

LOOKS EAST

The Newsletter of the Rotary Club of Ipswich East | 2023-24, Edition 9: 20th November 2023

UPCOMING MEETINGS

Tuesday 21st of November at 12:55pm
Speaker meeting: Paul Sergeant and Matt Brinkley - New therapy and sensory Gym

Menu: Breaded cod fillet, served with chunky chips and a drizzled pea puree
D.R.: Lucy Trenchard & Martin Westlake

Tuesday 28th of November at 12:55pm
Special Annual General Meeting

Menu: Chicken and mushroom pie, with mashed potato and seasonal vegetables
D.R.: Ray Walters & Martin Whitworth

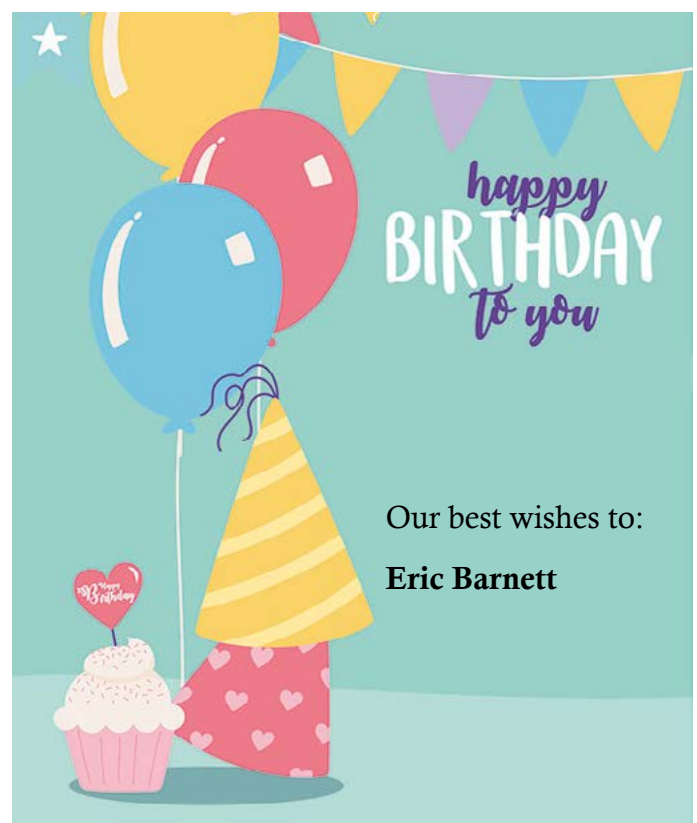
Venue 16, Tuddenham Road

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

Mark Murphy: Cancer Campaign in Suffolk

By Toby Pound

On Tuesday 7th November, the Club was delighted to have as “guest” speaker our very own Mark Murphy talking about his new role as CEO of Cancer Campaign in Suffolk.

After 33 years presenting shows on BBC Radio Suffolk, Mark said he was really excited to be facing a new challenge leading CCiS, whose mission is to focus on life before, during and after cancer, educating the local community about the signs and symptoms before a cancer diagnosis, supporting cancer patients during treatment and providing follow-up assistance and wellbeing programmes thereafter.

CCiS is now based in a splendid period building in St Margaret’s Street, just below Christchurch Mansion, from where its team of counsellors and experts provide advice, support and wellbeing. Referrals to the charity mainly come from Ipswich Hospital.

Mark highlighted several of the challenges currently facing CCiS. Although the charity has been in existence for 25 years, public awareness of its valuable role within the local community needs to be raised. There are plans to rebrand as Cancer Support Suffolk. Raising funds both to support cancer patients and to run the charity’s premises and administration is a constant challenge, as is



raising awareness of the signs and symptoms of cancer, particularly among the male population who seem to be much less willing to take advantages of CCiS’s services.

At this point, Mark handed the microphone to Mick Rudkin, who bravely recounted his own experience as a cancer patient and emphasised the need to seek early treatment wherever possible.

As one would expect from a seasoned professional, Mark’s presentation was eloquent, polished and informative, and President George gave the vote of thanks.

AROUND IPSWICH

Wolsey RC Open Evening

By John Wilkinson

The next meeting at IIBC on Monday the 27th of November will be a special open evening for us to meet “THE MEN WHO BUILT THE ORWELL BRIDGE”: Charles, who was the chief structural engineer, and Howard, who was the chief electrical engineer, will give an illustrated,

informative and amusing talk on the building of the Orwell Bridge.

This is a great opportunity to invite friends, anyone you know connected to the construction industry, and prospective members. Invite them now-- numbers to me by the 23rd, please, at j.wilky@ntlworld.com.

Members of the other local clubs are specially invited, with a 2 course dinner + coffee for £16.00.

ANNOUNCEMENTS



New year, new venue!



As of the 2nd of January, our Club Meetings will take place at the
Ipswich and District Indoor Bowling Club
(136 Rushmere Road, IP4 4JU)

Booking system will remain via *Wild Apricot*

ROLLING CALENDAR

Date	Event	Date	Event
21st November	Speaker meeting: Paul Sergeant and Matt Brinkley - New therapy and sensory gym	8th December	Inner Wheel Christmas Lunch - Ipswich and Suffolk Club, two-course meal, £30 per person, more information and booking: sandie.manning@btinternet.com
28th November	Business meeting and AGM	12th December	Orwell Challenge Launch - information and booking via Wild Apricot
5th December	Speaker meeting: Glenda Price - Stowmarket Sugar Craft Club, raising money for St Elizabeth Hospice at Christmas	19th December	Christmas lunch - information and booking via Wild Apricot
7th December	Rock 'n Roll Panto at the Wolsey Theatre - Dick Whittington and his Cat Registration is now closed, but if you're interested in attending, please contact Lewis Tyler.	26th December	No meeting

DUTY ROTARIANS AND LUNCH MENU

Date	Duty Rotarians	Menu*
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
5th December	Eva Alcerreca Juliette Adams	Pork medallions, served with grilled tomato, mushroom, fat chips and peppercorn sauce
12th December	Tony Baker David Atkins	Pasta bolognese, served with grated parmesan cheese and red onion and rosemary bread
19th December	Chris Banham John Barbour	Traditional roast turkey, served with Yorkshire pudding, roast potatoes and seasonal vegetables, followed by dessert of Christmas pudding or fruit salad (please let Lucy know by email which dessert you would prefer).

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

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

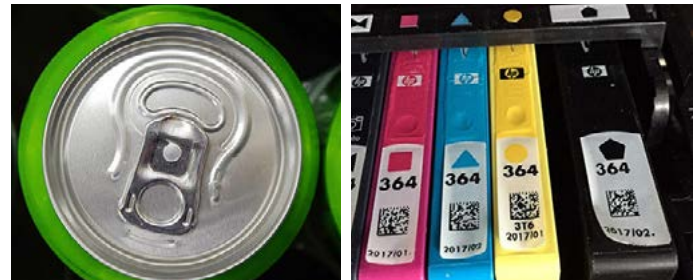
people involved should already be in the loop of what's happening. If you want to take part, contact Andy Lewis.

- **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.

Happy birthday, Liz!

By Eva Alcerreca

Liz recently celebrated her birthday, and it being a 'big' one, she decided to mark the occasion with a proper birthday bash at the Ipswich and Suffolk Club, which included food, drinks, entertainment (in the form of a magician who had all those present wondering how on Earth he did it), and live music... in short, everything you would expect from our fun-loving friend.

It was a fantastic night, and I'm sure I speak for everyone in the Club when I say that we wish you many more happy returns, Liz!



No one can argue with that!



Liz cutting the cake along with her daughter Samantha (left) and friend, all of them sharing the same birthday!



The card signed by one President George used for a magic trick, which left everyone baffled!

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

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 December).

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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