

LOOKS EAST

The Newsletter of the Rotary Club of Ipswich East | 2023-24, Edition 12: 15th January 2024

UPCOMING MEETINGS

Tuesday 16th of January at 12:55pm

**Speaker meeting: Lynda Eastaugh -
Assistant District Governor for Rotary**

*Menu: Sausage hotpot served in a giant
Yorkshire pudding*

D.R.: Ewan Dodds & Jack Earwaker

Tuesday 23rd of January at 12:55pm

Business meeting

*Menu: Braised steak with potatoes, seasonal
vegetables & Yorkshire pudding*

D.R.: Karen Finch & Nigel Farthing

Ipswich Bowls Club

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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MESSAGE FROM EDITOR

2024 is well and truly here, and I want to take the opportunity to wish you all a year of good health — first and foremost, and prosperity.

After a few weeks of actually taking a much needed break and enjoying a lovely and warm holiday season over here in sunny Mexico, stress came rushing back at me last week when my laptop decided not to play nice and let me work to do the newsletter on time. I'm glad to report the issue has been sorted (not without many a shout of "AAAARGH" on my part), so welcome to the first edition of the year.

As I checked the weather forecast for today in Ipswich (2°C high temperature), I put my flip-flops on in the extremely balmy weather of Colima this winter morning (24° as I write this) and felt extra thankful for the opportunity of seeing my family and friends after two years. So, if you have your family nearby, trust me, make the most of it.

I will see you all in a month, but in the meantime, just take a look at one of the glorious sunsets you can see in Puerto Vallarta, where I spent Christmas. (Coded message here: you should come to Mexico!)

— Editor Eva



Photo taken by Eva's dad, Antonio

RECENT MEETINGS AND EVENTS

Christmas lunch

By Chris Banham

Christmas lunch was enjoyed on 19 December by a full restaurant of Rotarians with their ladies, despite attempts by the weather to stop our entering the restaurant — the car park was afloat, raining, windy and there were deep puddles to negotiate.

Several members were wearing Christmas sweaters. Membership were asked to rise for one minute and remember others who have passed on. We were served a full turkey lunch with all the trimmings, followed by Christmas pudding.

President requested Allan Gosling to approach, to receive a bottle of spirit as a thank you for being our Sports Officer for 37 years of service. President also asked Bill Izzard to come forward and receive the Dick Jeffery Trophy for winning the annual Golf Tournament. Runner-up was Martin Whitmore.

It is a tradition of our club to have a quiz after lunch.



This was organised by Lucy, who also acted as the quizmaster, asking questions of a Christmassy style. The quiz was won by Steve Runnacles with a fantastic score of 18 out of 20. What an excellent result, Steve, well played.

Special thanks to all club Rotarians for making this luncheon the great success it was. Happy Christmas and a Prosperous New Year to all.

Kat Mead, independent children's physiotherapist

By Ray Walters

Our speaker on the 9th of January was Kat Mead. Kat spoke to us several months ago about the plight of a young girl named Yusra. Yusra was 9 months old at the time; she was born with severe brain damage which meant that she had no control of her arms, legs or neck. She was unable to support her body in any way and needed constant support from her parents and had limited physiotherapy from the NHS.

Yusra is now 2 years old she still has NHS physio with an additional 10 concentrated sessions with Kat sponsored by our club.

Yusra now has more control of her head and neck, and has better use of her arms, hands and legs. She can now kneel and stand and has walked 10-12 steps with the aid of her support boots.

Yusra's parents are continuing with her exercises and physiotherapy and are forever grateful for the support of our club.

It would be nice to hear from Kat again in another 2 years to find out about Yusra's progress.



VP Ewan with Kat, our speaker

AROUND IPSWICH

Inner Wheel Quiz

By Catherine Forsdike

The Inner Wheel Quiz with fiendish questions from Monica will take place on **Friday 2nd February** at Tuddenham Village Hall. 7pm for a prompt 7:30 start.

There will be a hot meal in the interval and a fruit basket for dessert.

Cost is £12.50 a person. Please reserve your tables with Sandie Nicholls via email (sandie.manning@btinternet.com). Payment is preferably by BACS. Sandie will provide details when you book, but our treasurer will take payment on the night.

Funds raised will go to 4YP.



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 a course running on 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



Free NHS fully funded
online mindfulness course

Course length
6 WEEKS

Start date
31st January 2024

When?
EVERY Wednesday 19:00-20:00

What time?
2-4 pm - MINDFULNESS FOR LATER
LIFE
(AGPD 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

Ever wanted to throw some axes around?
There are still a handful of places left for the social night
organised by Steve Flory at Boom Bar on 22 January!

Contact Steve directly for all the details and to get a spot.

It will be great fun, so don't miss out!



BOOM
BATTLE BAR



Saturday 16th March, 2024 @ 6pm

CHARITY QUIZ NIGHT

**with Quizmaster Simon Jay
at Seckford Golf Club, Seckford Hall Road,
Great Bealings, Woodbridge IP13 6NT**

- 4 people to a team
- £20 a head
- Includes a hot main course dinner (+ *Vegetarian option*)
- Arrival and food 6pm
- First part quiz starts 7.30pm Second part starts 9pm
- Licensed bar.

Payments required ahead of event to secure your team

For payment, booking, information and questions
Contact David Wilson email: wilsonfamily19@ntlworld.com
who will reply with information
Or phone 07743 282728 for additional information

Proceeds of the evening (including a Raffle) will be split equally between these 2 charities:



Specialist therapeutic support for abused children.
'Giving abused children their lives back'



Temporary refuge and emotional support to women
and their children experiencing domestic abuse.

The Orwell Challenge

23rd June 2024
47th year

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

www.orwellchallenge.co.uk

Main sponsor

MCP plc
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Ipswich East Rotary Club Registered Charity No. 1088961

Organisers

Rotary
Club of Ipswich East



ROLLING CALENDAR

Date	Event
16th January	Speaker meeting: Lynda Eastaugh - Assistant District Governor for Rotary
22nd January	Social night: Axe throwing at Boom Bar - for more information, contact Steve Flory
23rd January	Business meeting - information and booking via Wild Apricot
30th January	5th Tuesday: Lunch with partners and guests at the Ipswich & District Bowls Club - information and booking via Wild Apricot
2nd February	Inner Wheel Quiz Night, in aid of 4YP - Tuddenham Village Hall, 7:00 (see details on page 3)

Date	Event
6th February	Speaker meeting: Hannah Walker, from Brave Futures - information and booking via Wild Apricot
13th February	Speaker meeting: Tim Pennick from Sound On (Ipswich & District Talking Newspaper) - information and booking via Wild Apricot
16th February	Wolsey Rotary Club quiz night (see advertisement on page 6)
23rd June	Orwell Challenge

DUTY ROTARIANS AND LUNCH MENU

Date	Duty Rotarians	Menu*
16th January	Ewan Dodds Jack Earwaker	Sausage hotpot served in a giant Yorkshire pudding
23rd January	Karen Finch Nigel Farthing	Braised steak with potatoes, seasonal vegetables & Yorkshire pudding
30th January	Not needed	Special fish pie with seasonal vegetables followed by coffee
6th February	Catherine Forsdike Eric Barnett	Lancashire hotpot
13th February	Alan Forsdike Roger Gillies	Scampi, 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

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!

- **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

Update about Richard Porter

By Ray Walters

Richard is now in his permanent new home at Alice Grange and is making good progress; his ambition now is to get back to Rotary meetings, which I am sure he will do quite soon.

Now that he is "at home," he put his lanyard on for the first time and said he would love to see visitors anytime during the week. He suggested that we send him a text message first to avoid too many visitors at the same time.



Richard and Ray sporting their Club lanyards

Update and thank you from Glenda Price

Via Steph Mackentyre

“Hello Steph,
Happy new year!

I wondered if you could pass on my new year good wishes to your members at the Rotary Club. They all made me so welcome when I joined you for lunch last month and I thought they might like to know how much our Christmas cake sale raised for St Elizabeth's Hospice.

It was an amazing result. The cakes made £6,500, and our sponsors Precon Products once again made a donation of the same amount, making a total of £13,000 this year, which brings the total raised over the last 5 Christmases to a staggering £44,147!

All our members are delighted with this result, as you can imagine. Once again thank you for inviting me to talk about the sale to your members.

Kind regards,
Glenda Price”



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.

Stewing in their own juice

When a new Rotary Club was formed in the neighbouring town of Woppelhausen, President Pröpke duly wrote a friendly letter of congratulations with best wishes from all of RC Bröckedde and an offer to support the new Club. The answer was a deafening silence.

“What a pity” grumbled Pröpke at the next meeting, “it seems our friends in Woppelhausen would prefer to stew in their own juice”. However, it did occur to him that his own members had a tendency to do much the same. Only recently

Friend Murmeltopf had commented that he found great solace in the company of his fellow Bröckedde Rotarians but had no time for District plans nor his President's ideas of joining in with other Clubs' projects. “District? Isn't that just Rotary bureaucracy?” Murmeltopf objected.

President Pröpke, however, was not one to give up easily and he pursued his idea of joint projects, first in the region and then across the country. The response was distinctly Woppelhausen-like. “Communicating with Clubs is terrible”, groaned poor old Pröpke, “I'm sure my carefully worded letters just end up in the bin”. Help came from an unlikely source; the Club's globe-trotting investment banker Munzinger was on a rare visit home from his Wall Street offices. “We just go global” he advised with a flourish and went on to compare his successes first across Europe and then around the world.

Yet Munzinger kept to his word and a few days later rang his President up, saying he had found a Club interested in international cooperation.



“And where is that?” enquired a delighted Pröpke.

“Ny-Ålesund on Spitzbergen” came the reply, “it’s the most northerly settlement in the world so the Club there feels very cut off”.

“What’s the population of Ny-Ålesund?” asked a curious Pröpke.

“34, but they’re all Rotarians” answered Munzinger, as well informed as ever. President Pröpke became very enthused at the prospect of an Arctic project. He acquired a satellite phone and got in contact with the new northern friends. A case of Bröckedde’s famous Schlunzbeere schnapps was delivered to the Ny-Ålesund Club by an icebreaker and received a hearty welcome. Shortly after, an invitation to Ny-Ålesund arrived with the highlight being an end of winter swim in the Arctic ocean, to celebrate the polar ice breaking up and the arrival of walruses.

Whilst this exchange was going on, Pröpke also answered a call from Woppelhausen’s President, Friend Schwartenblüte, who apologised profusely for his tardy response to RC Bröckedde’s kind offer of support. “We’ve been so busy in our first few weeks” he said.

“Delighted to hear from you”, replied Pröpke, “and what have you been doing?”

“Well, we want to go global and establish international contacts”, said Schwartenblüte, which somehow sounded quite familiar.

“And what have you achieved so far?”

“We are partnering up with RC McMurdo, that’s the club in the McMurdo Research Station on Ross Island in the Antarctic and they feel very cut off.”

“That’s just fantastic”, enthused Pröpke, “you can depend on RC Bröckedde for any support you need.”

“Well, we might need it because some of our members are a bit reluctant” admitted the new President Schwartenblüte, “the invitation from RC McMurdo includes their annual swim with penguins and killer whales at the base of the Thwaites Glacier”.

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

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 26th January).

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

STAY PAWsiTIVE!



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