

# LOOKS EAST

The Newsletter of the Rotary Club of Ipswich East | 2023-24, Edition 8: 6th November 2023

## UPCOMING MEETINGS

Venue 16, Tuddenham Road

Tuesday 7th of November at 12:55pm  
**Speaker meeting: Kimya and Mark  
from CCiS - Cancer Campaign plans in  
Suffolk**

*Roast topside of beef, served with Yorkshire  
pudding, roast potatoes and seasonal vegetables  
D.R.: Toby Pound & Mick Rudkin*

Tuesday 14th of November at 12:55pm  
**Speaker meeting: Steve Runnacles -  
Wild Apricot refresher and Q&A**  
*Menu: Shepherd's Pie topped with cheesy  
mash, served with a selection of vegetables  
D.R.: Steve Runnacles & Peter Shepherd*

## 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:

**Geoff Ramsdale**

**Steve Flory**

**Bill Robinson**

**Liz Harsant**

**Ali Baldry**

**George McLellan**

## RECENT MEETINGS AND EVENTS

### Rob Dunger on the launch of a new Community Radio Station, Suffolk Sound

By John Hutton

The speaker on the 5th of September was Rob Dunger from Suffolk Sound, a new online radio station.

Located at Beach Street, Felixstowe, Suffolk Sound is a new radio station in the community with Suffolk at the very heart of everything they do.

Rob went on to say, "We are a not-for-profit organisation, providing media access to local news, issues and interests."

Quoting directly from their website Rob said, "Our mission statement is: To promote active community involvement in regeneration and social inclusion and to enhance diversity and quality across Suffolk through the use of community radio as a tool for cohesion, expression and skills development." He added that anyone with an interest in radio presenting would receive training in media skills by industry professionals.

For those of you who want to listen or get involved,



Suffolk Sound is broadcast online and you can download the app from [suffolksound.com](http://suffolksound.com)

*Note from Editor: After requesting this write-up for a long time, it turned out it had been sent on time, just to the wrong email address due to a typo! Luckily, the mistake was finally sorted and we have the report. Thank you, John! Only one missing now! - Editor Eva*

### 5th Tuesday - Halloween Special at Playford Village Hall

By Lesley Dolphin

The 5th Tuesday in October fell on Halloween, and so the club marked the night with a spooktacular event at Playford Village Hall. Over 40 members, partners and friends gathered to hear Town Guide Martin Tuffs give a virtual tour of Ipswich in photographs along with a few ghostly additions.

Supper was bread and local cheeses supplied by Suffolk Farmhouse Cheeses (<https://www.suffolkcheese.co.uk/>) and people brought their own drinks!

To mark the occasion, there was a hotly contested pumpkin carving competition with at least 10

entries. The guest speaker, Martin, kindly agreed to be the judge and eventually chose Eva Alcerreca's pumpkin as the winner.

Several members were also wearing their favourite Halloween outfits which added to the great atmosphere on the night!

I just want to say thank you to all who came along and made it such a fun evening - I've also thanked the service committee members who helped set up the hall and with the washing and clearing up.

The next 5th Tuesday is in January - so watch this space! [Photos on next two pages]









## ROLLING CALENDAR

Date	Event
7th November	Speaker meeting: <b>Kimya and Mark from CCiS - Cancer Campaign plans in Suffolk</b>
14th November	Speaker meeting: <b>Steve Runnacles - Wild Apricot refresher and Q&amp;A</b>
21st November	Speaker meeting: <b>Paul Sergeant and Matt Brinkley - New therapy and sensory Gym</b>

Date	Event
28th November	Business meeting
7th December	<b>Rock 'n Roll Panto</b> at the Wolsey Theatre - Dick Whittington and his Cat  Registration is now closed, but if you're interested in attending, please contact Lewis Tyler.

## DUTY ROTARIANS AND LUNCH MENU

Date	Duty Rotarians	Menu*
7th November	Toby Pound Mick Rudkin	Roast topside of beef, served with Yorkshire pudding, roast potatoes and seasonal vegetables
14th November	Steve Runnacles Peter Shepherd	Shepherd's Pie topped with cheesy mash, served with a selection of vegetables
21st November	Lucy Trenchard Martin Westlake	Breaded cod fillet, served with chunky chips and a drizzled pea puree
28th November	Ray Walters Martin Whitworth	Chicken and mushroom pie, served with mashed potato and seasonal 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.

\*Dietary requirements/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!

- **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)!

## MISCELLANEOUS

### Stay Connected

In this age of technology, we have no excuses to not stay in touch, so if you're a smartphone user and are, for some reason, not aware of the Club's WhatsApp groups, this message is for you.



We have two WhatsApp groups: one is called 'Keep smiling Ipswich East,' where we share light-hearted comments and jokes, and is used for general chit-chat. The other group is called 'I E Rotary Rapid Response,' which is intended to be used to organise logistics for activities, get in touch in case of emergencies, or when a request is made that requires a quick response (hence the name).

If you're interested in joining either group, or both, please get in touch with Lucy Trenchard, Alan Forsdike, or Eva Alcerreca, who can sort that out for you.

# Ipswich East Rotarian friends raise over £2k to provide cancer support to people in Suffolk

By All About Hearing

A local, family run hearing care company has heralded their latest fundraising event a “big success” after organising the charity quiz night in Ipswich.

New audiology business, All About Hearing, which is run by Ipswich East Rotarian Karen Finch and her son Matthew Coward, hosted their Charity Quiz in Ipswich on Sunday 15th October 2023. Presented by past President of Ipswich East Rotary, Mark Murphy MBE, the evening was organised to help raise money for Cancer Campaign in Suffolk. Supported by over 170 guests, the evening's final fundraising tally stood at just over £2,000.

Karen Finch, who is Lead Audiologist for All About Hearing said: “I cannot thank enough everybody involved with this event, including our attendees, generous local businesses who have donated money or prizes, or our special helpers on the night.”

Mark Murphy, who is also the new CEO of Cancer Campaign in Suffolk was thrilled with how the event went: “I am absolutely bowled over by the amount raised and this money will help support more cancer patients in Suffolk with complimentary therapy and counselling. It will also go towards our education programme which makes people aware of the signs of cancer to look out for and how best to look after themselves to prevent it.”

I'd especially like to thank all the team at All About Hearing for choosing to help us support cancer patients.”

All About Hearing, which has clinics at Gilmour Piper and Two Rivers Medical Centre in Ipswich has plans for further fundraising events in the New Year.



*The All About Hearing Quiz was attended by over 170 guests. Quiz Master Mark Murphy*



*'The Famous Five' - the last place team in the All About Hearing Quiz, led by broadcaster Lesley Dolphin (back left of photo)*



*Karen Finch (far left) and Matthew Coward (far right) from All About Hearing, with the winners of the Charity Quiz Night: 'Minus One'*



# A thank you from Lighthouse Women's Aid

## Lighthouse

Lighthouse Women's Aid  
238 Felixstowe Road  
Ipswich  
IP3 9AD

t: 01473 220 770

e: [admin@lighthousewa.org.uk](mailto:admin@lighthousewa.org.uk)

Mark Murphy  
Ipswich East Rotary  
[mark@markmurphymedia.co.uk](mailto:mark@markmurphymedia.co.uk)

27<sup>th</sup> October 2023

Dear Mark,

Thank you very much to you and all the members Ipswich East Rotary for your generous donation of £1,000 that was given to Lighthouse in July. Donations like these really do help Lighthouse ensure that we are able to provide the support that is so desperately needed.

As you know Lighthouse is a local, independent charity and in the current situation it is a huge challenge to ensure we are there to provide the support that is so desperately needed. Support from local businesses, community groups and individuals, are vitally important to enable Lighthouse to sustain and develop our services not just now but in the coming months and years.

Here in Suffolk and the UK as a whole we are still seeing an increase in victims of domestic abuse. In July/August this year we supported 450 women through our Women's Centre. Our Families & Children's Worker is providing support that the children also so desperately need to help them recover, this includes groups sessions with mum and also one to one sessions, so that the child can explore and express their feelings. Our Community Worker continues to establish links with other organisations to ensure we are reaching those who find it more difficult to make contact. Our Refuge continues to see a steady flow of women and families arriving who need safe emergency accommodation.

We also provide Domestic Abuse Awareness training and consultancy for business, agencies and charities, this work is hugely important so that everyone is aware of domestic abuse, what it is, the signs and very importantly how to react to a disclosure and where to sign post. Our healthy relationship programmes, which are delivered in schools, ensures that children and young people can recognise the difference between a healthy and unhealthy relationship.

Thank you again for your valued support, we take great pride in our mission and accomplishments, and with your help we can continue to support those in need.

Yours sincerely

*Deborah Johnson*

Business Coordinator  
Deborah Johnson

*Over 45 years providing safe and supportive refuge*

Advice Line: 01473 228270

[www.lighthousewa.org.uk](http://www.lighthousewa.org.uk)

Registered Company No. 3532428. Registered in England  
Registered Company Address: Fitzroy House, Crown Street, Ipswich, IP1 3LG  
Registered Charity No. 1069296 – Affiliated to Women's Aid Federation England



# 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 1:00 pm in the Salon Hindenburg.*

## Good times, bad times

For as long as could be remembered, there had been an unofficial Rotarian law of equilibrium; members who had registered for a meeting but didn't attend were balanced out by those who had not registered but did turn up. Lately however, something had gone awry and until meetings actually started, no one had any idea who and how many attendees there would be. So much so that the Bröckedde Hof's long suffering manager took President Pröpke aside and demanded change.

"No one in any hospitality business can manage not knowing how many to cater for, so unless things improve, we will not be able to continue hosting Club meetings in the Salon Hindenburg", he said quietly to the shocked President. It was quite a bombshell.

At the next committee meeting dear old Pröpke shared the dire news, "Our members just don't seem to be able to commit anymore. Whenever I issue invitations all I get for answers are Maybes, or Don't knows, or Wait and see". Treasurer Knödler was equally frustrated by everyone wanting to keep their options open, particularly when cancellations came in by WhatsApp after a meeting was underway. It was amazing how many members suffered from sudden toothache or had rich aunts in need of a visit, "It's as bad as the weak excuses the railway makes for why trains are cancelled", he complained.

"It's just got to stop", declared the President decisively and invited a fellow member to take up the reins. Now the member in

question was the Chief Prosecutor at Bröckedde's High Court and had a ferocious reputation. Friend Hammerzahn set about his task with verve and vigour. Acceptances to attend meetings were now subject to contract law with appropriate fines in the event of any breaches and the threat of incarceration for repeat offenders.

Needless to say, the rank and file members were so shocked they just stayed away, leaving the President in something of a dilemma but he hatched a cunning plan. "I'm going to give them a little lesson in etiquette and the good manners of reliability and commitment", he murmured to a puzzled Treasurer.

An announcement duly followed; in four weeks' time, RC Bröckedde would host a visit from the glamorous star of the hugely popular TV series "Good Times, Bad Times", Gunhilde Zehenlaub. As a further treat, the President let it be known that there would be a Tombola, with 5 minutes of fame as the top prize as the winner would make a guest appearance on the show. However, the wily old President was playing everyone along, this was false news, alternative facts or just plain porkies.

Almost the whole Club registered enthusiastically for the meeting. The only exception was the Club's intellectual, Professor Dr Krümelein, who sent in his disdainful apologies.

On the evening of the meeting, the excited members waited expectantly in the Salon Hindenburg and waited and waited. Eventually the President rose to his feet, rang the Club's Rotary bell and said, "Well that's a shame and she didn't even cancel".

*Illustrated by Marcus Schäfer.*

*Translated by Colin Gordon, RC Uppingham*



# Rotarian John Norman Challenge

By Ian Rossiter (Ipswich RC)

This past week John gave the following update on Progress:

When my oncologist informed me that my cancer had returned, despite having my stomach removed, I suggested taking part in the 100 day challenge. I suggested that I would try and cycle everyday for 100 days, but he forewarned me that I would struggle, not with the cancer but with the effects of the chemotherapy. Towards the end of the challenge, he was proved right, some days I was feeling so ill I was reluctant to get up, and certainly didn't want to go outside. But cycle to the gym I did, and on Friday 27th October I achieved 100 continuous days.

The worst days cycling were actually the 19th and 20th October, during storm Babet, which brought continuous rain from dawn to late evening. I risked cycling in the rain and added the day to my total.

Amazingly, and to my complete surprise I have raised £10,000, way beyond the couple of hundred I expected (thank you). To be added to this total is a further £800 gift aid, and this grand total from less than 200 supporters (each of whom has been incredibly generous).

The problem now is decisions on the project

(or projects) to which Rotary can contribute. I'm dreaming of a building, something like the shed at Bike Active, a project to which a number of Rotarians can contribute. Ideally the charity should contribute some 50% of the cost of the basic structure but all of this is negotiable, we just need a suitable lead.

President David Clements suggested at the start of 2023 (Ipswich Rotary Club's 100th anniversary) that each Rotarian undertook 100 fundraising activities, it mattered not what the challenge involved, how similar each was or how difficult, just participate to mark the 100th anniversary. There is still time to contribute.

Again, a massive thank you to family, friends, colleagues and fellow Rotarians for their contributions.

John

If you have yet to make a contribution and would like to do so then the link to John's Just Giving page 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!



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 17th November).*

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

STAY PAWsiTIVE!



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