appointed Zorngiebel as the "Zurich representative" with task of reintroducing some of the old customs, "Try getting RC Bröckedde up to that sort of standard", suggested President Pröpke and Zorngiebel set about his task with great enthusiasm. Attendance rates increased brilliantly.

In view of this pleasing development, Pröpke felt suitably relaxed as he set off for his summer holiday on the North Sea island of Norderney. However, as soon he sat in his beach chair on the White Dune, his smartphone buzzed.

"Where are you?" bellowed Zorngiebel. "I'm on a well-earned holiday on Norderney", replied the President.

"That's not how it works, Mr President!" complained Zorngiebel. "What doesn't work?" queried Pröpke.

"You can't just go on holiday without reporting in. You obviously haven't read the Zurich reports to the end. In the good old days, Club officers had to report in when on holiday. Please read up about the utter shock when a President didn't report back from St. Moritz for a whole week." Poor old Pröpke felt rather shaken, promised a remedy and duly reported to Zorngiebel every morning and evening with detailed reports from the island.

On his return, he studied the Zurich reports in some detail. It had been truly remarkable club, which also invited female speakers very early on, although not always successfully. One report recorded, "Today Greta Garbo should have spoken about her profession. She did not appear." Treasurer Knödler remarked with some relief, "Well at least in that respect we are on a par with RC Zurich. We once invited the lovely Jenny Elvers, Heather Queen 2015, and she didn't turn up either."

President Pröpke had a good chuckle with his old friend, enjoying the relaxed atmosphere of the Salon Hindenburg's shabby-chic décor. Whatever his Club's occasional shortcomings, he actually much preferred Bröckedde Standards.