

# LOOKS EAST

The Newsletter of the Rotary Club of Ipswich East | 2023-24, Edition 3: 14th August 2023

## UPCOMING MEETINGS

Tuesday 15th of August at 12:55pm  
Speaker meeting:

**Jean McPherson -**

**1953 Felixstowe Floods**

*Menu: Chicken & Mushroom Pie with mashed  
potato and seasonal vegetables*

*D.R.: Chris Harrall & Liz Harsant*

Tuesday 22nd of August at 12:55pm

**Business Meeting**

*Menu: Shepherd's Pie topped with cheesy  
mash, served with a selection of vegetables*

*D.R.: Elizabeth Hughes & Neil Hewitt*

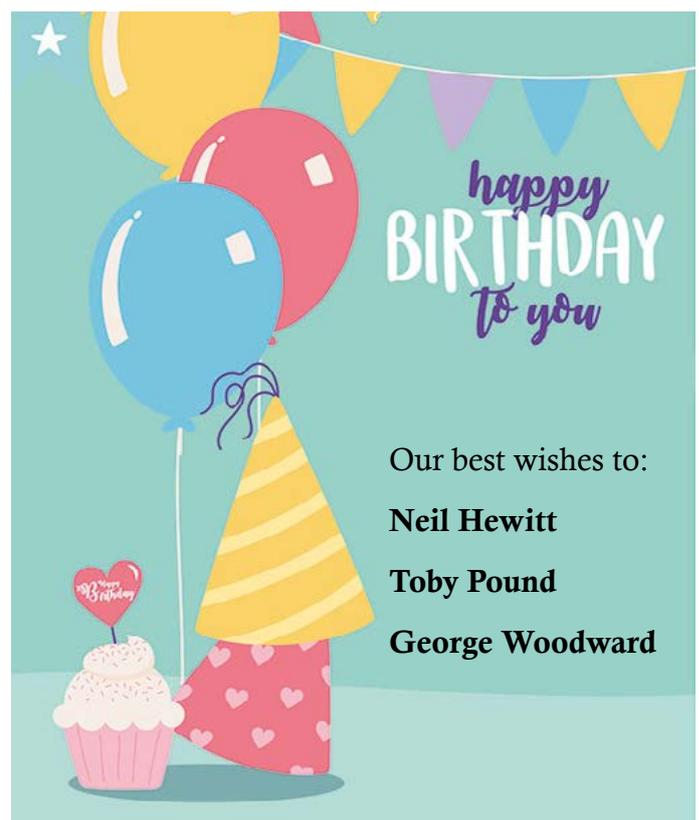
Venue 16, Tuddenham Road

## 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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Our best wishes to:

**Neil Hewitt**

**Toby Pound**

**George Woodward**

# RECENT MEETINGS AND EVENTS

## Robin Needham: My job

By John Goodship

On August 1st, Robin Needham told the club about his journey through his life to this point.

Robin came to Ipswich in 1996, but to get there he had been all round the world. Although he was born and brought up on a farm near Stamford in Lincolnshire (which looking back he appreciates was an excellent upbringing), his real wish was to join the Army, which he did at the earliest opportunity. Joining REME took him for a spell in Germany (not far from our friends in Bad Salzuflen), then to many other locations. He enjoyed his time in the army, gaining promotion and training others including members of the TA. When he left the Army he joined the TA (Territorial Army for our younger members!) for 17 years.

He then moved to Ipswich working for a recruitment firm, and then joined the Woolwich working in facilities management.

When he finally retired, he took up a number of causes and voluntary work. He supports the work of SSAFA, the Royal British Legion and other military charities. He has become a consultant for Slimming World and a bingo caller at Bramford Social Club.



He has grown-up children, several grandchildren and one great grandchild. Remembering birthdays and buying presents is almost another full time job.

During his talk, members were intrigued that there was a large object on the table behind him covered with a red cloth. Eventually he explained that usually when you left the Services, you sold your uniforms to the regiment. Just as he was leaving the Army, they changed the uniforms so no-one wanted his old uniforms. What to do with them? Then we had the Big Reveal, when he whipped the curtain off and there was a large wing back chair covered all over with part of his uniforms! It was a unique reminder of a major part of Robin's life and a great talking point!



# Lighthouse Gardening

By Eva Alcerreca

As you may remember, a few months ago we did some gardening for Lighthouse project, where we took care of some hedges, mowed the lawns, weeded the patio and pressure-washed it as well.

Last Friday 4th of August we went there for Phase 2, which included doing the other side of the hedges, as well as touching up on the previously cut ones, mowing lawns, and painting two sheds.

The team on the day consisted of Lucy, Jem, Tony, Bill Izzard (who organised the day), Matt Drown (my husband), and yours truly. We somehow managed to get everything done despite the threat of storm, taking shelter for about ten minutes when we did get a passing shower, and the Lighthouse people were very happy with the results, which you can see for yourselves!

Well done to everyone involved, and special thanks to Billy for sorting out the logistics!



*Before - side hedge*



*Final result of the sheds after painting*



*The crew hard at work!*



# Orwell Challenge Debrief

By Allan Gosling

John Button took over the meeting last week to do a debriefing on the Orwell Challenge 2023. This is a small summary of John Button's excellent talk at lunch on 8th August, as a full feedback has been sent to all members.

This year we took care of 930 walkers and runners, the most since 2002, which proved we are doing something right for our club and the community. The feedback from walkers and runners was truly fantastic.

Online registration gave a problem as we have to close this one week before the event, this will be explained more clearly next year.

HQ had major problems first thing due to numbers checking in, so more desks are needed for the start. Vast quantities of water were needed this year due to the heat, and cups are still needed for the runners.



We do expect the revenue our club makes to be down as there was no main sponsor, and spending on portable toilets and doctors are costly.

## Sponsors are needed for 2024.

Please put the date for next year's Orwell Challenge in your diaries and keep clear Sunday 23rd June 2024.

A great thank you was given by both Tony Baker and our President George Woodward who said it is quite brilliant that John has done such a wonderful job on the Orwell Challenge and for so many years, we cannot thank him enough.

# Young Carers Day 2023

By Ian Lord

It is possible that some of you haven't managed to work your way through the current newsletter to the piece on Young Carers Day. In which case, please find attached a [copy of the report on Ipswich Rotary's Young Carers Day 2023](#).

Despite the weather forecasts, it was a lovely day (is him upstairs a Rotarian??). We were a couple short due to the gloomy forecast, but as for our members, the actual prospect of the day was too much of a draw to take notice of the forecast. The organisers on Youth committee did well, as did the various cooks and helpers, and of course the Scout Instructors, who were magnificent as always.

Hopefully the weather will again be kind in 2024 and we can give something back to a special group of young people.

Lastly - Thank you to Rotary Kids Out for their support in the form of a £600 grant. We hope we did it justice.



Climbing and Abseiling Tower



"Don't look down they said???"



# Visit to Orchard Barn

By Eva Alcerreca

The planned visit to Orchard Barn, promoted by Lewis Tyler, took place last 9th of August, and it was a very interesting evening.

Sarah (Lewis' daughter) started the project 16 years ago and has run it since, creating a community interest company on the way and enabling thousands of volunteers to learn traditional construction techniques while reinstating a 1580 long house as well as other buildings in the complex.

Sarah and JP showed us the progress of the renovation projects, and we learned a bit about what traditional construction techniques entail, as well as the challenges and compromises to keep the buildings as close to their original state as possible while still complying with modern regulations. It was very interesting to imagine what life would have been like in the 16th century!

After the little tour, the bunch of us ended the evening with a delicious meal at the Punch Bowl, where we were able to catch up and talk some more about what we learned.

If you're interested in finding out more about Orchard Barn, you can visit their website: <http://orchardbarn.org.uk/>



*Some of the artifacts found so far during the renovations*



PS - As a side note, you may remember that on the last issue we mentioned that the Orchard Barn were running a fundraising campaign for their ongoing projects, and Lewis is happy to report that Sarah achieved her 'stretch target' of £8,500 with one hour to spare on the deadline!



## Ipswich Club news

By Alfred Reeves

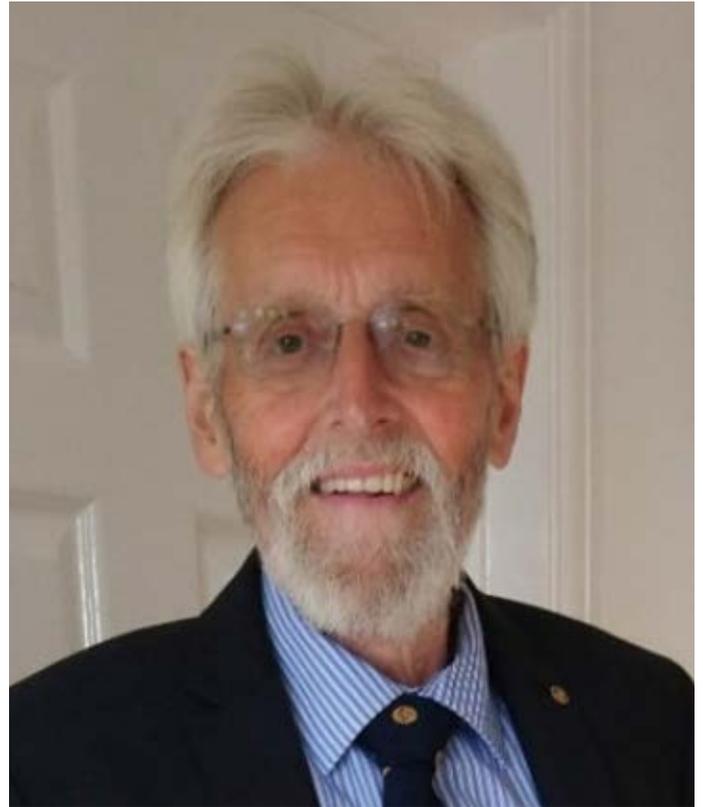
John has set himself a target of cycling to raise funds for our Rotary Club in celebration of Rotary achieving 100 years of service in Ipswich.

This is a very personal challenge for John, who is showing great courage and perseverance, and we wish him well.

John has written a personal message on the Just Giving Club Web Page and I URGE you all to read it, the link is:

<https://www.justgiving.com/page/john-norman-1690141007208>

Please pass this message and link to any of your friends etc. who may know John and would like to contribute. **Every little helps!**



*John Norman, who's taken up the challenge of cycling every day for 100 days to fundraise for the Rotary Club of Ipswich*

Unfortunately my cancer has returned, and it is aggressive, inoperable and terminal. It is growing again on the site of the previous surgery, where the oesophagus joins the small intestine but spreading to the liver. In addition to the cancer the proposed treatment (which will start imminently) will cause me inactivity.

I am determined to fight this, hence this personal challenge.

My target is one hundred days, because the President of Ipswich Rotary Club set members a task, undertake 100 tasks in this, the 100th anniversary year of the club. You will appreciate that having cycled almost everyday for the past 70 years this may not be the challenge it seems. I am told however, that the effects of chemotherapy and other drugs will bring my active days to an end sooner than I would like.

All contributions to my fund raising page will go directly to Ipswich Rotary Club and be used to ensure that members can work together to continue to restore, renovate and build new projects for worthwhile local charities, (like the bike sheds at Alton Water for 'Bike Active').

Thank you in anticipation of your generous donation.

John

*John's message on the Just Giving page explaining why he's decided to do this fundraising challenge*

# ANNOUNCEMENTS

**EARLY BIRD FEE: £45 available until 31st August 2023. After 1st September: £50**

## District 1080 Conference 2023

Rotary



Friday 20th and Saturday 21st October

at The Cambridge Belfry, Back Lane,  
Cambourne, Cambridge CB23 6BW

### Programme

Friday evening:

Informal meeting in the Hotel Bar

Conference commences:

Saturday 0930 for 1000 Finish: 1630

Gala Dinner £40, black tie:

1830 for 1900 followed by a disco



Bob Maskall  
District Governor  
D1080

I invite you to  
join me at the  
District 1080  
Conference

Programme include speakers from:

- Royal Air Force Aerobatic Team, the Red Arrows
- Bipolar Partnership
- Rotary Young Musicians



Rooms are available via  
the Hotel **0330 107 1599**  
Single £119 and Double £131  
quoting 'Rotary Function'

**BOOK YOUR ATTENDANCE AT: [rotaryeastanglia.co.uk/conference-2023](http://rotaryeastanglia.co.uk/conference-2023)**

## TEN-PIN BOWLING!

Our next Fifth Tuesday event will take place on  
29th August at Tenpin Ipswich  
£6.50 for two full games and 50% off some drinks  
*Register via Wild Apricot. Partners welcome.*

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**



# 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 CALENDAR

Date	Event	Date	Event
15th August	Speaker meeting: <b>Jean McPherson - 1953: Felixstowe Floods</b>	9th September	German twinning: <b>Visit to Sutton Hoo</b>  Visit starts at 1:30pm, with a bespoke tour of the burial mounds at 3:00pm. Info and registration via Wild Apricot.
22nd August	Business meeting	11th September	<b>Line Dancing</b> evening at the Ipswich School of Dancing!  Simple fun evening, £5 per person, contact Steve Flory.
29th August	<b>Fifth Tuesday: 10 pin bowling at Martlesham</b>  Tenpin Ipswich, Gloster Road, Martlesham Heath, IP5 3RJ. 7:00pm start. Info and registration via Wild Apricot.	12th September	Speaker meeting: <b>TBC</b>
5th September	Speaker meeting: <b>TBC</b>	27th September	<b>Senior Citizen's Concert</b>  Volunteers needed, please contact Andy Lewis.
8th September	German twinning: <b>BBQ at Bill and Monica's</b>  Welcome event for our German guests, from 6:30pm. Info and registration via Wild Apricot.	7th December	<b>Rock 'n Roll Panto</b> at the Wolsey Theatre  Contact Lucy Trenchard if interested.
9th September	German twinning: <b>Visit to Suffolk Punch Trust</b>  Free guided tour by Barry Bloomfield at 10:30am. Info and registration via Wild Apricot.	TBA	Rotary literacy project at Stoke High School. Contact Toby Pound for more information.

## DUTY ROTARIANS AND LUNCH MENU

Date	Duty Rotarians	Menu*
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
5th September	John Hutton Bill Izzard	Breaded Cod Fillet served with chunky chips and drizzled pea puree
12th September	Dick Jeffery Neil Keveren	Pork Medallion with grilled tomato, mushroom, fat chips and peppercorn sauce

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.

\*Vegetarian option available upon request, please contact Lucy Trenchard at [lucinda.trenchard@gmail.com](mailto:lucinda.trenchard@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!

- **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.

## Ipswich East Sports Updates

By Allan Gosling

At present we have **clay pigeon shooting** on Saturday Mornings.

The **golf** knockout is at the semi final stage. Our golf day at Purdis was a few weeks ago.

We have **outdoor bowling** at Westerfeild on Friday Afternoons.

**Snooker** is available on Thursday mornings.

We hope to arrange a **beginners golf** afternoon very soon.

We also hope to arrange a try at **archery** and **croquet**.

If you wish to take part in any of the above please contact Allan via email: [a@allangosling.com](mailto:a@allangosling.com).

## 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)!

## The Bröckedde Stories

By Alexander Hoffmann

*Bröckedde is located in the heart of Germany - where the Rhine and Danube flow into the beautiful Bröckeddeesee. This is where RC Bröckedde meets in the Bröckedder Hof every Wednesday at 1:00 pm in the Salon Hindenburg.*

### Rotary Celebrities

Rotarian Friend Wurmteufel had been a loyal member of RC Bröckedde over the years, remained very committed and always attended Club meetings. One day he read that King Charles III was also a Rotarian. The news delighted him but also started a train of thought about those famous names that graced the Club's membership list but were now seen more often on the news, panel games and occasional chat show, rather than in the Salon Hindenburg.

Otto Wurmteufel was no celebrity but a respectable farmer, renowned for his magnificent cows and prize-winning fruit. His sweet apples were his highlight and so popular in Great Britain, that even Brexit had not affected exports; there was enormous demand for them as the premium quality ingredient for that legendary British pudding, apple crumble. They were fit for a King.

At the next meeting Wurmteufel had a grumble with President Pröpke, "Where are our celebs hiding themselves nowadays and why don't they every show up?"

Put on the spot, Pröpke coughed rather sheepishly, "Well, as public figures they are in huge demand everywhere and are under enormous time pressure, so we do make exceptions. However, it does look good that they still belong to us, sort of."

"Well, I may not be a public figure", replied Wurmteufel, "but I'm up every morning at 5:00 am for my cows, all my days are long ones, yet I still always find time for Rotary."

Friend Wurmteufel did know what he was talking about because during his time as President, he had a

bit of a run-in with the then Mayor or Bürgermeister. Once elected, he just stopped attending meetings, despite living opposite the Bröckedder Hof. One Wednesday lunchtime, Wurmteufel rang his doorbell and offered to hold his hand as they crossed the street. The same applied to three other members who achieved prominent local status. Wurmteufel eventually had all four of them removed from RC Bröckedde, which went down in Club annals as the "Wurmteufel massacre".

A few weeks later and having experienced all this background history himself, President Pröpke was astounded when Wurmteufel announced to him, that he could no longer find time for the Club.

"But why?" gasped the President.

"Charles has summoned me to London," came the reply.

"Who has?"

"The King has. I am to be knighted by him personally for services to Anglo-German relations and apple crumble."

"Otto, I'm delighted for you," uttered an even more surprised President Pröpke.

"Well actually, I'd prefer *Sir Otto* as the form of address in the future," remarked the newly pompous Wurmteufel and he handed his old friend a freshly printed business card sporting a stylised apple, a crown and 'Sir Otto Wurmteufel,' in bold italics.

Pröpke stared at the finely produced card as Wurmteufel turned to leave, "Sorry, must be off. We public figures are in huge demand everywhere and under enormous time pressure."



*Illustrated by Marcus Schäfer.  
Translated by Colin Gordon, RC Uppingham*

# PETS!



Thank you to everyone who sent me a photo of their beautiful furry creatures, and if you haven't yet, keep them coming!  
[iercnewsletter@gmail.com](mailto:iercnewsletter@gmail.com)

This is *Bailey*, an 8-year-old maltese belonging to Sandie and Ed Nicholls. Bailey loves walks, treats, and sitting on Ed's lap.



These are Bob and Jane Parker's *Harley* (recently adopted after the loss of their dalmatian, *Crypto Super Dog*) and *Ted*, both 5-year-old labs. They're inseparable, and, as you can see, *Ted* also enjoys napping in random places!

Introducing *Princess Tippiypaws*, one of Elizabeth Hughes' rescue cats, who's only 1.5 years old but had been bred at least twice before being adopted.

She's now a very spoiled cat who loves catnip flavoured Dreamies, tree climbing, hunting, and hanging out with her aunt Lucy Trenchard.



This lovely chap is called *Zig*, and he belongs to Lewis Tyler





Alan Forsdike writes: "I introduce *Sooty*, *Sweep* and *Soo*. They were 4-week old siblings when we discovered them living under a bush in our front garden 6 years ago - the kittens had been on their own for about six days; they were dehydrated and very hungry. *Sooty* is the most laid-back cat you could imagine - he rarely makes a noise whereas *Sweep* is a 'scaredy-cat' running off at the slightest sound. He is very vocal and loves to climb. *Soo* is their sister (yes, she looks very different). She is the friendliest cat I've ever known, she 'chirrup' to get attention and will go to anyone because she knows she is pretty and will be admired (and petted). She tolerates her brothers but woe-betide one of them who gets too close. *Sooty* and *Soo* will come if you call them - *Sweep* less so, but rattle a container of 'Dreamies' and they appear as if from no-where. They are all besotted with our daughter Rachel (and she with them) and will run to meet her on her arrival home.

Then we have *Tolly* - a very friendly Jack Russell terrier. *Tolly* is 16 years old, very deaf and rather stiff in her joints. We rescued her from a home where she was mistreated. A terrier she might be but she didn't go to school the day they covered hunting and doesn't have a clue. She'll stand and watch squirrels, rats and rabbits cross her path."



This is Steph Mackentyre and Steve Favell's *Ruby*, a 10-month-old puppy who's now gone kayaking for the first time at Flatford (though she still needs to grow into her life jacket) and who can boast about having been on air with Steph at BBC Suffolk, credited as 'Producer Ruby.'



This absolute cutie-pie (yes, I'm biased, but it's true) is our very own *Dana Scully-wag*, a 5-year-old border collie who loves going on adventures, be it hiking, kayaking, camping, or anything else we can come up with. She is obsessed with her frisbee, and becomes a 20-kilo lap dog in the evenings when we watch TV. Her favourite treats are fish, cheese, and carrots.





And that's it for today!

Just the usual reminder: 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](mailto:iercnewsletter@gmail.com)**

*The deadline to receive items for publication will be the Friday prior to the next issue (so for the next issue, that will be 1st September, since I'll be away for a week). Needless to say, I would be very grateful if members kept the deadline in mind for a timely publication of materials.*

