



**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

# LOOKS EAST

The Newsletter of The Rotary Club of Ipswich East  
Edition 18-2022 : 25<sup>th</sup> October 2022

**Business Meeting**  
**Tuesday 25<sup>th</sup> October 2022 at 12.55pm**

*Duty Rotarians:*  
**Lucy Trenchard & Lewis Tyler**



**November**  
**Geoff Ramsdale**  
**Steve Flory**  
**Bill Robinson**  
**Liz Harsant**  
**Alison Baldry**

## Cardinal Wolsey for King and Country

This is the title of a book written recently by local historian Phil Roberts and the subject of our talk on 11th October. Phil had a short career in the RAF before taking a PhD in history at Southampton University. He now works for the Marie Rose Trust and over the last 6 years has written this book on his favourite historical character.

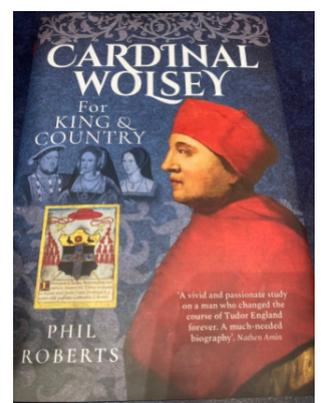
Phil told us that the Wolsey family came from Suffolk mainly around from the Yoxford area although Thomas Wolsey's father came from Combs. He was an innkeeper and butcher and moved to Ipswich where he married Joan Daundy a more middle-class lady and, it is suggested, Thomas was born on the site of the *Black Horse* pub in the parish of St Mary at the Elms. At the age of four, the family moved to St Nicholas Street where Thomas' father was Churchwarden at St Nicholas Church.

Thomas Wolsey was a very bright scholar and went from Ipswich Grammar School to Magdalen College, Oxford. He entered the priesthood in Somerset and was introduced to Henry VII. When Henry VIII came to the throne he was impressed by Wolsey and they became friends. Wolsey was tasked with getting more ships so that Henry could bolster his fleet against the French. He was made Archbishop of York and Lord Chancellor - a gift from the King.

Later on Wolsey was at the fore in making peace with France which led to the Universal Treaty of Peace - The Field of the Cloth of Gold - and he carried out large scale building at Hampton Court when he was Patron of the Arts. Wolsey had Felixstowe Priory dissolved and was asked to arrange an annulment of Henry VIII's marriage to Catherine of Aragon so he could marry Anne Boleyn. His failure to arrange this triggered his downfall. Eventually criticism increased and he was exiled to York and arrested for high treason. While on his way to the Tower of London he died at Leicester Abbey in 1530.

Phil had much more to say but gave a very informative talk on Wolsey. His book (which Mark Murphy, who gave the vote of thanks, recommended) is available in local bookshops.

*David Knights*



## We supported *InsideOut* with a grant last year

Ankita Aggarwal, Project Manager wrote to past-President Jo to thank us for our patronage.

Ankita says it is thanks to support from organisations like ours that their charity is able to use arts and creativity as a powerful tool to positively influence the emotional well-being of the most vulnerable communities in and around the Ipswich area, while working with adults of all ages.

She goes on to say, “There is growing evidence that arts and creativity can play a significant role in an individual’s recovery and sustained wellbeing. Our experience is that regular participation in a creative activity, in a friendly supportive group, can lead to improvements in psychological and social functioning and over time to a confident re-engagement in life. With a reduced statutory mental health service, now focused mainly on acute and severe mental health difficulties, there is more and more need for community-based resources run by charities and voluntary organisations that provide people with alternative pathways to recovery from episodes of psychological distress.

“If [any of your members] would like to have a first-hand experience of what our creative workshops look like, please feel free to pay us a visit at our centre on Gatacre Road (workshops calendar attached for the autumn term). Our artist and volunteer led team will be happy to have you in the session.

“We are always looking for avenues to start an exciting new creative project or working with new artists/volunteers/communities. Please let me know if you would have any engagement ideas or offerings for a further collaboration as we continue to learn and evolve as a charity.”

InsideOut’s website [www.insideoutcommunity.com](http://www.insideoutcommunity.com) shows more about their current programmes in visual arts, dance, music, writing and creative mentoring.

An exhibition of displays/sales of some of the artwork done by members in the last year are on:

Thursday 3rd November 10am - 5pm

Friday 4th November 10am - 5pm

Saturday 5th November 10am - 4pm

Venue: Rehearsal Room at Eastern Angles Centre, Gatacre Road, Ipswich IP1 2LQ



Here are a few quotes from users of InsideOut

### 1. Discover creative potential



*'Inside Out has shown me I have potential. It's possible for me to do so much more than I thought I could do. Life isn't what I can't do. It's those possibilities and opportunities to find out about myself that inside Out gives me. It shows me who I am.'*

### 2. Connect us to people



*'There's warmth and you are made to feel welcome. Makes you feel wanted, integral to the group.'*

### 3. Find friends



*'When I joined Inside Out, I didn't know anyone, didn't have any friends. Now I've come out of my shell and met so many wonderful friends. It's made me so happy.'*



### 4. Provide positive focus



*'Escape from the clutter of their minds.'*

*'Active suicidal thoughts diminish.'*

### 5. Increase self-worth



*'Self-discovery.'*

*'Discovering talents I didn't know I had.'*

*'People's voices can be heard.'*



# What's On

**1<sup>st</sup> November – Orwell Challenge**  
*Launch charities will be invited*

**Tuesday 8<sup>th</sup> November – Kevin Burch**  
*Former BBC Look East  
Presenter and Cameraman  
“Weren't you that bloke on the telly?”*

**Tuesday 15<sup>th</sup> November - Jake Wilson**  
*My RYLA Experiences*

**Tuesday 22<sup>nd</sup> – Business Meeting**

**Tuesday 29<sup>th</sup> – Fifth Tuesday Social**  
*details TBA*

**Tuesday 6<sup>th</sup> December – Andy Fell**  
*Outreach Youth [TBC]*

**Tuesday 13<sup>th</sup> December – Mick Ruskin**  
*My Job Talk*

**Tuesday 20<sup>th</sup> December**  
**Christmas Lunch**

**Tuesday 27<sup>th</sup> December – no meeting**

**Tuesday 3<sup>rd</sup> January 2023 (!)**

**Tuesday 10<sup>th</sup> January**

**Tuesday 17<sup>th</sup> January**

**Tuesday 24<sup>th</sup> January**

**Tuesday 31<sup>st</sup> January - Fifth Tuesday**

**Tuesday 7<sup>th</sup> February**

**Tuesday 14<sup>th</sup> February**

**Tuesday 21<sup>st</sup> February**

**Tuesday 28<sup>th</sup> February**

# New Member

**President Steve was delighted to install Lesley Dolphin as a member on 18<sup>th</sup> October.**



**Guest speaker was Kat Mead, an independent children's therapist.**  
*(report pending)*



# Senior Citizens' Concert 2022

On Wednesday 28th September the Club once again staged the annual Senior Citizen's Concert at Copleston School after a two year break due to the pandemic. It was fantastic to see so many people again in the audience although numbers were down on previous years - just over 100 guests attended and all had a thoroughly good time. The Ipswich Over 50's Brass Band were excellent as always, and this year saw a different comedian, local man Andy Leach. His act was very well received and he has been booked again for next year.

The raffle raised £296 for Rotary funds. Unfortunately, Age Concern Suffolk who have conducted the raffle in previous years is no longer in existence. Thank you to everyone who donated prizes.

Thanks also to Monica Pipe and her helpers for the refreshments, to all who helped with

transport and David Knights for his efforts in helping organise the event.

Next year's concert will be held on 27<sup>th</sup> September...

..make a note in your diary please!

*Andy Lewis*



# The Club is Fading Away

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

**Alexander Hoffmann 01.10.2022**



President Pröpke's latest concern was over the number of members leaving the Club and said so to the Club's resourceful Treasurer, Friend Knödler, "Time was when Rotary was a life-long commitment and one to be proud of, now everyone seems to be much more fickle." Treasurer Knödler was also concerned and very aware of the impact on his cherished funds, "Well let's analyse their reasons for leaving, otherwise we'll just fade away", he replied.

Knödler's first enquiry was with Friend Strumpstichel, who had announced his departure. The cause of Strumpstichel's dissatisfaction was, in his opinion, the very poor quality of speakers addressing the Club.

"What would you like to see change?", ventured Treasurer Knödler,

"Many more presentations from me", came Strumpstichel's reply.

That prospect would definitely cause a rush for the exit but the wily old Treasurer kept his cool and came up with a novel solution, "Why not record a series of lectures on YouTube, which we could post on the Club's website? Our members could then benefit from your studies any time they like." Strumpstichel duly withdrew his resignation and set about recording. Some weeks later, Knödler had a look at the website's user stats; Mrs Strumpstichel seemed to be the only member taking advantage of this new source of wisdom.

President Pröpke was also busy; Friend Kuhmichel was fed up because no-one had congratulated him on his birthday for the past 3 years. The President duly noted the date in his diary and arranged for a brass band to be outside Kuhmichel's home first thing in the morning, playing a hearty and very loud rendition of "Happy Birthday".

The next complaint came from Friend Hammerzahn, the hard bitten prosecutor at Bröckedde's High Court. "We just don't seem to enjoy each other's company anymore", he sighed "I miss the intimacy". President Pröpke immediately introduced a five minute hug session at the start of each meeting.

"I'm definitely staying," responded a strangely emotional Hammerzahn, "what would I do without you all?"

One of the lady members posed a more practical problem; the renowned restaurant and food critic Friend Mondauge had become very disgruntled with the Bröckedder Hof's chef and ever declining standard of food on offer. "If I am ever served another Toast Hawaii on a bed of limp lettuce, I'm off". She was duly offered rather special lunches, smuggled in from Bröckedde's famed Cheval Blanc French restaurant. Treasurer Knödler covered the extra cost from one of the many reserves he had squirrelled away over the years

But there was still Friend Klopskopf to mollify, complaining about "an outrageous injustice".

"What's that all about?", enquired a cautious President Pröpke.

"For 21 years I have entered the Rotary Magazine's lottery puzzle and sometimes it's taken me days to answer those trick questions, yet I've never won a thing. Not a penny and certainly none of the luxury hotel stays that are banded about each month. As President, what are you going to do about it?"

"I'm sure we'll find a solution" sighed the now weary President, wondering whether the shabby chic of the Bröckedder Hof's grand suite would ever qualify as luxury.

## Rotary crocus planting by Suffolk Mind's clients at their Ipswich allotment.

Suffolk Mind are carrying out a survey  
of as many people in Suffolk as they  
investigate our mental health.

Follow this link which will take you to their  
5-minute mental health survey (you may  
have to copy and paste it into your web  
browser).

[https://suffolkmind.qualtrics.com/jfe/form/  
SV\\_bjBhWk3s5nGNlI3](https://suffolkmind.qualtrics.com/jfe/form/SV_bjBhWk3s5nGNlI3)



**Ipswich Branch**

*Charity Fundraising Night*  
*Soul Music with singer "Irie J"*  
*Saturday 12th November - 7.30-11pm*  
**at Claydon and Barham Community Hall**  
**Church Lane, Claydon**

**Tickets £10 each from Allan Gosling or Alison Baldry**

After a quiet spell in the mid nineties Ira Jones relaunched his solo singing career as IrieJ. He discovered his soul vocal side, listening to the great Luther Vandross recording of "My Sensitivity" Since then IrieJ has combined his love of Soul Reggae together whilst performing on the holiday camp circuit and as a session vocalist for blues band "King Biskit" all over United Kingdom over Europe.

IrieJ has also played one half of the dynamic duo "IrieJ & T Bone" and for a short period of time "IrieJ & Toni Warne". He appreciates and loves all types of music from Country to Classical but his main influences musically are Luther Vandross, Stevie Wonder, Bob Marley and Will Downing to name a few.

# Lunch Menu

**25<sup>th</sup> October** - Braised beef and vegetable cobbler on a creamy mash

**1<sup>st</sup> November** - Traditional fish pie with salmon, cod and prawns in a creamy white wine sauce served with green vegetables

**8<sup>th</sup> November** - Honey roasted gammon served on colcannon with braised cabbage, baby carrots and tender stem broccoli

**15<sup>th</sup> November** - Chunky beef lasagne served with garlic bread, topped with grated cheese served with fresh salad

**22<sup>nd</sup> November** - 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'.*

**Invitation from EACH (East Anglia's Children's Hospices) to visit the Treehouse Hospice at their Open Day on 11 November.**

Please let Toby Pound know as soon as you can and he will co-ordinate the visit.

If you can't make this date then they will be offering further opportunities to visit the Treehouse in 2023.

EACH will be coming to our launch of the Orwell Challenge on 1 November as they are interested in working with us as a fund raising project and it will be good to main the relationship we have with them through the Orwell Challenge and visits to the Hospice.

# 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.*

**1<sup>st</sup> November** - Ray Walters & Martin Westlake

**8<sup>th</sup> November** - Russell Wiles & George Woodward

**15<sup>th</sup> November** - Juliette Adams & Eva Alcerreca

**22<sup>nd</sup> November** - Alison Baldry & Jo Banthorpe

**29<sup>th</sup> November** (Fifth Tuesday)

**6<sup>th</sup> December** - Eric Barnett & Graham Bickers

**13<sup>th</sup> December** - John Button & David Chittick

**20<sup>th</sup> December** - John Clements & Des Cunningham

**27<sup>th</sup> December** (Bank Holiday)

**3<sup>rd</sup> January** (Bank Holiday)

**10<sup>th</sup> January** - Ewan Dodds & Jack Earwaker

**17<sup>th</sup> January** - Lesley Dolphin & Nigel Farthing

**24<sup>th</sup> January** - Karen Finch & Steve Flory

**7<sup>th</sup> February** - Catherine Forsdike & Alan Forsdike

**14<sup>th</sup> February** - Roger Gilles & John Goodship

**21<sup>st</sup> February** - Allan Gosling & Norman Haines