



LOOKS EAST

The Newsletter of the Rotary Club of Ipswich East | 2023-24, Edition 17: 25th March 2024

UPCOMING MEETINGS

Tuesday 26th of March at 12:55pm

Business meeting

Menu: Steak & ale pie

D.R.: Ian Lord & Ross Lunney

Tuesday 2nd of April at 12:55pm

**Speaker meeting: Anna Street -
Endurance athlete**

Menu: TBC

D.R.: Steph Mackentyre & George McLellan

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

John Carrington, Chairman of Woodbridge Tide Mill

By Billy Izzard

It's one of the most iconic buildings in Suffolk.

And the view of the tide mill from Woodbridge waterfront is one of the most photographed.

What's less well-known is that the white wooden-structure perched on the Deben's edge is also unique.

Chair of the Woodbridge Tide Mill Trust John Carrington was our excellent guest speaker on March 12th, outlining the history of the mill, its new role in education, how it's funded and how the mill was almost demolished and lost forever.

The tide mill is one of two "undershoot" mills remaining in Britain, but the last in the land that still mills flour by the power of water passing under the wheel, hence the term undershoot.

John explained how, as the Deben rises, its waters fill a pond through a gate that the tide itself pushes open. Once the pond is full and the tide begins to turn, the pressure of the water closes the gate.



The miller can then open the sluice to the mill, the water from the pond shoots under the wheel and things begin to turn.

John revealed that the first mention in historical records of the mill was in 1170 and for almost 300 years it was under the control of the local



John Carrington, in front of the Woodbridge Tide Mill

Augustinian Priors, which meant when Henry VIII decided to rearrange his wives and the monasteries, all their property came to the Crown, including the mill.

Henry's daughter, Queen Elizabeth I, then sold the mill to court favourite Thomas Seckford, a name inter-woven with the history of Woodbridge.

The Seckfords owned it for more than 100 years, followed by several private owners.

In 1793 the present mill was built on the site of earlier ones but by the 1950s it had become the last working tide mill in the country, and in 1957 finally closed.



John explained how a stroke of luck in 1968 saved it from demolition.

Suffolk historian Norman Scarfe mentioned to local philanthropist Mrs Jean Gardner that the mill was coming up for auction and it needed to be saved.

She visited the site, loved what she saw and the next day bought it for £7,300 saving it from demolition.

Mrs Gardner then set about raising money for



restoration, culminating in it reopening five years later. Mrs Gardner then gifted it to the town council who own it to this day with the responsibility for its running left to the Woodbridge Tide Mill Trust

The mill plays a key role in education. John pointed out, for example, that for school groups visiting the working mill, seeing the power of water provide energy for milling is a fantastic example of renewable energy. The children can even see their phones being charged by water!

John finished by explaining that funding comes from admission money, the sale of flour both on site and from local outlets and from Heritage Lottery Funding.

Rotarian Martin Whitworth gave the vote of thanks and suggested members might consider a Fifth Tuesday visit to learn more about this fascinating building and its place in our history.



Jason Alexander - Rubbish Walks

By Neil Keveren

On Tuesday 19th March the assembled Rotarians were treated to an excellent talk by Jason Alexander, founder of an award winning social enterprise dedicated to inspiring long term positive changes in attitudes towards littering.

Jason's background is the design of specialist wildlife camera systems for schools, conservation organisations and TV, including the BBC Springwatch programme, where he has worked with presenters including Bill Oddie, Kate Humble and Simon King.



Jason Alexander and President George

10 years ago Jason set himself the challenge of watching and photographing 100 sunrises each year, far from easy when cloudy days are factored in. We were treated to some wonderful examples of the photographs he has taken and shared online.

However, for Jason the pleasure of watching beautiful sunrises became increasingly tempered by the amount of litter he encountered on his travels and litter picking quickly became part of his routine. As his awareness of the impact of plastic waste on the environment grew, Jason resolved to do something about it and Rubbish Walks was born.

Rubbish Walks organises a number of fun and inspirational activities with the purpose of raising awareness of the causes, scale and impact of littering. These activities include litter picks, beach cleans, litter art, an enchanted tree trail at Rushmere and the UK's first Vintage Litter Museum in Woodbridge (in Jetty Lane).

The museum hosts a variety of community

groups, clubs and events designed to give people the knowledge, skills and encouragement to live a litter free lifestyle. On display there is a collection of items found during litter picks and beach cleans around Suffolk dating from 1999 or earlier, including examples of plastic packets and bottles going back to the 1960's. Details of opening hours can be found at the rubbishwalks.co.uk website.

We were told that cigarette butts have a plastic content and are the most common form of litter, with 4 ½ trillion dropped around the world each year, so Rubbish Walks' program of campaigns include Blitz the Butt and #1millionButts, an annual mission to collect one million cigarette butts (Jason's current total is over 1.2 million).

In the short time Jason was with us, his passion, energy and endless creativity really shone through. In giving the vote of thanks, Andy Lewis observed that Jason's mantra of "Don't worry about how other people make the world worse... Just worry about how YOU can make it better" is very much what Rotary is all about too.

ANNOUNCEMENTS

A promotional poster for the Ipswich East Rotary Golf Day. The background is a lush green golf course with a golf club head and a golf ball in the foreground. The text is white and black, providing details about the event. The Rotary International logo is in the top left corner. Two small inset photos show a golf course and a clubhouse.

 **Ipswich East Rotary Golf Day**
Purdis- Ipswich Golf Club
In aid of Eden-Rose Coppice

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

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

Local hearing care specialists,
All About Hearing is proud to present it's

CHARITY QUIZ NIGHT

Sunday 14th April 2024 (7pm)

Kesgrave WM Community Centre

£6pp | 4-6 players per team

Round up your friends, family or colleagues and join us for
fantastic evening, full of fun, frivolity, and healthy competition.

GREAT PRIZES | BAR | BIG SCREEN

BOOK YOUR TICKETS TODAY!
allabouthearing.co.uk/quiz



Raising money for:



Event organisers:





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
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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 25th March, the number of registered participants for the Orwell Challenge is as follows:

Adult walk	279
Family walk	2
Child walk	1
Half marathon	69
Marathon	48
Ultra marathon	9

Total 408

ROLLING CAIENDAR

Date	Event
26th March	Business meeting
2nd April	Anna Street - Local endurance athlete
9th April	Speaker meeting - Club President George Woodward: Future of Rotary - information and booking via Wild Apricot
10th April	Rotary Club of Ipswich Wolsey Golf Day, in aid of FIND and Rotary charities - contact Bill Robinson or Des Cunningham
16th April	Speaker meeting: Matthew Applegate - Creative computing - information and booking via Wild Apricot
23rd April	Business meeting - information and booking via Wild Apricot

Date	Event
23rd May	Annual Golf Day, in aid of Eden-Rose Coppice - Ipswich Golf Club, volunteers needed on the day. Please contact Chris Harrall
23rd June	Orwell Challenge - as always, all hands on deck!
3rd July	Club Assembly + Handover - More details to follow
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
29 November - 1 December	Visit to twinned Club in Bad Salzuflen - More details to follow

DUTY ROTARIANS AND LUNCH MENU

Date	Duty Rotarians	Menu*
26th March	Ian Lord Ross Lunney	Steak & ale pie
2nd April	Steph Mackentyre George McLellan	TBC
9th April	Mark Murphy Robin Needham	TBC
16th April	Ed Nicholls Bob Parker	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 Wednesday 3rd of April 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)!

MISCELLANEOUS

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.



On Rotarian John Norman's passing

The funeral service for Rotarian John Norman will be held on 5th April at 1:30pm at St John's Church Hall (Cauldwell Hall Road).

Everyone is welcome to attend, but please do let Bill Robinson know so he can let the organisers know how many people to expect.



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 5th April. 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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