

Rotary



ROTARY:
MAKING A
DIFFERENCE

LOOKS EAST

The Weekly Newsletter of The Rotary Club of Ipswich East
Edition 14-2018 - 8th May 2018

Club website : www.ipswicheastrotyclub.co.uk
Orwell Walk Website: www.orwellwalk.co.uk/orwell-walk-and-cycle.aspx
Facebook page: www.facebook.com/IpswichEastRotaryClub
Charity Number: 1088961

CLUB OFFICERS

President: Nigel Farthing
President Elect: David Knights
Vice President: Liz Harsant
Secretary: Tony Baker
Asst Secretary: Martin Westlake
Treasurer: Neil Hewitt



May Birthdays

Peter Moss
Tony Dodds
Tony Baker
Mark Murphy
David Knights
John Clements
Catherine Forsdike
Robin Dillaway

Lunchtime Meeting at Greshams—bell rings at 12.55pm

Tuesday 8th May 2018

Business Meeting—no guest speaker

Duty Rotarians: Bill Pipe & Richard Porter

Guest Speaker, Tuesday 24th April

We were delighted to welcome Richard Hunt from Sporting Memories Network to Rotary lunch. The aim of the network is to provide a platform for people to meet to reminisce sporting memories. It aims to help those who are suffering from psychological conditions such as dementia, depression and loneliness. By bringing people together collectively it hopefully will light a spark to help people remember and have an enjoyable time through nostalgic memories. The project has been well supported by older sporting stars as well as various organisations such as the Football Association. It sounds a great project to help the lonely and aged. At lunch many members were reliving past sporting glories. Our thanks go to Richard for a very enjoyable presentation.

Ed Nicholls



Several Club Members and spouses attended the Ipswich Round Table Charity Ball recently and, by the look of this photo, had a good time!



Stuart Cooper writes:

I know you are all aware how much I enjoy attending what I refer to as my 'second club', The Rotary Club of Calvia International in Mallorca, Spain.

Monday 15th April was a particularly special visit as President Saskia inducted me as an Associate Member. I didn't know this tier of membership existed but I think it is particularly pleasant for those that visit other Clubs with some regularity.



Policing SE Suffolk Kerry Cutler (Tuesday 17th April)

Kerry Cutler introduced herself as 'The Southern Area Commander'. She has 24 years police service and originally comes from Surrey. Kerry has been in Suffolk since 2005 and is married to a policeman who comes from Suffolk. She has been in her present position for the past 4 years.

Commander Kerry gave us a thumbnail sketch of her job, her position has responsibility for Ipswich surrounding rural areas and Ports of Ipswich and Felixstowe. This has been since reorganisation of services in 2016. Her command is broken up into several teams some of which are joint responsibilities with Norfolk.

The structure has to be flexible enough to meet changing patterns of crime eg cyber crime and the use of DNA technology to help solve crime. The pattern of crime is changing and the time taken to investigate cases is increasing and hidden crime is also increasing, e.g. domestic violence. Mention was made of the use of drones which will almost certainly increase. Crime has increased: in the past 12 months 9,000 calls were made which demanded an emergency response, this means a 15 -minute response in urban areas and a 20-minute response in rural areas.

Examples of emergency response are when life is at risk from serious injury (Grade A crime). 25,000 calls were made where low priority was given (Grade B)

The whole talk was fascinating and Kerry came across as a totally committed police officer who is trying her hardest to use limited resources in the most cost effective way and maintain the highest morale. Unfortunately there was no time for questions but maybe we could invite her to address the club again.

Ian Lord



"Our Blue Heaven" (Tuesday 3rd April 2018)

This lunchtime we had the pleasure of welcoming Mr Peter Rowe, the artistic director of the New Wolsey Theatre, to our Rotary meeting where he gave us a very informative talk on the forthcoming production at the theatre of "Our Blue Heaven"

Peter firstly explained the he, with his partner Sarah Holmes who is the chief executive, have been running the Theatre since 2012 and that their main objectives are to create a theatre that is welcoming, inclusive and open to all sections of the community which has a high profile, and is a vital component of the public and cultural life of the region.

Peter is a writer and producer with previous experiences at the Thorndike Theatre, Southampton's Solent People's theatre, the Gateway Theatre Chester and Liverpool's Everyman theatre in addition to freelance work in many regional theatres.

I'm pleased to say that he annual Rock Pantomime at the New Wolsey, which we always attend with Rotary, is written by Peter and I'm sure you'll all agree that this is always a thoroughly entertaining evening with an excellent script and talented production

Peter has turned his attention to writing "Our Blue Heaven", in commemoration of the 40th anniversary of when, on the 6th May 1978 Ipswich Town FC beat Arsenal F.C 1 - 0 at Wembley to win the F.A.Cup for the first time in their history.

The show promises to be a walk down memory lane for town fans with family stories of how they got there, how they didn't get there and the whole experience of being part of a fantastic story. We will be entertained by music from the era and football sequences which I suspect might include the winning goal by Roger Osborne—I hope I haven't given anything away there! All in all, we are assured that this will be a fantastic show by a gifted writer, in conjunction with a talented cast and production team. Our seats are booked for Wednesday the 9th May for "Our Blue Heaven".

Thank you very much Roger, we are all looking forward to it.

George McLellan



Tuesday Rotary Meeting Programme

(lunchtime meetings start 12.55pm)

Widows of former members are welcome to all evening and additional events—please book through the Hon Secretary Tony Baker

(Duty Rotarians are requested to make their own swaps and inform the Secretary and Newsletter Editor)

NEXT WEEK	Sue and John Haresnape	
15th May		<i>Duty Rotarians: Toby Pound & Geoff Ramsdale</i>
22nd May	tba	<i>Duty Rotarians: John Riches & Clare Richards</i>
29th May	FIFTH TUESDAY MEETING The Regal Fish Bar Felixstowe—board circulating	<i>Duty Rotarians: (not required)</i>
5th June	tba	<i>Duty Rotarians: Bill Robinson & Steve Runnacles</i>
12th June	Club Assembly—Finn Valley Golf Club (evening)—board circulating	<i>Duty Rotarians: Clifford Smith & Lewis Tyler</i>
19th June	tba	<i>Duty Rotarians: Ray Walters & Sarah Waterson</i>
26th June	PRESIDENTIAL HANDOVER The Barn Sproughton—board circulating	<i>Duty Rotarians: Geoff Watson & Martin Whitworth</i>
3rd July	tba	<i>Duty Rotarians: Russell Wiles & George Woodward</i>

LUNCHTIME MENU

8th May : Cajun Pork with BBQ Sauce & Parmentier Potatoes,

15th May : Chicken Curry with Rice and Naan Bread

22nd May : Ham Salad with New Potatoes

[29th May : Fifth Tuesday]

5th June : Beef Lasagne and Salad

[12th June : Club Assembly at Finn Valley Golf Club]

19th June : Cumberland Sausage with New Potatoes and Vegetables

[26th June : Presidential Handover]

IPSWICH EAST ROTARY CLUB ROLLING DIARY

This table shows events other than regular weekly meetings.
 The name of the lead Rotarian for each event is shown in brackets.
 (Inner Wheel Events are shown in black italic type on a pale blue background)

Wednesday 9th May	Visit to New Wolsey Theatre—"Our Blue Heaven" <i>Dramatic celebration of 40th Anniversary of Ipswich Town winning the FA Cup</i> <i>(Clare Richards)</i>
Sunday 20th May	Sports Taster Day (with Inspire Suffolk) <i>(John Button)</i>
<i>Inner Wheel Sunday, 20th May</i>	<i>International Committee: Afternoon Tea—2.30pm at the home of Margaret Barbour (see ad on p4)</i>
<i>Inner Wheel Tuesday, 5th June</i>	<i>Annual General Meeting—Ipswich & Suffolk Club</i>
Wednesday 6th June	BBQ for people with Learning Difficulties, Mencap <i>(Jack Earwaker)</i>
Sunday 17th June	The Orwell Challenge (Orwell Walk, Run & Cycle) <i>(John Button)</i>
Tuesday 26th June	Presidential Handover—Sroughton Tithe Barn <i>(David Chittick)</i>
<i>Inner Wheel Tuesday, 3rd July</i>	<i>Inner Wheel Presidential Handover</i>
Friday 13th July	Annual Bowls Match versus Westerfield (at Westerfield)
Friday 20th July	President's Barbeque—Waldringfield Sailing Club <i>(David Chittick)</i>
July/August (tba)	KidsOut; STARS <i>(Jo Banthorpe, Chris Banham)</i>
Wednesday 29th August— Wednesday 5th September	Twinning Visit of our friends from RC Ipswich Mass <i>—book the date: more information will be released nearer the time</i> <i>(International Committee)</i>
Wednesday 26th September	Senior Citizens' Concert <i>(Andy Lewis, David Knights, Chris Banham)</i>

The Orwell Challenge 2018



Walkers 190 (201)

Cyclists 13 (14)

Runners 33 (43)

Marathon/Half Marathon 60

Last year's numbers for end April in brackets

Total entrants so far 296 (258)

International Inner Wheel Convention in Melbourne Australia



The International Convention occurs only every 3 years and Catherine Forsdike was delighted to represent IW of GB&I District 8 as voting delegate.

Forty-six countries were represented at the Convention with 140 from GB&I including three from District 8: Catherine from Ipswich East (with husband Alan), Pauline Hume from Felixstowe and Liz Thomas from Great Yarmouth who is also this year's IW of GB&I President accompanied by her husband Tim.

Those of you who have visited, will know that Oz is a long way away but the travel is worthwhile because it's a fascinating land of many contrasts in geography, geology, weather, flora and fauna.



Catherine and Alan built an extended break around the convention visiting Sydney, driving to the Blue Mountains and Hunter Valley and back to Sydney where they flew to Melbourne for the Convention. Then they drove along the Great Ocean Road to Kangaroo Island (via a ferry) and on to Adelaide where they took the Ghan Train to Alice Springs; another wonderful experience.

From there they drove to Uluru (Ayers Rock) and, after a walk beginning at dawn around the base (8 miles) flew to Cairns. Another flight took them to Hamilton Island (one of the Whitsunday Islands)

for a 5 day holiday (from where they went snorkelling off the Great Barrier Reef) before flying to Brisbane to take the Airbus back to Gatwick via Dubai.



That holiday destination was off the east coast so it took 36 hours and three 'plane trips to return to the UK. The whole trip clocked up 28,000 miles travelled by air, train, tram, bus, taxi, three car hires, ferry and ship, not to mention lots more walked and swum over the four weeks. They stayed in 13 different bedrooms and visited every state (except Western Australia).

On the boat back from an exciting snorkel expedition to part of the Great Barrier Reef, a fellow passenger spotted Catherine's Inner Wheel Convention Tote Bag. "Inner Wheel" the French lady (Rachelle) exclaimed. She too had been in Melbourne with her husband. Catherine and Alan fell into conversation with the couple. Rachelle's husband told Alan he had been born in Norway, studied engineering in the UK, worked in South Africa for several years and now he and his wife divide their time between homes in Toulon and Tangiers. Some people have busy lives!



Rotary came up with the goods once again when it came to manning the Food Donation Drive at Sainsbury's Warren Heath last Friday in aid of FIND.

Despite the very short notice, all four Clubs pooled resources to facilitate the collection over an 8 hour period. The almost subtropical temperatures made a pleasant change to the norm!

The public was most generous as ever, and a total of 28 boxes of goods and just over £35 in cash donations were collected.

This has given a welcome boost to Maureen Reynell's reserves - here shopping bill last week topped £1,200!

We hope to be able to do a repeat performance in September to hopefully replenish stock after the summer holiday period and to build up supplies in the run up to Christmas. Dates for this still to be confirmed but hopefully all four Clubs will pull together again on this one.

Many thanks to all members who gave their time to help out, particularly to Tony Dodds for his first community service outing since his illness.

Jo Banthorpe



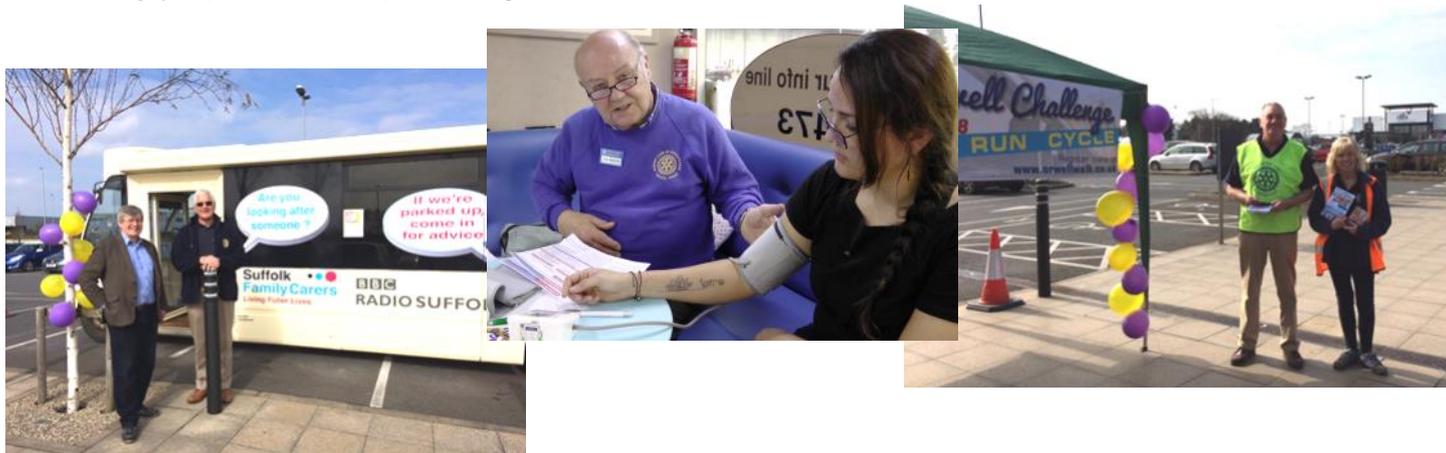
Glorious sunshine and a temperature in double figures made a welcome appearance at this year's Stroke Awareness Day Saturday 7th April.

We broke away from the tried and tested formula this year - instead, we pushed the boat out by using Suffolk Family Carers' bus to accommodate two medics and a scribe. This new arrangement worked very well and was much more spacious and comfortable for volunteers and attendees alike.

In total, 75 members of the public had their blood pressures taken, with a couple requiring urgent referral to their GP. Waitrose Futura Park came up trumps once again, as did our loyal tribe of helpers on the day, including two non-Rotarian volunteers.

This was a really useful day. Not only did we help to raise public awareness of the risk of stroke, but we also hopefully raised the Club's public profile and visibility and also had an extra opportunity to give out leaflets advertising the Orwell Challenge.

Well done guys - job well done! *Jo Banthorpe*



Could you accommodate one of these in your front garden or know a good place to put one?

If so, please talk to Steph Mackentyre asap.



Charity Walk and Breakfast Postponed

Karen writes:

Due to unforeseen circumstances we have unfortunately had to postpone our Charity Dog Walk and Breakfast event for next weekend.

Don't worry however! It will still be taking place, now organised for Saturday 22nd September 2018.

