

LOOKS EAST



The Newsletter of the Rotary Club of Ipswich East | 2023-24, Edition 2: 31st July 2023

UPCOMING MEETINGS

Tuesday 1st of August at 12:55pm

Speaker meeting:

Robin Needham - My Job

Menu: Traditional Fish Pie in a creamy white wine sauce topped with mashed potato and served with green vegetables

D.R.: Roger Gilles and John Goodship

Tuesday 8th of August at 12:55pm

Speaker meeting:

Jean McPherson - 1953:

Felixstowe Floods

Menu: Roast topside of beef served with Yorkshire pudding, roast potatoes and seasonal vegetables

D.R.: Allan Gosling and Norman Haines

Venue 16, Tuddenham Road

CLUB OFFICERS 2023-24

<i>President</i>	George Woodward
<i>Sen vice-president</i>	Ewan Dodds
<i>Junior vice-president</i>	Steve Flory
<i>Immediate past-president</i>	Steve Runnacles
<i>Secretary</i>	Bill Robinson
<i>Treasurer</i>	Neil Hewitt
<i>Club service</i>	Lucy Trenchard
<i>Community service</i>	Andy Lewis
<i>Foundation</i>	Bob Parker
<i>International</i>	Mark Murphy
<i>Vocational</i>	Toby Pound
<i>Fund raising</i>	Ray Walters

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RECENT MEETINGS AND EVENTS

Elizabeth Hughes: My job

By Steve Flory

We were very privileged to have a My Job talk from one of our own members this week – Liz Hughes.

We chatted over lunch and despite our President thinking she has a career as a nurse, I was blown away at the breadth of Liz's undertakings. My fingers could not work fast enough to get them all down so I have cheated a little and lifted this from her comprehensive LinkedIn profile!

- Extensive experience as Legal Assistant to a Director of European Law and Brand Protection 1996 - 2008 (Procter & Gamble). Currently working with Procter & Gamble as a Quality Assurance Technician in hair care, but I also have extensive experience in cosmetics manufacture.
- Elected Councillor Ipswich Borough Council 2018 - present.
- Current Chair of the IBC Regulatory and Licensing Committee 2019 - present.
- Elected Councillor London Borough of Hounslow 2005 - 2018. Extensive experience in Pension Fund Management, Planning and Licensing. Leader in community engagement.



- Parliamentary Candidate: 2005 North Essex; 2010 Mid Norfolk; 2017 Central Suffolk & North Ipswich; 2019 South Suffolk. Branch Secretary for the GMB Trade Union - Ipswich & District.
- And to add to all that Mayor of Ipswich through the troubled times of Covid 2019-2021."

Wow, what a list! Assisted by Steve Runnacles on PC duty, 'Nurse' Liz kept us well entertained. Thank you from the club for an informative chat, Liz. Her opening statement on becoming Mayor declared the theme for her year on the job to be "joy, hope and happiness," and I am sure we would all want that for George's year ahead as El Presidente!

Ipswich East Golf Day

By Allan Gosling

Our Ipswich East Golf Day at Purdis took place on Monday 24th July, and 14 players took part. We started golf in light rain but this soon cleared to become a nice afternoon.

The winner was Martin Whitworth off 14.9 with 37 points.

The second place went to our President George Woodward off 16.8 with 35 points.

Third place on countback was Neill Keveren off 8.9 with 34 points.

Meanwhile, Steve Runnacles scored 14.9 with 34 points.

Lastly, the nearest pin on the third hole was achieved by Peter Shepherd.



Martin Whitworth receiving the trophy from our president George

CAB Redecoration

By Andy Lewis

As part of the Ipswich Rotary Centenary, the four Clubs agreed to support the redecoration of the Citizens Advice Bureau's new premises in Tower Street. The building is very old and is in need of restoration in parts as well as redecoration, so our help is greatly appreciated. They will be occupying about 15 rooms, so this is a long term project. The intention is for smaller rooms to be allocated to each Club with the larger rooms becoming a 'four club' project.

Ipswich East was allocated a ground floor corridor to redecorate, and so on Friday 21st July, Eva, Tony Baker, Lewis and myself, together with Eva's Matt and my Julie joining the team, tackled the job.

The CAB provided the paint and, although the colour choice was perhaps not to everyone's

taste, we completed the job in about 3 hours that afternoon.

There will be more rooms for us to decorate over the next few months and so anyone who is willing and able to help will have an opportunity for this community service.

Thanks to the team who completed our Phase 1!



The team hard at work redecorating the Citizens Advice Bureau



Big difference between the before and after of the afternoon's efforts!



President's BBQ

By Eva Alcerreca

We had our traditional president's BBQ last Friday 28th of July at Bill and Monica Pipe's farm. Luckily, there was no rain, although we were prepared for it with gazebos set up for the occasion in case the British weather decide to play its usual tricks.

Toby and Neil Hewitt were busy manning the BBQ stations and many attendants contributed with salads and desserts, while John Hutton was, as reliably as ever, in charge of the bar. The food was tasty and the company even better, since we enjoyed having not only club members, but also guests, members from the Wolsey club, and even honorary member Stuart Cooper and his wife Gina.

Fun was had by everyone, even despite some furniture malfunctions! (And I must add I was authorised by Tony Dodds to say he had been wounded, but he was happy to report he was all right.)

President George had a busy evening, from talking to all the guests to clearing up tables to thanking everyone for attending the event and for making it happen in the first place — though he did have time to sit on the very regal throne available!

It was a lovely evening, and it was fantastic to see the attendance go back to pre-Covid times, with about 75 people in attendance! Well done everybody!





Despite a slight charcoal-related oversight, our chefs did a wonderful job



Nothing to see here, I don't know what you mean!



*Out wonderful hosts...
and George feeling very
comfortable on that
chair!*



AROUND IPSWICH

Inner Wheel news

By Alan Forsdike

Last weekend member Catherine Forsdike and husband Alan hosted the 2023 Reunion of 'Trish's Treasures'. Trish Douglas was the 2015 National President of Inner Wheel in GB&I and named all her District Chairmen around the country 'Trish's Treasures'. They've got together each year (except pandemic) ever since for a reunion, movie around the country, and this year it was the turn of Catherine to be host.

We stayed at the excellent Salthouse Harbour Hotel on the Waterfront arriving on Friday afternoon. Saturday morning a coach took us to Sutton Hoo, where we had a fascinating tour of the mounds and enjoyed the exhibition.

We arrived in Aldeburgh in time for lunch before going to The Red House. The long-term home of Benjamin Britten and Peter Pears, The Red House is a beautiful house and garden to explore along with the exhibitions and displays, the composing room and the purpose-built archive building. The archive is the largest in the world for a single composer.

On Sunday we had a special guided visit to Christchurch Mansion before enjoying a lunch for 27 at Catherine and Alan's home, Hill House, where Inner Wheel members Judith, Ruth, Ann and Belinda (and husbands John and Steve) served the lunch Catherine had laid on.

Conversations continued throughout the afternoon and into the evening when 14 had supper together before going back to the hotel. It was great fun.



*The Ipswich Inner Wheel lunch team with
International President Trish*



*'Trish's Treasures' pose with her in the lobby of
Salthouse Harbour Hotel*

Marion Curtis and her husband David took time out in the afternoon to visit Randall Bevan and his wife. Randall was once a member of Ipswich East Rotary Club when he was head of Leisure Services at Ipswich Borough Council. But what people may not know is that he was twice Great Britain Trampoline Champion in 1961 and 1962! David Curtis had travelled with the winners' cup and wanted to get a photo of it with Randall. David was four time Champion himself in 1966/67/69/75. They last met in 1981 at a Trampoline Demo at

Portman Road with Bobby Robson. Randall is now 90 but still driving his Rolls Royce.

Trish Douglas is now no less than the INTERNATIONAL President of Inner Wheel and had a busy schedule touring the world in this the centenary year of the organisation which culminates in the International Convention in Manchester next May. IW was 'born' in Manchester so it's come home for the 100th year.



Trampoline Champions David Curtis and Randall Bevan with 'the cup'!

ANNOUNCEMENTS

New Almoner

By Bill Robinson

For those of you that were at lunch on the 25th of July, you will have heard President George announce that Jo Banthorpe has decided to stand down as the Club's Almoner. Our grateful thanks go out to Jo for the sterling work she has done in this role for a number of years, and we are very appreciative of the time and effort she has put into this very important position.

George was pleased to announce that Elizabeth Hughes has agreed to take on the Almoner's role, and the Council are very grateful to Liz for stepping forward to volunteer to succeed Jo.

The Almoner's role is vital to the Club in order to keep in touch with those members that find it difficult to attend meetings for whatever reason.



Liz Hughes is the new Club Almoner

Please contact Liz if you know of any member that needs support or is finding it difficult to attend meetings but would value being kept in touch with the activities of the Club.

ROTARY CLUB OF IPSWICH EAST
PROUDLY PRESENTS THEIR ANNUAL

SENIOR CITIZENS CONCERT



WEDS 27TH SEPTEMBER
2023 7.00PM-9.30PM

COPELSTON HIGH SCHOOL, IPSWICH

FEATURING:

- Ipswich Over 50's Brass Band
- Live comedy from local comedian Andy Leach
- Free refreshments & raffle

**FREE
TICKETS
FOR THE
OVER 60'S**

**TO RESERVE TICKETS PLEASE CONTACT DAVID
KNIGHTS: 07734 456380 DKNIGHTS53@SKY.COM**



Mark Murphy's new venture: Life's a Pitch

Mark Murphy has begun a new version of popular BBC Radio Suffolk Show Life's a Pitch. It's now called **Life's a Pitch TV** and is available to watch on YouTube and listen to on podcast.

The show is filmed on a Thursday evening very close to where we meet. It features Mark, Terry Butcher, Russell Osman and Phil Ham. Each week the show will feature an Ipswich Town player past or present.

The first episode featuring Conor Chaplin has been viewed and listened to by nearly 10,000 people. Mark says he's really pleased with the viewing figures.

To watch the first episode on YouTube, click here: [Life's a Pitch TV - Episode 1, Special Guest - Conor Chaplin - YouTube](#)

Well done, Mark, and we're sure it will be a great success!



SHOW US YOUR PETS

Brag about your trusty companions, be they big or small!
Send me a photo with your pet's name and anything else you want to add to
iercnewsletter@gmail.com



Boxted Methodist Silver Band

125th Anniversary Concert

Principal Cornet Anne Ruddock

Conducted by Victoria Steinitz plus special guests

Saturday 23 September, 6pm

Littlegarth School

Park Road, Colchester CO6 4JR

An evening celebrating the remarkable history and glorious music making of Boxted's unique Methodist Silver Band - a night not to be missed, featuring massed bands and a specially-commissioned world premiere!

Tickets £10 from [stagestubs.com](https://www.stagestubs.com)



ROLLING CAIENDAR

Date	Event
1st August	Speaker meeting: Robin Needham - My Job Talk
4th August	Lighthouse project - Part II of garden refurbishment. Contact Bill Izzard if you can help.
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.
15th August	Speaker meeting: John Button - Orwell Challenge Wash Up

Date	Event
22nd August	Business meeting
8-10 September	Visit from Bad Salzuflen twin club. Numbers and activities sent via email by Secretary Bill.
27th September	Senior Citizens' Concert - Copleston High School. Volunteers needed, so please contact Andy Lewis if you can help.
TBA	Rotary literacy project at Stoke High School. Contact Toby Pound for more information.

DUTY ROTARIANS AND LUNCH MENU

Date	Duty Rotarians	Menu*
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

UPCOMING PROJECTS UPDATES

We have a few projects and activities coming up, and volunteers are welcome. Please contact the relevant club member and join in!

- **Lighthouse garden refurbishment project** - 4th August, contact Bill Izzard

- **Senior Citizens' Concert** - 27th September, 7:00pm, Copleston High School. Members are asked to circulate the advert for the event to suitable audience members. On the day, help will be needed to offer transportation and/or to be on

refreshments duty. Please contact Andy Lewis.

- **Survivors in Transition office refresh** - date to be confirmed, contact Andy Lewis.

- **Top-up shops** - this is an ongoing activity and people involved should already be in the loop of what's happening. If you want to take part, contact Andy Lewis.

- **Rotary literacy project at Stoke High School** - contact Toby Pound for more information.

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)!



Beautiful shot of the Orwell beach by Steve Favell

Orchard Barn update

By Lewis Tyler

It may be remembered that the Club donated £300 recently to my daughter's Orchard Barn Project - by good fortune the timing was such that it coincided with a Crowdfunding Exercise whereby Aviva would match donations up to £250 per donor. This meant that our donation was worth £550.

The original target was for £5,000, which has been reached, and a new 'stretch' target has been fixed for £8,500. As of this moment, the total reached is £7,922 and the closing date happens to be the date of our projected visit to Orchard Barn on Wednesday, 9th August 2023.

As Sarah herself says:

"Thank-you again for supporting this crowd funding campaign, and more widely the volunteer run project. Collectively we are building a resilient, creative and practical community as well as our new Eco-Education space."

If any member would like further info, google 'orchard barn sunshine crowdfunding' or alternatively, contact me, and thank you for your support.



Another great shot from the Orwell Challenge by Steve Favell

Lighthouse project update

By Eva Alcerreca

The latest newsletter from Lighthouse included a piece about the garden makeover, which several members of the club took part in last May.

This coming Friday we're going back for part 2:

hedge trimming, shed painting and more general work. A small group of us is going, so if you can help on Friday morning, please contact Bill Izzard.

And thanks to Jo Banthorpe for sending the Lighthouse newsletter!

Women's Centre Garden Refurbishment

We are very fortunate to have gained a lovely big garden in our move to Felixstowe Road. The initial project was to get the garden cleared. Ipswich East Rotary were more than generous with the time they dedicated to doing this and Sackers donated the use of a large skip, which was very much needed!!



Greenways have been into the garden and put up a number of bird boxes and bee hotels in our aim to entice in wildlife. We also have further plans for a women's area as well as a children's area. The Ipswich Round Table were also on hand to very kindly donate five hand made benches for us to utilise in the garden. This will allow us to have enough seating outside to host our 'Empower Me' and therapeutic programmes from the garden in the nicer weather. It has made the garden a place for all our Service Users to enjoy whilst at the centre. Also donated were £600 of National Gardening Vouchers, these will go towards new gardening tools and plants for the garden and some wonderful garden toys to be used in our children's programmes.

Moving forwards we have 'exciting' plans for this tranquil space. Ipswich East Rotary are returning to us to assist with painting the boundary fences and making a raised vegetable patch. They will also help to repair and paint the shed with a base colour. The Empower Me group will put together ideas for the Lighthouse Ambassador's to paint onto the shed. The old sun shelter will also be refurbished and is now known as the 'Cloud Cabin'. The children from our groups will be doing a 'paint by numbers' themed workshop to decorate this.



The Bröckedde Stories

By Alexander Hoffmann

Bröckedde is located in the heart of Germany - where the Rhine and Danube flow into the beautiful Bröckeddesee. This is where RC Bröckedde meets in the Bröckedder Hof - every Wednesday at 1 pm in the Salon Hindenburg.

Rotary and Artificial Intelligence

“Rotary can sometimes be really quite hard work,” grumbled Club Secretary Sauerpfote as he produced yet another weekly review. Other Club members felt much the same when preparing presentations or other reports. However, a new member was about to come to the rescue; Friend Hutzelmurm was an AI expert at Bröckedde’s University and had just adapted ChatGPT into a special version for RC Bröckedde. What could possibly go wrong?

His suggestion that AI could be used to benefit the Club was embraced enthusiastically. The weekly reviews suddenly became best sellers after Hutzelmurm introduced an “optimisation component.” Meetings of 8 members were reported as 80 and a rather damp garden festival became “Highlight of the Year.”

Fellowship presentations also improved considerably but the Club’s intellectual, Professor Dr Krümlein, remained unimpressed, remarking that a machine was now defining Club life. Treasurer Knödler was very much of the same opinion and continued his accounting without any external assistance.

Not long after, a few wrinkles started to disturb the Club’s new AI model. Founding President and honorary member Papke gave an AI supported retrospective which suddenly had him scoring

the vital goal in the 1954 World Cup. President Pröpke’s New Year speech was exactly the same as the Chancellor’s. Friend Hutzelmurm passed it off as a minor glitch in the AI training model, a little like a child catching a cold.

The Professor remained unimpressed, so took on the task of updating members’ CVs on the Club’s website, without any recourse to AI but without actually saying so and with a touch of mischief. A vague question was raised over the authenticity of Hutzelmurm’s second PhD thesis and whether he had taken a shortcut on the latest Bröckedde Marathon. Needless to say, a huge row followed with Hutzelmurm repudiating any allegations of academic impropriety and stating that he had never even contemplated running a marathon let alone cheating. In mock horror, the Professor offered his most humble apologies and immediately deleted the offending entries, claiming another example of AI getting things wrong. So Hutzelmurm withdrew his AI project and took himself off to a quiet Greek island for a nice holiday away from it all.



At the next Club meeting the wily old Treasurer made a quiet aside to the Professor, “I don’t know how you managed it but I’m delighted we got the best of a machine”.

“Well, for the time being at least” replied the Professor.

Illustrated by Marcus Schäfer.

Translated by Colin Gordon, RC Uppingham

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 11th August). Needless to say, I would be very grateful if members kept the deadline in mind for a timely publication of materials.

