

LOOKS EAST

The Newsletter of the Rotary Club of Ipswich East | 2023-24, Edition 16: 11th March 2024

UPCOMING MEETINGS

Tuesday 12th of March at 12:55pm
Speaker meeting: John Carrington -
Chairman of Woodbridge Tide Mill
Menu: Beef stew and dumplings with
seasonal vegetables
D.R.: Billy Izzard & Martin Whitworth

Tuesday 19th of March at 12:55pm
Speaker meeting: Jason Alexander -
Rubbish Walks
Menu: TBC
D.R.: David Knights & Andy Lewis

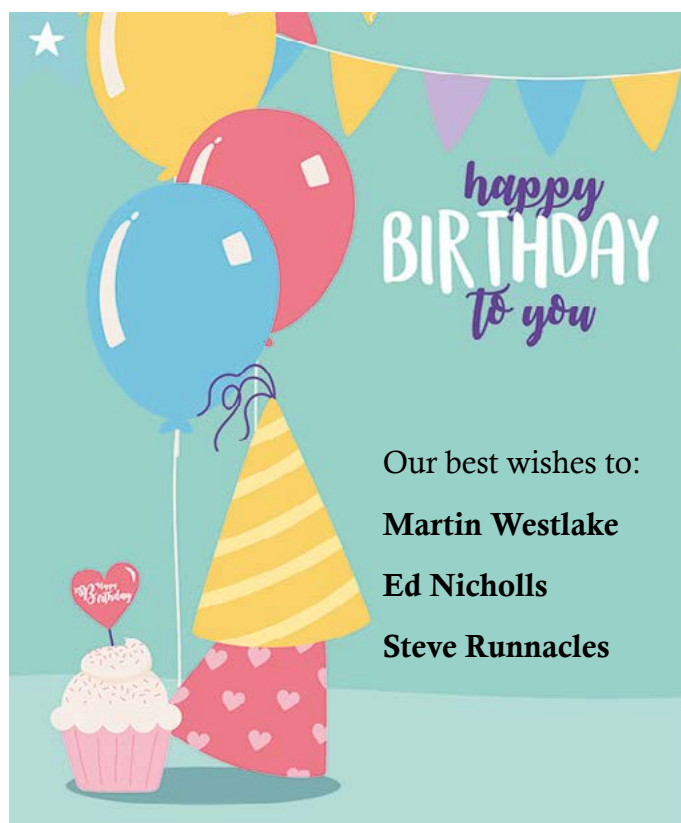
Ipswich Bowls Club

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>	Steve Flory
<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

Barry Bloomfield, from Suffolk Punch Trust

By John Hutton

Well known and respected by the club, Barry Bloomfield gave an excellent talk about his work at the Suffolk Punch Trust.

Ipswich Rotary have had many visits to the Trust over the years, taking our American and German friends also, as it is a thoroughly interesting and worthwhile place to visit.

Barry told us that more recently, he has raised funds from public and private donations to assist the Trust to undertake new projects, especially, artificial insemination equipment, solar panels and batteries for the same purpose.

Barry told us that he has received such an enthusiastic response to his fundraising that he has opened a bank account specifically for this.

Full details of the Trust's history and



President George with Barry Bloomfield, from Suffolk Punch Trust

achievements can be found on their website thesuffolkpunchtrust.co.uk

David Chittick gave an amusing vote of thanks.

ANNOUNCEMENTS

A photograph of three horses and jockeys racing on a dirt track. The jockey in the foreground is wearing a blue and orange silks. The horse is brown with a white blaze on its face.

*John Riches
Race Night*

Friday 22 March
Ipswich Golf Club
6:30 for 7:00pm start
Meal and tea/coffee included
£28 per person

Book via Wild Apricot



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:



Brave Futures

Be believed. Be empowered.

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

Lighthouse

For a brighter future for women and children

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



Ipswich East Rotary Golf Day

Purdis- Ipswich Golf Club

In aid of Eden-Rose Coppice



Thursday 23rd May, 2024
£330 per team of 4

Bacon rolls on arrival and lunch

For further details please contact Chris Harrall
at Chrish@charrallassoc.com
Sponsorship of holes is available at £100

- Top 50 Course in the UK
- James Braid design
- 1895-1995 centenary





THE ROTARY CLUB OF IPSWICH WOLSEY

District No. 1080

Club No. 1678

CHARITY GOLF DAY



AT HINTLESHAM GOLF CLUB, HINTLESHAM,
SUFFOLK IP8 3JG ON WEDNESDAY 10th APRIL 2024

**ALL proceeds will go towards FIND (Food bank)
and other Rotary charities**

The Rotary Club of Ipswich Wolsey once again promises you a great fun day of golf, for a mere £70 (£35.00 for Hintlesham golf club members) This includes:

- Coffee and a bacon roll on arrival.
- 18 holes round of golf.
- One main course dinner after.
- Prizes.
- Raffle.

FOR DETAILS CONTACT DAVID KNOWLES -
E-MAIL davidknowles2857@msn.com
Mobile 07769 583610



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
Port Community Systems

Media partners
BBC RADIO SUFFOLK **EAST ANGLIAN DAILY TIMES**

Organisers
Rotary
Club of Ipswich East



Ipswich East Rotary Club Registered Charity No. 1088961

Orwell Challenge registration numbers update



Our flagship event gets closer and closer, with numbers are steadily rising, and at a better rate than last year, so let's keep promoting the event to make sure we have another successful year!

As of 11th March, the number of registered participants for the Orwell Challenge is as follows:

Adult walk	271
Family walk	2
Child walk	1
Half marathon	62
Marathon	43
Ultra marathon	9

Total 388

ROLLING CALENDAR

Date	Event	Date	Event
12th March 	Speaker meeting: John Carrington, Chairman of Woodbridge Tide Mill - information and booking via Wild Apricot	26th March	Business meeting
16th March	Wolsey Rotary Club Quiz Night (see details on page 3)	10th April	Rotary Club of Ipswich Wolsey Golf Day, in aid of FIND and Rotary charities - contact Bill Robinson or Des Cunningham
19th March 	Speaker meeting: Jason Alexander - Rubbish walks - information and booking via Wild Apricot	23rd May	Annual golf day, in aid of Eden-Rose Coppice - Ipswich Golf Club, volunteers needed on the day. Please contact Chris Harrall
22nd March	John Riches Race Night - Ipswich Golf Club, information and booking via Wild Apricot	23rd June	Orwell Challenge - as always, all hands on deck!
		9th August	Croquet evening - contact Des Cunningham if interested
		4-11th September	Visit from our American twinned club friends from Ipswich, MA - Several events planned, keep an eye on club's communication channels

DUTY ROTARIANS AND LUNCH MENU

Date	Duty Rotarians	Menu*
12th March	Billy Izzard Martin Whitworth	Beef stew and dumplings with seasonal vegetables
19th March	David Knights Andy Lewis	TBC
26th March	Ian Lord Ross Lunney	TBC

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 Steve Flory of any changes.

*Dietary requirements/Vegetarian option available upon request, please contact Steve Flory at steve.flory@hotmail.co.uk

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!

- **Helping hand for Brave Futures** - If you have a couple of hours to spare on 21st March and are happy to help assemble furniture at Brave Future's new headquarters, 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.

- **River Gipping litter pick activity** - planned for early April. Toby Pound is leading the project, and River Gipping Trust will be involved too. More information to follow.

- **Annual Golf Day** - our annual event will take place on 23rd May at the Ipswich Golf Club. Volunteers are needed to help with sign-in, raffle, and general hospitality chores. Please contact Chris Harrall if you can help.

- **Potential litter pick activity around Levington Creek** - in preparation for this year's Orwell Challenge. More information to follow.

- **Orwell Challenge 2024** - Sunday 23rd June. As always, this activity requires everyone's involvement to ensure its continuing success, so please keep your diaries free for that date.

- **Rotary Club of Bury Abbey's Classic Car Show** - Sunday 14th July. Volunteers wanted to assist with the running of the show. Please contact Bill Robinson by mid March if you can help. Bury Abbey RC offer £50 towards our Benevolent Fund for every half day that a member spends at the event.

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)!

Anyone for croquet?

By Steph Mackentyre

Des Cunningham has had the great idea of an Ipswich East Croquet Afternoon/evening with Barbeque to be held at the Ipswich Croquet Club on Bucklesham Road on Friday 9th August. Now if you are like me, you won't even be aware that there is a croquet club on Bucklesham Road. Des asked his wife Mandy, me, and Andy and Julie Lewis to come along to try out a spot of croquet under the excellent guidance of Martin Brown. The idea was to see if a larger event might be suitable for our fellow Rotarians.

We all arrived last Monday morning to a surprisingly sunny and mild day despite a frosty start. Ipswich Croquet Club is situated at Bobs Meadow, along Bucklesham Road, with plenty of parking and a small club house. After a little, helpful instruction by Martin we were each given a wooden mallet, dependent on our height (mine was the smallest handle!) and coloured balls to play with. Then it was off to the green to start the game. Andy, Julie, Mandy and Des played a game of doubles and Martin, and I followed behind their game to begin our own game of singles.

The balls are larger than you might imagine, and the hoops are much thinner, but the balls will go through them even from an angle – well some of the time at least! You play in a clockwise direction to begin with and then play in the opposite direction (at least I think that was the idea?).

The game was surprisingly addictive, and we were soon literally in hysterics at the antics of a certain Mr Cunningham who dropped his mallet on Andy's foot at the very start, almost rendering him unable to play. Learning the technique to swing the

mallet between your legs to get a satisfying thwack! against your ball appeared, at first, hard to master. However, it didn't take many swings to find we had the knack, and then there was no stopping us. Soon we were all becoming quite competitive.

Martin was an excellent teacher, even showing us trick shots which involved making his ball jump over the top of mine and through the hoop. Des and Andy's game was very close, and Martin let me get quite a head start on him with a 6-2 lead, making me feel like a natural, until I realised, he was merely being gentlemanly. After an hour of play had literally whizzed by, which we all thoroughly enjoyed, we came away eager to return with reinforcements in August.

None of us had played croquet before and it was a very quick and easy game to pick up. There will be limited spaces available for the afternoon of fun and we can guarantee lots of laughter on Friday 9th August. So, if you'd like to join us, let Des Cunningham know. Price per head and full details of the barbecue will be released in due course. This event will be open to Rotarians and their partners.



Ipswich East RC is now live on LinkedIn!

By Steph Mackentyre

Ipswich East Rotary Club now has its own LinkedIn page <https://www.linkedin.com/company/ipswich-east-rotary-club>

If members who are also using LinkedIn would like to follow the page and share the posts with their contacts, there are two current stories on there with more to follow. One is about the new Ultra Marathon for this year's Orwell Challenge, and the other is



appealing for charities or individuals who could use our help as volunteers.

The idea of the page has come from our Senior VP Ewan Dodds and the further we can spread the message of Rotary and the charities we can support, the better.



The Bröckedde Stories

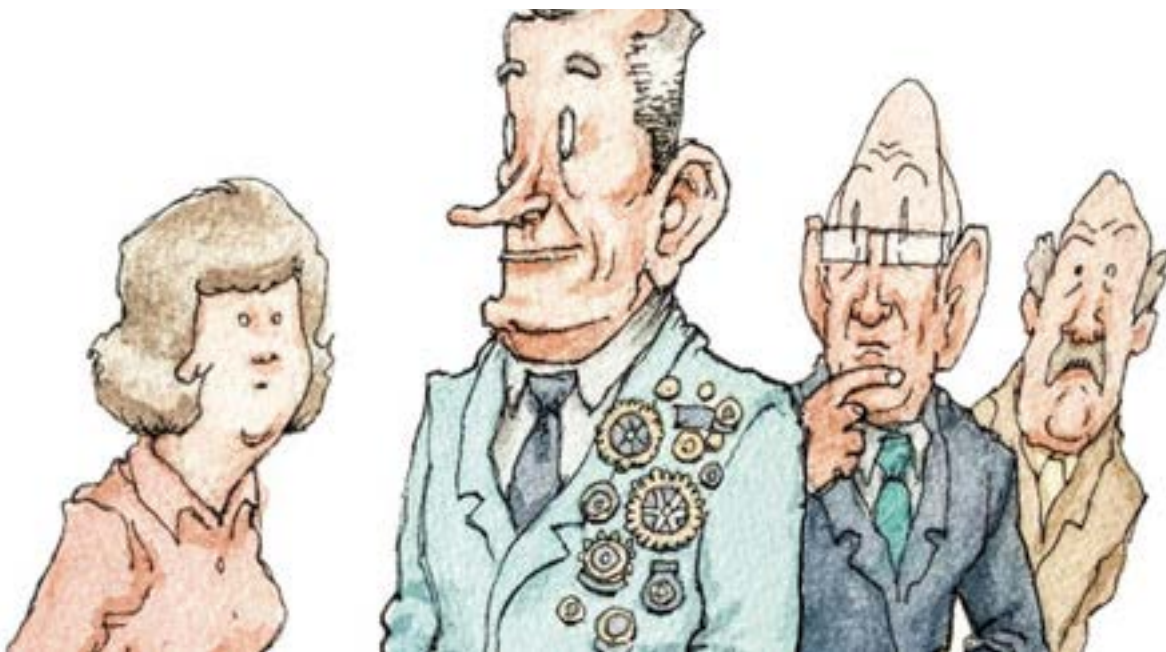
By Alexander Hoffmann

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.

The buttonhole Rotarian

Friend Knatterhose would always ensure that wherever he was, it was clear to all around that he was very much a Rotary Club member. He had a

rather special Rotary buttonhole badge not much smaller than a saucer. Both his website and his business cards featured the Rotary wheel and RC Bröckedde prominently. However, apart from this show of enthusiasm for Rotary, Friend Knatterhose took a homeopathic approach to Club activities, that of vanishingly small doses. Attending meetings was a rarity and then only when there was a VIP speaker. Taking part in hands-on projects that actually required commitment was unheard of.



Mild mannered as he was, President Pröpke remained far from impressed, “Whilst I do support showing the Rotary flag, action speaks louder than words!” he grumbled to his old friend Treasurer Knödler, who replied “Knatterhose is a typical buttonhole Rotarian and not the only one in RC Bröckedde”.

At the next meeting, the President appealed to all members to participate more, addressing his request to the “buttonholers” in particular. Knatterhose was actually present this time and wearing his complete collection of badges, making him look rather like a Russian general.

Friend Wieselwitz, one of the younger and much more dynamic Bröckedder Rotarians came up with a cunning plan and suggested the President allow

him and his fellow younger members organise an informal summer party with a few star VIPs as guests and an informal dress code; specifically, jeans and T-shirts. “Friend Knatterhose will have to leave his badge collection at home!” was his closing remark.

No sooner said than done and a few weeks later everyone was enjoying a thoroughly chilled and informal garden party. Friend Wieselwitz was there too, dressed to kill in well-cut skinny jeans and a retro V-neck T-shirt with buttons that showed off the large Rotary badge tattoo on his chest perfectly.

Illustrated by Marcus Schäfer.

Translated by Colin Gordon, RC Uppingham

On Rotarian John Norman's passing



Remembering John Norman



Published 6th March 2024

Ipswich Mayor, Councillor Lynne Mortimer pays tribute to John Norman, who died last month.

Councillor Lynne Mortimer, Mayor of Ipswich, says:

"I am profoundly saddened by the passing of John Norman

Mr. Norman was a beacon of inspiration for the people of Suffolk, leaving an indelible mark on our community for generations. His remarkable 45-year contribution to Ipswich and our heritage earned him the prestigious Suffolk Medal, a testament to his unwavering dedication and tireless efforts to foster positive change, and more recently by becoming an Honorary Freeman of the Borough of Ipswich in recognition of his lasting contribution to the town.

While we mourn his loss deeply, John's legacy of commitment to education will endure, offering lasting benefits to future generations through his instrumental role in the development of Suffolk New College.

My heartfelt condolences go out to his family, friends, and loved ones during this difficult time. May they find solace in the memories of his extraordinary life and the profound impact he made on all who had the privilege of knowing him."



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 22nd March).

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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