

LOOKS EAST



The Newsletter of the Rotary Club of Ipswich East - D1080 | 2024-25, Edition 22: 2nd June 2025

UPCOMING MEETINGS

Tuesday 3rd June at 12:55pm
**Speaker meeting: Tony Grover -
Rotary Membership**
Menu: Lasagne, chips and salad
D.R.: Liz Harsant & Bill Robinson

Tuesday 10th June at 12:55pm
Club Assembly
Menu: Quiche Lorraine
D.R.: Lucy Trenchard & Geoff Watson

Ipswich Bowls Club

CLUB OFFICERS 2024-25

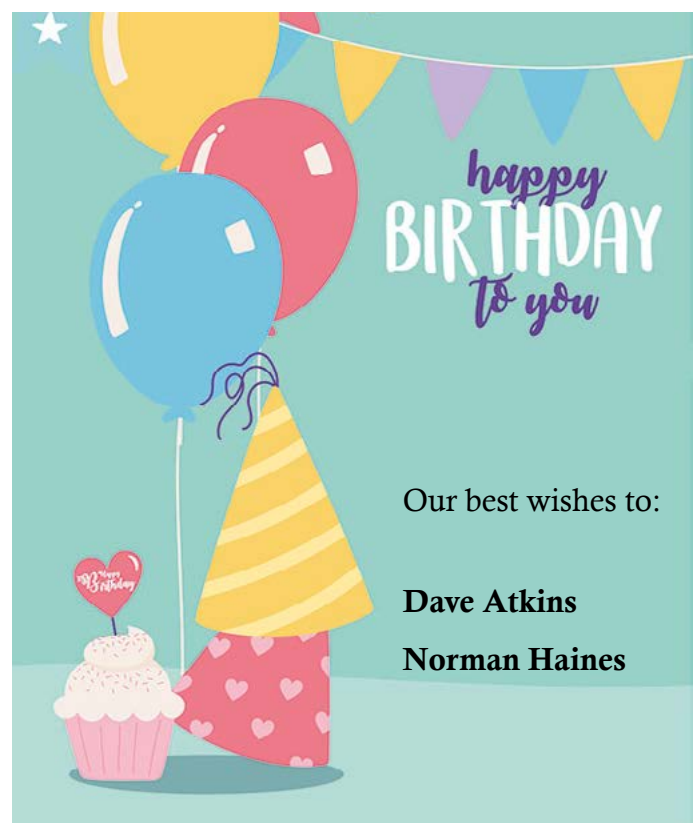
<i>Acting President</i>	Steve Flory
<i>Senior vice-president</i>	Steve Flory
<i>Junior vice-president</i>	Steph Mackentyre
<i>Immediate past-president</i>	George Woodward
<i>Secretary</i>	Robin Needham
<i>Treasurer</i>	Neill Keveren

<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>	Alan Forsdike
<i>Environmental</i>	Lucy Trenchard

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RECENT MEETINGS AND EVENTS

Orwell Challenge route check

Via John Button

The walk and inspection of the final section of the Orwell Challenge route took place on Friday 30th May, where several of our members enjoyed a sunny morning out followed by a meal. It looks like it was a perfect day for it, and now we can say that the entire route has been checked this year! Well done to all who took part, and especially to John B for organising the walks.



The walking gang at Decoy Farm during the walk



RSPCA Fun Day

By Ed Nicholls

Last Sunday 25th May, Andy organised for some members of Ipswich East to volunteer to help with running the event.

After David and Mike helped putting up gazebos I helped with the draw and selling plants. It seemed a great learning curve and an opportunity to promote the Orwell Challenge

I am still missing little Bailey, so Sandie did warn me not to come home with a rehoused dog!



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.



ANNOUNCEMENTS

Rotary Youth Competitions 2025/26



From local heats, organised by Rotary members and Rotary clubs in your area, through to national finals for most of them, Rotary is proud to offer a range of competitions for young people. They offer an opportunity for participants to share their talents, gain confidence and experience, and challenge themselves in a fun and friendly environment.

For all competitions the ages are as at 31st August 2025

Face To Face Competitions - National Final Saturday 25th April 2026

Venue to be confirmed

YOUNG CHEF COMPETITION	Aged 11-17 To prepare and serve, in two hours, a two-course healthy meal comprising a main course and dessert for two people costing up to £18.00 sterling
YOUNG MUSICIAN COMPETITION	Up to 17 – for amateur instrumentalists or vocalists Musicians are judged by the live performance of the works or works of their choice and which at national level must be within a time not exceeding 13 minutes
YOUNG CITIZEN AWARDS	Individuals or groups of young people under 25 Recognising those who have demonstrated positive citizenship, personal achievements, assumed important responsibilities, undertaken community activities or otherwise stood out as exceptional <ul style="list-style-type: none"> Rotary Young Citizen Awards (up to 6 Awards) Rotary Young Citizen Environmentalist Award (1 Award) Rotary Young Citizen Peacemaker Award (1 Award) Rotary Young Citizen Sporting Hero Award (1 Award)

Non-Face to Face Competitions

District winners submitted electronically to Rotary GB&I by 30th April 2026

Theme for ALL Non-face to face competitions is **Happiness in Nature**

YOUNG ARTIST COMPETITION	Up to and including 10, 11-13 and 14-17 2-dimensional artwork in any medium up to a maximum size of A2 unframed
YOUNG ENVIRONMENTALIST COMPETITION	Up to and including 10, 11-13 and 14-17 for individuals or groups of up to 4 people Using whatever medium entrants choose they decide and develop their own ideas around the theme endeavouring to raise awareness and inspire action to respond to the issues
YOUNG PHOTOGRAPHER COMPETITION	Up to and including 10, 11-13 and 14-17 To produce one photograph based upon the theme. Mobile devices or cameras may be used and the digital photograph must be at least 1500 pixel in size on the longest length
YOUNG WRITER COMPETITION	Up to and including 10, 11-13 and 14-17 Handwritten or typed entries can either be a story in prose (up to a maximum of 550 words) or a poem (up to a maximum of 40 lines)

There will **no national final** for either of the two face to face competitions below and each Rotary District and Cluster will decide if they run one, both or neither

YOUTH SPEAKS COMPETITION	Teams of 3 young people. There are two age groups - Intermediate 11-13 or Senior 14-17 Each team member takes on one of three roles: chairperson, speaker and vote of thanks They address the audience on a topic of their choice respecting that Rotary is a non-religious and non-political organisation
YOUTH SPEAKS DEBATE COMPETITION	Teams of 3 young people. There are two age groups - Intermediate 11-13 or Senior 14-17 Each team member takes on one of three roles: chairperson, proposer and opposer They present opposing views on a topic of their choice respecting that Rotary is a non-religious and non-political organisation

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

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EAST ANGLIAN
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Ipswich East Rotary Club - Registered Charity No. 1088961

Orwell Challenge registration numbers update

Our flagship event is **ONLY 27 DAYS** away, and numbers are steadily rising, so let's keep promoting it to make sure we have another successful year!

Please make sure to follow the OC on social media and repost the promotional material there!

As of 2nd June, the number of registered participants for the Orwell Challenge is as follows:

Adult walk	421
Child walk	13
Family walk	5
Half marathon	87
Marathon	58
Ultra marathon	17
Total	601

ANNUAL ROTARY CHARITY GOLF DAY



STOWMARKET GOLF CLUB

A Fun & Entertaining Day for All!



Friday 20th June 2025

WE ARE DELIGHTED TO INVITE YOU TO JOIN US
FOR OUR
ANNUAL CHARITY GOLF DAY.

HOW CAN YOU GET INVOLVED?

- ENTER A TEAM TO PLAY
- SPONSOR A HOLE OR A TEE
- DONATE A RAFFLE PRIZE

PLEASE SELECT ONE OR MORE OF THESE OPTIONS ON THE ENTRY FORM

ALL PROCEEDS FROM THE DAY WILL BE GOING TO

Suffolk Accident Rescue Service

THE COMPETITION IS OPEN TO
MEN, LADIES & JUNIORS.

TEAMS OF FOUR WILL PLAY THE STABLEFORD MATCHES
WITH THE
BEST THREE SCORES COUNTING

REGISTRATION FROM 8AM

BUFFET FROM 1PM

TEE OFF TIMES FROM 9am

PRESENTATION OF PRIZES

YOUR ENTRY FEE INCLUDES

1. A BREAKFAST ROLL & HOT BEVERAGE, TO SET YOU UP FOR THE ROUND
2. 18 HOLES
3. CHEF'S SPECIAL BUFFET

PRIZE PRESENTATION WILL TAKE PLACE AFTER THE LAST SCORECARD HAS BEEN RECEIVED AND CHECKED.

There will also be **Special competitions** and a **Super Raffle** on the day.

FOR ENTRY FORM OR FOR ANY INFORMATION CONTACT

NIC HARDY >> buryabbeyrotarycharitygolf@gmail.com OR 07980 917680

ENTRY FEE

£65

Per head



4 BALL

£240



Rotary



Rotary Club of Felixstowe

Charity Golf Day

Friday 29th August 2025

18 Hole Stableford Competition

Handicap limits: Gentlemen 24 and Ladies 36

Entry Fee per Team of Four £300

Sponsorship - £30 per hole playing teams

£50 per Hole nonplaying Sponsors

— Prizes —

Best individual Stableford points 1st 2nd 3rd

Best Team's Stableford points - 3 out of 4 on each hole to count

Longest drive on 2nd - Nearest the pin on 12th

Fee includes Coffee and Bacon Baps on arrival
plus a Fish & Chip Supper on completion



ROLLING CALENDAR

Date	Event	Date	Event
3rd June	Speaker meeting: Tony Grover - Rotary Membership Lead. Details and registration via Wild Apricot.	13th July	Bury Abbey Rotary Club Classic Car Show. Volunteers wanted, please check page 8 for more information.
9th June	Visit to Bury Abbey RC. 6:00pm at the Greene King Beer Cafe, Westgate Street, IP33 1QT. Let Sec. Robin know if you're interested in attending.	25th July	President's BBQ - at Bill and Monica Pipe's farm. More details to follow.
10th June	Club Assembly. Ipswich and Suffolk Club. Details and registration via Wild Apricot.	8th August	Ipswich Club 2025 Golf Trophy. Tee off 1:30pm, followed by evening meal. Open to all golfers, please contact Des Cunningham.
17th June	Speaker meeting: Lewis Tyler. Details and registration via Wild Apricot.	29th August	RC Felixstowe Charity Golf Day - more information on page 6.
24th June	Speaker meeting: TBC. Details and registration via Wild Apricot.	31st August	One Big Multicultural Festival - BSC Multicultural Services are looking for volunteers. More information on page 8.
29th June	Orwell Challenge - all hands on deck! Roster is out, so make sure to check your email to see where you're posted.	16th September	District Golf Day - Ely Golf Course. Contact Des Cunningham if interested.
1st July	Presidential Handover - Chef's Whites, Ipswich. Details and registration via Wild Apricot.	11th December	Rock 'n' Roll Panto - Beauty and the Beast. More details to follow.

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.ipswicheastrotaryclub.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*
3rd June	Liz Harsant Ed Nicholls	Lasagne, chips and salad
10th June	Lucy Trenchard Geoff Watson	Quiche Lorraine
17th June	Martin Westlake Martin Whitworth	Best burger and chips
24th June	Russell Wiles Lewis Taylor	Chicken tikka masala

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.

*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 (usually) welcome. Please contact the relevant club member and join in!

- **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.

- **One Big Multicultural Festival** - BSC Multicultural Services are looking for volunteers to help with their annual festival on Sunday 31st August in Alexandra Park, Ipswich. 10:00am to help set up gazebos and then 6:00pm to help pack down. Volunteers would be given refreshments and

welcome to stay for the day if they wish. Please contact Andy Lewis if you can help.

- **Greener Ipswich** has created a series of planters in Ipswich TC which need watering. The plan is to get rehabilitated prisoners to do this work in the longer term. Help is needed to drive a van with a tank of water in the back around the town to do the watering. Please contact Andy Lewis if you can help.

- **FareShare** - are in need of van drivers and stores people 2 hours per week or per month. Please contact Andy Lewis if you can help.

- **Community Action Suffolk** are looking for volunteers and to come to our Club to talk about the work they do. Please contact Andy Lewis if you can help.

- **Brickmakers Woods hedge trimming** - February 2026 - pruning of the saplings we planted earlier this year. More details to follow closer to the date.

A Thank You Note from RSPCA

Via Andy Lewis

I wanted to say a huge thank you to your wonderful volunteers who came to help at our Family Fun Day on Sunday.

Their help was much needed and each of the lovely people who volunteered were so kind and helpful and we would absolutely love to be supported by them again.

You'll be pleased to hear the event made over £4,600 – a fantastic amount that'll go a long way to support the animals in our care

If you think you might have any members that would be happy to travel to Aldeburgh, we have our first dog show in the area on Sunday 8th June and would love help with set up/dismantling (from 8.30am/3.30pm) and running stalls again (11.30-3.30pm) if anyone was keen?

Thank again,

Lorna

Corporate & Community Fundraiser - RSPCA Suffolk Central Branch

Orchard Barn fundraiser a success!

Via Lewis Tyler

The fundraiser for the completion of the Rural Hub for Climate and Community at Orchard Barn was a success, raising £10,804, which exceeded their original target!

As Sarah, Lewis' daughter stated:

"We want to offer a heartfelt thank you to everyone who donated, shared, and supported this campaign. Special thanks to the Aviva Community Fund and the British Airways Community Fund for their incredible match funding, which helped take us over the line."

Orchard Barn is organising an event to celebrate this success and to showcase "the progress on the Long House, meet some of the makers, and enjoy an afternoon of workshops, demonstrations, tours,

stories, and seasonal cheer", so if you're interested in attending, please contact Lewis and let him know.

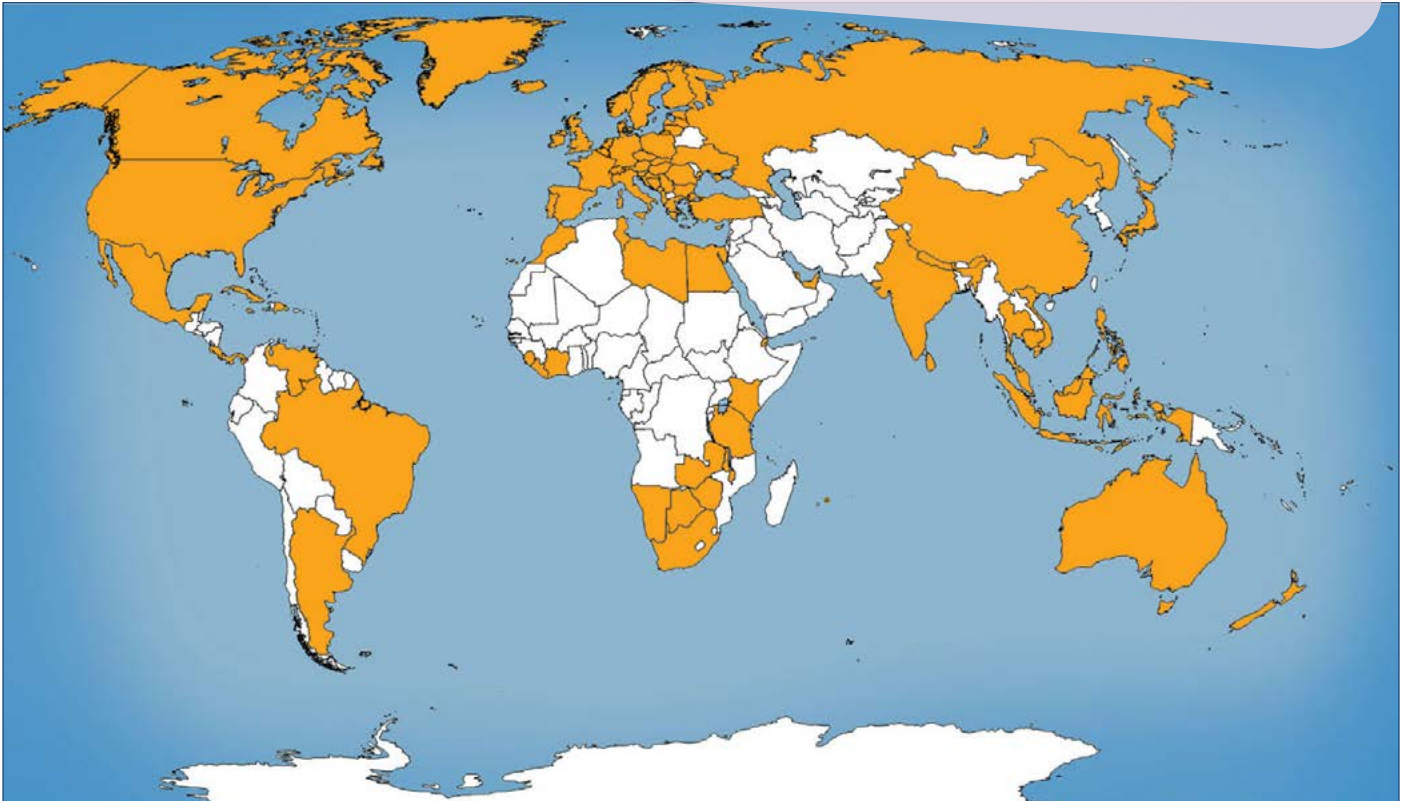


WHERE HAVE ROTARIANS BEEN?

This is it, everyone! That is one very yellow map of places we've visited! My favourite bit was finding all the places that some members have gone to that don't exist anymore.

Thank you so much for your participation, and if you're looking for inspiration for where to go on your next holiday, you might get some from this map!

Stay tuned for your Editor's next curiosity project!



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 13th of June. 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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