

Rotary  |  BE THE INSPIRATION

LOOKS EAST

The Weekly Newsletter of The Rotary Club of Ipswich East
Edition 35-2018 - 23rd October 2018

Club website : ipswicheastrotaryclub.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



November Birthdays

Geoff Ramsdale
Steve Flory
Bill Robinson
Liz Harsant
Alison Baldry
Sarah Waterson
George McLellan
Eric Barnett

Lunchtime Meeting at Greshams bell rings at 12.55pm

Tuesday 23rd October 2018

**Dick Daniels and Peter Finch from
'Felixstowe Coastwatch'**

Duty Rotarians: Ross Lunney and Richard Porter

A Brush with Death

Last week's speaker Terry Hunt is well known by many club members and felt among friends but he still showed a great courage to narrate his horrendous ordeal of facing possible death with a message for all of us.

On Monday 14th of May this year he was out with some students in the town. Out of the blue he felt muzzy and passed out. He woke up much later founding himself in Ipswich Hospital surrounded by doctors, nurses, paramedics and so on. From there, he was rushed to Papworth Hospital where he had a stent inserted into his coronary artery before being referred back to cardiologists in Ipswich Hospital. Terry had to undergo the insertion of another couple of stents into his minor coronary arteries shortly after.

Having escaped his possible death on that day he is now fully determined to look after his health and enjoy his life to the fullest.

When he collapsed the crowd gathered around him and luckily there was one CPR (cardiopulmonary resuscitation) trained woman Lisa and a paramedic. Terry had only 8% chance of survival as he had suffered a sudden cardiac arrest.

Lisa continued giving him CPR for 45 minutes and paramedic shocked him 4 times with a defibrillator before they arrived at the hospital. In the absence of a trained CPR person and defibrillator Terry would not have survived the day.

This is what has stuck in his mind and Terry's message to all of us is three-fold. First we should all learn to do CPR. Second there should be ample availability of defibrillators in the society. Third we should all be active exercising in order to look after our hearts.

To promote availability of the defibrillators Terry is embarking on fund raising. He is participating in walk from Lowestoft to Felixstowe.

At the end of his talk he was presented with a cheque from the club for his good cause.

Satish Khanna



Prevention is better than cure. Did you know? ...

If you're over 40 and haven't had a health check in the last 5 years then you can book a FREE NHS health check through OneLife Suffolk.

It's a very comprehensive, 30 minute appointment including a finger prick blood test which will give you immediate results regarding your cholesterol and blood sugar levels. The Health Care Assistant will make recommendations and/or signpost you if necessary.

It's your chance to obtain a baseline overview of your health and to take remedial action where necessary in order to reduce your risk of heart disease, diabetes, stroke, high blood pressure and other health conditions.

These conditions can creep up on you and you will probably not feel any ill effects, so being proactive about your health is a wise move. Waiting for symptoms to arise is leaving it too late.

www.onelifesuffolk.co.uk [\(click here\)](#) or tel: 01473 718193

If you don't look after yourself then who will?

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 Fifth Tuesday Evening Meeting 30th October	<p>Launch of the Orwell Challenge 2019—open to everyone to attend: this is a “normal” fifth-Tuesday event</p> <p style="text-align: right;"><i>Duty Rotarians: Mark Harrison & Steph Mackentyre</i></p>
6th November	<p>tba</p> <p style="text-align: right;"><i>Duty Rotarians: Goerge McLellan & Peter Moss</i></p>
13th November	<p>Business Meeting—no guest speaker</p> <p style="text-align: right;"><i>Duty Rotarians: Mark Murphy & Ed Nicholls</i></p>
20th November	<p>tba</p> <p style="text-align: right;"><i>Duty Rotarians: Bob Parker & Bill Pipe</i></p>
27th November	<p>tba</p> <p style="text-align: right;"><i>Duty Rotarians: Ian Lord & Toby Pound</i></p>
4th December	<p>tba</p> <p style="text-align: right;"><i>Duty Rotarians: John Riches & Clare Richards</i></p>
11th December	<p>Business Meeting—no guest speaker</p> <p style="text-align: right;"><i>Duty Rotarians: Bill Robinson & Steve Runnacles</i></p>
18th December	<p>Rotary Christmas Lunch</p> <p style="text-align: right;"><i>Duty Rotarians: tba</i></p>
25th December	<p style="text-align: center;">Happy Christmas Day!</p>
1st January 2019	<p style="text-align: center;">Happy New Year!</p>
8th January	<p>Business Meeting—no guest speaker</p> <p style="text-align: right;"><i>Duty Rotarians: tba</i></p>

LUNCHTIME MENU

- 23rd October : Cumberland Sausage with New Potatoes and Vegetables
- 30th October : Fifth Tuesday: Shepherds Pie followed by Chocolate Cheesecake
- 5th November : 23rd October : Roast Chicken with Vegetables
- 12th November : Cajun Pork with BBQ Sauce & Parmentier Potatoes
- 19th November : Chicken Curry with Rice and Naan Bread

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)

Thursday 25th October 2-5pm	<i>IW Charity Bridge Drive at Playford Village Hall</i> <i>(see poster on p5)</i>
Tuesday 6th November 7.15pm	<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 Salzuflen <i>(George McLellan)</i>
Tuesday 4th December 7.15pm	<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 Wolesey Theatre <i>(Clare Richards)</i>
Tuesday 8th January 2019 7.15pm	<i>Inner Wheel monthly meeting at Ipswich & Suffolk Club</i> <i>—social evening</i>
Sunday 13th January 2019	<i>Inner Wheel Annual “Walk and Tea”—Hill Farm, Tuddenham St Martin</i>
Friday 1st February 2019	<i>Inner Wheel Trivia Quiz—Tuddenham St Martin Village Hall</i>
Tuesday 5th February 2019 7.15pm	<i>Inner Wheel monthly meeting at Ipswich & Suffolk Club</i> <i>—guest speaker: Judy Gowan on “Aldeburgh Carnival”</i>
Tuesday 5th February 2019 7.15pm	<i>Inner Wheel monthly meeting at Ipswich & Suffolk Club</i> <i>—guest speaker: District Chairman, Linda Fellas</i>
Friday 15th March 2019 7pm	<i>IW Inaugural dinner at Hintlesham Golf Club</i> <i>with entertainment from our very own Stephanie Mackentyre and Steve Rhodes</i>

PHOTOGRAPHS

You can now view club photographs directly on-line by [clicking this link](#)

The link has been tested and works on laptops, smart 'phones and tablets. A link is also given in the covering email.

Please let Ed Alan know if you have problems.

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.



Inner Wheel Club of Ipswich East

Thursday 25th
October

Charity Bridge



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"**

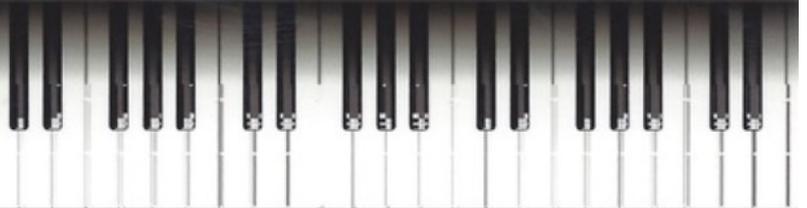
*Asperger East Anglia offers personal, friendly assistance
for everyone with Asperger syndrome and their carers
by providing a comprehensive and integrated service.
Where there is a gap in provision, they aim to work in
partnership with other organisations to help fulfil it.*



The Rotary Club of Ipswich Orwell

Invites you to a special
charity piano concert

Jeux d'enfants



Piano duets by Bizet, Debussy,
Beethoven and Czerny

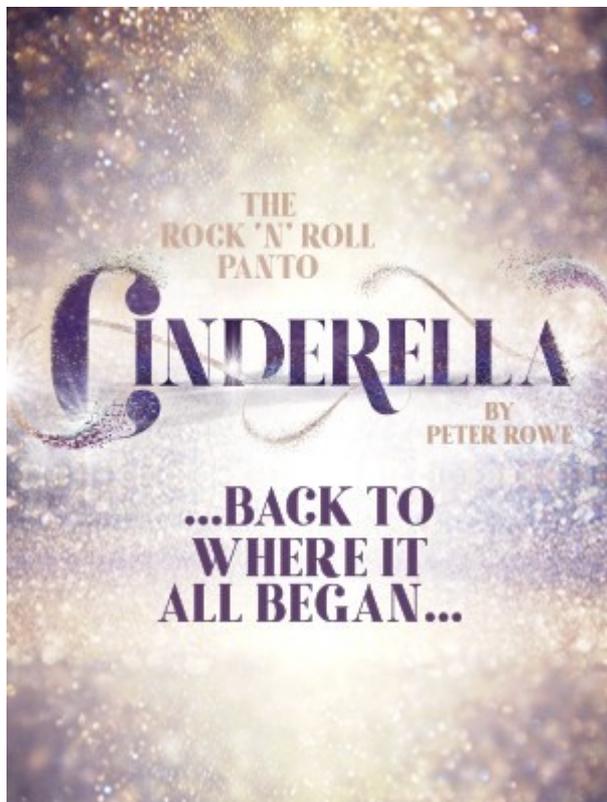
**Matthew Woodward
Linden Innes Hopkins**

Saturday 27th October 2018 at 6.30pm
St Mary Le Tower Church, Ipswich

Tickets £12.50

(to include glass of wine or tea/coffee on presentation of ticket)

Information ticket sales contact Maria Bryce 01473 636185 E: frances.bryce@yahoo.co.uk
Proceeds to East Anglian Children's Hospice Musical Therapy Project



Rotary Club visit—Wednesday 12th December

Board circulating—Clare Richards organising

The crocus corms
purchased by the
club as part of this
year's Polio Plus
fund raising
initiative have
arrived and will be
available on
Tuesday 23rd October.



*Please bring a small bag or container if you wish
to take some.*

Two new club members, Lucinda Trenchard and
David Atkins, are due to be inducted on Tuesday
so please make them welcome.

Earlier in the year, Ipswich East gave £500 towards a district project which was for the Rehabilitation of Sex Slaves. The project was to provide a bus for transport between the safe houses and the training centre in Mumbai. Here's a full report from Mark Little ...

Rehabilitating the Survivors of Sex Slavery in India

Global SlaveryHuman trafficking or modern slavery, is one of the greatest evils of our time, and it has certainly become one of the most significant struggles of our generation. Human beings are traded, stripped of all dignity, exploited, and denied their basic human rights as part of an industry generating profits of USD 150 billion annually. The Global Slavery Index estimates that at least 40 million people live in slavery today and 4.8 million people, mainly women and children, are victims of forced sexual exploitation.

India..... is the home of the greatest number of these victims according to the country's own Ministry of Women & Child Development, with Mumbai being the city with the greatest number of forced sex workers. There are 7 red light districts in the city and the largest, oldest and most notorious is KAMATHIPURA which is visited by thousands of men each day hell bent on spending a few rupees for a few moments of "pleasure". But for 3,000 or so girls who live and work there, KAMATHIPURA is a place of "pain". None of the sex workers are there by choice because they have been trafficked into the "Flesh Trade" against their will.

YouCanFreeUs.... is an anti-slavery organization which was founded in 2010 to combat human trafficking mainly in India and Poland. The organization works in partnership with the Government of India and with other NGOs to rescue women and children who are trapped in slavery and commercial exploitation. Many of them were kidnapped at a very young age, sold into slavery and exploited for several years. Once rescued, they are brought to one of three safe houses which the organization runs in Mumbai where they start their journey to freedom. At the moment, YouCanFreeUs is looking after 45 beneficiaries.

The need for rehabilitation....The women and girls when rescued are broken in body mind and spirit and if they did not go through a rehabilitation process, they would remain traumatized and withdrawn for the rest of their lives. So they therefore need to go through a physical, mental and spiritual rehabilitation process. This is undertaken in the organization's Training Centre which is in another part of the city. During a rehabilitation period of 18 to 24 months, YouCanFreeUs provides each women and girls with 24/7 long term psychological care, medical treatment, legal and financial advice, life skills and vocational training. Through their comprehensive in-house training programme and CSR (Corporate Social Responsibility) partnerships with businesses, the women also receive employable skills and job placement to help them re-enter society. Since the start of their operation in 2010, YouCanFreeUs has rescued and successfully rehabilitated over 250 girls.



Present Constraint.....When I first heard about YouCanFreeUs, I learnt that one of their biggest frustrations was the fact that their Training Centre (on lease) is 5 miles away from their safe houses and they only had one vehicle, a 6 seater Toyota Innova, which had to make multiple trips from the safe houses to the Training Centre, resulting in delays in classes and loss of efficiency. The NGO also has weekly trips planned which include movies, industry visits, museums, parks etc. Each quarter the women and girls are also taken out of town. This is a necessary approach in their recovery process to enable them to fully re-enter society. Alternative public transport was a no, no because it involved security issues to these vulnerable women.



The identified solution..... As a result of discussions in London with the Founder of YouCanFreeUs and the organization's UK Director, it was agreed that YouCanFreeUs and the Rotary Club of Norwich St Edmund, (through its contacts with RAGAS members in Mumbai and elsewhere) would pursue the purchase of a suitable vehicle to solve the problem noted above. This was identified last year as a 26 Seater Bus at a negotiated cost since updated at 1750000 Indian Rupees or £19,500.

Funds Raised..... Fund raising started in March 2017 and as a result of publicity and speaking engagements at rotary clubs and other organizations, funds were eventually secured/promised by the end of July 2018. This included a matching grant of 100% from a Foundation in the USA. With the help and advice from the Rotary Club of Mumbai Boravali East, a Leyland bus was eventually purchased earlier this month and is now in use by YouCanFreeUs for the benefit of the girls in their Safe Houses.

Contributions from Rotary Clubs.....Below is a list of the Rotary Clubs in the UK which made substantial funding contributions towards the vehicle's purchase. I shall be visiting Mumbai in the first week of December to see the vehicle in operation and to discuss the proposed Global Grant project which will help to construct a new and larger Training Centre in Mumbai to meet the needs of the increasing numbers of survivors being accommodated by YouCanFreeUs.

From District 1080: Ipswich Wolsey, Lowestoft South, Newmarket, Southwold, Ipswich East and Norwich St Edmund

From outside the District: Croydon South, Accrington, Chelmsford Mildmay, Epping, Grantham, Battersea Park and Stevenage Grange.





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

WOODBIDGE DEBEN CHARTER NIGHT

MONDAY 26th NOVEMBER 2018 6.30pm for 7pm

UFFORD PARK HOTEL



President Tom Griffin invite you and your partner to join us for our 29th Annual Charter Night Dinner 6.30 for 7.00pm.

Dress Code: Black Tie : £30 per head.

Speaker Dr. Sarah Hills "Coventry Cathedral and its work of Reconciliation"

Responses by Monday November 12th please to Martin Kenyon: captainmjk@btinternet.com
109 Thoroughfare, Woodbridge IP12 1AS, 01394 386933—Payment on the night or by BACS.

MENU (gluten free available by prior request)

Duck and Pork Pate with Autumn fruit chutney and toasted ciabatta A
Smoked trout salad with a horseradish mayonnaise B
Leek and Potato Soup (v) C

Roast Sirloin of Beef with Yorkshire Pudding & Pan Gravy D
Baked fillet of Salmon with a chive cream sauce E
Roasted Vegetable goats cheese tart with a balsamic reduction (v, but not available gf)

Chocolate Torte with fresh piped cream and chocolate sauce (v) G
Baked Vanilla Cheesecake with a fruit compote (v) H
Selection of Cheese and Biscuits served with Celery & Grapes (v) I