



LOOKS EAST

The Newsletter of The Rotary Club of Ipswich East

Edition 06-2020 : 11th February 2020

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



February

John Barbour
Nigel Farthing
Steph Mackentyre
Francis Fobbie
Des Cunningham
Martin Whitworth
John Stroud

Lunchtime Meeting at Greshams bell rings at 12.55pm

**Tuesday 11th February
Business Meeting - no guest speaker**

Duty Rotarians: Steph Mackentyre & George McLellan

Suffolk County Council's Leader Matthew Hicks was our guest speaker last week.

We were very pleased to welcome Matthew Hicks, the leader of Suffolk County Council, as our speaker on 4th February.

Matthew is a relatively new resident of Suffolk having been living here permanently since 2003 He has always had an active interest in local community.

He was elected to Suffolk CC in 2011 and has been leader since 2018. Before he became leader he was a cabinet member for the environment, Public Protection and Broadband He was motivated to enter local politics to try and make a difference to where we live, look after Suffolk residents and put Suffolk people first. He thought his ideals were very similar to Rotary

Suffolk has a budget of £520 million coming from central government and local taxes, 375 million of this is spent on care of the elderly and care of children with disabilities The remainder is spent on highways, the repair of potholes, children's services, the fire service. Incidentally, the fire service is rated as good and our care homes also score highly. Matthew highlighted the success of Trading Standards in seizing £13 million of drugs at Felixstowe.

Mr Hicks hopes 98% of the county will have fast Broadband by the end of the year.

The council is the third largest landowner in Suffolk and he hopes this land will be developed and generate income. The environment is very important and Suffolk prides itself as being a Green County and is working towards climate neutrality by 2030 and part of this vision is to fit as many solar panels as possible to new homes and become carbon neutral.

He is hoping to launch The Big Conversation where local organisations like the church, rotary and others can try and create a vision for the county in future years

These are some of the points from a wide ranging talk. Clifford Smith paid Matthew the compliment that it was the clearest explanation he had heard of the work of Suffolk County Council. The vote of thanks was given by Ross Lunney.

Ian Lord



Matthew Hicks with President Liz Harsant (and no, she wasn't standing in a hole!)

Ipswich East Tuesday 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

18th February	<i>Barry Bloomfield, Suffolk Punch Trust (Q&A with Mark Murphy)</i> (Peter Moss & Mark Murphy)
25th February	TBA (Ed Nicholls & Bob Parker)
3rd March	<i>My Job Talk - new member Kate Higgs talks about her work with Ormiston</i> (Bill Pipe & Toby Pound)
10th March	<i>Business Meeting - no guest speaker</i> (Geoff Ramsdale & Paul Reynolds)
17th March	TBA (John Riches & Bill Robinson)
24th March	TBA (Peter Shepherd & Lucy Trenchard)

The Rotary Foundation

The Rotary Foundation (TRF) was created in 1917.

It is supported entirely by donations from Rotarians and friends of Rotary.

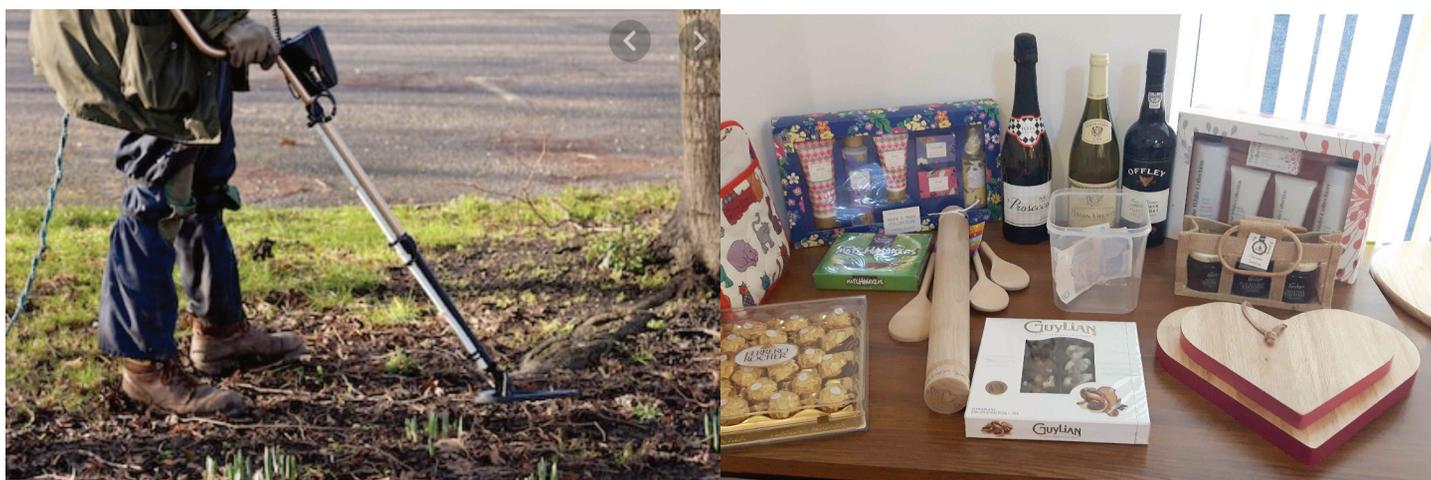
There are three funds, **Polio Plus**, which gives grants to support the eradication of Polio, the **Endowment** and **Annual Fund** provide funding for projects and the running of TRF.

District and Global grants which are approved by TRF come from the Annual Fund. To get a matching grant, Clubs like us at Ipswich East must authorise and agree to comply with all the conditions and requirements of a memorandum of understanding. To look at the memorandum of understanding, the Club Grant Management manual and District Grant application form click onto <https://www.drothwell.uk/foundation>.

District grants are for up to £500. Global grants are for up to \$30,000. Foundation grants seek to improve health, support education and alleviate poverty in our local communities and internationally. This year projects that help to protect the environment will be accepted.

Any questions please contact David Chittick, or (as stated in the Club Grant management manual) the District Foundation Committee, which is chaired by Derek Rothwell e mail: derek@drothwell.uk





Metal Detecting Day rescheduled for Sunday 23rd February

The high winds of the last weekend meant that the Metal Detecting Day planned for Sunday 9th February needed to be postponed.

But that means there is more time for members to donate raffle prizes!

All donations welcome - bottles, tins of chocolates and biscuits, etc. This is your opportunity to 'regift' any unwanted Christmas presents. The raffle is a really good money spinner for the event - we always raise well in excess of £500! Please bring your donations to lunch meetings or deliver to Jo Banthorpe, Martin Whitworth or Bob Parker by Saturday 22nd February. Your help will be very much appreciated.

Rotary Apologies

Please give your apologies by 10am on the Monday before Tuesday lunch by email to Tracey Clay (tracey.clay@ews.co.uk).

Alternatively, text 07990 573258 (as a last resort call that same number.)

Tracey should also be informed if members, speakers or guests have any dietary requirements and/or would prefer the vegetarian option/salad either routinely or as a 'one-off'.

You can always notify George Woodward of future absences by talking to him at Club meetings.

Gresham's Lunchtime Menu

- 11th February: Traditional Fish Pie
- 18th February: Trio of Suffolk Sausages
- 25th February: Roasted Pork Fillet
- 2nd March: Roast Chicken
- 9th March: Breaded Cod Fillet
- 16th March: Chunky Beef Chilli (medium)
- 23rd March: Shepherd's Pie

Club Photographs

You can view the club event photo-gallery by clicking the link in the email which brought this newsletter to you.

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 white italic type on a pale blue background)*

Tuesday 3rd March	<i>Visit of District Chairman, Deirdre Griffin (I&S Club)</i>
Friday 6th March	<i>Inaugural Dinner (Hintlesham Hall Golf Club)</i>
Saturday 21st March	<i>Fun Casino Night (Ipswich Golf Club - see advert on last page) (Organiser: Des Cunningham)</i>
Sunday 29th March	<i>International Lunch (venue tba)</i>
Tuesday 7th April	<i>Event to be announced (I&S Club)</i>
Tuesday 21st April	<i>Rotary Club Evening Meeting (details tba)</i>
Tuesday 5th May	<i>Stephanie Mackentyre—A Gift to My Sister (I&S Club)</i>
Thursday 21st May	<i>Ipswich East Rotary Club Golf Day at Ipswich Golf Club</i>
Tuesday 26th May	<i>Ipswich East Rotary Club EVENING MEETING</i>
Sunday 31st May	<i>Walking Treasure Hunt and President's Lunch (Waddling Duck)</i>
Sunday 14th June	<i>International Tea Party (hosted by Theresa McLellan)</i>
Tuesday 16th June	<i>Club Assembly—Ipswich & Suffolk Club</i>
Sunday 21st June	<i>Orwell Challenge 2020 (John Button)</i>
23rd June—1st July	<i>Twinning Visit to Ipswich Mass</i>
Tuesday 5th July	<i>Rotary Club Evening Meeting</i>
Tuesday 7th July	<i>Inner Wheel Presidential Handover (I&S Club)</i>
Tuesday 14th July	<i>Rotary Club Handover (Sproughton Barn)</i>
Friday 31st Jul	<i>Rotary President's Barbecue (Royal Harwich Yacht Club)</i>
Tuesday 18th August	<i>Rotary Club Breakfast Meeting (Greshams)</i>
Tuesday 29th September	<i>Rotary Club Evening Meeting</i>

Jo's Marathon Training up-date



I braved storm what's her name this morning and went out for my 3rd training run of the week.

According to the Couch to 5K app I've reached the half way point! A big sense of achievement - but I must say it's not feeling that much easier since my very first 'run' (all of 30 seconds!) on 28th December.

January Stats:

14 active days in January

31 miles covered

8 hrs 38 mins of activity

984 feet total elevation (in Suffolk?)

I wouldn't go as far as calling it running - each session still consists of mostly walking with a few spurts of inelegant shuffling!

Training for a marathon isn't just about the running. It's imperative that you get proper running shoes - the very nice young man in Coes recorded my running gait and spent an hour helping me get set up.

Running involves lots of different muscles groups, particularly the glutes so I have some pretty nifty exercises to get these in shape.

Marathon guru Alice is leading the cardio training - she puts me (21) and run buddies Sue (64) and Steve (68) through our paces once a fortnight (on my day off!) - that's in addition to my weekly HIIT sessions with Ted in Brantham (several Rotarians will know exactly who I mean and the punishment he dishes out).

My body's not been completely accepting of my new regime though. Suffered a dodgy knee in early January so took it easy for a week (excuses, excuses); my childhood asthma decided to make a guest appearance so now have a couple of inhalers (much improved); had a head cold last week (first in ages) so took it easy (again!); thought I got cramp in my calf half way round this morning but I'm still hobbling so have probably a pulled muscle.

Things I've learned:

- 1 If you measure your runs in km rather than miles then it looks (and feels) like you've run further and your pace is faster.
- 2 Using glasses to see the writing in the app is REALLY useful.
- 3 Sports bras are excruciatingly uncomfortable (how can well-endowed ladies wear two at the same time?)
- 4 Strava tells lies. It recorded a whole 6 seconds of my run this morning - I did more than that - honest!
- 5 Running with a dog isn't helpful - you have to keep stopping to pick up poos (the dog's, not mine).

What's next?

Pulled muscle allowing, I'll be starting in day 1 of week 5 (8 weeks in total to get to 5km apparently).

Sue, Steve and I have entered the Ipswich 10km Twilight Run in July. I'm doing this one for Cardiomyopathy UK (the link for you to use if you want to sponsor me is in the email that sent this newsletter).

I'll be doing the Orwell Challenge to fundraise for local charities supported by the Club, along with Suffolk Mind. (And I'm doing it to prove that us oldies still have it in us!)





THE ROTARY CLUB OF IPSWICHEAST
and IPSWICH GOLF CLUB
PRESENT

A FUN CASINO NIGHT

SATURDAY 21st MARCH

tables roll at 7.30pm

IPSWICH GOLF CLUB

Tickets £40 each - complementary drink on arrival

Canapés throughout the evening

*Special prize draw and other prizes included,
plus your first betting chips.*

Dress: Black Tie

Book your tickets with
Rotarian Des Cunningham



...and finally...

Thank you for opening and reading this newsletter...

Your editor is now using 'mailchimp' to distribute this newsletter to members which is the reason you get a personalised email containing a link where you can download the newsletter.

Your email 'inbox' is no longer filled with large attachments and the editor can link you to a high definition document without the need to send the actual document. (Large documents are sometimes blocked by internet providers meaning that he has had to send multiple email in the past.)

Another advantage of using 'mailchimp' is that your editor receives a weekly report on how many people have opened the email he sends AND how many people take the trouble to download the newsletter. The report tells him what time of day people open the email and how many people click the links to the club website and photograph gallery.*

'Mailchimp' reports that of our 77 members, 66 of you open the email and 60 go on to look at the newsletter.

Your editor would be interested to know why 11 of our members don't opening the covering email and why the 6 people who do open the email don't look at the newsletter.

This is by far the best way for you to keep up-to-date with what's going on in your club. What needs to change?

*Just in case you are worried, no personal information is reported. The number of 'clicks' registered is simply that - a number: the names of the individual readers is not known.



mailchimp