

The Orwell Newsletter

The Rotary Club Of Ipswich Orwell, RIBI 1339

April 2004

From The President's Desk

I now find myself suddenly realising that, when one is President, the Rotary Year seems to travel somewhat faster than others. It is certainly my experience this year with the final three months to go with April being a little quieter than the very busy month of March ending in the spectacular visit to Baden Baden with our friends from Hanau in Germany.

From an entertainment point of view, those who attended (some for the first time) it was a feast of enjoyment and, no doubt, there will be many memories that will stay with us for a very long time. It was with some gratitude that Gerhard Wussow and I paid tribute to the three Rotarians from Hanau who first visited us, Armin Johl, Rainer Meininger and Michael Neis. It was also fitting that our two Ambassadors, Bob Fox and Gerhard Grossman were encouraged to sit at the "top table" on the occasion of the Gala Dinner. Their tireless efforts and attention to detail in making the arrangements over the years are much appreciated. Our Club, in particular, owes a huge vote of thanks to Bob.

The Black Forest area is absolutely stunning and we were very fortunate indeed with the weather. The programme was varied, culturally rich, amusing and at

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Trekking To Base Camp – For Charity

Fifth Wednesday Event, 31st March 2004,
By Malcolm Reece



MOST of us can only wonder what it must be like to trek for days through the Himalayas; only a few have actually experienced it and one of the "few" is club member Sue Goddard.

Sue spent many months using up her precious spare time to reach a peak of fitness required

for trekking through this famous mountain region, and when she returned she called us all together to relate through word and slide how she achieved her goal and raised the magnificent sum of £3000 for the St Elizabeth Hospice.

During a pleasant and entertaining evening at Felixstowe Ferry Sailing Club, where we enjoyed a few dishes from Nepal, Sue told us how, after flying to Kathmandu, she joined up with 20 Sherpa cooks and guides and several other trekkers, to climb to the famous Mount Everest base



camp – a height of more than 18,000 feet. Breathing was difficult and walking almost impossible.

Sue told us that after the first few days of the trek she realised that her fitness would be tested to the limit and that she became increasingly grateful that she had spent the time preparing for the journey.

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times hilarious. A fact which may have been missed at the distillery was that the two Presidents' efforts to cut the wood (or saw a hefty log) took them 67 seconds. Others were far fitter and younger – but to have the Presidents' time eclipsed by Sue Goddard and Janet Firmin is probably going to cost me the odd gin and tonic or two. I am quite happy to pay!

There is no doubt that this twinning has enriched both our Club and theirs. We have made many friends in a relatively short space of time. I feel very fortunate that, in my year, we have been able to meet twice – once over last weekend and, of course, on the occasion of our 25th Charter celebrations. It may go down in the Club's history as a first. Looking to the future, the next time we get together should be in April or May of 2005 when, internationally, the Rotary movement celebrates its centenary. Someone once said "enjoy your Rotary" – we certainly did over last weekend!

These notes from the "desk" are being penned on the last day of March whilst considering the prospect of such comestibles (or combustibles) as Murgh Ki Masedor Kalyi, Chimngri Bhapey and the like and a presentation by Sue Goddard (D.T.O. & Bar) Distinguished Trekker and ----.

Two important dates for May – the 5th is Youth Speaks at Orwell Park School and the 10th is, of course, our Golf Day at Purdis Heath. Two very worthy enterprises to support and in which to participate.

Keep up the good work.

Yours in Rotary,

Derek ❖

Post Polio Syndrome

Lunch Meeting, 17th March 2004, By Brian Beason
When Robbie Johns came to speak to the Club on 10th March, it brought back memories to me of 35 years ago when he came to work with us as a junior property negotiator, a young lad with a wicked sense of humour, plenty of cheek and full of confidence. Quite remarkable for someone whose early years were very restricted when, at the age of 2, he was diagnosed as having Polio. He spent 7 months in hospital and in leg braces to assist his walking, until the age of 8. He left school at 16 with a natural ability as a salesman.

After leaving us he went as a rep for a national company selling to the motor trade. He soon became manager of the Ipswich branch and then area manager. Following that he started his own business at Boss Hall selling paint and other accessories to the motor trade. The business became very successful.

About 7 years ago, Robbie detected that his mobility was becoming restricted and at times his legs would let him down without warning. After extensive tests he was diagnosed as having Post Polio Syndrome (PPS), a problem that Polio sufferers of the 40's and 50's found returning when reaching middle age.

In 1999, Robbie was forced into early retirement and became a member of a team that was formed to pilot a project on behalf of The British Fellowship to assist people with PPS in self-management courses to help them adjust to a new lifestyle. Now, when not working for the benefit of others, Robbie and his wife Janice spend a lot of time with their three grand-children.

With his great strength of character, I know that Robbie will not let this setback jeopardise his lifestyle. I was delighted to welcome him to the club again and look forward to an update regarding his progress in the future. ■

Rotary CD Wheel

Some help is needed from Rotary Clubs to create a Rotary Wheel made from CD's at the National Conference in Bournemouth on 23 April 2004.

The aim is to get some national publicity for Rotary and to get another entry in the Guinness book of Records. It will also mark the national launch of the fourth 'Rotary, Coping with Life' CD-ROM – called 'Coping when Someone has Died'. This CD is to help children and their families cope with the traumas of bereavement.

The wheel will be made up of 180,000 shiny CDs laid out to form a Rotary wheel 100 metres in diameter on a grassy area in Bournemouth. 180,000 is the number of people who will have died in the UK and

Ireland so far this year and illustrates the number of families affected by bereavement. The 100 metres diameter represents the century of Rotary that is rapidly approaching. In addition, the CDs will be laid out by 100 children, again representing the centenary.

We are trying to send at least 100 CDs to contribute towards the total number required. These can be any CDs – we all get them through the post from AOL, BT, etc, from magazines, newspapers and catalogues – and we can pick them up for nothing at local supermarkets. Tony Hill will be gathering the collection on behalf of the club over the next week and will be forwarding them onto Rotarian Colin Sawyer.

Please help towards what could be a spectacular show for Rotary. ■

"I Am What I Am"

Lunch, 24th March 2004, By Malcolm Reece

A puzzling title, you might think, but when it is explained to you in simple terms and related to many of our less fortunate senior citizens, it begins to make a lot of sense.

Helen Rollin, home manager of Oakwood House, Ipswich, one of a range of support housing and care services in the country provided by the Anchor Trust, spoke to the Rotary Club on March 24 and gave us an insight into some of the work being done to give older people with mental health needs the opportunity to live and be happy in a homely environment.

Oakwood House, she said, was a special home for people with dementia - "for people who may sit with their eyes closed but are not asleep"

The task was to "tap in" to people's minds beyond the disease. For example: if someone wanted to get up at 5 am to have a bath, they were allowed to do so. Residents were allowed a lot of freedom and great efforts were made to get beyond the dementia to find ways of communicating.

Helen recalled one old lady who spent hours unpicking a tablecloth and the mystery was why she was doing it. Then one day the lady's husband explained that his wife used to do a lot of sewing – and this was what she was doing in her mind.

"I believe they deserve to have the best nursing care for the life they no longer have," said Helen. "I want them to be remembered for the person they were."

Oakwood House currently caters for 24 elderly people, many of them still resident since the home was opened 11 years ago. The waiting time for vacancies can be anything between 18 months to four years because of the specialist treatment being offered.

As Helen pointed out: "We offer a person a place for life". ■

She tended to gloss over the times of extreme fatigue at the end of each day; the freezing nights in spite of four layers of clothing, and the increasing headaches as they climbed ever higher.

A major problem was the cold, with the thermometer at times dropping to minus 20 centigrade – "too cold even to wash!" Eight of the party reached a height of 18,192 feet, and Sue admitted that this was probably her limit. "Every single movement was a supreme effort," she said. "It was as near as I could ever be to the top of the world".



It took Sue and her companions 12 hours to return to camp and a further three days to journey back. She described the trip as "The most amazing experience of my life so far".

In addition to the money raised for the Hospice, Sue's

Expedition Everest talk raised £300 for the Rotary Club's Kids Out event taking place later this year.

And watch this space. Sue is already raising funds to enable her to test her skills on a 38ft yacht heading for the Fastnet Rock. Well done Sue, we salute you!

As for the rest of us...we just dream on. ■

2005 Centennial Teapot

From RIBI News

A teapot has been commissioned by Rotarians in West Yorkshire celebrating 100 years of Rotary service. The teapot has an unusual and eye catching design.

Designed as an antique globe on a stand, with an antique effect map of the world, it reflects the international nature of Rotary. The world famous blue and gold Rotary wheel sits on the lid. On the globe stand is Rotary's motto 'Service above Self', 1905-2005 is written under the spout and the Stars and Stripes highlight Chicago, the birthplace of Rotary International.

The teapot designed by Rotarian District Governor Milton Frary took a year to develop. All teapots are individually hand made by craftsmen in a limited edition, numbered and have a Certificate of Authentication. The teapot costs £100, which includes a donation of £30 to the Rotary Foundation, Rotary's corporate charity.

The first teapot was presented to Past World President Cliff Dochterman by his club in recognition of his 45 years of Rotary service as well as his position as Chairman of RI Centennial Committee.

Milton has set a goal of raising US \$1 million for Rotary clubs and the Rotary Foundation through the sale of the Centennial Teapot. ■

Funny Footnote

Following the recent club trip to Germany and hearing about Sue's trekking exploits in Nepal has inspired a travel related theme this month.

Humorous English Signs From Around The World

BELGRADE (YUGOSLAVIA) ELEVATOR: To move the cabin, push button for wishing floor. If the cabin should enter more persons, each one should press a number of wishing floor. Driving then going alphabetically by national order.

PARIS HOTEL ELEVATOR: Please leave your values at the front desk.

ATHENS (GREECE) HOTEL: Visitors are expected to complain at the office between the hours of 9 and 11 a.m. daily.

YUGOSLAVIAN HOTEL: The flattening of underwear with pleasure is the job of the chambermaid.

JAPANESE HOTEL: You are invited to take advantage of the chambermaid.

SWISS MENU: Our wines leave you nothing to hope for.

POLISH MENU: Salad a firm's own make; limpid red beet soup with cheesy dumplings in the form of a finger; roasted duck let loose; beef rashers beaten up in the country people's fashion.

HONG KONG TAILOR SHOP: Ladies may have a fit upstairs.

BANGKOK DRY CLEANERS: Drop your trousers here for best results.

RHODES (GREECE) TAILOR SHOP: Order your summers suit. Because is big rush we will execute customers in strict rotation.

SOVIET NEWSPAPER: There will be a Moscow exhibition of Arts by 15,000 Soviet Republic painters and sculptors. These were executed over the past two years.

GERMAN CAMPING SITE: It is strictly forbidden on our Black Forest camping site that people of different sex, for instance, men and women, live together in one tent unless they are married with each other for that purpose.

HONG KONG AD: Teeth extracted by the latest methodists.

ROME LAUNDRY: Ladies, leave your clothes here and spend the afternoon having a good time.

NORWEGIAN LOUNGE: Ladies are requested not to have children in the bar.

ROMAN DOCTOR: Specialist in women and other diseases.

ACAPULCO HOTEL: The manager has personally passed all the water served here.

CALENDAR OF EVENTS

www.ispwichorwellrotary.fsnet.co.uk/diary

APRIL 2004 MAGAZINE MONTH

TUESDAY 6TH

5.45 pm. Club Service Committee (Prettys).

WEDNESDAY 7TH

12.55 pm. Town Hall Lunch + Business Meeting

TUESDAY 13TH

5.45 pm. Club Council at Ipswich & Suffolk Club

WEDNESDAY 14TH

12.55 pm. Town Hall Lunch + Speaker (tbc): The Mayor of Ipswich, Cllr Penny Breakwell, "My term as the longest serving Mayor of Ipswich"

WEDNESDAY 21ST

12.55 pm. Town Hall Lunch + Speaker: Rtn Richard Spurgin, "Understanding Cardiomyopathy"

WEDNESDAY 28TH

12.55 pm. Town hall Lunch + Speaker: Rev Francis, "Family History"

MAY 2004

TUESDAY 4TH

5.45 pm. Club Service Committee (Prettys).

WEDNESDAY 5TH

Evening, "Youth Speaks" at Orwell Park School

SATURDAY 8TH

Morning. District Assembly at Mildenhall

MONDAY 10TH

Afternoon. Golf Day at Purdis Heath.

TUESDAY 11TH

5.45 pm. Club Council at Ipswich & Suffolk Club

WEDNESDAY 12TH

12.55 pm. Town Hall Lunch + Business Meeting and Annual General Meeting

WEDNESDAY 19TH

7:00pm for 7:30pm. Club Assembly at Ipswich & Suffolk Club.

WEDNESDAY 26TH

12.55 pm. Town Hall Lunch + Speaker: Dr Michael Nicholas, "Tower Memorial Fund"

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RIBI Assembly

From Rotary News Basket

About 649 Rotarians and spouses from 29 districts attended the RIBI Assembly, the area's most important leadership training meeting of the Rotary year, at the Birmingham Hilton Metropole Hotel on 19-21 March.

In a crowning moment, Past District Governor Bill Wood presented a £10,000 cheque for the Rotary Foundation to RI President-elect Glenn Estess, Sr. The funds were raised from the sale of 'Heart of Gold' roses, which Rotarians in Scotland commissioned to mark Rotary's 100th birthday.

Speaking on the significance of the Centennial year theme, "Celebrate Rotary," President-elect Estess said: "There are few organisations that last 100 years. The fact that Rotary has reached this important milestone is a sign that there is tremendous need for Rotary service. "...we must draw inspiration from past success to help us achieve the goals of a new century of service."

The RI President-elect explained why it was important to strive to fulfil the main goals of 2004-05: moving forward on PolioPlus; significantly increasing membership; and reaching US\$100+ or more per Rotarian in giving to the Annual Programs Fund of The Rotary Foundation.

Tackling membership issues, especially retention, will be a key aim for Rotary in its centennial year, President-elect Estess announced. "The Family of Rotary Committees will remain an essential part of our efforts to retain members next year. We do not want Rotary to feel like an obligation that pulls members away from their families," he said. "When clubs promote an atmosphere of concern and caring and include family members in social events and service projects, Rotary becomes a satisfying and viable way for members to enrich their lives."

The RI president-elect noted happily that in addition to the family of Rotary the RIBI leadership shares the 2004-05 presidential emphases — water management, health concerns, and literacy —aimed at addressing social or development issues facing billions of people.

Keynote speaker RIBI President-elect Gordon McNally encouraged participants to remember that there is still much work to be done by Rotarians. "It is vital that we do something special to show how important Rotary is and how needed Rotary is in today's society," he said. "All that has gone before will count for nothing if we do not continue our service into the future. Our something special will be that service."

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JUNE 2004 ROTARY FELLOWSHIPS MONTH

WEDNESDAY 2ND

7.45 am. Holbrook Compasses Breakfast + Business Meeting.

TUESDAY 8TH

5.45 pm. Club Service Committee (Prettyps).

WEDNESDAY 9TH

12.55 pm. Town Hall Lunch + Speaker TBA + KIDS OUT

TUESDAY 15TH

5.45 pm. Club Council at Ipswich & Suffolk Club
Kids Out

WEDNESDAY 16TH

12.55 pm. Town Hall Lunch + Speaker: TBA

WEDNESDAY 23RD

12.55 p.m. Town Hall Lunch + Speaker: TBA

WEDNESDAY 30TH

7:00pm for 7:30pm. Presidential Hand Over at The Compasses Inn, Holbrook.

AUGUST 2004

WEDNESDAY 4TH

12.55 pm. Town Hall Lunch + District Governor's visit

SEPTEMBER 2004

SUNDAY 5TH

Afternoon. RYLA Open Afternoon at Grafton Water Centre

SUNDAY 12TH

Morning. Alton Water Challenge.

OCTOBER 2004

FRIDAY 1ST TO SUNDAY 3RD.

District Conference at Stratford on Avon

FRIDAY 8TH

Evening. Charter Night Dinner at Ipswich Golf Club

The RIBI President-elect announced two "RIBI Preferred Projects" for the 2004-05 year.

- ❑ The Rotary Community First Responders initiative is aimed at raising public awareness of issues such as cardiac /pulmonary resuscitation through forming first responder groups of volunteers across RIBI trained in the use of automatic emergency defibrillators (AEDs).
- ❑ Rotary's Africa Hope is aimed at assisting children in Rwanda and South Africa orphaned by AIDS and genocide. ■