

Rotary  |  BE THE INSPIRATION

LOOKS EAST

The Weekly Newsletter of The Rotary Club of Ipswich East

Edition 15-2019 - 30th April 2019

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



May Birthdays

Peter Moss

Chris Leggett

Tony Dodds

Tony Baker

Mark Murphy

Lucida Trenchard

David Knights

John Clements

Catherine Forsdike

Robin Dillaway

Fifth Tuesday Evening Meeting

Tuesday 30th April

Zaynab Indian Restaurant,

London Rd, Capel St Mary,

Ipswich IP9 2JR

two-course meal and Bollywood style entertainment



Last Week's Speaker – Thérèse Coffey

Thérèse Coffey has been the MP for Suffolk Coastal since 2010 originally hailing from the North West of England. She has a large rural constituency (around 300 square miles) mostly rural, but incorporating Felixstowe, Saxmundham, Leiston and Sizewell. She is additionally Parliamentary Under Secretary of state at the Dept for Environment, Food and Rural Affairs.

Although a rural community a number of notable events are in process within the constituency including the merger of Suffolk Coastal and Waveney Councils to form East Suffolk council and the approval, planning and construction of Sizewell C nuclear power station. The constituency is diverse and has a number of economic challenges. Thérèse tries to work closely with her neighbouring MPs as there are many cross-constituency issues and the meandering boundaries mean it's not always clear to constituents who actually is their MP!

Thérèse is supportive of the Sizewell C proposal as in her view it's the only viable new nuclear proposal. It will bring a number of well-paid jobs to the area and should bring additional benefits to the region as a whole. However, she recognises there are concerns re the construction impact (and that subsequently 30% of the national generating capability will sit within a 5 sq mile footprint) along with the ongoing impact of the plant. She is also keen that Ipswich does not miss out on any the benefits that should accrue as Ipswich's prosperity affects much of the eastern coast.

She is concerned that local infrastructure projects continue to run late, and that some government bodies do not appear to have a focus on local issues e.g. the consequences of the continual closure of the Orwell Bridge in "windy" weather. She is keen that local councils make decisions re urgent infrastructure projects based on what's currently needed and best for the community e.g. they should exclude the possible consequences of Sizewell C from their local planning decisions.

She does recognise that coastal areas have a harder job than some inland areas in attracting people and investment. She also recognises that some rural government services e.g. Ambulance performance times, are not as good as they need to be.

Thérèse than took some questions the first relating to concerns re the viability / requirement of HS2, coupled with the fact that many utilities now had substantial foreign ownership. A second on specific concerns re Sizewell C pertaining to the protection of the local environment and whether the cost would not now be better spent on renewable energy sources.

Thérèse responded re HS2 that there was a capacity issue with the existing service which must be addressed. Regarding foreign capital, she was broadly happy to see inward investment for infrastructure projects and that much of the success of Felixstowe's expansion had been built on foreign investment. Re Sizewell, she reiterated her belief that it was a critical investment and was part of an approved energy mix strategy, and its approval would be subject to necessary environmental protection guarantees from EDF. She commented that the country was heavily committed to renewables.

David Chittick thanked Thérèse Coffey for her presentation, on behalf of the club.

David Atkins



Tuesday Rotary Meeting Programme

(lunchtime meetings start 12.55pm)

(Duty Rotarians are requested to make their own swaps and inform the Secretary and Newsletter Editor)

Widows of former members are welcome to all evening and additional events
please book through the Hon Secretary Tony Baker

NEXT WEEK 7th May	Briefing for the Orwell Challenge—John Button <i>Duty Rotarians: John Goodship & Allan Gosling</i>
14th May	Business Meeting (no guest speaker) <i>Duty Rotarians: Norman Haines & Mark Harrison</i>
21st May	tba <i>Duty Rotarians: John Hutton & Steve Jones</i>
28th May	tba <i>Duty Rotarians: Satish Khanna & Ian Lord</i>
4th June	tba <i>Duty Rotarians: Andy Lewis & Ross Lunney</i>
11th June	Club Assembly—Ipswich & Suffolk Club <i>(evening meeting)</i>

MAY LUNCHTIME MENU (verified by Grehsams)

- 7th Chicken & ham pie, new potatoes, seasonal vegetables and gravy
- 14th Red Thai sweet potato curry, rice and naan bread
- 21st Chicken pesto pasta
- 28th Pulled pork chilli and rice

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.

Rtn John Button is collecting used postage stamps for the RNIB.

Please sort them into UK and “foreign” and pop them in an envelope to give to John at Rotary Lunches.



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)

Tuesday 7 th May 7pm	<i>IW monthly meeting at Ipswich & Suffolk Club David Mortimer: Drones - with demonstration!</i>
Sunday 19th May 2.30pm	<i>IW Afternoon Tea Party at Sandie Nichols' home</i>
Sat 11th May to Sun 3rd June	Suffolk Walking Festival
Wednesday 15th May	2019 Golf Day at Ipswich Golf Club <i>(event owner & organiser: Chris Harrall)</i>
Wednesday 29th May	<i>IW District Rally, Imperial Hotel, Gt Yarmouth</i>
Tuesday 4 th June 7pm	<i>IW Business Meeting & AGM at Ipswich & Suffolk Club</i>
Tuesday 11th June	Club Assembly—The Ipswich & Suffolk Club, Northgate Street Ipswich <i>(event owner: Liz Harsant, organiser: Lucy Trenchard)</i>
Wednesday 19th June	<i>District Meeting & AGM, Brome Grange</i>
Sunday 23rd June	2019 Orwell Challenge Day <i>(event owner & organiser: John Button)</i>
Tuesday 25th June	Presidential Handover—Sproughton Tithe Barn <i>(event owner: Liz Harsant organiser: Davd Chittick)</i>
Sunday 30th June	<i>Morning Walking Treasure Hunt around Ipswich Ploughman's Lunch at the home of Teresa & George McLellan afterwards</i>
Tuesday 2nd July	<i>IW Presidential Handover Meeting at Ipswich & Suffolk Club</i>

Clipboards in Circulation

Make sure you've seen the current clipboards in circulation so that you don't miss any events.

Golf Day 15th May Board (closed 31st March but has been extended)
(organiser: Chris Harrall)

Fundraising Quiz Night Friday 31st May 6.30pm for 7pm
start Board will close 24th May
(organiser: Martin Whitworth)

Club Assembly at The Ipswich and Suffolk Club Tuesday
11th June. Board will close on 4th June.
(organiser: Lucy Trenchard)

MENCAP BBQ Wednesday 19th June at Old School Humber
Doucy Lane. Board will close on [not noted].
(organiser: not noted)



The Orwell Challenge

WALK or RUN

23rd June
2019

**REGISTRATION OPENS
10th NOVEMBER 2018**

- Raise funds for your chosen charity or good cause
- Walk between 3 & 25 miles
- Validated Trail Marathon and Half Marathon
- Discover parts of the Orwell Estuary you've not seen before
- Now in its 43rd year

Discount on registration of 20% apply until 28th February 2019

Main sponsor: East of England COOP

Media partners: BBC RADIO SUFFOLK EAST ANGLIAN DAILY TIMES

REGISTER ON-LINE
www.orwellwalk.co.uk

Ipswich East Rotary Club Registered Charity No. 1088961



Ipswich East Rotary Golf Day

Rtn John Button writes:

There is still time to enter a team of 4 for the day – contact Chris Harrall. Sponsorship of holes is available at £100. Sponsors can have banners / flags erected on their sponsored holes.

Raffle prizes are need for the day – and these can be brought to club on 7th May.

Helpers on the day:

0700—0900 David Atkins, Tony Baker, John Button, Toby Pound
0900—1100 Jo Banthorpe, John Goodship, Liz Harsant,
1100—1300 Norman Haines, Richard Porter, Lucy Trenchard
1300—1500 Ian Lord, Des Cunningham and ?? (volunteers to John Button please)

We are also in need of raffle prizes which can be brought to lunch on 7th and 14th May.



Ipswich East Rotary Golf Day

Purdis- Ipswich Golf Club
Wednesday 15th May, 2019

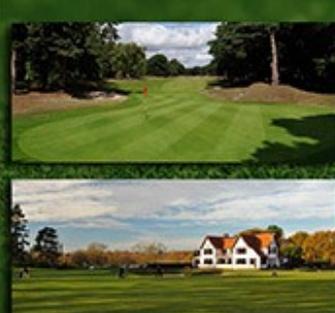
£220 per team of 4

Bacon rolls on arrival and lunch.

- Top 50 Course in the UK
- James Braid design
- 1895-1995 centenary



For further details please contact Chris Harrall at Chrish@charrallassoc.com
Sponsorship of holes is available at £100.



**This year's Club Assembly will be held on Tuesday 11th June at The Ipswich and Suffolk Club.
Please note that the Board for this event is in circulation.**

Please ensure you add to the Board your and any guest's name as soon as possible since places are restricted to 66.
If you would like to attend this event and will not be attending lunchtime meetings in the upcoming weeks then please contact Lucy Trenchard to add your name to the Board.

An apology would be helpful in assuring that all club members have the opportunity to attend.

The menu choices are below.

Please email Lucy Trechard at lucinda.trenchard@gmail.com with your (and your guest's) selection so that the kitchen can prepare for us.



MENU

*East Ipswich East Rotary Club
Club Assembly Dinner
Tuesday 11th June 2019*

*Fillet of fresh Sea Bass topped with a julienne of vegetables
accompanied by a seed Mustard cream sauce*

or

*Breaded Supreme of Chicken filled with Cheese
served with a Bacon and Mushroom Jus*

or

*Fresh Club baked rich Lentil and Aubergine Moussaka
with a cheese Béchamel topping (V)*

All main courses are served with a seasonal selection of vegetables

*Iced Nougat Glace
with Raspberry coulis and fresh berries*

or

*Fresh baked rich dark Chocolate Brownie
with a smooth light white Chocolate sauce*

or

*Warm Fresh baked Pear Bakewell tart
served with cream or custard*

Coffee and mints

Charity fundraising...

QUIZ NIGHT

Friday 31 May, 6:30pm for 7:00pm
Playford Village Hall

Contact: martin.whitworth1@btopenworld.com

Teams of 4 to 8 people, **£10** per head.
Ploughman's supper provided.
Bring your own drinks and nibbles.

Rotary
Club of Ipswich East



Were you on welcome duty when we had a guest speaker?

If you didn't give the vote of thanks, it's your privilege to provide a short write-up of the speaker for this newsletter.

Copy for write-ups and anything else needs to be sent to Editor by the Saturday night preceding publication day (Monday).

Email preferred please to alan.forsdike@gmail.com

The Hearing Care Centre Charity Quiz Night

Sunday 9th June 2019 (7pm)
Kesgrave Community Ctr, Twelve Acre Approach

Great prizes for top 5 teams

Buy your tickets today!
01473 230330
hearingcarecentre.co.uk/quiz

£5.00pp
Teams of 4-6
people



Raising money for:
Hearing Dogs
for Deaf People



The Hearing Care Centre | East Anglia's number one for private hearing care

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CLUB EVENT PHOTOGRAPHS

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



Club PA (public address) and Microphones—notes for Duty Rotarians

Our club has a modular PA system including a number of wireless microphones. One of the responsibilities of the Duty Rotarians assigned to each meeting is to assemble and set up the system ahead of the event.

David Atkins has prepared step-by-step instructions within the boxes that should allow successful assembly. If you have difficulty please ask David for some assistance; he's happy to help.



As part of the setting up ahead of meetings, you should check everything is working and that the equipment settings allow for correct operation e.g. the microphone are not set too high (which will cause feedback), but not too low such that the main table mike works but the others are inaudible.

Sufficient time should be allowed ahead of meetings to allow both assembly and checking to avoid disruption once the meeting has begun.

The microphones are powered by rechargeable batteries. If these seem to be problematic e.g. the indicator light on a particular microphone will not illuminate, please let David know; he has spares. The batteries will be recharged periodically, so you shouldn't find this an issue.

Finally, an important request... it's possible to borrow the equipment for your own use but please do not remove it from Greshams without prior permission from David. If you borrow it, you must make sure that it's returned in good time for the next meeting or event and confirm the return with David.

You can contact David Atkins by email on atcofam@ntlworld.com

