



Thank you, ma'am.

Queen Elizabeth II
1926-2022

Rotary
Club of Ipswich East



LOOKS EAST

The Newsletter of The Rotary Club of Ipswich East
Edition 16-2022 : 20th September 2022

CLUB OFFICERS 2022/23

President: Steve Runnacles

Sen V. President: George Woodward

Jun V President: Ewan Dodds

Immediate PP: Jo Banthorpe

Secretary: Bill Robinson

Treasurer: Neil Hewitt



September
Chris Banham
Clifford Smith

October
Ewan Dodd
Bob Dunnett
Stuart Cooper
Brian Annis

Lunchtime Meeting
Tuesday 20th September 2022 at 12.55pm

Steph Mackentyre and Mark Murphy
reflect on the recent US Exchange

Duty Rotarians : Martin Whitworth & David Knights

Speaker 6th September, Reverend Celia Cook 'Top-Up Shop' and 'Coaching Drop-In' at St Mary le Tower Church

After having worked in Health and Social Care for some time, Celia was ordained into the Anglican Church in 2010. Celia served her curacy at Aldeburgh church before leading some churches in this and Chelmsford Diocese.

From 2018 Celia was based in the Chaplaincy at Ipswich Hospital. Using her training as an Occupational Therapist, coach, and mental health first aider she helped to support and signpost patients referred to her, particularly those with learning difficulties and mental health problems.

Historically churches have been places that communities have come together, and we heard where people can do business. Saints Peter and Paul church in Aldeburgh played host to ship auctions in medieval times! Saint Mary le Tower is a haven for those in need of a place to rest.

The bench donated by Ipswich East is an important contribution to enable people to pause away from their lives outside. A drop-in café has proved to be very successful and gives people the opportunity to get to know and help each other.

Celia provides a drop-in service to listen to people's stories and provide emotional and spiritual support. She spoke about how a Russian volunteer was able to help a family from Ukraine and how a Romanian was helped to find a job through a link with the Hope Church. Those who wish to can make an appointment with the Citizens Advice Bureau and Disability Employment Adviser, located across the road in Tower Street. She signposts people to many other charities and services too.

St Mary le Tower seeks to Teach, Transform and Treasure people's lives. To respond to the challenges that people are facing coming out of the COVID pandemic, one of nine pop up shops is running on a Monday and Tuesday morning at the church. No questions are asked. The aim is to be a foodbank with dignity. For a payment of £2 customers can choose what they want. A queue starts from 7:30am. People are encouraged to bring a bag; some choose to bring a trolley! Many are of no fixed abode; some are coming on behalf of a housebound friend and others have children at home. From 9AM when the shop opens the shop is busy with customers. Food is delivered from Fairshare and collections of produce also come from Sainsburys. FIND and church members provide toiletries.

The way Celia spoke about how the project has evolved, reaching out to those who would otherwise remain hidden from society was moving. Bob Parker gave the vote of thanks and said of how eloquently she spoke about the work she does and how much we admired what is being achieved.



UK US Twinning: a newbie's perspective

Imagine going to place you've never seen before and finding it feels so very much like home. That was our first impression of Ipswich MA. Our hosts Chris and Jayne Davis, also new to this twinning lark, and believe me it is a lark, were so kind and generous. In their first words at meeting us 'We're super excited to be hosting you.' Phew!

We had our first taste of Ipswich Massachusetts hospitality with a veritable feast of dishes at an historic farmhouse owned by Rotarian Nat Pulsifer's. (At the familiar sounding Waldingfield Road) There was much good-humoured banter and some unexpected singing too!

Up bright and early on our first full day with a breakfast meeting at the Pancake House where Ipswich and Rowley (Row as in 'bough' and not row as in moving the boat) Rotary Club meet every Thursday morning. We shared fellowship, pancakes and Happy Bucks (good news backed up with one-dollar bills). Then it was off to a very poignant talk at their 911 memorial as three local residents of Rowley lost their lives that day by being on the first of the planes to hit the twin towers.



Next, we were whisked off firstly, to look behind the scenes at the PEM Store House (museum artefact storage) including their extensive collection of bark cloth and ship's journals and the staff showed us the enormous lengths they go to to preserve it for future generations. Then it was off to a winery (vineyard and tasting with talk) all before lunch!

Bob and Jamie Snow opened their home to offer us lunch on a sun-soaked deck overlooking their pretty garden and pool. The afternoon brought three breweries for the strongest! That night a real treat of live band at the stunning Crane

Estate with a rooftop tour, for those with a head for heights.

Friday saw our own team of golfers take on our USA counterparts. The match was close, but the UK team led by George McLellan came home victorious (although no golfers I've asked can remember the actual final score!) Those of us 'non-golfers' went shopping and sightseeing. In the afternoon we met at the Ipswich River & Watersheds HQ to learn how 350,000 households rely on the Ipswich River and how, with Ipswich East's help they've secured a global grant to educate generations on future water conservation.



We also visited the Ipswich River and saw first-hand how the level of the water was 4ft lower than normal due to the ongoing drought. Ipswich River is on the list of the 10 most endangered rivers in the USA.

Dinner that night was at the oldest, continuously working,

American farm - Appleton Farms. Saturday took us out on the river but this time the Essex River (another familiar name). Some members also visited the nearby Ship Building Museum. That night we were thoroughly spoiled with a delicious lobster and chicken cookout at Rotarian Ray's house.

After several days of gargantuan portions, it was time to work off some calories with a trip to Maine. Firstly, a hike (for some of us) up Mt. Agamenticus. Others chose to drive up to the summit. Either way it was well worth it for the panoramic views from the top of this former ski run. Once





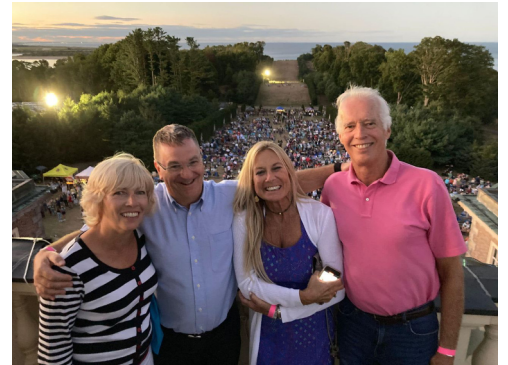
down there was more exercise, walking the Marginal Way at Ogunquit. A collection of beautiful coves overlooked by some very imposing (read as expensive) homes. Dinner this time was at the Witzigs back in Rowley. They won the 'waffa thin mint award' (think Monty Python's Mr Creosote) for giving everyone the most amount of impossible to resist delicious foods that night. We waddled back to our hosted homes that night.

Monday brought free time then lunch by non-hosting Rotarians. Ours are well

known to most, Di and Chuck. We called up Bill Robertson just to let him and Marlene know we were missing them. Di and Chuck's holiday home overlooks the river and Chuck's tales of his former life as Chief of Police - absolutely priceless! Next it was off to Brian and Julie Nelson's home for dessert and a concert.

What an unexpected treat! An acoustic rock duo who performed many English classics from the Moody Blues, Fleetwood Mac to Herman's Hermits, Gerry and the Pacemakers and The Beatles. They were rewarded by a room full of rocking (and loudly singing) Rotarians.

Tuesday the penultimate day saw a group visit the Senior Centre in Ipswich to oversee the dedication of a special card table for the residents, as a gift from Ipswich East Rotary Club. Next a visit to Gloucester (yes, another nod to the English), the oldest fishing port in the US and the Cape Ann museum. If, like us, you watched the true, but sadly fateful account of the fisherman from this town, in the film the Great Storm it's very sobering just to see how many men have lost their lives making a living on the sea.



We were treated to a trip with our hosts afterwards to Rocky Neck and our third clam chowder that week. Somehow the week had flown, and it was time to all gather together for the final dinner at the Ipswich Yacht Club that night. More Happy Bucks we're handed over including ones for Richard and June Porter as a lovely reminder that they along with their family were one of the first twinnings from our club. The evening was made all the more fun by the huge efforts made by Gail and Chris Doktor. Chris with his slide show of the week's photos and Gail with her tongue-in-cheek awards (I mentioned one earlier)

Here's just a flavour but everyone got an award that night:-

- *Mark Murphy for 'Buying the Most T-shirts'
- * Liz Harsant for 'Taking the Longest Time to Get Here'
- * Lewis Tyler as a veteran 'Twinning' who was given the Key to Ipswich Beach - a genuine gift of a lifetime's

access normally only given to residents of Ipswich MA.

More delicious food was served and those who put in a tremendous amount of time and effort to make this memorable trip happen, including our very own George McLellan, we're warmly applauded. Absent guests were poignantly remembered, and it was a fitting and fabulous end to a memorable week.

The following morning, some members managed to fit in a



The 19th hole!

return visit to the Pancake House for a final farewell. For us it was a trip instead to Crane Beach after waving off Jayne Davis, our lovely host, who was about to embark on her own travels. Crane Beach is one of the top ten beaches and is breath-taking in its simple beauty. So much of it is under the careful ownership of the Greenbelt (conservation organisation) It's a haven for wildlife and despite walking along its soft white sands for an hour we came across nothing but shells and sea birds.

If you've read this report and it has inspired you to take a turn at twinning we (Steve my husband who was awarded 'No-longer-a-USA-Virgin') and I would say DO IT!!! It's the most amazing, wholesome and rewarding week you'll ever have.

Stephanie Mackentyre



If you can get to Rotary Lunch this week (20th September you can hear more from Steph and Mark Murphy who are 'guest' speakers.

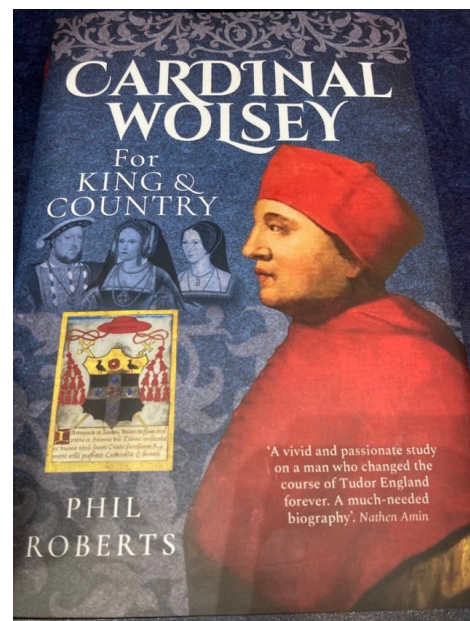
What's On

Tuesday 27th September
Business Meeting

Tuesday 4th October
Fellowship Meeting

Tuesday 11th October
Philip Roberts, Historian Author
'Cardinal Wolsey for King & Country'

Tuesday 18th October
Kat Mead
Independent Children's Physiotherapist





Glenn Williamson - a history of Round Table and how to keep it relevant for the 21st Century

Glen (and his audio-visual assistant Steve Runnacles) took us through Round Tabling via an immaculately delivered PowerPoint presentation.

Round Table was founded in 1927 and from a single group in Norwich has grown to become an international network of clubs. It is currently open to 18-45 year-old men (originally business men) who normally meet fortnightly for a social, organised activity or charitable event.

Ladies circles also operate and welcome women within the same age range. Current membership in the UK is around 3,000, somewhat down from its high point in the 1970's where there were around 30,000 UK members.

Members must step down at 45 (until 1945 it was obligatory to step down at 40) whereupon they can join the '41 Club' or move to another organisation. They look to encourage younger participation by offering their members a variety of social activities at their fortnightly meetings.

Glenn belongs to Round Table 854 (Ipswich Greyfriars, founded in 1965) and was chairman from 2020 to 2022. Round Table 854 currently has around 20 members and is now one of the areas larger groups, sadly many Round Tables have single-figure memberships.

Round Table clubs place significant emphasis on fund raising, Greyfriars primary fund-raiser is the Rudolph Sleigh event which last year collected £19k, with subsequent company donations raising that to £23k. The Greyfriars Round Table looks to raise £30k annually to facilitate charitable donations.

An up-coming big event for them is their Autumn Ball which will be on the 22nd October in aid of the Headway charity, Glenn encourages Rotary members to come along and support this event. Round Table 854 has recently supported The Green Bike Project, FIND, Fresh Start and the Bus Shelter to name but a few.

Rotarian Bill Pipe thanked Glen (and Steve) for the presentation, and observed the many similarities of objectives and charities assisted by Round Table and Rotary Clubs.

Dave Atkins

As Dave wrote, the first Round Table was formed in Norwich, England in 1927. The founder, Louis Marchesi, was a young member of Norwich Rotary Club who felt a need existed for a club where the young business men of the town could gather on a regular basis.

In speech in front of Rotarians he stated, "There are things we must do, there are things we can do, and there are things we should do." And he pointed out the problem of change, which can only be achieved with young people. He realised, that this kind of change needs a new form of organisation - "Round Table". At the meetings of this "Round Table" they could exchange ideas, learn from the experiences of their colleagues and play a collective part in the civic life of Norwich.

Within a year of inception the membership of that Round Table had grown to 85 and interest was being shown in establishing Round Tables elsewhere. A second Round Table was established in Portsmouth and subsequent growth was rapid, with 125 Tables and a membership of 4,600 by the outbreak of the Second World War in 1939. Round Table proved it had international appeal with the first overseas Table formed in Copenhagen in 1936. During the war years Round Table in Denmark continued to expand although in the British Isles activity was restricted and was in the nature of a 'holding operation'.

After 1945 the pattern of growth was rapidly re-established with Tables being 'chartered' all over the UK. Round Table now flourishes in the majority of European countries, throughout Africa, the Middle East, India, Hong Kong, New Zealand and America. In fact Round Table is represented in every continent of the World.



Free
Admission!

Rotary
Club of Ipswich East



ANNUAL SENIOR CITIZENS' CONCERT

Featuring



*Ipswich
Over 50's
Brass Band*

*Live comedy from
local comedian Andy Leach*

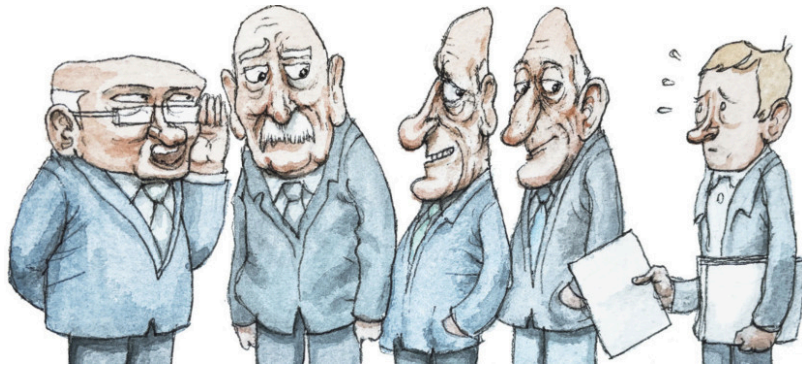


Wednesday 28th September 2022
7:00pm - 9:30pm
Copleston High School, Ipswich
Free refreshments & raffle!

Free tickets for over 60's. To reserve, please contact:
David 07734 456380 / dknights53@sky.com or
Andy 07739 306516 / andylewis.1000@hotmail.com

Registered charity no. 1088961

The Old Boys' Network



Whilst sitting on the sofa at home one evening, one of the younger Bröckedde Rotarians, Friend Wurmnickel, remarked to his wife contentedly “I’ve been a member of RC Bröckedde for ten years now and really feel I belong there at last.”

Indeed, at the next meeting the oldest member and Honorary President, Friend Papke clapped him around the shoulders and asked whether he had settled into the Club. “I’ve been a member for 10 years”, replied Wurmnickel, “and I’ve just turned 40”. Papke waved the comment away breezily saying, “Ten years! That’s only the beginning - almost like a blink of an eye for us”.

The “us” Papke was referring to was the OBN, the Old Boys’ Network, the Club’s powerful “eminence grise” or shadow cabinet. The Old Boys were great traditionalists and any threat of change was met with an almost allergic reaction after which their well-honed professional skills were put to kicking the initiative into the very thickest of long grass.

Treasurer Knödler, guardian of the Club’s funds, and Club Secretary Sauerpfote, scribe of the weekly report, were the mainstays of the OBN. Both had held their positions for 30 years unchallenged, mainly because the rest of the Club was delighted not to have to do the work. “Frankly”, Treasurer Knödler had been heard to say, “I don’t mind who is President under me”.

It was into this rather hostile environment that Friend Wurmnickel presented a paper entitled “New Start”, a tightly argued and passionate thesis on RC Bröckedde’s future. In it Wurmnickel recommended new forms of meetings, a higher profile on all forms of social media, improved PR and much more action to address issues in the town and region.

Rather to Wurmnickel’s surprise, Treasurer Knödler greeted him enthusiastically at the next meeting. “What an excellent paper”, he declared, “we’ll have to consider your points very carefully. It’s complex, so we should form a policy committee which can really go back to basics”.

“And then?”, asked Wurmnickel.

“Well, the committee would then produce an interim report, which I reckon would be ready by 2040” replied the wily old Treasurer.

At home a disappointed Wurmnickel complained to his wife that the Old Boys were about to being his “New Start” to a bitter end. However, he was not about to give up quite so easily. In the following days, and requesting absolute confidentiality, he called all his fellow younger Rotarians with a view to forming a YBN - the Young Boys Network - in order to take the Old Boys on at their own game. As Wurmnickel had expected when putting the “in confidence” seal on the plot, the whole Club knew all about it within 24 hours. However, it did seem to have the Old Boys rattled and they felt they had to calm things down.

Club Secretary Sauerpfote invited Wurmnickel to his ninth grandchild’s christening and Treasurer Knödler asked him to join a rather exclusive golf tournament. As they approached the 10th green, Knödler remarked to his partner Wurmnickel, “You know, I think young and old should work together for the good of the Club, so I’m sure we can get that interim report on your paper finished much earlier; what about by 2035?”

Lunch Menu

13th September - Traditional fish pie (salmon, cod and prawns in a creamy white wine sauce) served with green vegetables

20th September - Honey roasted gammon served on colcannon with braised cabbage, baby carrots & tender stem broccoli

27th September - Chunky beef lasagne served with garlic bread, topped with grated cheese and served with fresh salad

4th October - Trio of Suffolk sausages on a root vegetable mash topped with crispy onions

11th October - Salmon fillet on crushed new potatoes with fresh broccoli and white and cream sauce

18th October - Pot Roasted Lamb, root vegetable and potato hot pot served with fresh bread

25th October - Braised beef and vegetable cobbler served on a creamy mash

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

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.

20th September - Steve Flory & Ian Lord

27th September - Ross Lunney & Steph Mackentyre

4th October - George McLellan & Peter Moss

11th October - Mark Murphy & Bill Pipe

18th October - Toby Pound & Geoff Ramsdale

25th October - Lucy Trenchard & Lewis Tyler

1st November - Ray Walters & Martin Westlake

The funeral Procession for the Queen

Catherine and I were delighted to spot this chap, Major-General Eldon Millar who we know through our church. Eldon is His Majesty's Defence Services Secretary and was one of the key people planning the events of the late Queen's funeral. His job on the day was to ensure the King was in the right place at the right time. He was marching on the King's right leading the Royal Archers.

I hope to be able to get him to come to talk to us when he is back in Ipswich where he and his family live and less busy!

Editor Alan

