

# The Orwell Newsletter

The Rotary Club Of Ipswich Orwell, RIBI 1339

November 2003

## From The President's Desk

As predicted in the October epistle, the highlight of October was undoubtedly our 25<sup>th</sup> Jubilee Charter celebrations which were, in retrospect, everything I as President could have wished for. Brian Baxter, our District Governor in 2001/2, wrote to me the following day expressing his admiration for Eddie and his thanks to Russell, whose "brief history" presentation was, at times, bordering on the hilarious. Gerhard Grossman also wrote – I quote – "We were overwhelmed by the hospitality and friendliness we experienced during our stay. Thank you for everything, the formal dinner to which your Club invited us all, for the trip, the private invitations, the good spirit and the relaxed attitude".

For the record, our Club owes a debt of considerable gratitude to Bob for his tireless efforts as our Hanau ambassador, to Eddie for his Charter Night efforts and also – as ever – to Tony for the imaginative and meticulously planned weekend arrangements. Comments and phrases of that nature were in abundance, particularly from our Hanau friends and a return visit to Germany is being considered for April next year which might include looking around the Mercedes factory with yet more opportunities for camaraderie and enjoyment. More details to follow.

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## Rotarians set Guinness World Record

(Press Release From RIBI)

Guinness World Records has confirmed that Rotary International in Great Britain & Ireland and The Stroke Association have been successful in setting a new Guinness World Record for the number of blood pressure readings taken in one day.

On Saturday April 5th, The Stroke Association and Rotary Clubs in Great Britain and Ireland organised blood pressure readings for 127,573 people, at over 1,000 sites, across the United Kingdom and Ireland. The blood pressure readings were taken by qualified medical staff, and everyone who had their blood pressure taken was given a card with the reading on to take along to their GP if necessary. Stroke is one of the biggest causes of death and severe adult disability in the UK.

"The aim was to ensure as many people as possible were given the opportunity to have their blood pressure checked and be made aware of any necessary lifestyle changes such as eating a healthy diet," says Jerry Doyle, Director of Public Relations, at The Stroke Association.

"Uncontrolled high blood pressure is the number one cause of avoidable strokes. For every 10 people who die of strokes, four could have been saved if they had arranged regular blood pressure checks and then followed medical advice. It is fantastic that so many people came along and had their reading taken as there is no clear way of knowing when your blood pressure is rising, apart from having it measured."

Tony de St Dalmas, Past President RIBI commented 'I am delighted at the success of the Stroke Awareness Day and the recognition by Guinness World Records. Rotarians believe that stroke is a major issue for our communities and costs too many people their lives, too many families and carers great suffering and hardship, and costs the national health service billions of pounds every year. Following on from this success Rotary and The Stroke Association will be organizing another Blood Pressure Testing Day next year.' ■

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District Governor Malcolm Whittle was very pleased with what he found on his visit to us on the 29<sup>th</sup> October. In a far reaching address he mentioned a number of subjects which included membership. We continue to seek individuals of the right calibre and our efforts so far have proved very successful indeed. We continue and hopefully will have further successes as the year unfolds.

He also mentioned REMIT – a programme for the elimination of malaria in Tanzania, and we may well hear more of this just after Christmas when the National Co-ordinator for the project visits the Ipswich Club on Thursday, 15<sup>th</sup> January. We, as a Club, or as individuals, are invited to that meeting and Council will discuss the possibilities for attending.

The months of October and November each year can loosely be called the “Charter Season” which tends not only to be very enjoyable but also adds a certain gravitas to the waistline. Ipswich Wolsey had their celebration on the Monday after ours (which Brian Beason and I attended) and Woodbridge Deben hold theirs on Monday 17<sup>th</sup> November closely followed by Ipswich on the following Friday. Hopefully our Club can be represented at both of these events.

November is Foundation Month with the first meeting being our Annual Special General Meeting when we elect our incoming Junior Vice President and, on this occasion, appoint a new Club Secretary. Whoever follows Tony only has to continue in his predecessor's footsteps to ensure success. Friday, 14<sup>th</sup> November, sees our annual Ten Pin Bowling Match against the Manningtree Club – an event that is always light hearted fun and fellowship.

Our thoughts are now turning to the Arthritis Care Club Christmas buffet and any support that we can offer to Gordon and the Community Service Committee will be much appreciated.

Merry Autumn!

*Derek* ❖

## ANY NEWS?

If you have any news, notices or other information, then please contact me on:

[webmaster@ipswichorwellrotary.fsnet.co.uk](mailto:webmaster@ipswichorwellrotary.fsnet.co.uk)

## CALENDAR OF EVENTS

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

NOVEMBER 2003 ROTARY FOUNDATION MONTH

TUESDAY 4<sup>TH</sup>

5.45p.m. Club Service Committee (Prettys).

WEDNESDAY 5<sup>TH</sup>

12.55pm. Town Hall Lunch + Business & Special General Meeting

TUESDAY 11<sup>TH</sup>

5.45pm. Club Council (MLM)

WEDNESDAY 12<sup>TH</sup>

12.55 pm. Town Hall Lunch + Speaker TBA (Foundation)

FRIDAY 14<sup>TH</sup>

7.00pm. Kingpin, Martlesham: Annual Tenpin Bowling Match - Orwell versus Manningtree Rotary Club

WEDNESDAY 19<sup>TH</sup>

12.55 pm. Town Hall Lunch + Speaker TBA (Foundation)

WEDNESDAY 26<sup>TH</sup>

12.55 pm. Town Hall Lunch + Speaker TBA (Foundation)

SATURDAY 29<sup>TH</sup>

District Council Meeting at Mildenhall (all day)

DECEMBER 2003

WEDNESDAY 3<sup>RD</sup>

12.55 pm. Town Hall Lunch + Business Meeting

FRIDAY 5<sup>TH</sup>

7.00pm Arthritis Care Club Christmas buffet/entertainment.

TUESDAY 9<sup>TH</sup>

5.45 pm. Club Service Committee (Prettys).

WEDNESDAY 10<sup>TH</sup>

12.55 pm Town Hall Lunch + Speaker TBA

TUESDAY 16<sup>TH</sup>

5.45 pm. Club Council (MLM).

WEDNESDAY 17<sup>TH</sup>

12.55 pm. Town Hall Christmas Lunch

SATURDAY 20<sup>TH</sup>

Evening Christmas Dinner at Ipswich Golf Club

WEDNESDAY 24<sup>TH</sup> - NO MEETING

WEDNESDAY 31<sup>ST</sup> - NO MEETING

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## Marian Bates Appeal

Marian Bates was shot dead in her shop on 30<sup>th</sup> September trying to protect her daughter from thieves. Marian had been an active member of Nottingham North Inner Wheel for 20 years and her husband Victor Bates, a member of Mapperley Rotary Club, has given 25 years to Rotary service. The Rotary Club of Mapperley and Nottingham North Inner Wheel have established an appeal fund and intend to raise money in Marian's memory to be applied for those charitable purposes that she had worked hard for and supported during her life of service to others.

Details of the trust fund are available from the Mapperley Rotary club web site on

<http://www.mapperley-rotary.com/main/mb1.html> ■

## Polio Immunisation Days Launched In West Africa

From Rotary News Basket

In a swift and aggressive response to a new polio outbreak spreading from Nigeria to neighbouring countries, hundreds of thousands of volunteers and health workers in Benin, Burkina Faso, Ghana, Niger, and Togo started a three-day immunisation campaign on 22 October. The synchronised National Immunisation Days will cost more than US\$10 million.

Genetically traced to northern Nigeria, the outbreak paralysed nearly a dozen children in Burkina Faso, Ghana, Niger, and Togo and is putting 15 million children in those countries at risk. Similar campaigns are planned in Chad and Cameroon for mid-November.

Centred around the state of Kano, the polio-infected states in Nigeria have re-infected other areas of the country, most worryingly the city of Lagos with its 10 million inhabitants.

In at least one state, as few as 16% of children have been sufficiently immunised against polio. "Nigeria is now the country with the greatest number of polio cases in the world," says Dr. David Heymann, representative of the Director-General for Polio Eradication, WHO.

Despite the apparent setback, epidemiologists are convinced polio can be eradicated from Nigeria. "Much of the country was already polio-free for over two years, including Lagos," says Dr. Walter Orenstein, director national immunisation program at the US Centers for Disease Control and Prevention (CDC). ■

### CALENDAR OF EVENTS CONTINUED

JANUARY 2004 ROTARY AWARENESS MONTH

TUESDAY 6<sup>TH</sup>

5.45 pm. Club Service Committee (Prettys).

WEDNESDAY 7<sup>TH</sup>

12.55 pm. Town Hall Lunch + Business Meeting

TUESDAY 13<sup>TH</sup>

5.45 pm. Club Council (MLM).

WEDNESDAY 14<sup>TH</sup>

12.55 pm. Town Hall Lunch + Speaker TBA

WEDNESDAY 21<sup>ST</sup>

12.55 pm. Town Hall Lunch + Speaker TBA

THURSDAY 22<sup>ND</sup>

7.30 pm. District Council Meeting at Mildenhall

WEDNESDAY 28<sup>TH</sup>

Evening Fifth Wednesday Event

## Visit To Southwold



Rotarians and guests from Hanau-Maintal and Ipswich Orwell clubs pose at Gun Hill during their tour of Southwold on 18 October 2003.

## Funny Footnotes

Submitted anonymously

A Rotary visitor to Japan told a joke lasting 2 minutes.

The interpreter then translated using only a few words. Everyone laughed. Afterwards the visitor asked the interpreter how he translated such a long joke so quickly.

"Well, I didn't think they would get the point, so I said, "Our guest has just told a joke. Everyone please laugh." ■