

Rotary



ROTARY:
MAKING A
DIFFERENCE

LOOKS EAST

The Weekly Newsletter of The Rotary Club of Ipswich East
Edition 19-2018 - 12th June 2018

Club website : www.ipswicheastrotaryclub.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

June Birthdays
Normal Haines
Graham Bickers
John Hutton
Steve Jones

Evening Meeting at Fynn Valley Golf Club

Tuesday 12th June 2018

Club Assembly

Duty Rotarians: Clifford Smith & Lewis Tyler



Jason Alexander- Anti Litter Campaign

Jason Alexander spoke to the club about his new initiative to help us get rid of litter in Suffolk.

After 10 years utilising technology to help wildlife and earning his nickname the 'Wildlife Gadget Man', he has now turned his attention to removing litter from the environment.

Jason's focus came about after trying to experience 100 sunrises in 100 days during 2014. While he was trying to witness sunrises he was shocked at the litter. Gradually he started to pick and then photograph and catalogue the litter he retrieved. He was even more appalled by the fact that nearly 80% of all plastic ends up in landfill or as litter.

The BBC series Blue Planet 2 brought the issue of plastic waste to the fore and Jason launched a website www.rubbishwalks.co.uk. On that website he asks us to make a "Plastic Promise" based on three simple ideals:

Use less single use plastic every day,

Undertake a regular rubbish (collection) walk for exercise and help the environment

Encourage at least 2 other people to take the plastic promise.

He has also organised a beach clean marathon for a brain tumour Charity to clean 26 miles of 12 beaches on 12 days, culminating in a finale meeting at the Froize Inn at Chillesford to celebrate the achievement and take stock of the types of litter.

Jason showed us some of the types of plastic found from beach collections. Some of the plastic found was over 40 years old, which illustrates the problem of the slow rate of decay of plastic waste.

Jason is enthusiastic about his campaign and determined to help rid our county of plastic waste by recovering litter and reducing plastic waste.

Steve Runnacles



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.

RAF

(Rotary and Friends)



The Orwell Hotel, Hamilton Road Felixstowe

Friday 21st September 7pm for 7.30pm

*Dancing to the live music duo
Stephanie Mackentyre & Steve Rhodes*

Dress: Lounge Suit—Tickets £30 each.

Rotarian Friends and Guests are most welcome

MENU

Must be pre-ordered and may be selected from:

Starter Choices:

*Prawn & Crayfish Cocktail
Smoked Chicken & Chorizo
Warm Goat-cheese Tart*

Main Choices:

*Roast Lamb Rump
Cod Fillet with crushed new potato
Vegetable & Goat-cheese filo parcel with salad*

Dessert Choices:

*Eton Mess
Vanilla Cheesecake
Chocolate Delice*

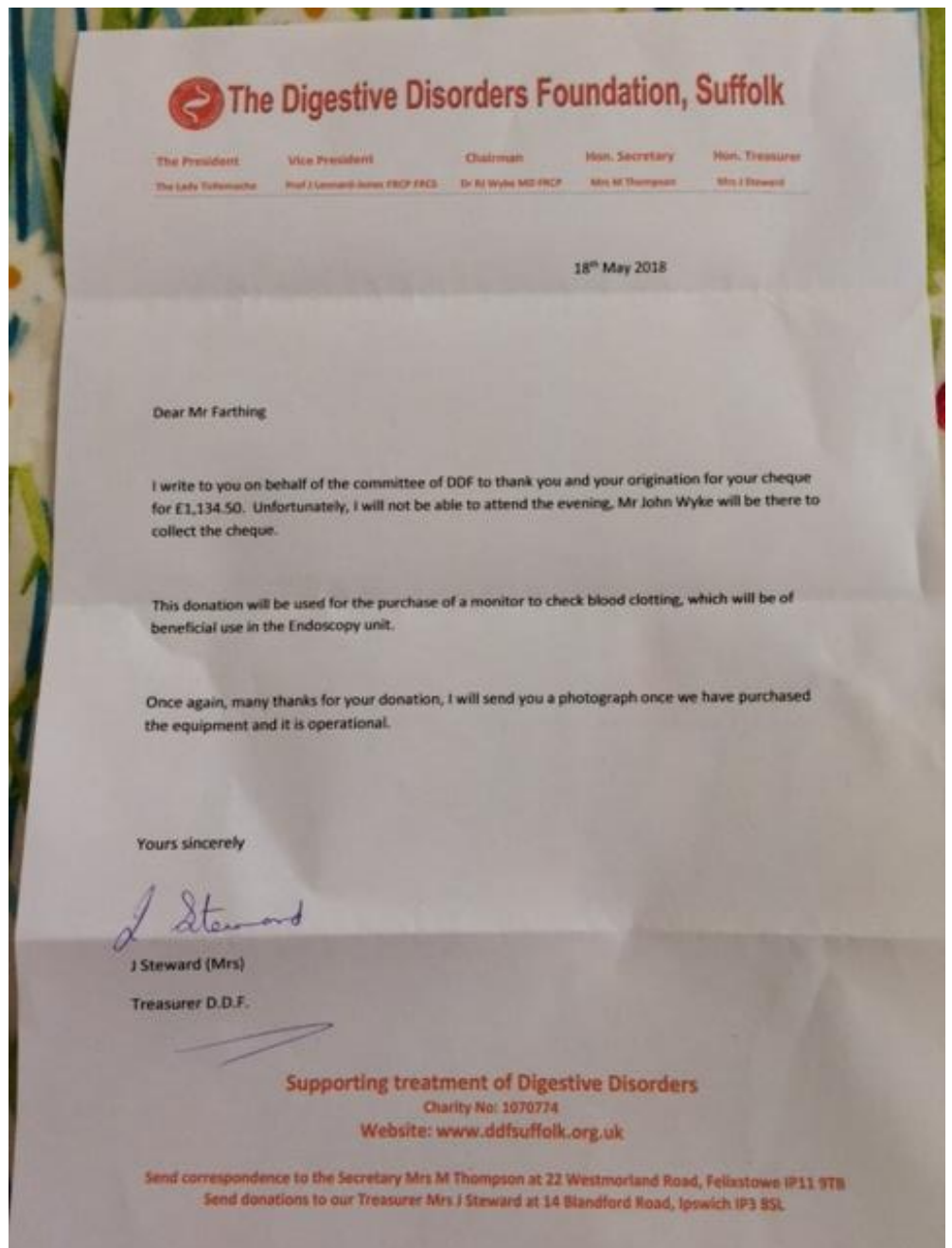


We aim to have at least 100 people attend so please advertise widely.
Ticket reservations direct to organiser Allan Gosling by email: a@allangosling.com

Thank you!

Here is a letter of thanks from the *Digestive Disorders Foundation, Suffolk*

We have been able to grant them money to purchase a "CoaguChek Pro II". That's a monitor to be used in Gastroenterology Department of Ipswich Hospital to assess individuals taking warfarin.



Can't attend Rotary Lunch?

Please e-mail David Knights at 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)

NEXT WEEK	tba	<i>Duty Rotarians: Ray Walters & Eva Alcerecca</i>
19th June		
26th June	PRESIDENTIAL HANDOVER <i>(no lunchtime meeting)</i> The Barn Sproughton—board circulating	<i>Duty Rotarians: Geoff Watson & Martin Whitworth</i>
3rd July	tba	<i>Duty Rotarians: Russell Wiles & George Woodward</i>
10th July	Business Meeting—no guest speaker	<i>Duty Rotarians: Sarah Waterson & Chris Banham</i>
17th July	Beach Bonkers : <i>Kay Osbourne hosts beachcombing events and will tell us about some of the fascinating things she's found on beaches including a tooth from a woolly mammoth.</i>	<i>Duty Rotarians: Alison Baldry & Jo Banthorpe</i>
24th July	Meet up Mondays : <i>Ann Osborne will talk about the scheme which is growing across Suffolk for cafés and pubs to open up to offer free tea and coffee for lonely people.</i>	<i>Duty Rotarians: Eric Barnett & Graham Bickers</i>
31st July	Fifth Tuesday Breakfast Meeting : <i>Geoff Watson will talk about Banking!</i>	<i>Duty Rotarians: none required</i>
7th August	tba	<i>Duty Rotarians: John Button & David Chittick</i>
14th August	Business Meeting—no guest speaker	<i>Duty Rotarians: John Clements & Stuart Cooper</i>
21st August	tba	<i>Duty Rotarians: Des Cunningham & Colin Davies</i>
28th August	tba	<i>Duty Rotarians: Janet Dillaway & Robin Dillaway</i>
4th September	Breakfast Meeting—speaker tba <i>(there will be an evening event at Hintlesham Hall for our American Visitors)</i>	<i>Duty Rotarians: tba</i>

LUNCHTIME MENU

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

19th June : Cumberland Sausage with Mash and Vegetables

[26th June : Presidential Handover Evening Meeting]

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)

Sunday 17th June	The Orwell Challenge (<i>Orwell Walk, Run & Cycle</i>) <i>(John Button)</i>
<i>Inner Wheel with Rotary</i> Thursday 21st June 4.30pm - 6.30pm	'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>Please relay your attendance with approx. numbers to Karen Finch.</i>
Tuesday 26th June	Presidential Handover—<i>Sproughton Tith Barn</i> <i>(David Chittick)</i>
<i>Inner Wheel</i> Tuesday, 3rd July	<i>Inner Wheel Presidential Handover</i>
Friday 13th July	Annual Bowls Match versus Westerfield (<i>at Westerfield</i>) <i>(Allan Gosling)</i>
Friday 20th July	President's Barbeque—<i>Waldringfield Sailing Club</i> <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 —book the dates: more information will be released nearer the time <i>(International Committee)</i>
Friday 21st September	Grand Autumn Ball—<i>The Orwell Hotel Felixstowe</i> (see details on p2) <i>(Allan Gosling)</i>
Wednesday 26th September	Senior Citizens' Concert <i>(Andy Lewis, David Knights, Chris Banham)</i>

The Orwell Challenge 2018—latest numbers



Walkers 423 (358)

Cyclists 33 (38)

Runners 33 (71)

Marathon/Half Marathon 132

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

Total entrants 623 (467)

Registration for the Marathon is now closed.