

Rotary  |  **BE THE INSPIRATION**

LOOKS EAST

The Weekly Newsletter of The Rotary Club of Ipswich East
Edition 26-2018 - 31st July 2018

Club website : www.ipswicheastrotyclub.co.uk
Orwell Walk Website: www.orwellwalk.co.uk
Facebook page: www.facebook.com/IpswichEastRotaryClub
Charity Number: 1088961

CLUB OFFICERS—2018/19

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



August Birthdays

Karen Finch
Colin Davies
Alan Forsdike
Neil Hewitt
Toby Pound
George Woodward

**Fifth Tuesday Evening Meeting
at "Mr Wing's" St Helen's Street**

Tuesday 31st July 2018

Christabel Chittick will talk to us about China

(you need to have pre-booked)
*there is plenty of parking in the area,
including at Orchard Street Medical Centre*

Meet Up Mondays

Ann Osborn, who came to talk to us last week has been the Director of the Rural Coffee Caravan in Suffolk since 2004.

The principal aim of the RCC is to address loneliness in rural areas and to reach out to people in our rural communities who are seeking friendship and social contact.

Earlier this year Ann discovered what for her seemed to be the appropriate channel for advancing the aims of the Coffee Caravan, *Meet up Mondays* which is a scheme started by Mick Dore owner of the Alexandra pub in Wimbledon in January 2018.

Mick was tired of reading about loneliness in his community and decided to do something about it. His inspired solution was basically quite simple namely offering free tea, coffee and sandwiches for a couple of hours on a Monday lunchtime to those folk who were "fed up with their own company". Since its inception *Meet up Mondays* has changed lives.

Ann learnt about the idea on Twitter and has become a firm convert. So far she has been able to persuade about 35 hospitality businesses across Suffolk to join the scheme along with another 20 businesses offering to help in anyway.

The Weavers in Peasenhall was the first café to sign up followed by the *Norman Warrior* pub in Lowestoft. In Ipswich, *The Greyhound* in Henley Road is part of the scheme.

So far Suffolk is the only place where the *Meet up Mondays* idea has been taken up on a county- wide basis but there is a lot of interest being shown both in Norfolk and Essex with the Sun Inn, Dedham now participating.

The rapid growth and implementation of the idea in such a short period is a reflection of its brilliant simplicity but is also due to the enthusiasm and dedication with which Ann has promoted it to a receptive business community. Ann suggested that we all take the opportunity (probably as paying guests) to go along some time and help those who are lonely meet ordinary folk like us too.

Eric Barnett

Meet Up Mondays™



Delphine Jarman wishes to thank all Rotarians and wives for a super evening at Waldringfield. It was, she says "a truly magnificent evening with everyone making me so welcome too. It was so good to see many familiar faces and to meet new."

Delphine's husband Derek was one of the original instigators of the Orwell Walk. Delphine reads this newsletter every week and enjoys the company of the club on open evenings. Another "Meet Up!"

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 7th August	Tim Holder : <i>talking about the work of the Suffolk Community Foundation and highlighting how much charity money goes out of Suffolk</i> <i>Duty Rotarians: John Button & Russell Wiles</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	“My Job” - Juliette Adams <i>Duty Rotarians: Alan Forsdike & Catherine Forsdike</i>
4th September 7.15 for 7.30am	Breakfast Meeting—Breakfast Meeting <i>(there will be an evening event at Hintlesham Hall for our American Visitors)</i> <i>Duty Rotarians: Jack Earwaker & Karen Finch</i>
11th September	Business Meeting—no guest speaker <i>Duty Rotarians: Janet Dillaway & Robin Dillaway</i>
18th September	tba <i>Duty Rotarians: Roger Gilles & John Goodship</i>
25th September	tba <i>Duty Rotarians: Allan Gosling & Norman Haines</i>
2nd October	tba <i>Duty Rotarians: Mark Harrison & John Hutton</i>

LUNCHTIME MENU

[31st July : Evening Meeting]

7th August : Ham Salad with New Potatoes

14th August : Scampi with Parmentier Potatoes and Peas

21st August : Cumberland Sausage with New Potatoes and Vegetables

28th August : Roast Chicken with Vegetables

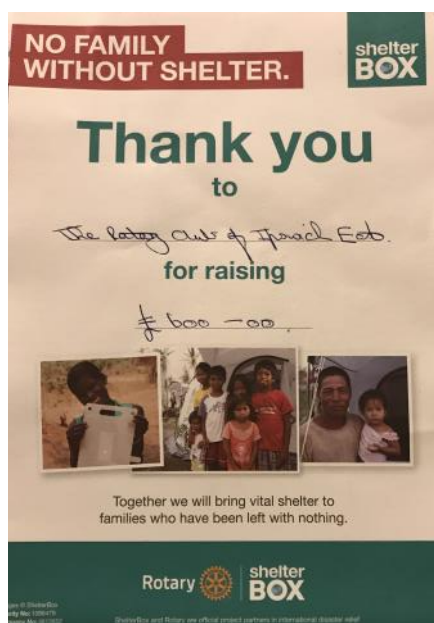
[4th September : Breakfast Meeting]

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)

Wednesday 8th August	KidsOut: STARS Holiday Club's Trip to Colchester Zoo <i>(Jo Banthorpe, Chris Banham)</i>
Wed, Thu, Fri 12th, 13th & 14th September	Sainsbury's (Warren Heath)/FIND Food Collection <i>all 4 Ipswich Clubs involved</i> <i>(Jo Banthorpe)</i>
Wednesday 29th August— Wednesday 5th September	Twinning Visit of our friends from RC Ipswich Mass <i>—book the dates: more information will be released nearer the time</i> <i>(International Committee)</i>
Friday 21st September	Grand Autumn Ball—The Orwell Hotel Felixstowe <i>(see details on p4)</i> <i>(Allan Gosling)</i>
Wednesday 26th September	Senior Citizens' Concert <i>(Andy Lewis, David Knights, Chris Banham)</i>
<i>Friday 15th March 2019 7pm</i>	<i>IW Inaugural dinner at Hintlesham Golf Club with entertainment our very own Stephanie Mackentyre and Steve Rhodes</i>



Dear Rotarian,

A sturdy green ShelterBox. Hardwearing tools and equipment The practical basics a family needs in the aftermath of disaster or conflict. It's astonishing what your generous donation of E600.00 can provide.

Crucially, by fundraising for ShelterBox, you've allowed us to hand-deliver more than just simple items - together you've given vulnerable families around the world the power to transform despair into hope. More than solar lights, thermal blankets and cooking utensils -you've helped entire communities in desperate need begin the process of rebuilding not just their homes, but their lives too.

Right now, that means assessing the needs of families made homeless in Kenya after an unusually severe monsoon season caused heavy flooding, It means supporting nomadic families in Somaliland with a variety of aid items such as tents, tarpaulins and rope, after the continuing drought has left entire communities displaced and destitute. And it means providing aid to families caught in extreme conflict zones including the Syrian conflict and the Lake Chad Basin crisis, whose homes have been left in tatters by bombing and fighting.

If you haven't already, why not tune in to watch ShelterBox live on Facebook? A member of the Operations Team will brief you on these disasters and all our other current deployments. There's time too for your questions - so you can post a comment on behalf of The Rotary Club of Ipswich East and we'll answer it there and then if we can! Watch live on Tuesdays at 2:30pm, or catch up at any time on our Facebook page: www.facebook.com/shelterBox.

Please pass on our thanks to everyone at The Rotary Club of Ipswich East for your amazing continued support Your generosity means we can keep doing what we do best. We're determined, and we won't stop. Day after day, we'll keep hammering pegs, tying knots and building shelter.

From all of us here at HQ, thank you for supporting ShelterBox.

R A F

(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