

Rotary



ROTARY
CONNECTS
THE WORLD

LOOKS EAST

The Weekly Newsletter of The Rotary Club of Ipswich East
Edition 26-2019 - 30th July 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—2019/20

President: Liz Harsant

President Elect: David Chittick

Vice President: Jo Banthorpe

Secretary: Tony Baker

Asst Secretary: Martin Westlake

Treasurer: Neil Hewitt



July Birthdays
Jo Banthorpe

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

Evening Meeting for those pre-booked

**Visit to “The Wine Rack”
followed by meal at “The Last Anchor”
(FULLY SUBSCRIBED)**

Supporting Beira Hospital, Mozambique

Our speaker last week was Dr Michael Bamford who explained how support is urgently needed to get the Beira Hospital functioning again after a cyclone hit the area in March 2019.

Also present at the meeting was Dr John Day and his wife Ann. Dr Day was

instrumental in 2004 in setting up the practical teaching of Doctors, Nurses and Medical Staff, also ensuring the necessary departments were put in place for the hospital to function correctly with patients. By 2014 after a lot of our Doctors and nurses had been over to Beira to help with the practical training and financial support from money raised by Ipswich Hospital Foundation the Beira Hospital was up and running.

Then in March 2019, devastation. A cyclone hit the area and over 1000 lives were lost. Beira Central Hospital was completely flooded, roofs off, blood banks gone, operating theatre, pathology unit, wards and perishables were all ruined and no power.

Immediate help came from charities such as Save the Children and Red Cross etc. who went over to help the people.

Now refurbishment of the hospital is needed. A local GP in conjunction with the East Suffolk & North Essex Foundation Trust is currently in Beira to assess where and to whom any financial support needs to go first. At present £8000.00 has been raised. One of the first departments that needs to be set up is a Pathology Unit which is central to running a hospital.

Any support our Rotary Club could offer would be to a very worthy cause.

John Riches



(pictured above, Eric Barnett, Ann Day, President Liz, r Mke Bamford and Dr John Day)

President's BBQ - Waldringfield



We were fortunate to have warm sunny weather, with a view over the Deben at sunset forming a beautiful backdrop for the wining and dining. Thanks to John Hutton and Eric Barnett the bar got into swing early and kept us all watered throughout the evening.

Our chefs for the BBQ were Toby Pound, Steve Runnacles and Bob Parker who cooked the meat beautifully and efficiently. The salads and desserts that people brought with them proved very popular too.



As a complete surprise to almost all of us Delphine Jarman was presented with a birthday cake in celebration of her 90th Birthday.

Liz spoke of how the Orwell Walk was the idea of Derek Jarman who, with several other Rotarians, made it a highly successful fundraising event that continues to grow and has raised more than £2M over its lifetime so far.

Many thanks to David Atkins and his team for managing the smooth running of the kitchen and to Lucy for organising the event. [David Chittick]

Here we have a selection of photographs taken by various people to record the occasion. Can you guess who was sneaking the flowers in?

Our newest Rotary baby was in attendance and with her cheeky grin, Daisy-May Gloria Leggett was very popular with everyone. Last year she was just a bump but now 7months old, proud parents Dayle and Chris brought her along to enjoy the evening with them.

Alison Baldry, who transported Delphine and organised the cake, received this email from Delphine. She also received one from Delphine's son who is working with the army in Kabul (his job is to keep runways clear of birds).

'The celebration cake pictures have been sent already to many parts of the world. For me an exciting emotional evening. I woke up at 2am; it was not the heat that kept me awake, I just wanted the world to know what an absolutely unexpected pleasurable evening I had, so I spent an hour emailing. Many replies have already been received from Belgium and Afghanistan, Scotland with some queries: "How many boxes of chocolates were used to decorate the top?"! 'It was SPLENDID. Tears of joy still flowing, plus a proud moment. So sorry you and your dear husband never had a chance to meet Derek. Everyone loved him; he was great in whatever he did but always in a quiet and unassuming way, love and thanks, Delphine.'



And this one to the Editor: *'Please convey my heartfelt thanks to everyone for a splendid evening. The Annual BBQ is always such a happy event and I know much work is done by many members and wives, and as a visitor much appreciated everyone's efforts. A very enjoyable evening meeting up with familiar faces. (I think I could legitimately say old) was great. I have happy memories of Inner Wheel and Rotary, and Friday you all made it a very special occasion for me, even remembering the agony of all the miles walked as fun. The splendid flowers and cake were very special and appreciated; I thank you all very much. Another treasured memory'*



Delphine with cake, bouquet and Geoff Ramsdale who assisted Derek Jarman to organise the first Orwell Walk.

Finally, a beautiful Suffolk sunset to round off the evening.



Ipswich East RC wants your money!

No change there I hear you say (and apologies for the pun).

However, this time it will not cost you a penny - maybe a Euro or Dollar, or even an old Peseta - but not a penny (although see below regarding pre-decimal coins).

Like me I am sure that many of you have a quantity of foreign currency at home that you have brought back from holidays and do not know what to do with it. Some of it will still be legal tender, some will not. Either way it has a value, and if you would like to donate it to the Club it could help one of our deserving local charities, rather than it festering in a cupboard or drawer at home.



After a bit of research I came across a company called **Coins For Cash** and if you [click here](#) the link below will take you directly to their website and full details of how they operate.

You will see that amongst their clients are several large retailers (Boots, Sainsbury's, M&S), many banks, and a number of major charities including MacMillan, British Red Cross - and Rotary!

Your Club Council has granted approval to giving this a go, so over the next few months I am asking you to let me have any coins or notes that you no longer have a use for. You don't have to sort them, just bring them along to any Tuesday lunch meeting and I will start filling a bucket!

I mentioned pre-decimal British coins. Did you know we can still get 75% of their original value? If like me you still have any old £1 notes, we can get 75p for them and it will not take too many of those to build a reasonable sum of money. Old shillings, sixpences, thrupenny bits - if you don't want them bring them in. There is much more detail on the website, so please take a few minutes to read through it.

This is not going to raise a vast amount of money, and we probably won't be able to repeat the exercise every year, but if you are going abroad in the near future don't just surrender your spare currency to the airline cabin crew, donate it to Ipswich East. If we only hand over one cheque to a deserving local cause it will have been worthwhile.

So, in the immortal words of Delia Smith, "let's be having you" (and your friends, family and colleagues too)!

Many thanks, *Martin Westlake*

Ipswich East 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 6th August	'My Job' - Lucinda Trenchard <i>(Steve Runnacles & Nino Serritiello)</i>
13th August	Business Meeting—no guest speaker <i>(Clifford Smith & Lucy Trenchard)</i>
20th August	tba <i>(Lewis Tyler & Ray Walters)</i>
27th August	tba <i>(Sarah Wterson & Geoff Watson)</i>
3rs September	tba <i>(artin Whitworth & Russell Wiles)</i>
10th September	Business Meeting—no guest speaker <i>(Clifford Smith & Lucy Trenchard)</i>
17th September	tba <i>(George Woodward & Juliette Adams)</i>
24th September	tba <i>(Eva Alcerecca & David Atkins)</i>
1st October	tba <i>(Alison Baldry & Chris Banham)</i>
8th October	Business Meeting—no guest speaker <i>(Jo Banthorpe & John Barbour)</i>
15th October	tba <i>(Eric Barnett & Michelle Bevan-Margetts)</i>
22nd October	tba <i>(Graham Bickers & John Button)</i>
29th October	tba <i>(fifth Tuesday)</i>
5th November	tba <i>(John Clements & Stuart Cooper)</i>
12th November	Business Meeting—no guest speaker <i>(Des Cunningham & Colin Davies)</i>
19th November	tba <i>(Janet Dillaway & Robin Dillaway)</i>

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 7th August	7th August - Kids Out <i>(organisers: Chris Banham, George Woodward)</i>
Wednesday 14th August	Pub Night—Thomas Wolsey PH 6pm (see advertisement on p6) <i>(Jo Banthorpe)</i>
Fri 13th—Sun 15th September	German Exchange Visitors are with our club <i>(organiser: LizHarsant)</i>
Fri, Sat, Sun 27th, 28th, 29th September	Sainsbury's/FIND Collection <i>(organiser: Jo Banthorpe)</i>
Wednesday 25th September	Senior Citizens' Concert—Copleston School <i>(organiser: Andy Lewis)</i>
Wednesday 11th December	Pantomime at New Wolsey Theatre <i>(organiser: David Atkins)</i>



Rotary Youth Leadership Awards

Jo Banthorpe is concluding arrangements for the three young people to attend RYLA 2019 who are to be sponsored by Ipswich East.

She ask you to consider giving some support to our three delegates...

This year, we are sponsoring Henry, Lara and Estele. They will be attending Rotary lunch on 6th August together with Aiden and Jake who we have sponsored in previous years. The lunchtime meeting will provide an opportunity for us to meet all five young people.

Jo is arranging and providing transport for our sponsored delegates on Saturday 31st August.

We are asked to provide at least one Rotarian representative for each of our three young people at the Open/Introduction Day on Sunday 1st September at 3.30pm at Grafham Water near Huntingdon. This year there will a total of 50 delegates from the District. Many sponsoring clubs provide more than one representative for each of their delegates.

In addition, there is a request for club members to attend RYLA as panellists. RYLA delegates take part in an event which is similar to a cross between Dragons Den and The Apprentice. Rotarian panellists then assess, provide feedback and select winners.

RYLA is probably the most important project that we contribute to each year for young people, and we have heard many times that the event has changed lives. Club members who have attended the event in previous years have gained much personal satisfaction from their involvement.

The ideal outcome would be for club members to meet and greet our delegates on 6 August and then attend on 1 September as their individual representative.

Tony Baker

Richard Porter writes:

"I'm a very proud Granddad as James Porter races for Team GB in a cycle speedway international in Poland against Poland on Friday. The result was a win for Team GB – 75 – 73. A chip of the old Granddad block!"



PUB NIGHT!

Invitation to all Ipswich East Rotarians, partners and friends for informal early evening/ after work drinks.

Wednesday 14th August, 6.00 pm onwards,
at the
Thomas Wolsey Pub
St Peter's Street, Ipswich

No agenda, no food - just chat and chill!
Stay as long as you like.

See you there!

Pub Night

In an attempt to ensure that all members have the opportunity to maintain connections and links with the Club, especially those who are unable to make it to the lunch meetings, the 5YDP Committee have decided to try this new initiative.

The intention is to hold these informal meet ups every 6-8 weeks, to vary the day, location and time of day and to intersperse with morning coffee or afternoon tea.

Hopefully this will mean that the tastes and needs of most members will be met at some point.

Ideas for venues and dates very welcome - please feel free to contact me directly.

I look forward to seeing you!

Jo Banthorpe



HEARING CARE CENTRE

Pudding Club **CHARITY NIGHT**

Thursday 22nd August - 7pm

Fynn Valley Cafe Terrace, Ipswich

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 **Hearing Dogs for Deaf People!**

£22
per person

Tickets include a selection of stone-baked pizzas followed by an array of tasty desserts.

Book your place early to avoid disappointment!

 **Hearing Dogs for Deaf People**

Kindly printed by Tuddenham Press - tuddenhampress.co.uk

To purchase tickets call 01473 230330 or visit:
hearingcarecentre.co.uk/puddings

LUNCHTIME MENU (verified by Greshsams)

- [30th July Fifth Tuesday Evening Meeting]
6th August Roast Beef, roast potatoes and vegetables
13th August Chicken Caesar Salad
20th August Cod Mornay, sautéed potatoes and vegetables
27th August Chicken, Ham and Asparagus Pie,
potatoes and vegetables



ROTARY APOLOGIES

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

Alternatively, text 07990 573258—as a last resort,
telephone 07990573258.

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

Clipboards in Circulation

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

Christmas Pantomime Wednesday 11th December at New
Wolsey Theatre. Board will close on 31st August. (*Organiser:
David Atkins*)



CLUB EVENT PHOTOGRAPHS

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

