

Rotary  |  **BE THE INSPIRATION**

LOOKS EAST

The Weekly Newsletter of The Rotary Club of Ipswich East
Edition 37-2018 - 6th November 2018

To view the club website : [click here](#)
To view the Orwell Challenge Website: [click here](#)
To view the club Facebook page: [click here](#)
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

Lunchtime Meeting at Greshams bell rings at 12.55pm

**Tuesday 13th November 2018
Business Meeting—no speaker**

*Duty Rotarians: Bill Pipe (and one other
sub unknown at time of going to press)*



November Birthdays

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

6th November 2018—Rotary Lunch Speaker report

This lunchtime we had the pleasure of welcoming Tom Boothe, the Runner/ Speaker/Trainer who uses his long distance running as a metaphor to help people start and finish their biggest challenges through keynote and motivational speaking, company training and as a personal coach.

While studying Law, Tom stumbled into the world of 'Ultra Running' where participants typically cover large distances over rugged and challenging terrains. In his time, he has run from Land's End to John O'Groats. The 862 miles took 15 days, 18 hrs and 18 min. The longest day was 68 miles and he averaged 54 miles a day (just over two marathons). He has also done the 145-mile Grand Union Canal race from Birmingham to London and the Tour du Mont Blanc three times! This is 168 Kilometres around the mountain with no more than a 40-minute rest at any point. So, Tom certainly knows how to start and finish big challenges.



Tom was inspirational and coped extremely well with the technical hitch of having to make his address without the aid of his normal slide show. If this detracted for his presentation, it was not obvious, as the audience were enthralled to the point where you could have heard a pin drop.

At the heart of it all, Tom outlined to us the four key components needed to complete big challenges. *Do it, Become It, Pain and Desire*. Tom went into some detail on each of these elements and is hoping to have these tips and suggestions linked from our Facebook and website to help those attempting the next Orwell Challenge which is on the 23rd June 2019.

Steve Flory then gave the vote of thanks where he advised us that he had done the London marathon some years ago, so Tom was not the only athlete in the room! *George McLellan*

ROTARY APOLOGIES

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.

FIND Food Parcel/Hamper Packing

FIND has asked the Club to assist with packing large food hampers this year, in addition to packing and delivering the usual food parcels. The hampers are bulky and heavy, so volunteers need to be STRONG and able to lift a fair weight.

If you're up to the job and available on **Tuesday 27th and/or Wednesday 28th November**, please let Chris Banham know - chasbanhamuk@gmail.com



FIND Food Parcel Deliveries

The food parcels will be available for **delivery during w/c Monday 17th December**. If you are able to help with packing and/or delivery (still a fair weight but lighter than the hampers) then please sign the board at lunch or contact Chris Banham directly.

Any offers of help would be greatly appreciated - please ring or email Chris Banham or Jo Banthorpe chasbanhamuk@gmail.com, jo.banthorpe@btinternet.com, 07918 145399

Festive Kids Out

This year **Suffolk Young Carers (13s and under group)** are going a little 'off piste' (!) and have requested an evening at the **Suffolk Ski Slope** to go tobogganing and ringoing, on **Monday 10th December**.

Suffolk Young Carers (14s and over group) will be having a Christmas dinner at **Chestnut Tree Farm**, a new venue near 'Suffolk One'.

If any Rotarians would like to go along and support either event, then please contact Janet Dillaway directly - janet.dillaway@btinternet.com



Just after last week's "Looks East" was circulated, your Editor received this in an email from Toby and Denise Pound...



"Greetings from Galle, Sri Lanka where England are playing the first test match. It's a fabulous ground because you don't have to pay to watch - just climb up onto the ramparts of the old fort and you get a superb view! Today was a sell out by 11am so several hundred of us watched from the fort. A great day for England after the usual poor start."



Suffolk Mind is excited to be partnering with RED January, a community initiative that encourages you to support your mental health by doing something active every single day during a characteristically tough month.

Whether it's running 5k or walking to work a new way, a morning swim or taking your bike for a spin, you can join the thousands of people around the UK, kick-starting their 2019 in the most positive way.

How can physical activity help support your mental health?

RED January is founded on research that physical activity can have a positive impact on your mental health. 87% of REDers reported feeling significantly better physically and mentally after completing RED January 2018 according to the post-RED survey.

Do you need to fundraise to take part?

You don't need to fundraise to take part in Red January. However, if you'd like to raise money for Suffolk Mind, that's great!

More information about the importance of physical activity to mental health can be found on Mind's website. *Jo Bathorpe*

To find out more [click here](#)

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 20th November	Former medic Alan Cameron, will tell us about a visit to North Korea <i>Duty Rotarians: Bob Parker & Bill Pipe</i>
27th November	tba <i>Duty Rotarians: Ian Lord & Toby Pound</i>
4th December	tba <i>Duty Rotarians: John Riches & Clare Richards</i>
11th December	Business Meeting—no guest speaker <i>Duty Rotarians: Bill Robinson & Steve Runnacles</i>
18th December	Rotary Christmas Lunch <i>Duty Rotarians: tba</i>
25th December	Happy Christmas Day!
1st January 2019	Happy New Year!
8th January	Business Meeting—no guest speaker <i>Duty Rotarians: tba</i>
15th January	tba <i>Duty Rotarians: tba</i>
22nd January	tba <i>Duty Rotarians: tba</i>
29th January	Fifth Tuesday Evening Meeting at “The Noodle Bar” Fore Street Ipswich <i>Duty Rotarians: n/a</i>

LUNCHTIME MENU

13th November : Cajun Pork with BBQ Sauce & Parmentier Potatoes

20th November : Chicken Curry with Rice and Naan Bread

27th November : Steak & Ale Stew with Herb Dumpling, Mash and Peas

11th December : Beef Lasagne and Salad

18th December : Christmas Meal—[actual menu tba]

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)

27th & 28th November	FIND: food hamper packing <i>(Jo Banthorpe)</i>
<i>Tuesday 4th December 7.15pm</i>	<i>Inner Wheel monthly meeting at Ipswich & Suffolk Club —guest speaker on “Fifty Years in a Kitchen”</i>
Monday 10th December	Festive Kids Out, Suffolk Young Carers (13 yrs & under), tobogganing/ ringoing at Suffolk Ski Slope <i>(Jo Banthorpe)</i>
Wednesday 12th December	Rock & Roll Pantomime—New Wolsey Theatre <i>(Clare Richards)</i>
Thursday 13th December	Festive Kids Out, Suffolk Young Carers (14+yrs), Christmas meal, Chestnut Tree Farm <i>(Jo Banthorpe)</i>
week commencing Monday 17th December	FIND: food parcel packing/delivery <i>(Jo Banthorpe)</i>
2019	
<i>Tues 8th January 7.15pm</i>	<i>Inner Wheel monthly meeting at Ipswich & Suffolk Club—social evening</i>
<i>Sunday 13th January</i>	<i>Inner Wheel Annual “Walk and Tea”—Hill Farm, Tuddenham St Martin</i>
<i>Friday 1st February</i>	<i>Inner Wheel Trivia Quiz—Tuddenham St Martin Village Hall</i>
<i>Tuesday 5th February 7.15pm</i>	<i>Inner Wheel monthly meeting at Ipswich & Suffolk Club —guest speaker: Judy Gowan on “Aldeburgh Carnival”</i>
<i>Tuesday 5th February 7.15pm</i>	<i>Inner Wheel monthly meeting at Ipswich & Suffolk Club —guest speaker: District Chairman, Linda Fellas</i>
Sunday 17th February	Annual Metal Detecting Day <i>(Bob Parker and John Barbour)</i>
<i>Friday 15th March 7pm</i>	<i>IW Inaugural dinner at Hintlesham Golf Club with entertainment from our very own Stephanie Mackentyre & Steve Rhodes</i>
Wednesday 15th May	2019 Golf Day at Ipswich Golf Club <i>(Chris Harrall)</i>
Tuesday 11th June	Club Assembly—venue tba <i>(David Chittick & Liz Harsant)</i>
Sunday 23rd June	2019 Orwell Challenge Day <i>(John Button)</i>
Tuesday 25th June	Presidential Handover—venue tba <i>(David Chittick & Liz Harsant)</i>

WOODBIDGE DEBEN ROTARY CLUB 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.



The Rotary Satellite Club of Woodbridge Deben
invite you to their annual Soup Party, raising money for
the Ipswich Soup Kitchen and Outreach Bus Project.

When? Saturday 24th November, 5pm to 7pm—drop in any
time and stay as long as you wish.

Where? Hope Church Hall, Orwell Centre
114 Fore Hamlet, Ipswich, IP3 8AF

Why? The Soup Kitchen provides amazing support alongside
hot food and drink to people in Ipswich who are homeless, on
the edge of homelessness, or are in need for other
reasons. The Outreach Bus Project aims to take that further
by providing a safe environment to offer support and advice,
in partnership with other organisations which homeless
people might not find easy to access otherwise.
Oh, and we want to show off our tasty home-made soups!

What do I get? A mug of home-made soup, a bread roll, and
a warm feeling inside (which may or may not be related to
the soup). There will be a short talk about the charity at
about 6pm and a raffle at the end of the evening.

What do I bring? Please bring a mug and a spoon (and
something to take your dirty mugs home in!), and some
money to donate to the charity.

Who's invited? You, your friends, family, and anyone else
you think would like home-made soup.

Please note this is a ticketed event. If you would like to come
please contact us (events@rotaryswd.org) for a ticket by
Friday 16th November (the tickets are to help us make
suitable amounts of yummy soup).

Rachel Morris, Rotary Satellite Club of Woodbridge Deben

25
Years of
Service

Deben Rotary 
THE ROTARY CLUB OF WOODBRIDGE DEBEN
www.debenrotary.org.uk

CANDLE-LIT CAROL CONCERT

THURSDAY 6th DECEMBER 2018

7pm for 7.30pm

Tuckwell Room, Woodbridge School

TICKET PRICE: £10.00 each
which includes light snack
(included is £5.00 donation)

A traditional festive musical programme of carols, anthems and
readings with the excellent Martlesham Brass Band and the
Woodbridge School Chamber Choir. This concert is in its thirteenth
year and is a very popular evening

Please note the School is a NUT FREE site
There will be no Bar so please supply your own drinks, glasses are available

Tickets on sale from any Woodbridge Deben Rotarian
or by telephoning

Martin Kenyon

01394 386933 or 07791 906078

For more information:
www.debenrotary.org.uk
Kesgrave - Martlesham - Melton - Woodbridge



HEARING CARE CENTRE

Christmas Quiz Night

Sunday 25th November 2018
7pm - Kesgrave Community Centre

£200 in cash prizes to be won!

Teams of 4 to 6 people | £5pp
Festive nibbles | Big screen | Cash bar

Kindly sponsored by...   Raising money for...
 **Hearing Dogs**
for Deaf People

**To book tickets call 01473 230330 or
visit hearingcarecentre.co.uk/quiz**

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Rotary Lodge of Suffolk Ladies Night

Fynn Valley Golf Club

February 23rd

7 for 7:30pm

Carriages at Midnight

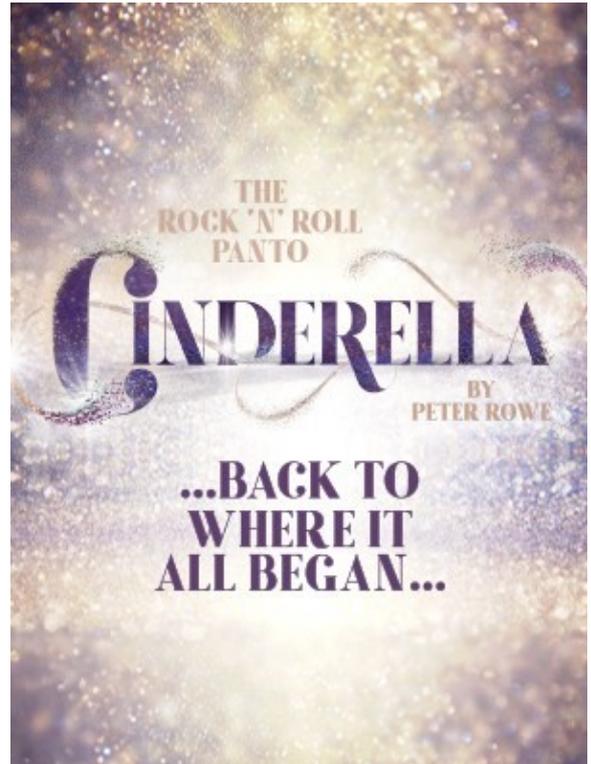
Tickets £37.50

Welcome drink, three courses, plus coffee
Dancing to Steph and Steve

Tickets available from Les Howard email: les.jan@hotmail.co.uk



Rotary Club visit—Wednesday 12th December



Board circulating—Clare Richards organising

Steve Flory says,

"It's my year as Worshipful Master and it would be good to have some Rotary members attend.

It's something to look forward to after Christmas!"

2019 Metal Detecting Day Sunday 17th February

Bob Parker has organised four fields which will give 100 acres to scour, so he's hoping John Barbour can work his magic to get plenty of detectorists along.

Bob has also booked *Buster's Burger Van* for catering. He just needs a couple of volunteers to help with parking cars please.

Margaret Barbour usually organises a raffle so

CLUB EVENT PHOTOGRAPHS

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



The Masque Players Kesgrave

Our next production will be....

How The Other Half Loves

A comedy by Alan Ayckbourn

Frank employs both Bob and William, and is considering promoting the latter. Bob is having an affair with Frank's wife, Fiona, and is in constant conflict with his own wife, Teresa. To cover their tracks, Fiona tells Frank that she has been comforting Mary, William's wife, who believes her husband is having an affair. Bob tells Teresa a similar story about comforting William. Confused, intrigued? There's more. When William and Mary, who are both completely innocent and totally oblivious to being implicated, are invited to dinner at both homes on different evenings, both dinner parties take place on stage at the same time. Confused, intrigued even more? How are they going to achieve that on stage I hear you say. Only one way to find out. Come and see The Masque Players latest production.

Performed at Kesgrave Community Centre,
Twelve Acre Approach, Kesgrave

21st—24th November at 7.30pm

TICKET PRICES £9

Reserve tickets by phone: 01473 725633, purchase on the door, 2nd stop shop nr Tesco or email masqueplayers@hotmail.co.uk

Claim your Free Hot drink at the interval
upon production of this flyer

This production is starring Mandy Cunningham