

LOOKS EAST



The Newsletter of the Rotary Club of Ipswich East - D1080 | 2024-25, Edition 23: 16th June 2025

UPCOMING MEETINGS

Tuesday 17th June at 12:55pm
Speaker meeting: Lewis
Menu: Best burger and chips
*D.R.: Martin Westlake
& Martin Whitworth*

Tuesday 24th June at 12:55pm
Speaker meeting: Mick Lowe
Menu: Chicken tikka masala
D.R.: Russell Wiles & Lewis Taylor

Tuesday 1st July at 6:45pm
Presidential Handover 2025
*Menu choices should have been sent
to Steve Runnacles*

Ipswich Bowls Club

Chefs' Whites
Suffolk New College

CLUB OFFICERS 2024-25

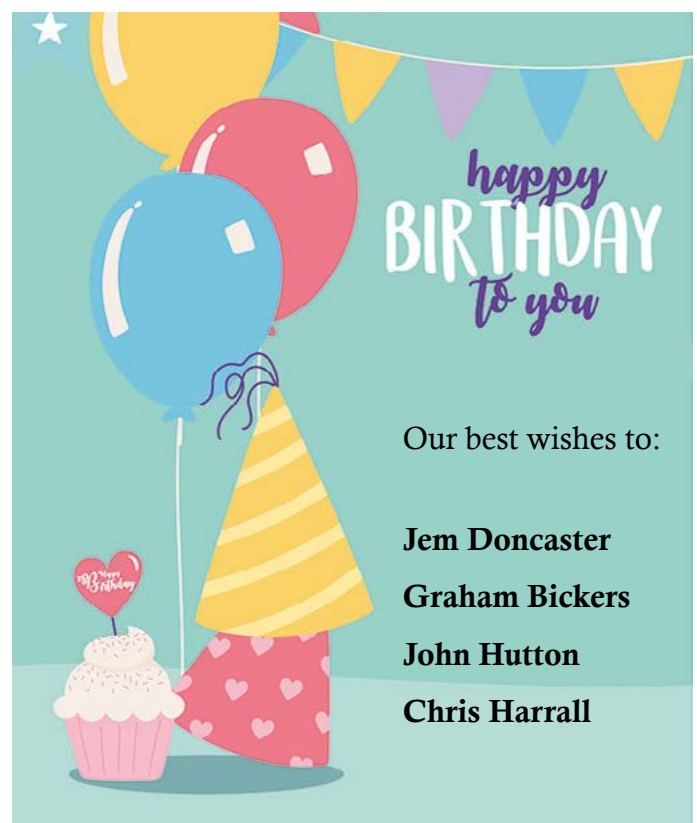
<i>Acting President</i>	Steve Flory
<i>Senior vice-president</i>	Steve Flory
<i>Junior vice-president</i>	Steph Mackentyre
<i>Immediate past-president</i>	George Woodward
<i>Secretary</i>	Robin Needham
<i>Treasurer</i>	Neill Keveren

<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

Tony Grover - Rotary Membership

Via Bill Robinson

On Tuesday 3 June Tony Grover, the District Membership Lead, visited the Club to speak about membership. He recommended members to attend the District seminar to be held on Saturday 7 June which would be entirely focussed on increasing membership of Rotary.

Tony complimented Ipswich East on maintaining a membership of over 60 Rotarians but encouraged the Club to continue to look for new members.

He encouraged members to build on the reputation the Club had developed in the community with such events as the Orwell Challenge which, if kept in the public eye, might encourage new people to consider membership.

It was important for all members to present Rotary in a vibrant, diverse and positive way to the outside world and look to friends, colleagues and the business world for potential members.

He recommended that the Club should look at ways in which existing members could continue with membership in the traditional style and enjoy Rotary as they had done so over the years. However at the same time it was important to identify new different types of membership which might bring new people into the Club without the

commitment of lunches and membership fees. Tony emphasised the importance and usefulness of social media in this quest.

The Satellite Club was a classic example of the way that Ipswich East had sponsored a different and dynamic type of membership.

Answering questions Tony said that the Assistant District Governors were well placed to identify failing Clubs and to facilitate, where appropriate, mergers or transfers to ensure members were not totally lost to the movement.

He said it was important to utilise the way in which Clubs across the District could share good practice and assist other Clubs with membership projects.

President Steve thanked Tony for visiting the Club and that the information he had presented would be taken on board as the Club continued its drive for new members.



Tony Grover

Important: Monthly Subscription Increase

Via Robin Needham

At the AGM held on 20 May 2025 it was proposed and approved to increase the monthly Club subscription from £15.00 per month to £18.00 per month.

This is a reminder to, if you haven't done so yet, please adjust your monthly standing orders as from 1st July 2025 upwards from £15 to £18.

Thank you to all the Members who have already made the change.

For me to assist our Treasurer, Neill, I would be most grateful if you would let me know once you have adjusted your standing order please.

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

In association with
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Port Community Systems

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Rotary
Club of Ipswich East

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RADIO 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 is **ONLY 13 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 16th June, the number of registered participants for the Orwell Challenge is as follows:

Adult walk	464
Child walk	14
Family walk	5
Half marathon	87
Marathon	61
Ultra marathon	20
Total	651

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
17th June	Speaker meeting: Lewis Tyler. Details and registration via Wild Apricot.
24th June	Speaker meeting: Mick Lowe. Details and registration via Wild Apricot.
29th June	Orwell Challenge - all hands on deck! Roster is out, so make sure to check your email to see where you're posted.
1st July	Presidential Handover - Chef's Whites, Ipswich. Details and registration via Wild Apricot.
13th July	Bury Abbey Rotary Club Classic Car Show. Volunteers wanted, please check page 8 for more information.
25th July	President's BBQ - at Bill and Monica Pipe's farm. More details to follow.

Date	Event
8th August	Ipswich Club 2025 Golf Trophy. Tee off 1:30pm, followed by evening meal. Open to all golfers, please contact Des Cunningham.
29th August	RC Felixstowe Charity Golf Day - more information on page 6.
31st August	One Big Multicultural Festival - BSC Multicultural Services are looking for volunteers. More information on page 8.
16th September	District Golf Day - Ely Golf Course. Contact Des Cunningham if interested.
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*
17th June	Martin Westlake Martin Whitworth	Best burger and chips
24th June	Russell Wiles Lewis Taylor	Chicken tikka masala
1st July	None needed	Menu choices should have already been sent to Steve Runnacles. If you haven't done so, please contact him as soon as possible.

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.

MISCELLANEOUS

A Thank You Note from RSPCA

Via Andy Lewis

Dear Andy,

I'd just like to thank you and your Rotary colleagues on behalf of our RSPCA branch for your help, setting up for our Family Fun Day and during the event at the Martlesham animal centre. Your hard work and good humour really sped the work along.

We hope you'll feel you'd like to come back for a future event!

Many thanks again,

yours faithfully

Stephen
Hon. Chair
RSPCA Suffolk Central Branch

WHERE HAVE ROTARIANS BEEN?



Neil and Helen are enjoying a holiday in Dubrovnik, Croatia, and Neil has found what he considers to be a suitable *chair* worthy of his status, which he says he's keeping warm.

However, I think it would be only fair to remind him that everyone who sat on that throne had a... what should we call it... *troublesome* ending.

(If you ever watched Game of Thrones, you might be aware that a lot of it was filmed over in Dubrovnik.)

COMING SOON: IN PROFILE

I joined the Ipswich East Rotary Club in 2016, and I remember feeling overwhelmed by the amount of members we have, and also, I must confess, a bit stressed out about trying to remember everyone's name and a bit about them.

It took me a long, LONG time to feel like I at least knew a little bit about everyone (or almost everyone, most likely), and I know that many other members, especially newer ones, feel the same way. I think it is a shame to belong to such a large Club and to be missing out on the rich history and experiences of all the wonderful people that make up our Club. So, with that in mind, I intend to embark on a new project for the newsletter that will hopefully be of interest to everyone: a profile of each member. I know that newer members would certainly benefit from getting to know other members better that way, and I'm sure that even those who have known each other forever would find some interesting bits about others that they would have never imagined.

Lesley Murphy will be helping me with this, and we will be approaching each member in time with a short series of questions. Needless to say, we will be very mindful of privacy and respectful if someone

decides not to take part, but remember, we're not trying to publish any delicate information, simply to know a bit more about each other and, in doing so, maybe realising new ways that we can rely on each other and contribute to the development of the Club.

I am really looking forward to learning more about all of you and, as always, I hope you indulge me in this venture, which I believe will make the Rotary experience much richer for everyone. So keep an eye out for this section on the next issue—which will, by the way, be the first one of the new Rotary year—, and I hope that at the end of it, you come to feel closer to your fellow Rotarians.



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 4th of July. 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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