



LOOKS EAST

The Newsletter of The Rotary Club of Ipswich East
Edition 12-2023 :27th June 2023

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**

June

Dave Atkins
Norman Haines
Graham Bickers
John Hutton

July

Chris Harrall
Jack Earwaker
John Hutton

Tuesday 27th June at 12.55pm
Business Meeting at 'Venue 16'

Speaker: John Miles on Global Sight

John and his wife Fiona make a formidable team promoting the charity Global Sight Solutions (GSS). In 2020 they travelled to Pakistan, India, Kenya, Uganda Zambia, Ghana and Nigeria on a self-funded journey to promote the charity. GSS was created in 1994 by Rotarians in Guildford, Surrey. Their mission is to 'provide free eye care and eye surgery to the very poor in the developing world'.

By 1998 the first hospital was up and running, mostly restoring sight through cataract surgery. By 2020 there were over 50 hospitals. Annually 180,000 cataract operations are performed each year. With over 650 million people worldwide in need of eye care, 50 million of whom would benefit from cataract surgery, keeping ahead of the rising numbers now being achieved.

Through Global Grants from The Rotary Foundation (TRF) Rotary clubs in India, Pakistan, Bangladesh, the Lebanon and Nigeria have been able to increase the value of donations 3-fold to fund projects.

Local communities provide the buildings and run the medical units. GSS provide the equipment to make eye assessments, operating equipment to perform the surgery and fund the training of local people. Local ophthalmologists are invited to provide their services for free to those who have no ability to pay. Those patients who are seen privately provide an income for the surgeons. The hospitals are created to be self-funding.

Attached to each hospital is a pharmacy and optical shop. Half of those with visual impairment just need a pair of spectacles. The causes of eye diseases are due to poor diet, lack of sanitation, poor education, diabetes and genetics.

The eye project also provides mobile screening camps and eye buses to transport people to the hospital.

A £5 donation to the charity funds the cost of a cataract operation. For further information and to donate: www.globalsightsolutions.org.

David Chittick



A couple of weeks ago, our club hosted Bridget Hanley who is the Senior Archivist for Suffolk Archives.

Bridget explained her role and mechanisms of *The Hold*, the Suffolk records store in Ipswich.

The Hold is a new building which was developed and opened in 2020. It contains 87% of Suffolk's archive material and has 11 miles of shelving, hosting records back 900 years. The Hold hosts a wide variety of public and private documents and has a broad remit as to what constitutes archivable material. In addition to offering safe storage for the archived materials it also makes records available to the public for research / analysis. The Hold hosts a website which carries a huge amount of information and critically advice on how to become a reader and have personal access to records.

Bridget stepped us through the construction and facilities of the Hold which was built as a partnership between the University of Suffolk and Suffolk County Council, utilising a £10.3 million grant from the Lottery Fund. The building incorporates a 200 seat auditorium and stores many different forms of archive material in 11,000 separate collections. All of these all held in a carefully controlled environment to prevent damage. One of their more recent intakes has been a collection of Black Lives Matter posters from Woodbridge. To make some of the materials more accessible the Hold now utilises a mobile archive which is , currently exhibiting a Thomas Wolsey Collection.

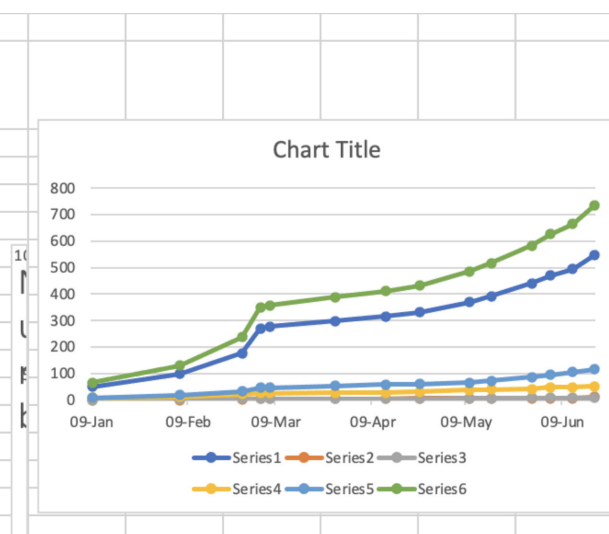
In proposing a vote of thanks, Jack Earwaker commended Bridget for her interesting



The Orwell Challenge

Final online registration numbers show below. Quite an "up-tick" this week and we are now at about 750 registered if you assume 4 members per Family registration. With the usual 80-100 signing up on the day we should have a good year. Well done to all. *John Button*

Date	Adult Walker	Child Walker	Family Walker	Marathon Runner	Half Marathon Runner	Total
09-Jan	50	0	0	8	8	66
06-Feb	98	0	1	12	18	129
26-Feb	177	1	4	22	33	237
04-Mar	270	5	4	25	46	350
07-Mar	277	5	4	25	46	357
28-Mar	298	5	4	27	54	388
13-Apr	315	5	4	28	59	411
24-Apr	331	6	5	30	60	432
10-May	370	6	7	37	65	485
17-May	391	6	7	40	72	516
30-May	441	6	8	42	86	583
05-Jun	470	6	8	48	95	627
12-Jun	495	7	9	48	106	665
19-Jun	547	11	9	51	116	734



Volunteers Needed for Community Projects

Our Club has been approached to offer support to the following projects:

1) Citizens Advice Bureau redecoration

As part of Ipswich Rotary Centenary all four clubs have been asked to support the redecoration of the CAB new premises in Tower Street. Whilst there is a substantial amount of support needed, it is being broken down into smaller 'club projects' which can be completed in a couple of days. Our allocated space is now ready for painting - which is the walls only! This can be completed by a group of four people over two mornings, and it need not be the same group each day. We can do it on a Friday and Saturday so those who work during the week can volunteer too. All we need to take is brushes and rollers and paint trays as CAB will be supplying the paint. Dates to be agreed once I know who can volunteer and when.

2) Survivors in Transition office refresh

We have been approached for help following the success of the Lighthouse gardening project. Word has got around how good our work is!! This will be a two/three day project for a group of about 4 and again dates are flexible. Once I know the number able and wishing to help out I will visit the premises to assess the work. Again all materials will be supplied. Please, please let me know if you are interested in supporting either of these as, reluctantly, I will have to go back to both and advise our club can not support these projects if none of you wish to be involved. I would also be very cautious in offering our club support for any future Community Service volunteer requests.

Any offers of help would be great even if it is only a couple of hours for one day only. I would hope a club as large as ours could match, or even surpass, the help already provided by the other three Ipswich Clubs.

3) Top-up Shops

And don't forget, there is also the opportunity to help out with the Top Up shops, on most days of the week and weekend, on either a regular or occasional cover basis.....there is a range of roles needed i.e. food collections, shop set up, helping during the shop opening times either in the shop or in the cafe, or just chatting to the customers offering help and advice or just a friendly ear! I am very grateful to several of our members who already support this very worthy cause.

Please speak to me, call me, text me or email me if you can help out, in any way, however small.
Thank you. Andy Lewis

Senior Citizens' Quiz - Tuesday 6th June

The Rotary Senior Citizens Quiz was hosted by Abbeyfields at *Paddy Geer House* - the first occasion the quiz has been held since the pandemic.

It was a somewhat smaller event than previous years, with just three care homes participating, *Abbeyfields Paddy Geer*, *Henley House* and the reigning champions, *Tooleys Court*.

It was a tight competition of ten rounds of questions generated by Ipswich East members). *Tooleys Court* were finally victorious by a few points, retaining the quiz trophy for another year.

The participating residents all seemed to enjoy the event. Each team received a small prize with Ian Lord offering our thanks to Abbeyfield's manager Claire for hosting, and presenting some flowers on our behalf.

Dave Atkins



COMMITTEE MEMBERSHIP 2023/24

Club Service

Lucy Trenchard (Chair)
Eva Alcerreca
Alison Baldry
Michelle Bevan Margetts
David Chittick
Karen Finch
Alan Forsdike
Catherine Forsdike
Allan Gosling
Elizabeth Hughes
John Hutton
Lesley Murphy
Richard Porter
Steve Runnacles
Lewis Tyler

International

Mark Murphy(Chair)
John Barbour
Eric Barnett
Jack Earwaker
John Goodship
Liz Harsant
George McLellan
Steph Mackentyre
Ed Nicholls
Bill Pipe
Geoff Ramsdale
Russell Wiles

Community Service

Andy Lewis(Chair)
Brian Annis
David Atkins
Chris Banham
Jo Banthorpe
Norman Haines
David Knights
Ian Lord
Nigel Farthing

Foundation

Bob Parker (Chair)
Juliette Adams
Roger Gilles
Dick Jeffery
Ross Lunney
Peter Shepherd
Clifford Smith

Vocational

Toby Pound (Chair)
Graham Bickers
Tony Dodds
Neil Keveren
Francis Fobbie

Fundraising

Toby Pound (Chair)
Graham Bickers
Tony Dodds
Neil Keveren
Francis Fobbie

Exemptions

George Woodward
Bill Robinson
Colin Davies
Ewan Dodds

The list reflects the request from those Members who asked to be included in a specific Committee and for those that did not respond to my request for preference - (only 19 out of 66 members responded) then you have been retained on the Committee you served on for the current 2022/23 Rotary year.

Toby Pound would like to have some further help on the Vocational Services Committee and if you would be willing to transfer to help Toby please let me know. The transfer window is now open so please get your agent to contact Toby about the terms of any transfer.

What's On

27th June (lunchtime)
Business Meeting

4th July
Sarah Stapleton - 'Family First'

11th July
Presidential Handover
(evening meeting)

18th July
Liz Hughes - 'My Job'

As Her Late Majesty Queen
Elizabeth II once said,
'Recollections may vary.'

I have been trying to work out (purely for my own satisfaction) how long I have been producing this newsletter. Lewis Tyler has been a great help. The minutes of Club Service Committee Meetings have not been located but it's all academic really.

It seems to be something like this... Lewis Tyler ceased editing in August 2008.

Keith Harris (then the Hon Sec) started producing a short e-mail letter under a different title each week with the first "Looks East" appearing 13th October 2008.

Lewis reckons I took over temporarily in January 2009 whilst Keith Harris went away - he returned in March 09 and I agreed to carry on until after my Presidential Year when Geoff Watson took it on for a year. I resumed again in 2015.

My own digital records go back to March 2009 but I do recall producing a printed edition several times before sufficient people adopted e-mail addresses.

Whatever happened, this is my 436th and final digital edition. Thank you for having me; I have enjoyed what I've done and send good wishes to Eva for the next 'chapter'!

Alan Forsdike

Lunch Menu

4th July
Large Yorkshire filled with sausages, served with mashed potato, seasonal vegetables, and onion gravy.

11th July
Club Handover - NO LUNCH MEETING

18th July
Chicken Chasseur served with herby potatoes and seasonal vegetables.

25th July
Pork Medallion with grilled tomato, mushroom, fat chips and peppercorn sauce

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

New Editor!

Eva writes:

"I've now taken on the task of editing the newsletter, and to make things simpler going forward, I've created a dedicated email address for everything newsletter-related. This will not only help me make sure that no information gets buried under my personal and work emails."

Please direct all emails related to the newsletter to

iercnewsletter@gmail.com