

Rotary  |  BE THE INSPIRATION

LOOKS EAST

The Weekly Newsletter of The Rotary Club of Ipswich East

Edition 31-2018 - 25th September 2018

Club website : ipswicheastro Rotary Club.co.uk

Orwell Walk Website: orwellwalk.co.uk

Facebook page: 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



September Birthdays

Chris Banham
Clifford Smith

October Birthdays

Ewan Dodds
Bob Dunnett
Stuart Cooper

Lunchtime Meeting at Greshams bell rings at 12.55pm

Tuesday 25th September 2018

IHAG (Ipswich Housing Action Group)

*speakers: Halford Hewitt, Director
and Paula Cook, Chapman Centre Senior Adviser*

Duty Rotarians: Allan Gosling & John Goodship

Heartbeat East Suffolk

Michael Farthing from our local branch of *Heartbeat East Suffolk* told us that 15 years ago he had heart problems he then joined the local branch soon becoming the treasurer, then progressing now to Chairman. The local branch started in October 1987, 31 years ago, helping patients who had been discharged from hospital after they had heart attacks. Heartbeat has 800 members in this area and to date has given over £160,000 to our local hospital for equipment to assist with heart problems.

Michael spoke of the branch's financial help to connect Ipswich Hospital with Papworth Hospital via a link so that surgeons can view difficult patient problems. The branch also helps the local children's unit who have heart trouble.

The branch have regular exercise classes, a drop in centre, an art group, swimming, line dancing ten pin bowling. They also have monthly meetings with a speaker and do Hospital visits all heart related.

The branch had originally bought 5 defibrillators: 3 for Ipswich, 1 for Woodbridge and 1 for Felixstowe. When one was stolen in Ipswich thanks to Mark Murphy announcing this on his radio programme local people were so enraged, donations came in which will fund a further six defibrillators.

Only two days before our meeting, Ipswich lost the legend Kevin Beattie with a suspected heart attack.

The vote of thanks was given by Norman Haines.

Allan Gosling



ROTARY APOLOGIES

Tracey Clay, in George Woodward's offices will act as Attendance Officer for the remainder of this Rotary year.

Send apologies by 2 pm each Monday by email, to tracey.clay@ews.co.uk

Alternatively, text 07990 573258

as a last resort, telephone 07990573258.



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	Tim Passmore: Police and Crime Commissioner	
2nd October	<i>Duty Rotarians: Geoff Ramsdale & John Hutton</i>	
9th October	Business Meeting—no guest speaker	<i>Duty Rotarians: Steve Jones & Matt Kennington</i>
16th October	Terry Hunt talking about his ‘brush with death’ and why we need more defibrillators	<i>Duty Rotarians: Satish Khanna & Andy Lewis</i>
23rd October	tba	<i>Duty Rotarians: Ian Lord & Ross Lunney</i>
Fifth Tuesday Evening Meeting 30th October	Launch of the Orwell Challenge 2019	<i>Duty Rotarians: Mark Harrison & tba</i>
6th November	tba	<i>Duty Rotarians: tba</i>
13th November	Business Meeting—no guest speaker	<i>Duty Rotarians: tba</i>
20th November	tba	<i>Duty Rotarians: tba</i>
27th November	tba	<i>Duty Rotarians: tba</i>
4th December	Business Meeting—no guest speaker	<i>Duty Rotarians: tba</i>

LUNCHTIME MENU

25th September : Chicken Curry with Rice and Naan Bread

2nd October : Ham Salad with New Potatoes

9th October : Scampi with Parmentier Potatoes and Peas

16th October : Cumberland Sausage with New Potatoes and Vegetables

News of budding tennis star Joel Gibson

Joel had a great week in Wimbledon and it was a fab experience for him. I think he was starting to get used to swanning around the place in his white gear. He was even given a pass to use in the restaurant every day with an allowance of £18 so he was well sorted. I had to make do with Tesco meal deals!



It was so funny as he had to play a boy from China and I am not kidding when I say he looked about 18. I couldn't believe it when he walked on court. He was a really big lad and well built as well. He had a huge serve. I think he must have had his passport doctored! It was a really close match but Joel managed to beat him in the tie-break.

He has had a really successful Summer. He got to the quarter final of a Tennis Europe in Dublin, playing against boys from Ireland, France & England. He was knocked out by the boy who went on to win it so no shame there! He has also played at Wimbledon and won 2 Under 16 tournaments (the age group above him). He won a voucher for £30 to spend in the tennis shop so he is starting to bring the money in now.



From an email from Kerrie Gibson (Joel's mother) to Alison Baldry.

Alison also had an email from the president of The Rotary Club of Cleveland (Joel's home town) who made the approach to our club for support.

Dear Alison,

Joel's mother Kerrie kindly forwarded to me a copy of your Rotary Club's weekly newsletter 24th July, featuring the article on Joel.

Can I just say how grateful we are that you were able to accommodate them. Joel spoke at the end of July to our club here in Middlesbrough and he is growing in confidence and is playing extremely well. He won the Durham & Cleveland County Closed 16's tournament (the next age group up as he still has another year in under 14's) at the end of last month.

As a Club we get a great deal of pleasure in helping these youngsters, like Joel, and we are extremely grateful for your support.

We do have a visit next week to the Club of Debbie Hodge, RIBI President, who is with us as we celebrate our 50th anniversary. I will take the opportunity of mentioning The Rotary Club of Ipswich (East).

I would also like to compliment your Club on an excellent newsletter.

Yours sincerely, Nigel Jackson—Rotary Club of Cleveland

Cards of thanks from our STARS following Kids' Out





Food collection for FIND

Huge thanks to club members for giving up your time for this timely collection.

FIND's shelves were looking distinctly bare after the summer holidays so our efforts this week have served to fully replenish their stocks and set them in good stead for Christmas.

I'm sure you'll agree that the response from the public was truly phenomenal, with stories of people donating large bags full of goods and some folk 'paying back' having needed to use the food bank themselves in recent times.

As you'll see from the pics below, day 1 resulted in 6 trolley loads. By day 2 this number more than doubled and the supply of produce boxes was exhausted; day 3 saw in the region of 20 trolley loads.

I'm afraid I lost count of the final total but Maureen estimates it to be around 100 boxes - more than previously collected at Tesco. She was both delighted and overwhelmed by the generosity of Sainsbury's shoppers - and enormously grateful to Ipswich Rotary for working together on this incredible successful event.

We hope to get local press/radio to report on this, so keeps your eyes and ears peeled.

Great work by the Comms Chairs - many thanks for your cooperation.
Best wishes, Jo (Banthorpe)



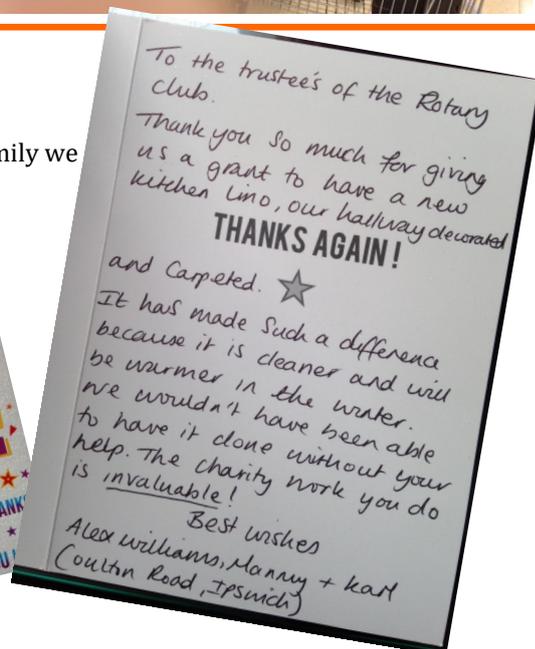
ERRATUM

Juliette Adam's has asked me to correct part of the article printed in the last magazine.

The article states that I am a Fellow of the Royal College of Organists. I am afraid that is incorrect. What I mentioned - and I had to speak so quickly - was a bit of information about the RCO and the various qualifications that they offer. I think I mentioned in passing that John Cooper, formerly of St. Mary le Tower, is FRCO.

Of course I respect the various RCO qualifications but in my particular circumstances going down the RCO path was not appropriate. It may interest you to know that I am a Fellow of the Royal Society of Arts.

Here's a thank you from a family we helped recently...





Inner Wheel Club of Ipswich East



Charity Bridge Drive



Note the revised date

Thursday 25th October
Playford Village Hall, 2-5pm

Tickets £10/person including a delicious afternoon tea
[to book, email Rosey Watson at rosey.watson@sky.com]

All proceeds will be donated to the charity "Asperger East Anglia"

Asperger East Anglia offers personal, friendly assistance for everyone with Asperger syndrome and their carers by providing a comprehensive and integrated service.

Where there is a gap in provision, they aim to work in partnership with other organisations to help fulfil it.



Autumn Ball

at the Orwell Felixstowe in aid of
Leukaemia Research/ Bloodwise

Friday 19th October 7 for 7.30pm with a fork buffet
£28 each, dancing to Liqueur, David Boswell and Annie

enquiries direct to Allan Gosling please

District Conference 2018

Rotary Engaging Communities

Saturday 13th October 2018
Trinity Park Conference Centre Ipswich.



Join DG David and wife Sue

- Hear about Rotary's work in our communities
- Consider new opportunities to offer support.
- Listen to our speakers explaining connections to communities
- Browse the showcase for ideas you can use

Join us all in the evening for Good Food, Fellowship and entertainment at the Conference Dinner

Accommodation available at Ufford Park Hotel

A senior's perspective of Facebook

For those of my generation who do not, and cannot comprehend why Facebook exists - I am trying to make friends outside of Facebook while applying the same principles.

Therefore, every day I walk down the street and tell passers-by what I have done the night before, what I will be doing today, and what I will do later and with whom.

I give them pictures of my family, my dog, of me working in the garden, watering the lawn, standing in front of landmarks, of me driving, having lunch with friends - in fact doing what anybody and everybody does every day.

I also listen to their conversations - give them the 'thumbs up' and tell them 'I like them' and it works just like with Facebook!

I already have four people following me: two police officers, a private investigator and a psychiatrist!



(submitted)

Event Organiser of the Year

2018 Winner: John Button

This award is to recognise an event which involves the local community and volunteers celebrating those who have generously improved the quality of life for locals and for Suffolk.

Each year, *Community Action Suffolk* calls for nominations from across the county in order to honour the many volunteering and community heroes who make such a difference in our region.

Sponsored this year by *Birketts Solicitors*, the awards culminate in a presentation event for all winners, which is to be held at the *Museum of East Anglian Life* in Stowmarket on **Tuesday 25th September.**

The presentation will give John the opportunity to sell the concept of our event to charities and good causes from all parts of Suffolk.

Congratulations John.



Pudding Club

CHARITY NIGHT

Thursday 25th October
The Froize, Chillesford | 7pm

A special evening dedicated to delicious desserts, what more could you ask for?

Round up some friends, be a bit naughty and treat yourselves to a night full of indulgence. All in aid of a Hearing Dogs for Deaf People!

To purchase your tickets call our team on 01473 230330.

£20 per person
(Limited spaces)

Tickets include a selection of Suffolk tapas followed by an array of homemade desserts.

Kindly printed by Tuddenham Press | tuddenhampress.co.uk



Tickets also available via our online shop:
hearingcarecentre.co.uk/puddings



CELEBRATE IPSWICH ORWELL
ROTARY CLUB'S CHARTER NIGHT
40th ANNIVERSARY
FRIDAY 12th OCTOBER – 7-10pm

Please join us for a night to remember in the iconic setting of the Sir Bobby Robson Suite of ITFC at Portman Rd

GUEST SPEAKER, DAVID WEBB

“My Life as a Yellowcoat” on the BBC Comedy series “Hi de Hi!”

3 course dinner (incl. vegetarian option)

Fun Quiz

Tickets £35 each - Black Tie

Martin Hough, Hon Secretary, RC Ipswich Orwell

RYLA – Funding the Future

Last year Ipswich East fully funded a young carer to attend RYLA.



Kayleigh cares for a member of her own family whilst she herself is still growing up and attending college.

The experience of RYLA for Kayleigh was life changing. There was credible feedback that she gained considerable benefit from attending RYLA, and she is now much more confident and mature. Because RYLA has been so beneficial to her, she will attend this year's District Conference to take part in a structured interview together with Fionula who attended this year.

This year, Ipswich East took the bull by the horns and fully funded five young carers to attend RYLA. RYLA has had to adjust to the changing attendance, but criteria were identified to accommodate the changing range of students. Feedback so far is that all of our six students gained greatly from RYLA.

Robin Wraight said that “A most pleasing aspect of RYLA development over the last few years is our diversity of delegates from all walks of life, from the most privileged to the disadvantaged, those about to qualify, to those who are looking for a kick start, all of who make a positive contribution to the dynamics and success of 1080 RYLA.”



FIND Quiz 2018

The INNER WHEEL & ROTARY CLUBS of IPSWICH ORWELL have joined forces with FIND for another FUNdraising QUIZ

Tell all your friends and make up a table of 6 (max) players.

7.00 for 7.30pm Saturday 13th October 2018

At
The VILLAGE HALL,
MILL LANE,
GREAT BLAKENHAM,
IPSWICH IP6 0NJ
(Opposite
THE CHEQUERS
Free House Pub)

- WIN the TROPHY for the TEAM with the HIGHEST SCORE
- SPOT PRIZES to be WON & GRAND RAFFLE
- There will be a LICENSED BAR available at generous “Club Prices”
(Sorry, alcoholic drinks may NOT be brought into the Hall by players)
- A delicious platter of buffet food will be SERVED TO every Team Table

£10
per person

Tickets for the Quiz Night at £10 per person are available from:
Maureen on 01473 833351 or Sandra on 01473 225423

Please make cheques payable to: “The Rotary Club of Ipswich Orwell”

ORWELL REMOVALS & STORAGE Tel. No. 01473 411531
www.orwellremovalandstorage.co.uk
Generously supporting FIND Quiz 2018

All proceeds to FIND (Families in Need) Registered Charity Number 1106050



Come to an EqualTea

@

The Orangery, Holywells Park

Wednesday 26 September

2-4pm.

What are EqualTeas? The EqualTeas are part of the year celebrating 100 years since (some) women got the vote and are a government initiative (<https://equaliteas.org.uk/>).

They are opportunities to

- hear about what suffragettes did in Ipswich,
- discuss what's still important to women now and what needs to change,
- do some craft activities to capture ideas from the group
- hear about a celebratory Festival being held on 6 October at the University.

Who is hosting the Tea?

Ipswich Women's Votes Women's Voices are a group of women's organisations who have come together to plan a Festival on October 6th this year and are organising EqualTeas as part of the events over the summer leading up to the Festival.

Fiona Loader from the Women's Votes Women's Voices group and Liz Harsant, Ipswich Borough Councillor will be hosting the EqualTea. Tea was very important to the suffragettes!

What's on offer

Tea, coffee, cake and conversation!

The festival on 6 October (10-5pm) will

- celebrate women having the vote,
- discuss women's rights and what still needs to change.
- contain drama, singing, poetry
- display the creative work of local and national women's groups
- enable you to meet up with other women and have fun!

RSVP to fionaloader@btinternet.com or oysterpress.cic@gmail.com

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)

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 26th September	Senior Citizens' Concert <i>(Andy Lewis, David Knights, Chris Banham)</i>
<i>Tuesday 2nd October 7.15pm</i>	<i>Inner Wheel monthly meeting at Ipswich & Suffolk Club</i> <i>—guest speaker: Jo Banthorpe on "Acupuncture"</i>
<i>Thursday 25th October 2-5pm</i>	<i>IW Charity Bridge Drive at Playford Village Hall</i> <i>(see poster on p5)</i>
Saturday 13th October	Annual District Conference—Trinity Park Ipswich <i>(see further details on p7)</i>
<i>Tuesday 6th November 7.15pm</i>	<i>Inner Wheel monthly meeting at Ipswich & Suffolk Club</i> <i>—guest speaker on "The Blossom Appeal"</i>
Friday 30th November— Sunday 2nd December	Biennial Club Visit to Bad Salzufen <i>(George McLellan)</i>
<i>Tuesday 4th December 7.15pm</i>	<i>Inner Wheel monthly meeting at Ipswich & Suffolk Club</i> <i>—guest speaker on "Fifty Years in a Kitchen"</i>
Wednesday 12th December	Rock & Roll Pantomime—New Wolsey Theatre <i>(Clare Richards)</i>
<i>Tuesday 8th January 2019 7.15pm</i>	<i>Inner Wheel monthly meeting at Ipswich & Suffolk Club</i> <i>—social evening</i>
<i>Sunday 13th January 2019</i>	<i>Inner Wheel Annual "Walk and Tea"—Hill Farm, Tuddenham St Martin</i>
<i>Friday 1st February 2019</i>	<i>Inner Wheel Trivia Quiz—Tuddenham St Martin Village Hall</i>
<i>Tuesday 5th February 2019 7.15pm</i>	<i>Inner Wheel monthly meeting at Ipswich & Suffolk Club</i> <i>—guest speaker: Judy Gowan on "Aldeburgh Carnival"</i>
<i>Tuesday 5th February 2019 7.15pm</i>	<i>Inner Wheel monthly meeting at Ipswich & Suffolk Club</i> <i>—guest speaker: District Chairman, Linda Fellas</i>
<i>Friday 15th March 2019 7pm</i>	<i>IW Inaugural dinner at Hintlesham Golf Club</i> <i>with entertainment from our very own Stephanie Mackentyre and Steve Rhodes</i>