

LOOKS EAST

The Newsletter of the Rotary Club of Ipswich East | 2023-24, Edition 19: 22nd April 2024

UPCOMING MEETINGS

Tuesday 23rd of April at 12:55pm
Business meeting
Menu: Salmon fillet
D.R.: Bill Pipe & Mark Murphy

Tuesday 30th of April at 11:00am
Fifth Tuesday - Guided tour of Woodbridge Tide Mill
Lunch at Woodyard Pizza Restaurant afterwards (order and pay on the day); partners welcome

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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Content missing!

To the closing of this edition, the editor has not received the write-ups about the meetings of the 9th of April (Alfred Reeves and Steve Runnacles, on the future of Rotary in Ipswich) and 16th of April (Matthew Applegate - Creative Computing).

So just a quick plea to the duty rotarians and/or anyone else who may have any relevant information/photos: **do send them this way!**



Litter picking along the Gipping

By Toby Pound

A big thank you to our seven litter pickers (President George, Dave and Ann Atkins, David Chittick, Bill Robinson, Stuart Cooper and me) who, along with about a dozen other pickers managed to fill 19 bags of assorted tin cans, bottles and other rubbish from the banks of the Gipping in just over two hours. Very satisfying work in bright sunshine.

I will keep in touch with Jason, the organiser, so we can help him on a regular basis.



Inner Wheel's Trivia Quiz

By C  thefine Forsdike

The Inner Wheel Trivia Quiz was held in February featuring fiendish questions from Quizmaster Monica.

There was some excitement in the kitchen on the night: one member of the team left the dishwasher door open whilst it drained. The whole kitchen was sprayed with the water and someone went home with very wet clothes.

The quiz raised a total of  1,242.50 in aid of 4YP. Appropriately, the winning team was from 4YP.



The winning team, from 4YP



Inner Wheel visited by District Chairman, Deirdre Rothwell

By C  thefine Forsdike

On Tuesday 2nd April, we welcomed the District Chairman, Deirdre Rothwell to our lunch time meeting at the Ipswich and Suffolk Club. After lunch, Deirdre told members about her life, her career as a teacher and her experience of Inner Wheel. She also explained why she had chosen the Longford Trust as her charity for the year.

For many years, Deirdre has been visiting Warren Hill Prison once a month to lead bible study. The Longford Trust gives second chances to those who have been in prison and enables them to rebuild their lives through education after serving a prison sentence. 85% of the Longford Scholars go to university, graduate and move forward with their lives. It was a very informative enjoyable meeting.



President Sandie presenting District Chairman Deirdre with a basket of fruit.

ANNOUNCEMENTS



The poster features a background image of a golf course with a driver and a golf ball in the foreground. The Rotary International logo is in the top left. The main title is 'Ipswich East Rotary Golf Day' followed by 'Purdis- Ipswich Golf Club' and 'In aid of Eden-Rose Coppice'. The event date is 'Thursday 23rd May, 2024' and the cost is '£330 per team of 4'. It also mentions 'Bacon rolls on arrival and lunch'. Contact information for Chris Harrall is provided. A list of features includes 'Top 50 Course in the UK', 'James Braid design', and '1895-1995 centenary'. Two small 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 Chris@charrallassoc.com
Sponsorship of holes is available at £100



As the Orwell Challenge approaches, just a quick reminder to every member who uses social media (Facebook, Instagram, X) to please 'Like' the Orwell Challenge pages and share the content we post there.

You may not know this, but even if you just click the 'like' option on a single post, that means that your friends are more likely to see it, thus enabling us to reach a wider audience.

And a reminder as well that the Club now has a LinkedIn profile as well, where we post updates on community projects and events, so if you use that, please do follow the Club's page.

The more people we reach, the better chances of getting more people signed up early on!

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

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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 CAIENDAR

Date	Event	Date	Event
23rd April	Business meeting	3rd July	Club Assembly - More details to follow
30th April	Fifth Tuesday - Guided tour of Woodbridge Tide Mill. Informative tour of the mill, followed by lunch in the Woodyard Pizza Restaurant opposite. Cost for tour: £6.00 adults / £5.00 seniors, payable on entry. For the meal, order and pay on the day. Please sign up via Wild Apricot, numbers limited to 40. Partners welcome.	6th July	President's BBQ + Handover - at Bill and Monica Pipe's. More details to follow
23rd May	Annual Golf Day, in aid of Eden-Rose Coppice - Ipswich Golf Club, volunteers needed on the day. Please contact Chris Harrall	14th July	Rotary Club of Bury Abbey's Classic Car Show - Volunteers needed. More information on page 10. Contact Bill Robinson.
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
		29 November - 1 December	Visit to twinned Club in Bad Salzuflen - More details to follow

DUTY ROTARIANS AND LUNCH MENU

Date	Duty Rotarians	Menu*
23rd April	Bill Pipe Mark Murphy	Salmon fillet
30th April	Not needed	5th Tuesday, lunch at Woodyard Pizza Restaurant after the tour. Information on Wild Apricot.
7th May	Mick Rudkin Ed Nicholls	TBD
14th May	Steve Runnacles Peter Shepherd	TBD

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.

- **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, and contact John Button if for whatever reason you can't make it.

- **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.

- **Brave Futures kitchen build** - transportation of dismantled kitchen from Ipswich Transport Museum to Brave Future's new premises and reassembly. Date and team TBA, please contact Andy Lewis.

- **Orwell Challenge leaflet distribution** - if you can help distribute flyers for our flagship event at the Park Runs on 27 April and/or 25 May, please get in touch with John Button. Several locations available, but we're especially short on volunteers to hand out flyers at Alton Water.

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)!

New hedge trimmer for the River Gipping Trust

Via Lewis Tyler

Here we can see a photo of the new Makita battery hedge trimmer in action, purchased with the funds donated by our Club.



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 3rd of May. 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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