



# The Orwell Newsletter



The Rotary Club Of Ipswich Orwell, RIBI 1339

November/December 2008

## From The President's Desk

The Vocational month of October has now passed, and what an interesting group of speakers we enjoyed; all supported by good attendances. The month culminated with a successful fifth Wednesday ladies evening at Hintlesham Golf Club, when Gary Egerton engrossed us with his talk and slides on the history of the Tower of London. Gary had a very personable disposition, and this added to the success of the evening. There will be a further opportunity to see Gary in the Spring, and he will be contacted in January to see how feasible it might be to arrange a coach trip to the Tower in London for a special tour – including the Crown Jewels.. A big thank-you to Malcolm Reece and his committee for arranging a successful month. There was a small profit from the fifth Wednesday event of £149.00, which will be added to my special fund to buy new equipment for the Sir Thomas Wolsey School.

Following the visit of John Wilkinson and his friend Jonty, who told us about the Wolverstone Sailing Project, I was invited to Alton Water on the 6th October to see the scheme in action. I was very impressed. The number of volunteers from various walks of life was close to a one-to-one basis with the disabled sailors. It was easy to see the enjoyment they were having from being able to participate in something that they probably thought they would never be able to do. Our club council has agreed that we should support this worthy cause, which means we shall be joining forces with Wolsey and Ipswich East Clubs to raise money for a special Rotary sailing boat.

*President's Desk, continued on page 2*

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## Citizens Advice Bureau

**Words by Malcolm Reece**

**Photographs by Gordon Kember**

Ian Burnett, of the Citizens Advice Bureau in Ipswich, joined us for lunch on 5th November, to enlighten us a little on how the CAB functions these days and the vital part it still play in our community – not just here but in most parts of the country.



*Ian Burnett (left) spoke on 5th November about the Citizens Advice Bureau. Here with visiting Rotarian David Crerar of Felixstowe Landguard*

Many people, he said, still did not know what the Bureau was about. For example, he instanced that it was the only quality-assured advice agency in the country that covered the whole of the UK – a series of voluntary organisations spread far and wide.

Many of the advisors working for the organisation were volunteers, who received a period of special training before offering help to the public. The work was collated through 400 CAB offices in the country, headed by a national office.

Debt, he pointed out, was an enormous problem nationwide, with Ipswich alone in the last financial year dealing with £88million worth of debt.

Ian adds that the Citizens Advice Bureau system was a role model outside the UK, with 15 other countries in the world having now introduced similar systems. ■

# Seasons Greetings

Our club contribution will be about £1,000, and efforts are being made through our Community Service and Vocational Committees to raise this amount. The plan is that the new boat, bearing the Rotary Wheel, will be delivered in the spring next year.

As this is the last newsletter for 2008, I would like to thank all members and friends for the tremendous support I've received during the first half of my presidential year. I would also like to take the opportunity to wish you all a very Happy Christmas and good health and prosperity in 2009.

Yours in Rotary,

*Brian* ❖

## CALENDAR OF EVENTS

[www.ipswichorwellrotary.fsnet.co.uk/diary](http://www.ipswichorwellrotary.fsnet.co.uk/diary)

### DECEMBER 2008

WEDNESDAY 3RD

12.55 pm. Lunch, Bistro On The Quay + Speaker: tbc

FRIDAY 5TH

Arthritis Care Christmas Party

WEDNESDAY 10<sup>TH</sup>

12.55 pm. Lunch, Bistro On The Quay + Fellowship

THURSDAY 11<sup>TH</sup>

6:00pm. Club service, Neptune Marina.

SATURDAY 13TH

7pm for 7.30pm. Christmas Dinner, Ipswich Golf Club, Black Tie, Guests Welcome - Contact Bob Bacon.

WEDNESDAY 17<sup>TH</sup>

12.55 pm. Lunch, Bistro On The Quay + Business Meeting

WEDNESDAY 24<sup>TH</sup>

NO MEETING

WEDNESDAY 31ST

NO MEETING

### JANUARY 2009

WEDNESDAY 7TH

12.55 pm. Lunch, Bistro On The Quay + "What I got for Christmas"

WEDNESDAY 14TH

12.55 pm. Lunch, Bistro On The Quay + Fellowship

THURSDAY 15TH

Club Service

## Polio Plus

**Words by Malcolm Reece**

**Photographs by Gordon Kember**

President Brian's year of office will be remembered in several ways, one of which being the high standard of speakers we have enjoyed. Wednesday, 19th November at the Bistro was no exception with District Foundation Chairman, Hugh Davis, proving that he is one of the recognised experts on Rotary's Polio Plus project.

With the help of his video screen, Hugh took us on a well-presented resume trip of Rotary's polio eradication achievements so far – which are remarkable to say the least.

First of all he reminded us of the amazing 100million dollars donation to Foundation by Microsoft supremo Bill Gates, the proviso being that we put money in as well. This was the largest donation to any single charity – and one which when it was first announced took one's breath away.

Hugh then reminded us that since 1985, when the eradication of polio worldwide was launched, two million children in 125 countries have been treated. "And polio is now hanging by a thread in only four countries in the world," he said.

What is happening now is that from December 2007 to 2010, every dollar donated will be matched. The task from now on, said Hugh, was for every club to organise an event to raise 1,000 dollars each year for three years to make sure that Rotary's eradication target was reached by this date. In district 1080 this relates to £500 a year for three years for each club. Achieve this, said Hugh, and the eradication dream would be a reality.

With people like Hugh Davis leading the way and Rotary's record so far down the polio road, there seems to be little room for doubt that the complete eradication stage will be reached by 2010. And what a remarkable message to the world that will be! ■

WEDNESDAY 21ST

12.55 pm. Lunch, Bistro On The Quay + Speaker: tbc

WEDNESDAY 28TH

12.55 pm. Lunch, Bistro On The Quay + Speaker: tbc

## Rotary In Thailand

### Words and Photographs By Martin Hough

My annual trip to the Far East is always an opportunity to call in on the Rotary Club of Chang Puak, Chiangmai. I was able to attend four meetings while I was there.



*Rotary Club of Chang Puak, Chiang Mai. As ever, Big Brother is looking over my shoulder*

Chang Puak is on the Western side of the city, by Chang Puak gate- the name actually means “purple elephant”, which is apparently very auspicious. The club is the 100th Rotary Club to be founded in Thailand, having received its charter in 1985. It has many varied projects but the emphasis tends to be on helping the many disadvantaged people in the region.

My brother is an ex-President of the club, and I am pleased to say that he is treated with the level of prestige and respect that I enjoy with my colleagues in Ipswich Orwell. He has been given the nickname of “Sor Sor”, which means “mentally defective”, and I have the Thai nickname of “Sor Tor” which means “mentally deficient”. I admire these niceties of distinction.

Each meeting begins with not the Loyal Toast, but with all standing and singing the Thai National Anthem. A Rotarian is then nominated to lead the singing in two more songs from the club songbook- and a visiting friend such as myself is very likely to find himself at the microphone. I usually give them “It’s a small world” and a strange ditty called “R O T A R Y Spells ROTARY.” This generally provides much mirth. I will not comment on my own performance except to say that Derek Firmin has nothing to worry about.

My Thai is restricted to the essentials- “Yes”, “No”, “Beer please” and “Have a care, Madam”. My brother, however, is fluent in the language, and sits alongside me to give a running translation of the various speakers. This is not a problem- it is quite normal and expected for little conversations to take place during the speaker’s address, even for mobile phone calls to be made. The meetings close with another song- “Lakon”, the first line being, in Thai, “Farewell my Dear Friend.”



*Rotarians, Teachers and Sponsored Children*

The club has done a lot of work to install clean, reliable water supplies to the hilltribe schools. Also, through two charitable funds, it enables foreigners to sponsor the education of deserving youngsters from the hilltribes. There are four youngsters being sponsored at the moment. They often live so far from their schools that they have to stay in dormitories during term time. The Rotary Club administers the funds- when a pupil needs help, he or she goes to their teacher who evaluates the need and contacts the Rotary Club. As I am one of the sponsors, club members were kind enough to take me on a thirty mile journey up into the mountains where I could meet the teachers and the pupils.

To me one of the great values of Rotary is in its international fellowship. It saddens me that there is so seldom any response to the weekly question “Any visits to other clubs?” If you are going overseas, do give a thought to dropping in to the local clubs- you will be made very welcome, and probably build invaluable friendships. The International Directory (NOT to be taken away!) is kept at the Bistro, and gives details of meeting places throughout the world.

■

## Inner Wheel Notes

**Words By Bobbie Hopper**

**Photographs By Pam Hill**

This month Sharon Tilbrook, Eastern Region Manager of the charity Diabetes UK, gave a very informative talk on Diabetes and its problems. Sharon was accompanied by colleague Carol Bisley, Eastern Region Fundraiser from the same charity.



*President Linda Smith with speakers from Diabetes UK*

We learned that Diabetes can be a killer if neglected and can also be the cause of blindness. Around fourteen people lose a limb each day as a result of the illness and the sufferer must take special care to eat three meals per day as well, as making sure their diet is beneficial and their weight is kept within recommended proportions.

Diabetes is divided into two better known types. **Type 1** is caused when the insulin-producing cells in the pancreas have been destroyed or by an abnormal reaction of the body to the cells. It may be triggered by a viral or other infection. It is mainly treated by insulin injections.

**Type 2** develops when the body can still make some insulin, but not enough, or when the insulin that is produced does not work properly. It is treated by lifestyle changes, weight loss and probably tablets.

**Some of the signs and symptoms to watch for are:** Extreme thirst, extreme tiredness, going to the toilet more often (passing more urine), weight loss and slow healing of wounds.

Sharon explained the treatment for the illness and told us that she had first-hand experience being Diabetic herself. She is able to eat a very varied diet and also to

include food with a fairly high sugar content. She even treats herself to a "square" of chocolate from time to time - something most people would think of as unwise for Diabetics! However, she doesn't recommend foods on sale described "for diabetics". They are expensive and often unsuitable.

Her talk, which included many more interesting details, was appreciated by us all, and we were pleased to give a contribution to Diabetes UK, especially as Diabetes is President Linda's charity for the year. ■



*New members Val Hindes (L) and Christina Ponniah (R) with President Linda*

## Picture Gallery 1

**Photographs By Gordon Kember**



*Ipswich Orwell's newest member, the very reverend Charles Jenkin, vicar of St Mary le Tower, who has joined us from Melton Mowbray*

# Tower of London

**Words By Malcolm Reece**

**Photograph By Gordon Kember**

Most of us thought we knew all about the history of the Tower of London, but we were forced to think again when retired Essex policeman Gary Egerton entertained us at Hintlesham Golf Club on 29th October.



*Gary Egerton (right) gave an illustrated talk about the Tower of London at the Ladies Evening at Hintlesham Golf Club on 29th October 2008*

In these excellent and comfortable surroundings, 35 of us enjoyed a sausage and mash supper before Gary, with the aid of slides, took us on a lightening tour of the historic tower. I for one did not know, for example that the Tower is still one of Her Majesty's palaces, and that many of the Queen's ancestors incarcerated within its walls, enjoyed palatial surroundings befitting their status in the realm.

We need to boast sometimes about our colourful history, and Gary seemed to have the ability of passing on his enviable knowledge of the Tower's long history, while at the same time making it an enjoyable and entertaining experience for his audience.

From Traitor's Gate, to the Crown Jewels and the 700-year history of the Ceremony of the Keys, this was a talk well worth listening to. Gary, whose business is operated from his home at Brightlingsea, includes in his Talks and Walks programme a personal tour on Tuesday evenings of the Tower. Providing there is another interest, I have secured a verbal promise from Gary for a party of about 30 of us to travel to London (sometime in the spring) for what

should be a fascinating tour of the Tower with possibly a supper to follow. More to follow on this in the New Year.



*William Brown's enthusiasm for the Tower of London presentation prompted him to give the vote of thanks to our speaker*

A surprise for all of us at the end of the evening came when Richard Brown rose to give a vote of thanks to Gary and passed on the duty to his son William. For the record, William carried out his duty with style and dignity, and we all made a mental note to book him as a future member of the club. Well done William. ■

## Picture Gallery 2

**Photographs By Gordon Kember**



*James Hehir (left), Chief Executive of Ipswich Borough Council, spoke at luncheon on 12 November. Here with Rotarian John Field*