

LOOKS EAST

The Newsletter of the Rotary Club of Ipswich East | 2023-24, Edition 1: 17th July 2023

UPCOMING MEETINGS

Tuesday 18th of July at 12:55pm

Speaker meeting:

Elizabeth Hughes - My Job

*Menu: Chicken chasseur served with
herby potatoes and seasonal
vegetables*

Tuesday 25th of July at 12:55pm

Business meeting

*Menu: Pork medallion with grilled
tomato, mushroom, fat chips and
peppercorn sauce*

Venue 16, Tuddenham Road

CLUB OFFICERS 2023-24

President: George Woodward

Sen vice-president: Ewan Dodds

Junior vice-president: Steve Flory

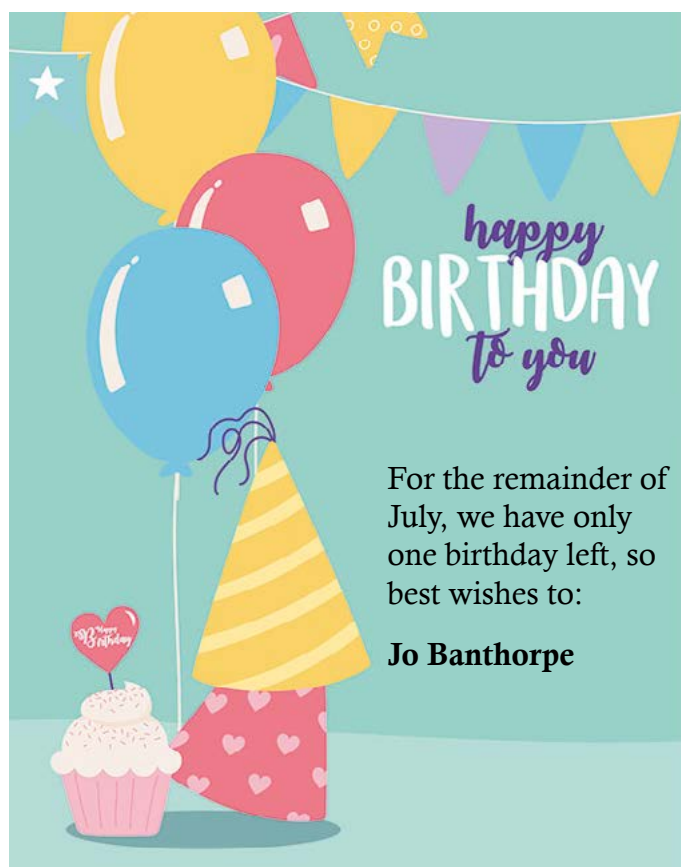
Immediate past-president: Steve Runnacles

Secretary: Bill Robinson

Treasurer: Neil Hewitt

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MESSAGE FROM EDITOR

It is always a bit daunting to start a new project, or at least it is for me, but I am, at the same time, very excited to be the new editor of **Looks East**. I hope to live up to your expectations — especially following the footsteps of Alan Forsdike, who for years (he never told me exactly how many, if he even remembers!) edited this newsletter and did such a wonderful job of it.

Having been given pretty much *carte blanche* as to what to do with the newsletter, I have a few ideas which I'd like to implement and which will be making their way out to the world in due course. I hope you'll all humour me while I

experiment with our publication until I find my footing and what will hopefully be an interesting and efficient way of showcasing not only the events and activities we've had, but also upcoming events, projects and news.

I believe **Looks East** should not only deal with our Rotary Club's activities, but also serve as an information channel for our Inner Wheel club as well as the other local clubs in our area. As such, I hope the newsletter helps us stay on top of all the projects and activities that contribute to making our community a better place.

On that note, please remember that all correspondence related to the newsletter should be addressed to: iercnewsletter@gmail.com. Having a dedicated email should make it easier for me to collate all the material for the newsletter and make sure nothing ends up buried in a spam folder somewhere. It will also, when the time comes, make it easier for my successor to take over the reins of the newsletter and for the members to carry on providing information and materials seamlessly.

I would just like to finish by reminding you all that this is not my newsletter, it is YOURS. So please let's all make use of it.

Once again, thank you for your trust, and here we go!

— Eva Alcerreca

PS - Gratuitous photo of me with the queen of my household, Dana



To send photos, news, articles, stories, announcements, or any material (yes, even jokes) for publication in the newsletter, please address them to:

iercnewsletter@gmail.com

The newsletter will remain a fortnightly publication for the foreseeable future, and the deadline to receive items for publication will be the Friday prior to the next issue (so for the next issue, that will be 28th July). Needless to say, I would be very grateful if members kept the deadline in mind for a timely publication of materials.

MESSAGE FROM PRESIDENT GEORGE

As I step out from the wings of being SVP understudy to centre stage as President of Ipswich East Rotary Club, I'd like to thank you all for the confidence you've placed in me taking on this role, and I would particularly like to thank Past President Steve for all he has done over the past 12 months equipping the club for the future.

As those of you who attended Club Assembly in June and the Handover meeting last Tuesday will have heard me say, I see my time as president as being one of *evolution*, not revolution - retaining the best of what makes us such a successful club, but adapting what we do and how we do it to reflect societal changes to enable us to attract new members and be a force for good in the Ipswich community. Your support in enabling us to 'evolve' will gratefully be received.

As some of you know, I am an Ipswich 'boie' through and through: born, raised and educated in this town, I've spent most of my working life as a commercial property agent here. My wife, Margaret, and I brought up our two children here and we are long-standing members of St Margaret's church (near Christchurch Mansion).

I'm a keen Ipswich Town fan and long to see the 'good times' return to not only my football club but also the town I love.

In small ways, our Rotary Club can contribute to that through our acts of service to our local community, so please give Andy Lewis your support in the endeavours of his Community Service committee.



As I take up the presidential role, I'm reminded of the words of our beloved late queen in a rare address to the nation in the depths of the Covid crisis: "Better days will return; we will be with our friends again, we will be with our families again, we will meet again" and so it has proved in the ways in which Ipswich East RC has emerged from those dark days.

May that continue over the next twelve months and beyond, and do join in - it'll be fun!!!

Club Officers 2023-2024

President	George Woodward	Club Service	Lucy Trenchard
Senior Vice-President	Ewan Dodds	Community Service	Andy Lewis
Junio Vice-President	Steve Flory	Foundation	Bob Parker
Secretary	Bill Robinson	International	Mark Murphy
Treasurer	Neil Hewitt	Vocational	Toby Pound
Immediate Past-President	Steve Runnacles	Fund Raising	Ray Walters

RECENT MEETINGS AND EVENTS

Sarah Stapleton, Family First

4th July 2023

We're still missing the information for this one, but in the meantime, here is a photo of Sarah Stapleton, the speaker of the meeting, together with our now past-president Steve, while receiving a Rotary mug as a thank you for her talk to the club.

— Editor Eva



Club Handover

11th July 2023

A new Rotary year has begun, and to mark the occasion, we had our traditional handover last week at the Tithe Barn in Sproughton. A lovely evening was had by everyone, with good company, some games and delicious food provided by local restaurant *On the Huh*.

Outgoing president Steve reflected on what we all deemed to have been a great Rotary year, while incoming president George talked about what he hopes for his year at the helm. His first order of

business was awarding our newest past-president with the appropriate regalia, as Steve had just done for several other past-presidents in the room, which hadn't been done for a few years.

George emphasised his hopes for the support of the club during his time as president, so let's make sure we do everything we can to make his year a great one!

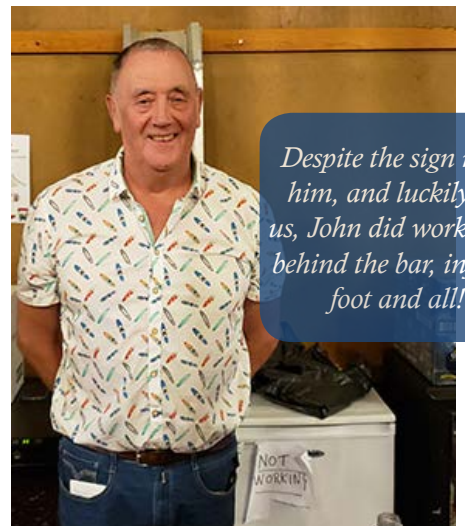
— Editor Eva





*Our new president
trying hard (and
failing) to keep a
straight face during
this solemn moment.*





Despite the sign near him, and luckily for us, John did work hard behind the bar, injured foot and all!

ORWELL CHALLENGE

Our flagship event took place on Sunday 25th June, and it was a great success, with almost 1000 people taking part despite the very high temperatures!

Water, squash and general drinks were in high demand all day long — which meant a lot of extra work for our supplies team —, and it was much appreciated by participants.

Needless to say, the ice cream van was a roaring success, and the beer tent at HQ had a very good day too!

We've received excellent feedback and notes of thanks from many participants and organisations (some of which you will see in the following pages), and we've also learned some truly inspiring stories of the people who took part. It was a very long day, especially for those at HQ, but seeing how much people enjoy the event and what it means to many of them makes it all worth it.

A huge thanks to John Button, as always, for leading the event, and to everyone who helped out either before or during the day. And remember, we already have a date for next year's **Orwell Challenge: 23rd June 2024!**

— Editor Eva



This is just a sample of photos of the day, the full galleries will be posted on Facebook very soon.







And some thank you messages...

The PAPHYRUS Team would like to say a big thank you to the Rotary Club for organising the Orwell Challenge. It must've taken a lot of planning and time to set up and clear away. The water stations were brilliant – without them it would've been so much harder. The support was great as well as the homemade cake that we were given!

So, thank you it was much appreciated that we could all come together and raise money for PAPHYRUS

— PAPHYRUS.

We did the Orwell Challenge as James' Team, fundraising for the charity PAPHYRUS prevention of Young Suicide in memory of my son, James Sutton, who tragically lost his life at the age of 16.

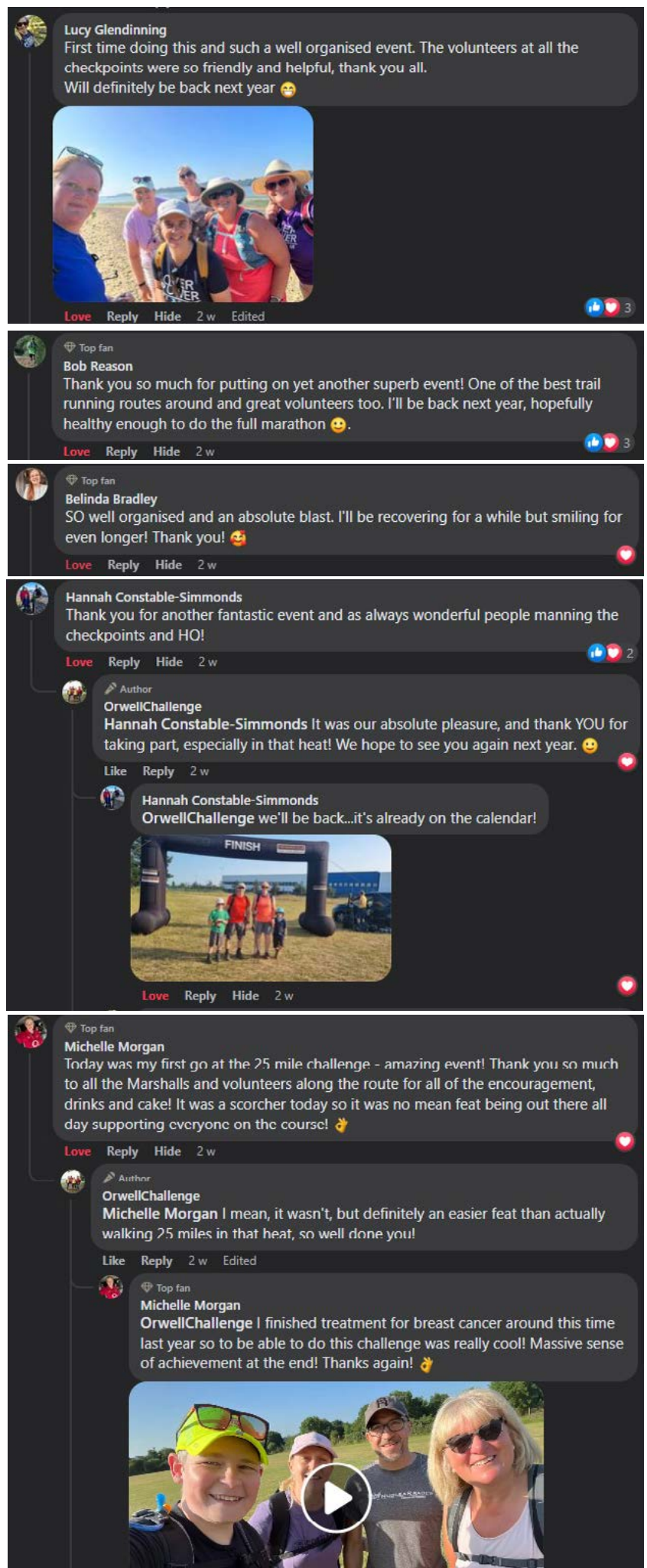
We really enjoyed the challenge this year, and found it inspiring to be part of the event with so many other people passionate about raising awareness for their chosen charities.

— Sabine Sutton

It was a great event on Sunday, despite the searing heat!

I want to feedback to you how well I thought the event was operated at every level and it had a really nice welcoming and kind feeling about it too. Every one of the volunteers was so nice, kind and genuinely interested in what the the runners and walkers were doing.

— Rod



Inner Wheel news

By C  th  fine Forsdike

The Inner Wheel club had our **AGM** at the Ipswich and Suffolk Club on the 6th June. We were pleased to have Gavin Stone, CEO of 4YP, as our guest.

He gave us an update on the work of the charity and then was presented with a cheque by President Ruth. 4YP has been our charity for the year.



Last Sunday we had our **Handover** meeting at Ruth and John's home. A very happy event, but we did have to dodge the showers. A putting competition was held. I don't think the green keeper at Purdis Golf Club would be impressed by the state of the green, but the clear winner was Judith Dunnett who sank not one but two balls. The rest of us had the grand score of 0 between us.

Ruth handed over the chain of office to Sandie Nicholls after a very successful term of office, and we look forward to another year in Sandie's capable hands. Sadly we said goodbye to Anne and Ken NG as they are moving to the Cotswolds.



ROLLING CALENDAR

Date	Event
18th July	Speaker meeting: Elizabeth Hughes - My Job Talk
25th July	Business meeting
28th July	President's BBQ This year's event will take place at Hill Farm, Tuddenham. Registration via Wild Apricot.
1st August	Speaker meeting: Robin Needham - My Job Talk
8th August	Speaker meeting: Jean McPherson - 1953: Felixstowe Floods
9th August	Visit to Orchard Barn and meal at the Punch Bowl PH Guided tour around the facilities followed by meal. Starts at 5:00pm. Details and registration via Wild Apricot.

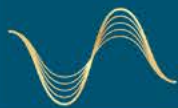
Date	Event
15th August	Speaker meeting: John Button - Orwell Challenge Wash Up
22 August	Business meeting
8-10 September	Visit from Bad Salzuflen twin club. Numbers and activities to be confirmed.

DUTY ROTARIANS AND LUNCH MENU

Date	Duty Rotarians	Menu*
18th July	Karen Finch Steve Flory	Chicken Chasseur served with herby potatoes and seasonal vegetables
25th July	Catherine Forsdike Francis Fobbie	Pork Medallion with grilled tomato, mushroom, fat chips and peppercorn sauce
1st August	Roger Giles John Goodship	Traditional Fish Pie in a creamy white wine sauce topped with mashed potato and served with green vegetables
8th August	Allan Gosling Norman Haines	Roast topside of Beef served with Yorkshire Pudding, roast potatoes and seasonal vegetables
15th August	Chris Harrall Liz Harsant	Chicken & Mushroom Pie with mashed potato and seasonal vegetables
22nd August	Elizabeth Hughes Neil Hewitt	Shepherd's Pie topped with cheesy mash, served with a selection of vegetables

If you're unable to be a duty Rotarian, remember it is your responsibility to look for a replacement, and please notify our Secretary Bill as well as Lucy Trenchard of any changes.

*Alternative option available upon request, please contact Bill Izzard at rcieattendance@gmail.com



ALL ABOUT
HEARING

ALL ABOUT HEARING IS PROUD TO PRESENT ITS

BIG SUMMER QUIZ

SUNDAY 16TH JULY 2023 | 7.00PM
KESGRAVE COMMUNITY CENTRE

(IN AID OF HEARING DOGS FOR DEAF PEOPLE)

£6

PER PERSON
TEAMS OF 4-6
PLAYERS

- GREAT PRIZES
- LICENSED BAR AVAILABLE
- RAFFLE
- BIG SCREEN
- HEADS & TAILS

FOR FURTHER INFORMATION & TICKETS VISIT:
WWW.ALLABOUTHEARING.CO.UK/NEWS

UPCOMING PROJECTS UPDATES

Andy Lewis is happy to report that after his appeal for help a couple of weeks ago at the club meeting, he now has enough volunteers for the following projects:

- **Citizens Advice Bureau redecoration**
- **Survivors in Transition office refresh**
- **Top-up shops**

The dates and times for the first two activities will

be agreed upon soon and everyone involved will be contacted about it.

As for the Top-up shops, that's an ongoing activity and people involved should already be in the loop of what's happening.

If you didn't get a chance to volunteer and would like to support any of these activities, please contact **Andy Lewis**.

ONGOING COLLECTIONS

Remember we have an ongoing collection of ring pulls, as well as ink cartridges, which you can give to **Andy Lewis**.

The ring pulls are sent to the Philippines so that people there can make crafts to be sold, which helps them support their families.



John Button is still collecting postage stamps (they can be used ones), so if you're lucky enough to still receive any post with those, keep them and make sure to give them to him.

It doesn't cost us anything to gather these items, so let's get into the habit (and tell friends and family)!

And that's it for today!

Just a reminder that any and all matters related to the newsletter should be addressed to

iercnewsletter@gmail.com

STAY PAWsiTIVE!



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