



# LOOKS EAST

The Newsletter of the Rotary Club of Ipswich East | 2023-24, Edition 11: 18th December 2023

## UPCOMING MEETINGS

Tuesday 19th of December at 12:55pm

### Christmas Lunch

*Menu: Traditional roast turkey, served with  
Yorkshire pudding, roast potatoes and seasonal  
vegetables, followed by dessert*

*D.R.: Chris Banham & John Barbour*

Tuesday 2nd of January at 12:55pm

### Speaker meeting: Carrie Baker, from Fresh Start - New Beginnings

*Menu: Roast duck, served with roasted new  
potatoes, bacon and seasonal vegetables*

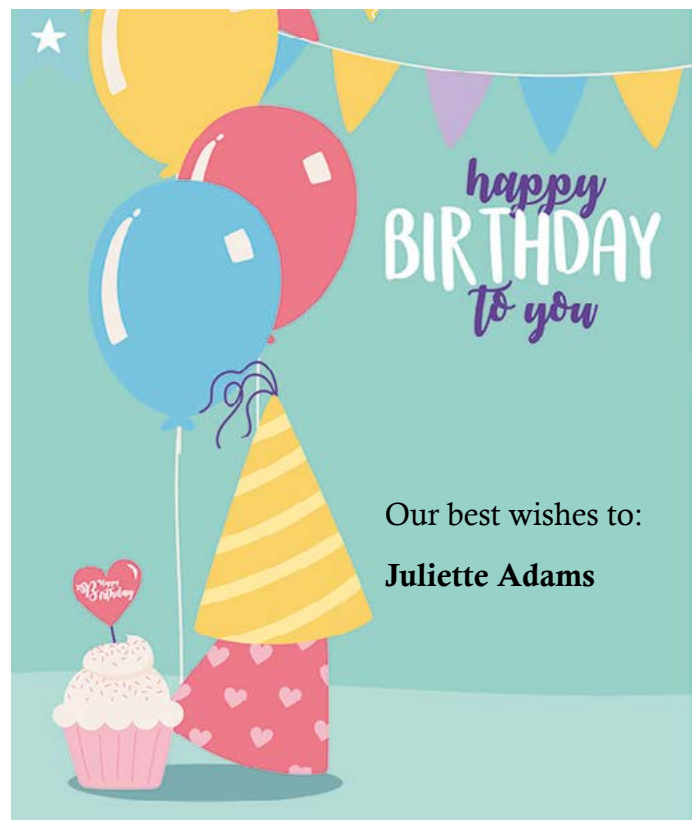
*D.R.: John Button, Graham Bickers  
& Steve Flory*

## 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     |

## ON THIS ISSUE...

|                               |    |
|-------------------------------|----|
| Recent meetings and events    | 2  |
| Around Ipswich                | 5  |
| Announcements                 | 7  |
| Rolling calendar              | 12 |
| Duty Rotarians and Lunch menu | 12 |
| Upcoming projects updates     | 13 |
| Ongoing collections           | 13 |
| Miscellaneous                 | 13 |



## RECENT MEETINGS AND EVENTS

### A success story! Glenda Price, from Stowmarket SugarCraft Club

By Juliette Adams

As we arrived on 5th December our eyes were drawn to a large number of Christmas cakes on display. How attractive they looked. Several of us were able to look more closely at the cakes: they were skilfully made with great attention to detail. The cheeseboard cake particularly caught my eye. After our delicious lunch, Glenda Price of the Stowmarket SugarCraft Club told us that all the Christmas cakes on display had been made by members of her SugarCraft Club. 'SugarCraft' was a new word for many of us. Glenda explained that sugar is the basis for all of the decorations on their Christmas cakes. Club members only make Christmas cakes. Their aim is to raise money for St. Elizabeth Hospice. Since 2019 the club has raised £31,147. for the hospice. What an achievement!



The idea for selling Christmas cakes to benefit the hospice started in 2019 when Glenda approached the hospice shop in Stowmarket to see whether they would be willing to display some of her Christmas cakes in the window. They responded positively. One of the things that motivated Glenda is the fact that her husband regularly uses the hospice as he has a life limiting problem. Sales were such that other club members started making Christmas cakes to be sold at the hospice shop.

There are 15 members in the club (including two men). Early on Glenda was approached by a businessman who told her that it would be good financially if the project had a sponsor. The upshot was that Preton of Woolpit became their sponsor. In taking this on, Preton agreed that every pound which the SugarCraft Club earned would be matched by Preton.

Glenda reckons that 130 more Christmas cakes will be sold this year. Cakes are kept in the shop for two weeks after a person has paid for a cake.





Because the cakes are wrapped all ingredients must be listed. Donations are given by the public as cash or ingredients. A local farmer is providing eggs for the cakes. Social media is used to promote cake sales.

It was very inspiring to hear about the SugarCraft Club's achievements under the capable leadership of Glenda Price. After the talk members made a beeline to buy the Christmas cakes. Our Inner Wheel visitors also bought cakes.



*Photo by John Hutton*

## Orwell Challenge 2024 Launch

By Jo Banthorpe



Last Tuesday saw an extremely well supported and successful launch of The Orwell Challenge '24, hosted by our resident MC Mark Murphy. This is to be the 47th such event, with the website now open for registration, offering discounts for early bird bookings (before 29th February).

An almost at capacity audience of Rotarians and guests were shown a presentation video of the USPs and highlights of this and previous Challenges. Representatives of the main sponsor, MCP plc, were introduced as well as many of the other sponsors who were also in attendance.



A number of guests were representatives of charities who have previously supported the event, either by walking or running, or who have been beneficiaries of funds raised. These included EACH, Emmaus, CCIS, Lighthouse, and many others.

We heard that over 900 participants took part in 2023 despite the soaring temperatures that day, and it is hoped that 2024 will be another resounding success. Claire from Emmaus described how the event has enabled their charity to raise much-needed funds and promoted a strong feeling of teamwork and community amongst their supporters.

Sponsors and charity representatives were all presented with a goody bag of Orwell Challenge merchandise to round off their launch experience - in no way as a bribe to participate again in 2024 - we're sure they're well and truly committed!





## Inner Wheel Christmas Dinner

By Catherine Forsdike

On Friday 8th December members of Ipswich East Inner Wheel and guests gathered at the Ipswich and Suffolk Club for their Christmas Dinner. There was good conversation and a lovely traditional turkey dinner.

A raffle with superb prizes raised £115.

President Sandie created a challenging quiz comprising 25 questions. The winner scored 13 points!

Her daughter Katie made gingerbread men and reindeer which were given to the guests at the end of the evening.





## Inner Wheel and the Salvation Army hostel

Members of Inner Wheel have been creating gift parcels for residents at the Salvation Army hostel. Sandie is pictured presenting 24 parcels to Captain Andrew Jarrold.



## Rotarian John Norman receives Freedom of Ipswich

On Wednesday 15th November 2023 John was given the Freedom of Ipswich at a Special Meeting of the Ipswich Borough Council. Ipswich Rotarian John Norman was made Honorary Freeman of the Borough of Ipswich. Previous persons given this honour have been Bobby Robson, Lord Kitchener and Admiral Lord Nelson. Speaking at the event, the Mayor of Ipswich, Councillor Lynne Mortimer and others, described John as an “Ipswich icon”, who had spent much of his time in the town promoting and safeguarding its history.

On leaving school in Burton-on-Trent aged 16, John decided to make the construction industry his career of choice, a decision that in time saw him move to Ipswich in 1979, where he joined Suffolk College, initially as a lecturer and later as Head of Construction. Outside of his professional life John sat on several Suffolk and Ipswich oriented boards and committees and has been an assiduous researcher and of Ipswich’s history, writing some two hundred articles on ‘Ipswich Icons’ in local newspapers. As a long-time member and Chairman of the Ipswich Society John can often be heard on the local radio or television giving the Ipswich Society point of view on local issues.

John, together with his wife Christine has shared their home, life, and experiences with numerous

foster children, while John himself has been involved with countless youth groups including the Scouts, Duke of Edinburgh Awards, and Operation Raleigh.

Joining the Rotary Club of Ipswich in 1999, John has always been a strong proponent of “hands-on” Rotary, particularly in the fields of Youth and Community projects – witness, amongst many other activities, the erection and maintenance of “Bike Active” sheds at Alton Water. For his contributions to Rotary and the community in Ipswich, John was given recognition as a Paul Harris Fellow in October 2016.

More recently, following the diagnosis of his having terminal cancer, and as part of Ipswich Rotary’s centenary celebrations, John set himself the target of cycling every day for 100 days. Notwithstanding his being in hospital for treatment during this time, and the ravages of Storm Babet, John kept up his challenge, even cycling round the hospital car park, until he had successfully completed his target. In the process on undertaking this personal challenge John raised over £10,000. A truly inspirational Rotarian who in both his professional and personal lives embodies the Rotary credo of “Service above Self”.



# ANNOUNCEMENTS

## NHS-funded online mindfulness course for Rotary members

By Raechel Schoder

I am contacting you in the hope that you are able to spread the word of a free NHS online mindfulness course to your members, or anyone personally you know who will benefit.

We have now run for 3 years, 3 courses a year and have had many Rotary participants from Suffolk, many of whom have attended a second time.

We are delighted to have now received funding from NHS East and West Suffolk Clinical Commissioning Groups and Suffolk Community Foundation to provide free online mindfulness courses to support older adults aged 65 and over and carers and former carers living in Suffolk.

The Gatehouse Charity is offering an online mindfulness course that is fully funded to support older adults (over 65) and carers or former carers in

Suffolk. The course is led by a clinical psychologist who is also a mindfulness teacher.

The course is based on the mindfulness-based stress reduction course developed by John Kabat Zin but has been adapted for these populations.

We have had really good feedback from participants, and we have found that it improves peoples' attention and memory, as well as reducing loneliness, low mood, stress, anxiety and chronic pain. We have also worked with memory clinic patients in the NHS, and it has been shown to improve memory functioning in people in the early stages of dementia, mild cognitive impairment, or people suffering from carer stress. Many participants have found it simply helps them deal with day-to-day stresses.

We currently have courses running on 8th or 31st January 2024 which involves a weekly meeting via Zoom for 1.5 hours for 6 weeks.

**Free NHS fully funded  
online mindfulness course**

Places are free but limited to around 15.

*Raechel Schoder  
Clinical Research Assistant  
Gatehouse-Caring in East Anglia*

**Course length**  
6 WEEKS

**Start date**  
8th January 2024

**When?**  
EVERY Monday VIA ZOOM

**What time?**  
10-11 am - MINDFULNESS FOR  
CARERS AND FORMER CARERS  
(AGED 65+)

## Would you like to learn about mindfulness?

Mindfulness has been shown to:

- Improve sleep, de-stress and reduce anxiety and depression.
- Combat feelings of loneliness
- Improve memory, attention and concentration
- Help relieve chronic pain

**All courses led by a clinical psychologist**

To find out more and to book, visit:  
[www.the-mindful-life.com](http://www.the-mindful-life.com)





**Free NHS fully funded  
online mindfulness course**

**Course length**  
6 WEEKS

**Start date**  
31st January 2024

**When?**  
EVERY Wednesday VIA ZOOM

**What time?**  
2-4 pm - MINDFULNESS FOR LATER  
LIFE  
(AGED 65+)



## Would you like to learn about mindfulness?

Mindfulness has been shown to:

- Improve sleep, de-stress and reduce anxiety and depression.
- Combat feelings of loneliness
- Improve memory, attention and concentration
- Help relieve chronic pain

**All courses led by a clinical psychologist**

To find out more and to book, visit:  
[www.the-mindful-life.com](http://www.the-mindful-life.com)



# TRIANON MUSIC GROUP

Trianon Choir and Symphony Orchestra  
Leader: Steve Browne

## New Year's Musical Revels

Conductor: Emeritus Professor Christopher Green OBE

From Wassailing to Waltzing, Medleys to Marching  
A programme of popular music to lift the spirits

**Saturday 6 January 2024, 7.30pm**  
**Ipswich Corn Exchange**  
**King Street, Ipswich IP1 1DH**

Tickets from £12, concessions from £11, students and U16s from £6 (incl. a £1 per ticket booking fee)  
[www.ipswichtheatres.co.uk](http://www.ipswichtheatres.co.uk), telephone: 01473 433100

Trianon Music Group is a member of Ipswich Arts Association and Making Music  
Reg charity no. 276715  
[www.tmg.org.uk](http://www.tmg.org.uk) • [Trianon Music Group](https://www.facebook.com/TrianonMusicGroup) • [@AtMusicTrianon](https://www.instagram.com/AtMusicTrianon)

Sponsored by:  



# The Orwell Challenge

23rd June 2024  
47th year

- Walk or run along the beautiful Orwell estuary
- Support our charity work and raise funds for your chosen charity or good cause if you like
- Walk between 3 and 25 miles
- Run a validated trail marathon and half marathon

[www.orwellchallenge.co.uk](http://www.orwellchallenge.co.uk)



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Ipswich East Rotary Club Registered Charity No. 1088961

Organisers

**Rotary**  
Club of Ipswich East



 **ShelterBox**  
**CHRISTMAS CAROL  
CONCERT 2023**  
Featuring the Ingleheart Singers,  
Suitcase Singers, and The Clams  
**Tuesday, 19th December**  
7pm - 9pm, doors from 6.15pm  
Truro Cathedral  
*With special guest Fern Britton*

# JOIN OUR CAROL CONCERT VIA LIVESTREAM

You and your Rotary club members are warmly invited to join us online for the ShelterBox Christmas Carol Service.

Get into the festive spirit at this special event in aid of our work, taking place on **Tuesday, December 19th at 7pm** at Truro Cathedral. Please join us on the Livestream using the link below (in person tickets are now sold out). You will hear songs from two fantastic choirs, The Suitcase Singers and Ingleheart Singers, and from The Clams, a sea shanty group.

[Join us using this link](#), ready for 7pm on the night.

**BOOKMARK THE LIVESTREAM PAGE**



CELEBRATE THIS HOLIDAY SEASON IN TRUE ROTARIAN STYLE  
WITH OUR VERY OWN ORWELL CHALLENGE BEER!  
BREWED BY THE FAT CAT. THIS THREE-BER PACK MAKES A GREAT GIFT.  
SO GET YOURS WHILE SUPPLIES LAST!



£15  
per pack

Contact Jem Doncaster at  
[jem.doncaster@sky.com](mailto:jem.doncaster@sky.com) to get them.

# 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  |
|---------------|--|--------------|--|
| 19th December | <b>Christmas lunch</b> - Last meeting at Venue 16  | 6th January  | <b>Trianon Music Group: New Year's Musical Revels</b> - Ipswich Corn Exchange, 7:30 (see advertisement for more information)       |
| 26th December | No meeting   | 9th January  | <b>Speaker meeting: An update from Kat Mead, independent children's physiotherapist</b> - information and booking via Wild Apricot |
| 2nd January   | <b>Speaker meeting: Carrie Baker, from Fresh Start - New Beginnings</b><br><br><b>NEW VENUE!</b> Remember that from this date onwards, we'll be meeting at the Ipswich and District Indoor Bowling Club. Booking as usual via Wild Apricot | 14th January | <b>Annual Walk and Brunch to celebrate Inner Wheel Day</b> - Hill Farm Tuddenham. More information in the next newsletter.         |

## DUTY ROTARIANS AND LUNCH MENU

| Date          | Duty Rotarians                               | Menu*  |
|---------------|--|--|
| 19th December | Chris Banham<br>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). |
| 26th December | NO MEETING                                   |  |
| 2nd January   | John Button<br>Graham Bickers<br>Steve Flory | Roast duck, served with roasted new potatoes, bacon and seasonal vegetables  |
| 9th January   | Jem Doncaster<br>Des Cunningham              | Hunters chicken with chips and salad   |

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!

- **FIND CHRISTMAS PARCELS** - we still don't have clear dates/times for this, as is usually the case, but if you can help, please 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 anyv 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



John Button ran into a very famous personality at the Rudolph Santa run on Tuesday night, and we hear he's hoping to be on the 'nice' list this year!



# Update about the Forsdikes

As you know, Alan and Catherine have endured rather trying circumstances the last week or so. They are looking forward to returning home this weekend 9 days later than intended thanks to Alan's unfortunate accident whilst they were on holiday. The care they have received in the Aga Khan University Hospital has been exemplary.

Alan and Catherine are very grateful for the many messages of concern and support they've received in this difficult time.

For the first time for over 40 years, Alan has not designed and printed their own Christmas card which they usually distribute to 200 people.

This year, they will be making a donation to Suffolk Refugee Centre in recognition of the great help received from the centre for someone who they have been able to help as a family.

This person made the perilous journey to the UK to escape persecution (and torture) for being a Christian. Fifteen months on he is still waiting for his asylum application to be processed.

Alan and Catherine wish you all a very Happy Christmas and a peaceful New Year.



BEST HOLIDAY  
WISHES FROM

Eva Alcerreca  
David Chittick  
Jem Doncaster  
Andy Lewis  
Ian Lord  
Bill Robinson  
Lewis Tyler

In lieu of Christmas cards, you can make a donation to the Benevolent Fund and add your name to this list.

A festive holiday-themed graphic with a dark wooden background. It features pine branches, pinecones, a lit candle in a small jar, cinnamon sticks, and a small gift wrapped in brown paper with a red ribbon. The text is overlaid on the image.



# 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.*

## **Christmas with Murphy**

Friend Müllermaus felt disappointed as his well prepared talk on the legendary US engineer, Edward A. Murphy, kept on being postponed. It was Murphy that christened his famous maxim “Anything that can go wrong, will go wrong”, which is now known all over the world as Murphy’s Law.

The reason for the postponements was ongoing discussion which had become heated debate within RC Bröckedde on a matter regarded as much more important; namely, the question “Round or serrated?” in relation to the shape of homemade Christmas biscuits to be donated to St Eulalia’s Children’s Home.

The rounded group claimed to be personalities at peace with themselves and therefore best able to help the needy whilst the serrated supporters argued that a sharper profile qualified them to help the little ones all the better. The argument had started early in the autumn and there was no end in sight as December began and Christmas was no longer far off. It was up to President Pröpke to resolve the issue. At the next Club meeting he announced, “We will bake biscuits which are round on one side, serrated on the other and finished with the Rotary Wheel”.

All the Bröckedde Rotarians were satisfied and set about the task with new enthusiasm. Investment banker Munzinger even travelled across from his Wall Street office saying (with typical arrogance), “It

was such a nice change to be doing such a simple, low profile project.” Needless to say, the project did not turn out to be so simple because none of the members had a clue about baking and it was all to be done in Friend Wüstenzwickel’s new hi-tech kitchen, with an oven linked to artificial intelligence.

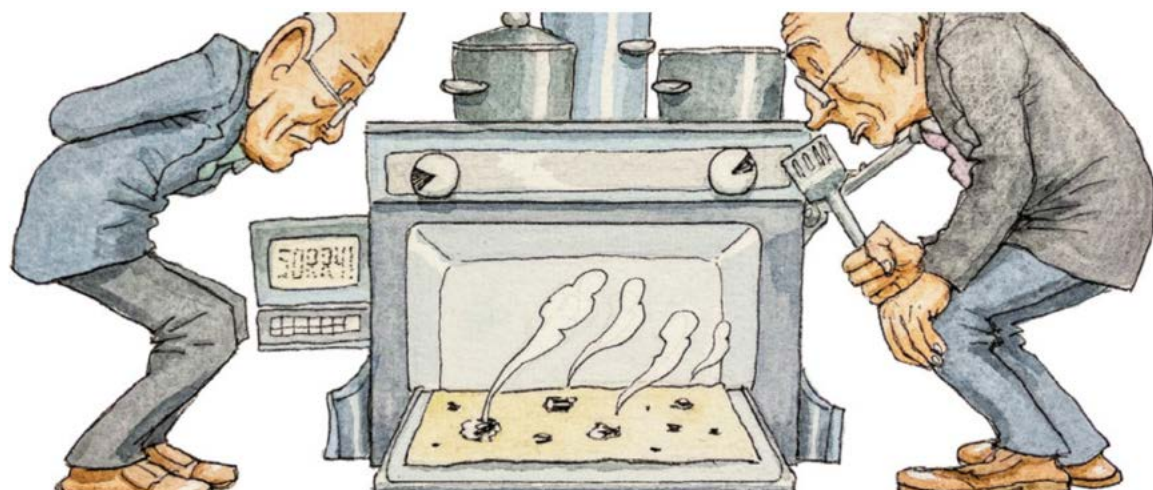
Despite the promise of the oven doing everything by itself once the recipe had been dictated to it, the first biscuits were as hard as bricks. Adjustments followed but the result was worse; floppy things that looked like misshapen, yellow jelly babies with Rotary Wheel navels. As a good host, Friend Wüstenzwickel, ordered his AI oven to sort itself out, turned on some Christmas Carols and served up some Moldovan champagne he had recently acquired.

The third load did at least taste good and the consistency was about right as well. However, the Rotary Wheel looked distinctly punctured. A message then came up on the oven’s screen with an apology for performing so poorly due to such erratic instructions and confirmed that it had just placed a large order for special Christmas cookies with Bröckedde’s best baker.

At their next meeting, the Bröckedde Rotarians did their best to recover their normal poise and good humour before Friend Müllermaus finally got the chance to give his presentation at long last, finishing it with the famed words of Murphy’s Law and asserting that Murphy must have been a Rotarian too.

*Illustrated by Marcus Schäfer.*

*Translated by Colin Gordon, RC Uppingham*



# New Lunch Venue 2024!

By Lucy Trenchard

With the year drawing to an end and our change in lunch venue imminent, I thought it would be helpful to remind members that from **Tuesday 2nd January** the new venue for our lunches will be the **Ipswich & District Indoor Bowling Club** at 136 Rushmere Road, Ipswich IP4 4JU. This is accessed



from the Rushmere Road just before the roundabout/junction with Colchester Road.

Please park up in the large car park and make your way to the main entrance. The entrance to the building is locked but please press the

buzzer to gain entry and someone will be there to let you in.

For the first lunch date, there will be a Rotarian to guide you to the Club Room where you will be met by your Duty Rotarian as usual. For those who do not know the club, the Club Room, where we will be sitting down, is along the walk way in front of the indoor bowling green near the end, and a sign over the door says 'Club Room'.

There is a bar inside the Club Room so please ensure you purchase your drinks from there rather than the main club bar, which you will pass on

your way to the Club Room.

Unlike our current arrangements, coffee is not generally served at table but is set up on a side table. I would like to suggest that each table elects one person to do the coffee for the table, otherwise we will have 30+ people queuing for coffee and may hold things up whilst the speaker is delivering their speech.

The one big change for members is the deadline for registering for lunch. Please note that **Friday lunchtime is the new deadline, NOT the usual midnight on Sunday.**

If anyone has any queries on these arrangements please let me know as soon as possible, otherwise, I look forward to greeting you to this new venue on **2nd January 2024.**



*Entrance to the Bowling Club from Rushmere Road*

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 5th January).*

*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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