



# LOOKS EAST

The Newsletter of the Rotary Club of Ipswich East - D1080 | 2024-25, Edition 16: 3rd March 2025

## UPCOMING MEETINGS

Tuesday 4th March at 12:55pm  
**Speaker meeting: Steve Wells -  
The Shamrock Pub**  
*Menu: Scampi, chips and salad*  
*D.R.: Jem Doncaster & Nigel Farthing*

Tuesday 11th of March at 12:55pm  
**Speaker meeting: Sir Christopher  
Haworth**  
*Menu: Lancashire hot pot*  
*D.R.: Eva Alcerreca & TBC*

Ipswich Bowls Club

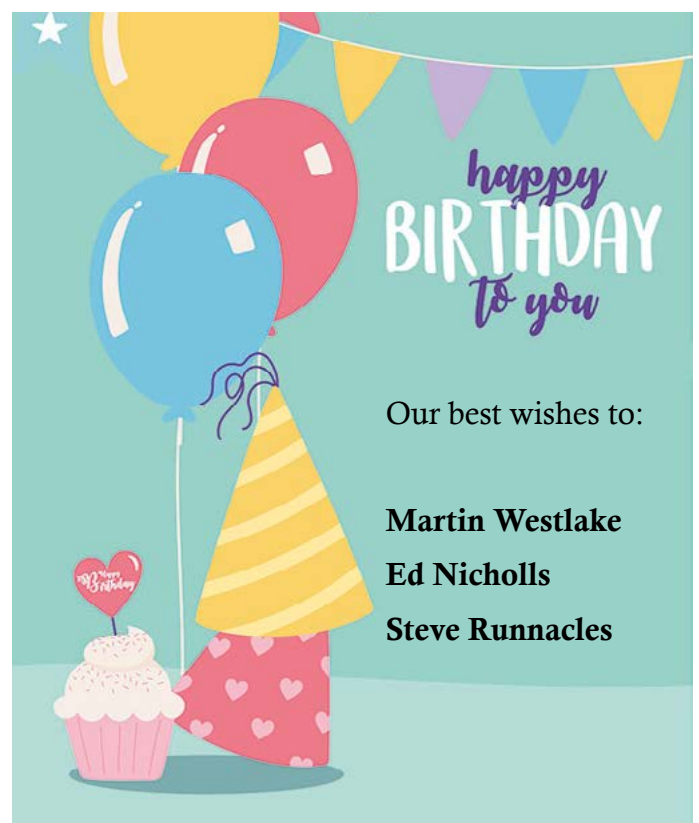
## CLUB OFFICERS 2024-25

<i>Acting President</i>	George Woodward
<i>Senior vice-president</i>	Steve Flory
<i>Junior vice-president</i>	Steph Mackentyre
<i>Immediate past-president</i>	George Woodward
<i>Secretary</i>	Robin Needham
<i>Treasurer</i>	Neill Keveren
<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>	Ed Nicholls
<i>Almoner</i>	Elizabeth Hughes

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## RECENT MEETINGS AND EVENTS

### Natalie McCarthy - Sexual Violence Advisor

By Jack Earwaker

On tuesday 4th February, Natalie told us of some of her experiences as manager of a team of fifteen staff over a period of nearly fifteen years. She said that sexual violence occurs in each sex and over all ages, from babies to the elderly, but in higher numbers against women.

Its effects on the victims can be traumatic and last for years. Some victims are afraid to go to the police to avoid publicity, but if there is no family support and care, they will need help. Even a change of bed and bed clothes helps.

Her unit has eight hundred cases needing some measure of support, and those that get to prosecution often incur delay over witnesses' statements under challenge by legal representatives of the accused and then by the Court workload.



*President George with Natalie McCarthy, our speaker of the day, and Liz Harsant, trustee of The Ferns, the charity connected with healthcare for people who have suffered sexual assault*

Natalie answered many questions from members before Ed Nicholls gave a vote of thanks, after which she received long applause from our members.

### Visit from District Governor Ian Graham

By Ray Walters



On tuesday 18th February, we had a very informal talk by Ian Graham about his role as District 1080 Governor. Ian started by congratulating our club for our Newsletters which he enjoys reading; he was pleased to read about the projects our volunteers have completed recently, including the hedge

planting which looked very good and doubled as a security fence as well.

Our work with other clubs in our area was also mentioned, he was pleased to see how well the clubs worked together with the satellite club which was recently formed, mainly doing projects to help the local community. Ian hoped that these satellite members would eventually join their local Rotary Club.

One slight error was noted by Ian in our latest newsletter where it was written that Foundation had donated 50% of our funds to America; he rectified that statement by telling us that the 50% did go to America because that is where the Foundation bank account is held. The money donated would then be distributed to various projects around the world, which included a donation to the Rotary club in Ipswich Massachusetts for their River project, something our club also contributed to.

Ian concluded his talk telling us about his recent District Governors training course, which took place in Orlando, Florida, learning how to encourage young people to join Rotary initially their local satellite club and then to progress to clubs such as the Rotary Club of Ipswich East.

And speaking of the new Satellite Club, last Tuesday, 25 February, we enjoyed the visit of Debbie Logan (in red) and Ellie Perkins (Next to George W), who told us a bit of how the new Club is progressing and some of the ideas they have to keep developing it.



## ANNOUNCEMENTS

### 'John Riches' Race Night

*in aid of Cancer Support Suffolk*

Friday 21st March  
Ipswich Golf Club  
6:00pm for 6:45pm

£30 per person  
*(includes meal, plus tea and coffee)*

Rotary  
Club of Ipswich East



For dietary requirements, please contact  
Ray Walters at [raywalters099@gmail.com](mailto:raywalters099@gmail.com)



**Rotary**  
Club of Ipswich East



# Annual Golf Day

Purdis- Ipswich Golf Club  
*In aid of Brave Futures*



Thursday 8th May, 2025  
**£350 per team of 4**  
Bacon rolls on arrival and lunch

For further details please contact Chris Harrall  
at [Chrish@charrallassoc.com](mailto:Chrish@charrallassoc.com)  
Sponsorship of holes is available at £125

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



**13 MARCH  
2025**

**Cancer  
Support  
Suffolk**



Richard Whymark



Rev. Paul Pitt



Nightingale Wind Quintet



**Venue 16, Ipswich, IP4 3QJ**  
£28 PP, Raffle, heads and tails

JOIN US FOR OUR

# AFTERNOON TEA

[www.cancersupportsuffolk.co.uk](http://www.cancersupportsuffolk.co.uk)

**The Orwell Challenge**  
29th June 2025  
48th 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 (55k)

[www.orwellchallenge.co.uk](http://www.orwellchallenge.co.uk)

In association with  
**MCP plc**  
Port Community Systems

Organisers  
**Rotary**  
Club of Ipswich East

Media partners  
**Suffolk Sound**  
GOOD AT THE HEART OF YOUR COMMUNITY

**EAST ANGLIAN**  
DAILY TIMES

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 1st March, the number of registered participants for the Orwell Challenge is as follows:

Adult walk	194
Child walk	7
Family walk	4
Half marathon	20
Marathon	30
Ultra marathon	7
<b>Total</b>	<b>262</b>

# ROLLING CALENDAR

Date	Event
4th March	<b>Speaker meeting: Steve Wells - The Shamrock Pub.</b> Details and registration via Wild Apricot.
11th March	<b>Speaker meeting: Sir Christopher Haworth.</b> Details and registration via Wild Apricot.
14th March	<b>Orwell Challenge route check: Levington Creek to Cordy's.</b> Club members are invited to walk the route between those two checkpoints (about 6 miles) to check its condition ahead of the OC. Please contact John Button if you wish to participate.
17th March	<b>Gardening project in Ipswich.</b> Please contact Bill Izzard if you can help.
18th March	<b>Speaker meeting: Becky McAndrews - Fareshare Charity.</b> Details and registration via Wild Apricot.
21st March	<b>3rd John Riches Memorial Race Night.</b> Ipswich Golf Club, 6:45pm. Details and registration via Wild Apricot.
22nd March	<b>Ipswich Wolsey RC Charity Quiz Night - 6:00pm,</b> Seckford Golf Club. Teams of 4 persons max, £20 per person (which includes a hot main course dinner). In aid of Suffolk Family Carers and Cancer Support Suffolk. Contact: David Wilson <a href="mailto:wilsonfamily19@ntlworld.com">wilsonfamily19@ntlworld.com</a>

Date	Event
25th March	<b>Business meeting.</b> Details and registration via Wild Apricot.
19th April	<b>Bucket collection in aid of RSPCA.</b> Details on page 8. Contact Andy Lewis if you can help.
8th May	<b>Ipswich East Golf Day - Ipswich Golf Club.</b> Volunteers needed. Contact Chris Harrall.
25th May	<b>RSPCA fun day at Martlesham Pet Rescue Centre.</b> Details on page 8. Contact Andy Lewis if you can help.
29th June	<b>Orwell Challenge - all hands on board!</b>
13th July	<b>Bury Abbey Rotary Club Classic Car Show.</b> Volunteers wanted, please check page 8 for more information.
8th August	<b>Ipswich Club 2025 Golf Trophy.</b> Tee off 1:30pm, followed by evening meal. Open to all golfers, please contact Des Cunningham.
16th September	<b>District Golf Day - Ely Golf Course.</b> Contact Des Cunningham if interested.

**At a glance:** If you want to get an idea of what we have going on when, make sure to check out the calendar page on our website: <https://www.ipswicheastrotyclub.co.uk/calendar/>

You will be able to see what kind of events we have coming up, and you can also check against that when organising activities to avoid any clashes.

# DUTY ROTARIANS AND LUNCH MENU

Date	Duty Rotarians	Menu*
4th March	Jem Doncaster Nigel Farthing	Scampi, chips and salad
11th March	Eva Alcerreca Roger Gilles	Lancashire hot pot
18th March	John Goodship Allan Gosling	Cottage pie
25th March	Norman Haines John Hutton	Bangers and mash

If you're unable to be a duty Rotarian, remember it is your responsibility to look for a replacement, and please notify our Secretary Robin as well as Steve Flory of any changes.

\*\* These duty Rotarians are looking for a replacement, please contact secretary Robin if you can help.

\*Dietary requirements/Vegetarian option available upon request, please contact Steve Flory at [steve.flory@hotmail.co.uk](mailto:steve.flory@hotmail.co.uk)

## 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.

**The Ipswich Rotary Club** is collecting spectacles, which get forwarded to SpecSort York. After sorting and grading them, they're taken to Africa. Please contact Peter Rogers at: [peterrogers327515@gmail.com](mailto:peterrogers327515@gmail.com).



## UPCOMING PROJECTS UPDATES

We have a few projects and activities coming up, and volunteers are (usually) welcome. Please contact the relevant club member and join in!

**- Orwell Challenge preparation: Levington Creek to Cordy's** - Club Members are invited on Friday 14th March to help check the next section of the Orwell Challenge route from Levington Creek to Cordy's, it is about 6 miles

If you wish to participate please let John Button know [john@button.me.uk](mailto:john@button.me.uk)

**- Bucket collection in aid of RSPCA** - 19th April, Portman Road, 12:30 to 3:00pm. Please contact Andy Lewis if you can help.

**- Ipswich East Annual Golf Day** - Ipswich Golf Club, 8th May. Volunteers will be needed. Please contact Chris Harrall.

**- RSPCA fun day at Martlesham Pet Rescue Centre** - Sunday 25th May. Volunteers needed from 8:30am for gazebo set up, car parking, etc. Volunteers can bring their pets and enjoy the day.

**- Bury Abbey Rotary Club Classic Car Show** - 13th July at Culford School. Volunteers needed to help on the day. Ipswich East benefits from helping, as the Bury Abbey RC will donate £50.00 per person per 4-hour shift to our Community Support Fund. Three 4-hour shifts available: 6:00am-10:00am, 8:00am-12:00pm and 11:00am-3:00pm. Refreshments for volunteers provided. If you can help, please contact secretary Robin at [rotaryipseastsecretary@outlook.com](mailto:rotaryipseastsecretary@outlook.com).

**- Brickmakers Woods hedge trimming** - February 2026 - pruning of the saplings we planted earlier this year.

## MISCELLANEOUS

### Sports provisional calendar

By Des Cunningham

We have a few things happening in the coming months, so if you want to get involved, let me know at [des.cunningham63@gmail.com](mailto:des.cunningham63@gmail.com).

- 2025 Golf Knockout, open to all golfers, April to October.
- Ipswich East Rotary Golf Day, 8th May, Ipswich Golf Club.
- Croquet day. Ipswich Croquet Club, June and August dates to be confirmed.
- 2025 Golf Trophy, 8th August, Ipswich Golf Club. Tee off at 1:30pm followed by evening meal. Open to all golfers.
- Snooker. Ipswich and Suffolk Club. October, date to be confirmed, followed by evening meal.

#### Local and National Golf events

- Rotary Club of Brentwood Golf Day. Thorndon Park Golf Club, 12th May.
- Rotary Club of St Andrews' International Golf Event, June 8th-12th.
- District Golf Day - Ely Golf Course, 16th September.





# Save the Ipswich River and Watersheds Project

By David Chittick

The Ipswich River in Massachusetts was listed as one of the most endangered in the USA. Working with the Ipswich River and Watersheds Association (IRWA), the Rotary club of Ipswich Rowley, USA applied for a Global Grant in July 2021 to provide training, networking and resources to significantly reduce water use throughout the region.

With the longstanding relationship between the two clubs, the Rotary Club of Ipswich East, UK, forged an agreement to become the International Sponsor for the project. In the summer of 2022, members of Ipswich East were able to see and learn about the work that IRWA were doing during their visit to the USA.

International funding for the project came from Ipswich East and District 1080 Designated Funds, providing the required 15% of the budget. Approval was given in September 2022 and in February 2025 the final report was signed off. The success of the project grew from the close working relationship that Ipswich Rowley had with IRWA. IRWA's experience in designing environmentally friendly landscapes, providing materials to use in their educational programme in schools and using the model of training the trainer meant also an increase of the Rotary brand and the involvement of other Rotary clubs in the bay area of Massachusetts.

A water Conservation Toolkit funded by Rotary



Photo: alltrails.com

was shared with us and made available to access on IRWA's website. Tracking water use over time led to a focus on 100 high water users in Wenham. They received a personalised outreach to help identify ways to reduce consumption. Individual households are encouraged to look at their own water consumption and are provided with tips to reduce their use by using the Water Conservation Calculator. 7,504 people have directly participated in stakeholder trainings. It is anticipated that they will continue to spread their knowledge of how to conserve water, on which their communities depend.

Important industries like the harvesting of clams in the Ipswich River estuary need to be protected. As the population increases, greater regulation will be needed to safeguard the flow of clean water down the Ipswich River.

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## A thank you note from the Ipswich Wanderers

Ipswich Wanderers FC (IWFC) wish to thank all Members of our Club for the footballs we donated to them.

These are very much appreciated by IWFC managers in particular, as footballs are something they get through a lot of.

A massive thank you from all the football teams, Carol Tyler IWFC Club Manager and the football club as a whole.

- Ed Nicholls

# Rotary Poet of the Year Awards 2025

Via Mofitz v. Eckardstein

The Rotary Poetry Awards 2025 launches from 1st January 2025 to end date 30th April 2025. You can find out more about the competition at:

[www.rotarypoetry.org](http://www.rotarypoetry.org).

Send in your poem via our entry page and join hundreds of others putting pen to paper for Rotary charities. We accept any language.

Two categories this year:

- The Magic of Rotary
- Open category.

The winners will be announced at the Rotary International Convention in Calgary, Canada, in June 2025 by RI President Stephanie Urchick.



## Liz Harsant, the speaker

Via Lewis Tyler



If you're looking for something to do next Wednesday 19th March, why not head over to The Ipswich Society at Museum Street Methodist Church (entrance via Blackhorse Lane)? Our very own Liz Harsant is scheduled to be the speaker that evening, from 7:30pm, as Chairman of Suffolk County Council.

Good luck, Liz! (Though you will hardly need it, you're a pro!)

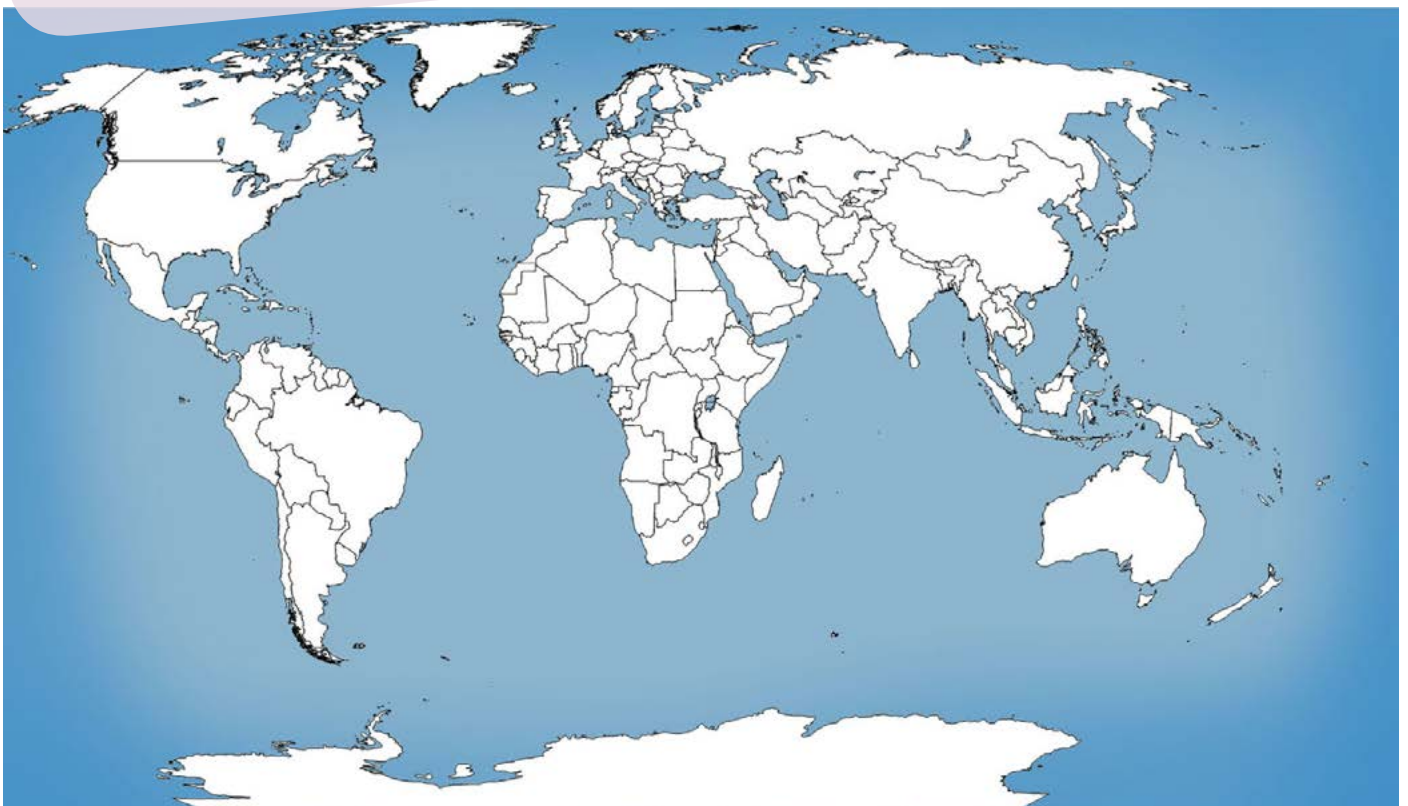
# WHERE HAVE ROTARIANS BEEN?

It has been a slow few weeks receiving photos from people telling me where they've been, so besides encouraging you to send some photos of anywhere you are or have been recently —be it around the corner or around the globe— this down time has given your dear Editor time to ponder important questions, such as: If we were to colour the countries that we, collectively, have visited, how much of the world would we be able to cover?

This has, inevitably, led to my next pestering for information from you all: Tell me where you've been!\* I will not post who exactly has been where, I just would like to see how much we can cover. It would be interesting to see, at least for me, so if you would be kind enough and humour me, I will update this map accordingly.

\*Insert your Editor's extra curious face here.

How many countries would you guess we have collectively visited?



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](mailto: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 14th of 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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