

LOOKS EAST

The Newsletter of the Rotary Club of Ipswich East | 2023-24, Edition 18: 8th April 2024

UPCOMING MEETINGS

Tuesday 9th of April at 12:55pm
Speaker meeting: Alfred Reeves and Steve Runnacles - Future of Rotary in Ipswich

Menu: Fish pie

D.R.: Peter Moss & Lesley Murphy

Tuesday 16th of April at 12:55pm
Speaker meeting: Matthew Applegate - Creative Computing

Menu: Chicken tikka masala

D.R.: Mark Murphy & Robin Needham

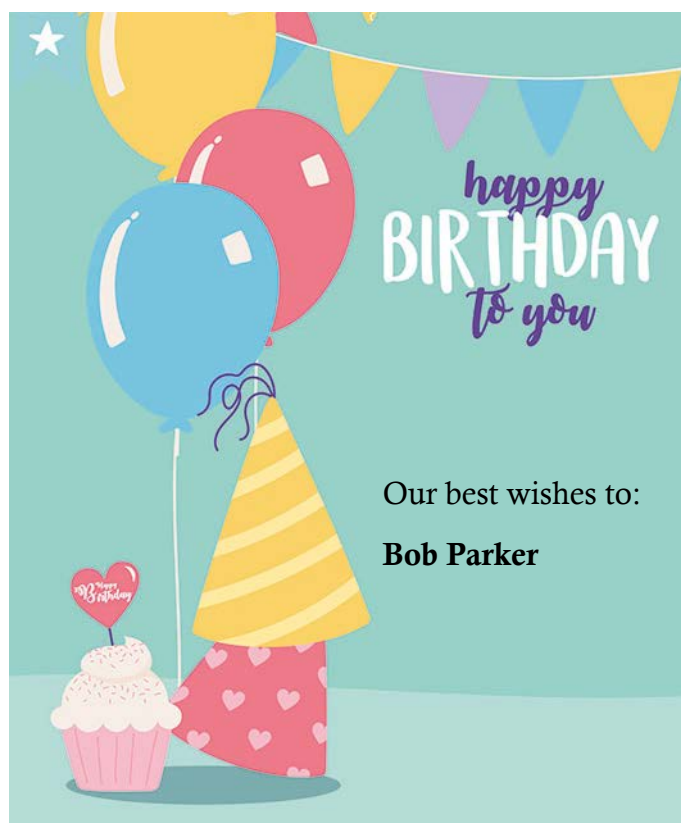
Ipswich Bowls Club

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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Anna Street, endurance athlete

By Steph Mackentyre

Tuesday 2nd April our lunchtime speaker was the truly inspirational Anna Street. Born in Suffolk and living just outside of Bury St Edmunds, Anna's many ultra marathons have taken her all over the world. On this lunchtime she told us about a particularly gruelling 6-day race, the Marathon de Sables, which saw her run across the Sahara Desert in 45-degree heat. It is billed as the toughest foot race in the world and three runners have paid the ultimate price – dying while competing in the Marathon des Sables – since it was first held in 1986. The race is 250 kilometres and Anna took part with 1170 others. Most days she was in the top 450 runners. However, Anna explained that she was keen to get to the bus on the final day which would be taking her to a 4-star



SVP Ewan filling in for President George took a selfie with our speaker, Anna Street!

hotel for a final, well-earned rest. On that day she finished in the top 200 runners!

The race was made particularly difficult due to the fact it was a self-sufficient race which meant she had no support. Therefore, all of her food rations for the 6 days, her water, and her clothes, plus her tiny gas burner all had to fit into a rucksack, which weighed only 6.5kg – imagine that next time you are checking in at Gatwick!

She told us there were 'M.A.S.H.' style Doctors on the temporary campsites each evening to attend to your ailments if needed. These 'Drs' soon gained a reputation for being the Doc Trotters as they were rather brutal, no-nonsense French doctors who you only went to if you were at death's door! We also learnt that to keep blisters at bay you need to have extremely soft feet – a good piece of advice for our forthcoming Orwell Challenge!

Part of the money Anna paid to take part in the Marathon de Sables was given to UNICEF. Running through the desert, she said the terrain was surprisingly different in parts, saying it resembled the moon surface and Anna brought pictures along to prove it. As a wild-swim enthusiast her next challenge in July is to take a group of 20 others to swim across Loch Lomond together.



Photo taken from thefelixstoweapp.com

John Riches Race Night

On 22 March the Club held our annual 'John Riches' Race Night in aid of CSS and Eden-Rose Coppice Trust at the Ipswich Golf Club, and it didn't disappoint, as you can see from the photos.

As luck would have it, the big winner of the evening was none other than our President George, who celebrated in style.

The total raised on the evening was £1,614, to which Anne Riches added a generous donation, so well done everybody!





It's safe to say that President George was pleased with his victory!

Gainsborough Community Garden Project

By Steph Mackentyre

On 28 March, a small but determined team of volunteers from Ipswich East Rotary Club went along to Gainsborough Community Library to help them to clear what used to be a communal garden space at the back of the building. They have raised funding (including a donation from us) to extend the library further to help provide even more services for the local community in and around Gainsborough in Ipswich.

The task was to clear the vegetation and remove several tonnes of earth ready for the building work to commence. It was back-breaking work

but the staff did provide us with a very welcome tray of tea and flapjacks to keep us going. We just got the work finished before the heavens opened.

We look forward to being invited back by the team at the Gainsborough Library to see the project once it's completed. 'Teamwork makes the dream work!'



Before / After

Furniture assembly for Brave Futures

By Eva Alcerreca

On 25 March, a group of Rotarians from our club volunteered to help Brave Futures (formerly known as Fresh Starts - New Beginnings, helping children and young people who have experienced sexual abuse) with some furniture assembling. Tony Baker, Ray Walters, Bill Pipe, Robin Needham and Eva Alcerreca met Patsy Johnson and Sally Burch at their new premises near the town centre to 'get the ball rolling'. The ball didn't roll very far, however, as the removals company hadn't delivered the desks that needed to be assembled, so the crew ended up waiting for a few hours, having quite a few cups of tea and a good catch up, trying to at least get one desk sorted to see what we were dealing with, before scheduling a second day to finish the work.

The following week, determined to get the work done, we went back and were finally able to do what we had planned. There was a lot of carrying heavy things up and down stairs, so we're all a bit fitter now — that's a bonus!

Patsy and Sally were really pleased with the results, and they look forward to continuing their amazing work in their new offices, which will allow them to serve a lot more young people.



The team with Patsy Johnson, managing director of Brave Futures



ANNOUNCEMENTS




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



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

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 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 8th April, the number of registered participants for the Orwell Challenge is as follows:

Adult walk	300
Family walk	2
Child walk	1
Half marathon	68
Marathon	49
Ultra marathon	9
Total	429

ROLLING CALENDAR

Date	Event	Date	Event
9th April	Speaker meeting - Alfred Reeves and Steve Runnacles: Future of Rotary in Ipswich	23rd June	Orwell Challenge - as always, all hands on deck!
10th April	Rotary Club of Ipswich Wolsey Golf Day, in aid of FIND and Rotary charities - contact Bill Robinson or Des Cunningham	3rd July	Club Assembly + Handover - More details to follow
16th April	Speaker meeting: Matthew Applegate - Creative computing - information and booking via Wild Apricot	14th July	Rotary Club of Bury Abbey's Classic Car Show - Volunteers needed. More information on page 10. Contact Bill Robinson.
23rd April	Business meeting - information and booking via Wild Apricot	9th August	Croquet evening - contact Des Cunningham if interested
23rd May	Annual Golf Day, in aid of Eden-Rose Coppice - Ipswich Golf Club, volunteers needed on the day. Please contact Chris Harrall	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*
9th April	Peter Moss Lesley Murphy	Fish pie
16th April	Mark Murphy Robin Needham	Chicken tikka masala
23rd April	Ed Nicholls Bob Parker	Salmon fillet
30th April	Not needed	5th Tuesday, more information to follow

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!

- **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)!

Rotary bench

By George Woodward

Ipswich East Rotary Club has presented a garden bench to the town's civic church, St Mary le Tower, for use in its churchyard and on Saturday 23rd March the Mayor of Ipswich, Councillor Lynne Mortimer, officially opened a Garden of Remembrance as a living memorial to honour all those who served, suffered or died in the COVID-19 pandemic.

A sculpture of a dove holding an olive branch in its beak was also unveiled, which will be the centrepiece of the memorial garden. The Rotary bench, which bears an inscription from the Book of Psalms in the Bible: "you know my sitting down and my rising up" has been located immediately adjacent to the memorial garden enabling visitors to sit, pause and

reflect. President George & his wife and Past President Liz Harsant attended the opening ceremony which included an Act of Remembrance led by the vicar, Rev Tom Mumford who also expressed thanks on behalf of the civic church for the Rotary Club's donation of the bench.



Rotary in the London Science Museum

By Eva Alcerreca

Last weekend I got to visit the Science Museum in London (I had only been once before, but hadn't had enough time to see everything), and I was super excited when I found this section, which talks about polio and the efforts of Rotary to eradicate it.

Next time you're in there, go have a look!



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 19th 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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