

Rotary  |  **BE THE INSPIRATION**

LOOKS EAST

The Weekly Newsletter of The Rotary Club of Ipswich East

Edition 28-2018 - 21st August 2018

Club website : ipswicheastro Rotary club.co.uk

Orwell Walk Website: orwellwalk.co.uk

Facebook page: facebook.com/IpswichEastRotaryClub

Charity Number: 1088961

CLUB OFFICERS—2018/19

President: David Knights

President Elect: Liz Harsant

Vice President: David Chittick

Secretary: Tony Baker

Asst Secretary: Martin Westlake

Treasurer: Neil Hewitt



August Birthdays

Toby Pound

George Woodward

September Birthdays

John Button

Geoff Watson

Roger Gilles

Russell Wiles

Lunchtime Meeting at Greshams bell rings at 12.55pm

Tuesday 21st August 2018

Paula Baker from Suffolk Prickles hedgehog rescue

Duty Rotarians: Des Cunningham & Colin Davies

Tim Holder, from Suffolk Community Foundation (SCF), spoke to the club on 7th August about their role as one of forty-six community foundations in the UK.

After a quick game of heads and tails, he explained that collectively they are the fastest growing UK-wide funders of local charities and voluntary organisations. They represent the only way for local people to give right to the heart of their communities wherever they live across Britain. They address the widest possible range of issues and intervene in the hardest to reach communities.

In this respect community foundations offer a compelling message and fulfil a vital role. Crucially, Community foundations do not compete with other local charities, but instead act as a hub to channel funds directly to them. They are particularly important for the 50% of charities that have no paid staff or marketing budgets.

The SCF has helped raise £30 million in twelve years, of which £12million so far has been invested in endowment funds to generate ongoing income streams for local communities and generate pools of donors so that projects that enhance the quality of life and have lasting impact can be sustained.

Tim rightly emphasised that just over 1 in 10 of Suffolk's population live in poverty, meaning that there are over 50 food bank services across the county, and that despite this level of need, nearly 80% of the charitable giving done goes to the benefit of the top 2% of National Charities..... so depending on the intentions of the donor, thinking locally with the giving we do individually and as a club is perhaps more important than we initially realise.

SCF save community-based charities time and money by managing multiple donor funds under one roof. This means that one grant application is able to access multiple funds. The average size of a grant made across all Community Foundations is £3,200.

As you would expect from someone with a strong background in International Development allied to a conviction to help support the local community as effectively as possible, Tim spoke with clarity and passion about the significance and profile of the Suffolk Community Foundation.

Tim kindly made available a number of copies of their 2016/17 Annual Review, which is a fantastic publication both in highlighting individual projects and it's level of publishing quality, making it well worth a read).

Russell Wiles

Find out more by clicking this link: <https://suffolkcf.org.uk/>



Tuesday Rotary Meeting Programme

(lunchtime meetings start 12.55pm)

*Widows of former members are welcome to all evening and additional events
please book through the Hon Secretary Tony Baker*

(Duty Rotarians are requested to make their own swaps and inform the Secretary and Newsletter Editor)

NEXT WEEK 28th August	"My Job" - Juliette Adams <i>Duty Rotarians: Alan Forsdike & Catherine Forsdike</i>
4th September 7.15 for 7.30am	Breakfast Meeting—Breakfast Meeting <i>(there will be an evening event at Hintlesham Hall for our American Visitors)</i> <i>Duty Rotarians: Jack Earwaker & Karen Finch</i>
11th September	Business Meeting—no guest speaker <i>Duty Rotarians: Janet Dillaway & Robin Dillaway</i>
18th September	tba <i>Duty Rotarians: Roger Gilles & John Goodship</i>
25th September	tba <i>Duty Rotarians: Allan Gosling & Norman Haines</i>
2nd October	Tim Passmore: Police and Crime Commissioner <i>Duty Rotarians: Mark Harrison & John Hutton</i>
9th October	Business Meeting—no guest speaker <i>Duty Rotarians: Steve Jones & Matt Kennington</i>
16th October	tba <i>Duty Rotarians: Satish Khanna & Andy Lewis</i>
23rd October	tba <i>Duty Rotarians: Ian Lord & Ross Lunney</i>
30th October	Launch of the Orwell Challenge 2019 <i>Duty Rotarians: tba</i>

LUNCHTIME MENU

21st August : Cumberland Sausage with New Potatoes and Vegetables

28th August : Roast Chicken with Vegetables

[4th September : Breakfast Meeting]

11th September : Cajun Pork with BBQ Sauce & Parmentier Potatoes,

18th September : Chicken Curry with Rice and Naan Bread

IPSWICH EAST ROTARY CLUB ROLLING DIARY

This table shows events other than regular weekly meetings.
The name of the lead Rotarian for each event is shown in brackets.

(Inner Wheel Events are shown in black italic type on a pale blue background)

Wed, Thu, Fri 12th, 13th & 14th September	Sainsbury's (Warren Heath)/FIND Food Collection <i>all 4 Ipswich Clubs involved</i> (Jo Banthorpe)
Wednesday 26th September	Senior Citizens' Concert (Andy Lewis, David Knights, Chris Banham)
Thursday 10th October 2-5pm	<i>IW Charity Bridge Drive at Playford Village Hall (see poster on p4)</i>
Friday 15 th March 2019 7pm	<i>IW Inaugural dinner at Hintlesham Golf Club with entertainment our very own Stephanie Mackentyre and Steve Rhodes</i>

Programme for Twinning with Rotary Club of Ipswich Mass



There may be a few places remaining at some events; please contact George McLellan



Wednesday 29th August

6pm Welcome Barbeque at 'Hill Farm',
Fynn Lane, Tuddenham St Martin

Thursday 30th August

All day visit to Ely, Cambridgeshire:

11.30am Tour of Oliver Cromwell's House

12.45pm Light lunch at *The Almonry*

2pm Tour of Ely Cathedral.

Evening Free

Friday 31st August

Morning Free

Afternoon Visit to *The Red House*, Aldeburgh (tour starts 2.30pm) where the composer Benjamin Britten and singer Peter Pears lived. The exhibition this year is "Britten in America".

5.30pm Supper at *The Plough & Sail*, Snape

7.30pm Concert at the world famous Snape Maltings Concert Hall for the final concert of the annual *Snape Proms* season. The legendary Abdullah Ibrahim, South Africa's legendary jazz pianist will be playing.



Saturday 1st September

Daytime Suffolk & Norfolk Aviation Museum (tbc)

Evening Supper Parties in homes of Rotarians

Sunday 2nd September

Morning free for hosts to arrange activities (or not!)

Anyone wishing to attend church is invited to 9.30am Parish Communion service at Tuddenham St Martin's ancient parish Church or 10am All-age Worship at St Mary's Winesham or 11am Parish Communion at St Mary Magdalene Church, Westerfield (all three churches are at least 900 years old) services will be led by Revs Alan & Catherine Forsdike.

12noon Football Match: Ipswich Town versus Norwich City at Portman Road football ground Ipswich.

Evening Free

Monday 3rd September

All day tour of Woburn Abbey and Bletchley Park

Tuesday 4th September

7am Rotary breakfast meeting at "Greshams" then two choices are available:

10.30am Clay Pigeon Shoot and lunch at *Cooper's Country*, Coddendam

11am visit to *Orchard Barn* social enterprise specialising in natural and traditional building projects. Lunch at *The Punch Bowl* at 12noon

7pm Farewell Gala Dinner at Hintlesham Hall Hotel.

KIDS OUT As luck would have it, this year's Kids Out coincided with a welcome break from the recent searing heat and just pre-empted the subsequent monsoon conditions, giving us perfect weather for our trip to Colchester Zoo. Thirteen youngsters and their 11 carers from STARS Holiday Club relished this fabulous opportunity to embark upon this trip as a whole group - something that's not often possible with their own minibus transport due to the high ratio of youngsters to carers required.

STARS, in association with Genesis Orwell Mencap, provides a very necessary service during school holidays for youngsters with complex health needs and learning difficulties, aged 11 - 25 yrs. Their sister-group BUDDIES provides a similar facility for younger clients, from age 8 - 18 yrs.

Lady Luck wasn't completely on our side though as an earlier accident at the zoo entrance delayed traffic by a good 45 minutes, which meant there was a monstrous queue at the ticket kiosk when we arrived. Fortunately we had pre-booked online and so were able to happily sail past everyone and straight into the zoo with no waiting about!

The youngsters already had in mind where they wanted to go and what they wanted to see. For one it was just sitting next to and watching the flamingos - it really made her day! Not to mention the ice creams with flakes of course!

This group of youngsters face an unimaginable daily challenge and it felt so humbling to see a snapshot of their world. It takes very little to make a big impact on their day - indeed (and sadly), more able youngsters might expect more from a day out.

A day out for these youngsters will always be costly due to the high staffing ratio and specialist equipment needed. My thinking is: 'why shouldn't they have days like this?' Trips like this give huge added value to these youngsters. I'm so very proud to be part of an organisation that is able to provide for them every now and then.

Many thanks to Chris, Allan, Liz, Bob and Ali for giving up their time on Wednesday - this was very much appreciated by the youngsters and staff alike - it was written all over their faces as they got off the bus!

Jo Banthorpe



We weren't able to photograph the youngsters because this newsletter is also published online but have a shot of the staff sporting their STARS/Sponsored by Ipswich East T-shirts which we bought for them last year.



Inner Wheel Club of Ipswich East



Charity Bridge Drive



Thursday 10th October
Playford Village Hall, 2-5pm

Tickets £10/person including a delicious afternoon tea
[to book, email Rosey Watson at roseywatson@sky.com]

All proceeds will be donated to the charity "Asperger East Anglia"

RAF

(Rotary and Friends)

Grand

Autumn

CANCELLED THROUGH LACK OF SUPPORT

Alternative: Charity Autumn Ball at the Orwell
Felixstowe in aid of Leukaemia Research/ Bloodwise on
Friday 19th October 7 for 7.30pm with a fork buffet
£28 each, dancing to Liqueur, David Boswell and Annie
enquiries direct to Allan Gosling please

Live music duo
Jackentyre & Steve Rhodes
Dress: Lounge Suit—Tickets £30 each.

Rotarian Friends and Guests are most welcome

MENU

Must be pre-ordered and may be selected from:

Starter Choices:

**Prawn & Crayfish Cocktail
Smoked Chicken & Chorizo
Warm Goat-cheese Tart**

Main Choices:

**Roast Lamb Rump
Cod Fillet with crushed new potato
Vegetable & Goat-cheese filo parcel with salad**

Dessert Choices:

**Eton Mess
Vanilla Cheesecake
Chocolate Delice**



We aim to have at least 100 people attend so please advertise widely.
Ticket reservations direct to organiser Allan Gosling by email: a@allangosling.com



Charity DOG Walk & Breakfast

Saturday 22nd September 2018
 9.30am | Brandeston Village Hall, IP13 7AE

Enjoy a 4.5 mile walk through the beautiful countryside with a hot breakfast at Brandeston Village Hall. Everyone is welcome and dogs are not compulsory.

TICKETS £10pp
 Includes breakfast, bottled water & doggie treats.

Book tickets online at hearingcarecentre.co.uk/dogwalk
 For more information please call 01473 230330.

HEARING CARE CENTRE
 Hearing Dogs for Deaf People



The Rotary Club of Ipswich Wolsey

Walk through the beautiful scenic Fynn Valley, Suffolk

In aid of **East Anglian Air Ambulance**

WOLSEY PUB WALK

Meet up between 10.00 am - 12 noon

6 mile or 8 mile option

Cost: **£10.00** includes T-shirt

BBQ & Beer Festival The Railway Inn 4.00pm onwards

Saturday 15th September 2018

An 8 mile circular walk (also 6 mile option)
 Starting from The Railway, Westerfield > The Barley Mow, Witnesham > The Tuddenham Fountain > The Swan, Westerfield then back to The Railway Westerfield to finish.

Registration via our website: www.wolseypubwalk.org.uk
 Email: wolseyrotary@btinternet.com For more information tel: 07545 854801 (Terry)



The Rotary Club of Felixstowe Landguard
 would like to invite
The President and Members of Ipswich East Rotary Club
 to their
34th Rotary Charter Night Dinner 2018

*Guest Speaker Mark Whitby
 Past President of the Institution of Civil Engineers*

Thursday 13th September
£27.00 per person

The Orwell Hotel, Felixstowe
7.00 pm for 7.30 pm
Black Tie & Regalia

RSVP with Menu Choices and Cheque made payable to "The Rotary Club of Felixstowe Landguard" to Philip Young President Elect at Cambridge House, South Hill, Felixstowe, IP11 2AA

email: philipyoun@btinternet.com

or pay RC of Felixstowe Languard 20-98-07 60766542

Starter

A: Seasonal vegetable soup

B: Terrine of Suffolk ham hock with piccalilli

C: Tomato mozzarella bruschetta with pesto & rocket C

Main

A: Breast of chicken with crushed new potatoes, savoy cabbage & smoked bacon, tarragon cream

B: Local cod fillet with crushed new potatoes, spinach, pea & mint puree

C: Butternut squash and sun blushed tomato's risotto

Dessert

A: Chocolate Brownie with chocolate sauce

B: Vanilla cheesecake with banana & toffee sauce

C: Fresh fruit salad & cream

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Freshly Brewed Tea and Coffee