



LOOKS EAST

The Newsletter of The Rotary Club of Ipswich East
Edition 07-2023 : 11th April 2023

Tuesday 25th April at 12.55pm Lunchtime Business Meeting

Duty Rotarians: George Woodward and Lewis Tyler

***We're a little short on write-ups
from recent meetings but I do
have three splendid photographs
to share
(credit goes to Richard Porter)***

Last week, Rev Kiran Lotay (All Hallows) and Rev Lawrence Carey (Triangle Church) told us about the amazing work being done through the eleven Top-Up Shops in Ipswich churches. They need more volunteers to help. It doesn't have to be a regular day of the week.

The previous week, Philip Philip Ainsworth (*below*) who is Chief Executive of Suffolk Agricultural Association addressed the club. The Suffolk Show fast approaches.



Also at that meeting was Mark Gladwell (*right*) from the Ipswich Club who is running the equivalent from from Lands End to John O'Groats in celebration of the centenary of his Ipswich Rotary Club

He is also raising money for Motor Neurone Disease Ass. and his Rotary Club.



CLUB OFFICERS 2022/23

President: Steve Runnacles

Sen V. President: George Woodward

Jun V President: Ewan Dodds

Immediate PP: Jo Banthorpe

Secretary: Bill Robinson

Treasurer: Neil Hewitt

HAPPY BIRTHDAY

MAY

Peter Moss

Tony Dodds

Tony Baker

Mark Murphy

Lucy Trenchard

David Knights

Bill Izzard

Catherine Forsdike

What's On

2nd May

**David Ellesmere former Leader of
Ipswich Borough Council**

9th May

Fellowship Lunch

16th May

tba

Friday 19th May 7.30pm

Rotary in Ipswich Centenary Dinner

23rd May

tba

30th May (Fifth Tuesday)

**A Night Out at the Fat Cat PH to
sample 'Orwell Challenge Beer'!**

Duty Rotarians

*If you are unable to be the Duty Rotarian
for the week shown, please arrange your
own swaps and notify the Hon Secretary
and the Newsletter Editor.*

*As a reminder, when you receive your
'Wild Apricot' invitation-to-attend email,
the information is repeated.*

2nd May

David Atkins & Alison Baldry

9th May

Jo Banthorpe & John Barbour

16th May

Eric Barnett & Graham Bickers

30th May

John Button & David Chittick

Lunch Menu

25th April

Chunky beef lasagne served with garlic
bread, topped with grated cheese
and served with fresh salad

2nd May

Trio of Suffolk sausages on a root vegetable
mash topped with crispy onions

9th May

Mixed bean chilli, long grain rice, sour cream
and tortilla chips

16th May

Breaded cod fillet served with chunky chips
and a drizzled pea puree

23rd May

Braised beef and vegetable cobbler
served on a creamy mash

30th May

*is a fifth Tuesday evening meeting
see "What's On"*

6th June

Honey roasted gammon served on
colcannon with braised cabbage, baby carrots
and tender-stem broccoli

13th June

Chunky beef lasagne served with garlic
bread, topped with grated cheese
served with fresh salad

20th June

Roast Turkey served with traditional
accompaniments and seasonal vegetables

27th June

Beyond-meat burger, cheese,
coleslaw and chunky chips

*Alternatives are available each week
but must be notified in advance unless you have a
'standing order'.*

Karen is back in business...

We are excited to say that Ipswich East Rotarian and esteemed Audiologist, Karen Finch, has launched a brand-new business, All About Hearing.

She sold her previous company back in early 2020 and decided to take a step away from the profession to focus on family life and health matters.

All About Hearing is an independent hearing care company, providing patients with expertise and exceptional care for hearing assessments, hearing systems and ear wax removal. Together with her husband Melvyn Howe and old school friend Teresa Sadler both audiologists and specialist ear care practitioners, the team has over 60 years over professional experience, so patients can rest assured that they are in the very best hands.

Karen and her team run regular clinics from both Gilmour Piper on Fonnereau Road in Ipswich and the Two Rivers Medical Centre, near Ipswich Hospital.

Appointments can be booked online at www.allabouthearing.co.uk. Alternatively, you can call 01473 946444 or email Karen directly at karenfinch@allabouthearing.co.uk

Complimentary full hearing assessment for Rotarians by quoting ROTARY, saving £60. Offer expiry 30th April 2023.



 **Ipswich East Rotary Golf Day**
Purdis- Ipswich Golf Club
In aid of FIND - Families in Need

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

Thursday 11th May, 2023
£310 per team of 4
Bacon rolls on arrival and lunch

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

