

# Rotary



ROTARY:  
MAKING A  
DIFFERENCE

# LOOKS EAST

The Weekly Newsletter of The Rotary Club of Ipswich East  
Edition 18-2018 - 5th June 2018

Club website : [www.ipswicheastrotaryclub.co.uk](http://www.ipswicheastrotaryclub.co.uk)  
Orwell Walk Website: [www.orwellwalk.co.uk/orwell-walk-and-cycle.aspx](http://www.orwellwalk.co.uk/orwell-walk-and-cycle.aspx)  
Facebook page: [www.facebook.com/IpswichEastRotaryClub](http://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

## June Birthdays

Normal Haines  
Graham Bickers  
John Hutton  
Steve Jones

**Lunchtime Meeting at Greshams  
bell rings at 12.55pm**

**Tuesday 5th June 2018**

**Guest Speaker Jason Alexander**  
an anti-litter campaigner will be talking about his  
"rubbish walks"

**Duty Rotarians: Bill Robinson & Steve Runnacles**

On his website, Jason writes:

**WILDLIFE GADGET MAN'S  
RUBBISH WALKS**  
FEEL GOOD ♥ DO GOOD

We find ourselves living in an increasingly materialistic world. A world that revolves around 'things' rather than 'experiences'. A world that values convenience over conservation. I'm on a mission to change that, one Rubbish Walk at a time.

Getting outside and experiencing the world first hand has tremendous health and well-being benefits. It's great for your body and your mind.

But there is a problem. We're gradually choking the planet with our waste. So, the idea behind Rubbish Walks is simple...

Go for a walk and pick up a bit of litter along the way. That's it. Simple right?

Well, it can be. If all you do is go for a walk, pick up a few bits of litter along the way and then dispose of it properly at the end then you are making a little bit of a difference to your health and your local environment. But it can be more than that. Much more.

Join me and the rest of the Rubbish Walks tribe and I'll show you how small simple changes to your lifestyle can make a world of difference - to your health, your happiness...and the planet.

David Chittick took a few pictures whilst entertainer Erik Punaks did his turn for our club visitors

to The Regal Fish Restaurant Felixstowe for last week's "fifth Tuesday" meeting.



1. To try to use less single use plastic each and every day.



2. To go for a regular Rubbish Walk collecting litter along the way.



3. To try and encourage at least two other people to do the same.

## Who's that looking over Fiona Bruce's shoulder?

Sunday's "Antiques Roadshow" was the second made from the recording at Helmingham Hall last Summer. Catherine and I were there with Rachel but the bit we were in wasn't shown. However it was fun looking out for people we knew. The lady with her uncle's medals in the first episode used to be Clifford Smith's secretary and a colleague of mine, the miniature fairground featured this week belongs to John Loades and his son Martin from Westerfield (we spotted another Westerfield resident too) and the porcelain lion also featured this week was brought by a neighbour in Henley Road. A friend from Winesham appeared in both episodes in the final sequence.

Then of course we spotted a well-known Rotarian...

*(Editor)*



## Joel Gibson—rising tennis star

*Club Sec Tony Baker writes:*

Our club received a plea for help from The Rotary Club of Cleveland. Their club aim to give support to aspiring sporting champions, i.e., young people pursuing a national sport. One of their young champions is a local young man aged fourteen who has proven in a short time to be a very competent tennis player. However the nature of tennis is that, players are graded on the amount of tournaments attended throughout the UK. But as with so many things, most are in the South of England. So in order to ease the financial burden on parents of modest means, the Rotary Club of Cleveland, where possible, try to organise accommodation to ease the burden on family finances.

Joel was scheduled to play at a tournament in Ipswich from 29th May to 2nd of June. Joel was to be accompanied by his mother Kerrie to act as chauffeur and coach. Alison Baldry volunteered to provide accommodation for Joel and Kerrie.

Alison reports that Joel did really well in the tournament getting through to the semi-finals in both the singles and doubles, but unfortunately was beaten in both games in tie breaks after well fought matches. "They were both great house guests, and to be honest, as we work long hours we just left them to their own devices which worked out well for all of us. I did get to sit and have a good chat with Kerrie last night over a glass or two of wine and she is a lovely lady and very dedicated to giving Joel all the help and support that she can. Joel is also a very polite and likeable young man who is totally into his tennis and well worthy of Rotary's support."

Well done to Alison, one of our newer members. It is good to see that she is contributing to the aspirations of Rotary and enjoying the experience.

*Kerrie later wrote to Alison:*

Thank you once again for having us to stay. You made us feel very welcome from the day we arrived and your hospitality has been amazing! This made the difference in Joel taking part in this tennis tournament as without your kindness he would not have been able to do so. Joel is 13 years old and trains up in Tennis World, Middlesbrough. He has only been playing tennis on a more serious note for the last 3 years as prior that he played for Middlesbrough Football Academy.

He is very passionate about his tennis and trains with his coach or in a squad most days. When he is not playing tennis he is doing fitness or strengthening & conditioning to help improve his tennis.

He only went up into Under 14's last year after finishing Under 12's ranked at no 4 nationally. He is currently ranked no 30 nationally in Under 14's with a further 15 months still left in this age group.

Whilst staying in Ipswich Joel played in an Under 16's tournament which is the age group above. He managed to make it to the semi finals! He narrowly lost out on a place to the final in a close match which he lost on a tiebreak 7-10.

Joel also got to the semi finals in the same tournament playing in the Under 16's doubles. Once again Joel and his partner missed out on making the final losing in a match tiebreak 8-10.

He was so close in getting to both finals and had some great matches. A successful time in Ipswich.

I know that this was all arranged between Robin at the Rotary Club of Cleveland and the Rotary Club of Ipswich so please could you pass this email onto them with our thanks and appreciation. Kind regards, Kerrie



# The Rotary Club of Ipswich East Club Assembly Agenda

**Fynn Valley Golf Club, on Tuesday, 12<sup>th</sup> June 2018 at 7.00pm for 7.30pm.**

- 1 Grace (Rotarian Richard Porter)
- 2 Loyal Toast (President Nigel Farthing)
- 3 Apologies for Absence (President Nigel Farthing)
- 4 Introduction of Visitors (President Nigel Farthing):  
Rotarians, District Governor Robert Lovick and Assist Governor Peter Summers
- 5 Greetings from Clubs visited by club members
- 6 Presentation of cheques from the Benevolent Fund by President Nigel Farthing
- 7 President Nigel Farthing to introduce the President-Elect (Rotarian David Knights)
- 8 The Coming Year: President-Elect (Rotarian David Knights)
- 9 Each Committee Chairman for 2018/19 will give a short presentation on the plans of their committee.  
A brief discussion and questions can follow each presentation.
  - a. Club Service and Membership Committee David Chittick
  - b. Community Service Committee Jo Banthorpe
  - c. Foundation Committee Ross Lunney
  - d. International Committee George McLellan
  - e. Vocational Services and Youth Opportunities Robin Dillaway
  - f. Fund Raising Committee Martin Whitworth
- 10 Senior Vice President, Liz Harsant
- 11 Club Five Year Development Plan, Jo Banthorpe
- 12 Assistant District Governor, Peter Summers, will summarise and make comments.
- 13 Vote of thanks to Assistant District Governor Peter Summers by President-Elect David Knights
- 14 Final Toast, President Nigel Farthing



Stuart Cooper writes:

*I attach a photo from my 'other club'.*

*To celebrate the recent Royal wedding, the British Ambassador to Spain held a special reception in Madrid and invited members of the Rotary Club of Calvia International.*

*He made a special award to the club, and it's pictured here.*

# THE ORWELL CHALLENGE

WRITTEN BY CLLR. LIZ HARSANT



I am a proud member of the Rotary Club of Ipswich East and one of our biggest fundraisers over the years has been The Orwell Walk, which began as long ago as 1977. Over the years, millions of miles have been walked by many thousands of enthusiastic walkers, raising a staggering £3m for local charities. It was a past President of our Rotary Club, Derek Jarman, that established the Walk and he was awarded an MBE for services to local charities.

That is a little history of the Walk and last year I decided to take part in the Walk, which I had never done before; having just been a helper. I walked for a local charity - Friends of the Ferns - where I am a trustee. There were probably about 15 of us all walking together - or at least that's how it started! I'm used to walking, no longer having a car, but oh my goodness - it is a long way! My worst bit was down on the foreshore; when I suddenly sank up to my knees in mud. I was walking with a well-known ex-police officer who had to haul me out. The poor man must

have felt he was out with his grandmother! However, I finished; and having said I would do 12 miles, I ended up doing 16 - which was quite an achievement.

Over the years we have added running and cycling to the Walk, and this year we decided to rebrand the Orwell Walk to the Orwell Challenge. The running portion of the event has gained marathon status for the first time. This year's event takes place on Sunday 17th June and we are expecting an exceptionally large turnout, with hundreds of people walking, cycling or running the picturesque route along the River Orwell, from Ipswich towards Felixstowe on private land, around farms and the Orwell Country Park.

The Walk, Run and Cycle Ride begins and ends at the Gainsborough Sports Centre, where there is free parking and refreshments available throughout the day.

For more information please see our website: [www.orwellwalk.co.uk/](http://www.orwellwalk.co.uk/)

## Rotarians in the news...

**Liz Harsant** wrote this article in the current edition of **Waterfront Life Magazine** promoting the Orwell Challenge.

and

**Alan Forsdike** appeared in a photo in the same magazine (also run in the Ipswich Star) in an article about Ipswich Arts Centre...

Ipswich Arts Centre has received a grant of £9,900 from the Heritage Lottery Fund for an exciting oral history project to record the experiences of local residents in Suffolk who have used St Clement Church, Star Lane, during their childhood or in their adult lives before the church became redundant as a place of worship in the 1970s.

Led by volunteers in the Suffolk community, the project will raise the profile of St Clement Church as a key part of the history of Ipswich and build a greater sense of pride in its heritage. The project will run for a year from late Spring 2018, culminating with a series of events in March 2019. The Suffolk Record Office and the University of Suffolk are supporting the project.

*Alan became involved because he saw a Facebook article asking for memories of the church. His parents were married there, he was baptised in the church and once sang in the choir.*

*Do you have any memories of St Clement's? If you do, tell Alan and he'll pass them on.*

## Ipswich Arts

Ipswich Arts Centre has received a grant of £9,900 from the Heritage Lottery Fund for an exciting oral history project to record the experiences of local residents in Suffolk who have used St Clement Church, Star Lane, during their childhood or in their adult lives before the church became redundant as a place of worship in the 1970s.

Made possible by money raised by National Lottery players, this project has been inspired by three women who visited the St Clement Church during the Heritage Open Days in Sept 2017, and shared their personal memories of getting married and attending St. Clement Church as children with young volunteers of the Ipswich Arts Centre.

Led by volunteers in the Suffolk community, the project will raise the profile

of St Clement Church as a key part of the history of Ipswich and build a greater sense of pride in its heritage. The project will run for a year from late Spring 2018, culminating with a series of events in March 2019. We are asking for those with a connected history to the church to please get in touch with us. The Suffolk Record Office and the University of Suffolk are supporting the project.

Commenting on the award, Olumide Adisa, Ipswich Arts Centre - volunteer Memories and Recollections Project Committee Lead said: "We are thrilled to have received support. Thanks to National Lottery players, it will help us capture the rich and diverse stories of women and men who attended St Clement Church and the lived experiences of what it meant to have a church in that particular area of town. As we continue developing St Clement Church into a vibrant 21st century performance space, this project will connect people to the past, present, and future of St Clement Church."

### Can't attend Rotary Lunch?

Please e-mail David Knights at [mail@davidbrown-ipswich.co.uk](mailto:mail@davidbrown-ipswich.co.uk) or ring 222266 by 10am on Monday

It's important we order the right number of meals to help the kitchen maintain their high standard.

*If you've apologised but later decide you can attend, please let David know in advance. If you ordered a salad, please don't change your mind (when you see what everyone else is eating) because the kitchen prepares as many meals as have been ordered.*



# 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)*

<b>NEXT WEEK</b> 12th June	<b>Club Assembly—Finn Valley Golf Club (evening)—board circulating</b> <i>Duty Rotarians: Clifford Smith &amp; Lewis Tyler</i>
19th June	tba <i>Duty Rotarians: Ray Walters &amp; Sarah Waterson</i>
26th June	<b>PRESIDENTIAL HANDOVER (no lunchtime meeting)</b> <b>The Barn Sproughton—board circulating</b> <i>Duty Rotarians: Geoff Watson &amp; Martin Whitworth</i>
3rd July	tba <i>Duty Rotarians: Russell Wiles &amp; George Woodward</i>
10th July	<b>Business Meeting—no guest speaker</b> <i>Duty Rotarians: Eva Alcerecca &amp; Chris Banham</i>
17th July	tba <i>Duty Rotarians: Alison Baldry &amp; Jo Banthorpe</i>
24th July	tba <i>Duty Rotarians: Eric Barnett &amp; Graham Bickers</i>
31st July	<b>Breakfast Meeting (not the usual fifth Tuesday evening meeting)</b>
7th August	tba <i>Duty Rotarians: John Button &amp; David Chittick</i>
14th August	<b>Business Meeting—no guest speaker</b> <i>Duty Rotarians: John Clements &amp; Stuart Cooper</i>
21st August	tba <i>Duty Rotarians: Des Cunningham &amp; Colin Davies</i>
28th August	tba <i>Duty Rotarians: Janet Dillaway &amp; Robi Dillaway</i>
4th September	<b>Breakfast Meeting</b> <i>(there will be an evening event at Hintlesham Hall for our American Visitors)</i>

## LUNCHTIME MENU

5th June : Beef Lasagne and Salad

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

19th June : Cumberland Sausage with Mash and Vegetables

# 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)*

<i>Inner Wheel Tuesday, 5th June</i>	<i>Annual General Meeting—Ipswich &amp; Suffolk Club</i>
Wednesday 6th June	BBQ for people with Learning Difficulties, Mencap <span style="float: right;">(Jack Earwaker)</span>
Sunday 17th June	The Orwell Challenge ( <i>Orwell Walk, Run &amp; Cycle</i> ) <span style="float: right;">(John Button)</span>
<i>Inner Wheel with Rotary Thursday 21st June 4.30pm - 6.30pm</i>	<i>'Suffolk Family Fun on Suffolk Day' - Calling Rotarians and Inner Wheelers - Bring one, two or all the family to the Inner Wheel Suffolk Day get-together in Christchurch Park. Bring a picnic, a bottle of bubbles or whatever takes your fancy - don't forget to bring something to sit on!</i>
Tuesday 26th June	Presidential Handover—Sproughton Tithe Barn <span style="float: right;">(David Chittick)</span>
<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 <span style="float: right;">(David Chittick)</span>
July/August (tba)	KidsOut; STARS <span style="float: right;">(Jo Banthorpe, Chris Banham)</span>
Wednesday 29th August— Wednesday 5th September	Twinning Visit of our friends from RC Ipswich Mass —book the date: more information will be released nearer the time <span style="float: right;">(International Committee)</span>
Wednesday 26th September	Senior Citizens' Concert <span style="float: right;">(Andy Lewis, David Knights, Chris Banham)</span>

## The Orwell Challenge 2018—latest numbers



**Walkers 336(321)**

**Cyclists 29 (26)**

**Runners 33 (63)**

**Marathon/Half Marathon 97**

(numbers for this week last year are shown in brackets)

**Total entrants so far 495 (415)**