

Rotary  |  **BE THE INSPIRATION**

LOOKS EAST

The Weekly Newsletter of The Rotary Club of Ipswich East
Edition 34-2018 - 16th October 2018

Club website : ipswicheastrotaryclub.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



October Birthdays
Ewan Dodds
Bob Dunnett
Stuart Cooper
November Birthdays
Geoff Ramsdale
Steve Flory
Bill Robinson
Liz Harsant
Alison Baldry

Lunchtime Meeting at Greshams bell rings at 12.55pm

Tuesday 16th October 2018

Terry Hunt tells us about his 'brush with death' and why we need more defibrillators

Duty Rotarians: Satish Khanna & Matt Kennington

It's a winner!

"Looks East" won the best news bulletin in District 1080 award. Allan Gosling accepted the award on behalf of our Club.*

The annual award goes to the editor who, (on behalf of the club) looks after a cut glass decanter known as the *Dick & Valerie Jeffery Decanter* for the year. It also comes with a bottle of port to enjoy!

This is the third time Editor Alan has won the trophy for the club.

*Editor Alan was unable to be at the district conference this year as he had a prior engagement which he couldn't miss. We should point out that Dick and Val have no part in the selection process.



September 30, 2018
Dear Rotary Club Members,
Sending you out sincere thanks for the concert at Copleston and for the two wonderful dinners. Such an enjoyable evening.
With thanks,
Sylvia, Sheila, Anne, Sylvia F. and Sonia
(Bader & Martlesham Heath)



Mr Tony Baker
Secretary, Ipswich East Rotary Club
3 Carlton Way
Ipswich
Suffolk
IP4 2TR

Age UK Suffolk
14 Hillview Business Park
Old Ipswich Road, Claydon
Ipswich, Suffolk IP6 0AJ

Information Line: 01473 351234
Business Line: 01473 359911

office@ageuksuffolk.org
www.ageuksuffolk.org

2nd October 2018

Dear Tony

Thank you for allowing Age UK Suffolk to come along and fundraise at your Annual Copleston Concert. It was a very enjoyable evening and my colleague Jenny and I enjoyed the entertainment especially Richard Whymark. We raised £358.37 which was an amazing amount. One lady I spoke to who came along at the last minute with a friend made the comment that it was her first time attending and that she would like to come back next year.

Age UK Suffolk is a local charity, working with and for older people across Suffolk, ensuring that where needed, people have access to vital and sometimes life-changing services and support to make a difference to them in later life.

Each year, it costs over £3million to deliver our services, with the majority of our income being sourced from non-statutory sources, which is why it is so important for us to work with our local business community and forge long-lasting and valuable relationships that work for the benefit of the business and employees as well as supporting the charity.

With your help, we can continue to offer vital services and support too many thousands of older people in the county, ensuring that everyone has somewhere to turn to – whether it is for information & advice, help with claiming benefits, dementia support or to help us combat loneliness and social isolation through our befriending service.

Once again, thank you for supporting Age UK Suffolk, and I hope that we can continue to work with you throughout 2018, helping us to celebrate our 70th anniversary of supporting vulnerable older people in Suffolk.

Yours sincerely,
T Evans

Tracey Evans
Fundraising Assistant
Tel: 01473 298683
Email: tracey.evans@ageuksuffolk.org

President: The Countess of Euston. Registered Office: 14 Hillview Business Park, Claydon, Ipswich IP6 0AJ
Age UK Suffolk is an independent local charity. Company limited by guarantee.
Registered in England No. 4150613. Registered Charity No. 11955091

NEW!

You can now view club photographs directly on-line by clicking this link
ipswicheastrotary.suffolk.cloud

The link has been tested and works on laptops but may not on tablets. A link is also given in the covering email. Please let Ed Alan know if you have problems.

Notes of appreciation from Age UK Suffolk and residents at 'Bader Court', Martlesham Heath following the Senior Citizens' Concert.

A profit of £358.37 was made for Age Suffolk 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 23rd October	Dick Daniels and Peter Finch from 'Felixstowe Coastwatch' <i>Duty Rotarians: Ian Lord & Ross Lunney</i>
Fifth Tuesday Evening Meeting 30th October	Launch of the Orwell Challenge 2019—open to everyone to attend: this is a "normal" fifth-Tuesday event <i>Duty Rotarians: Mark Harrison & Steph Mackentyre</i>
6th November	tba <i>Duty Rotarians: Goerge McLellan & Peter Moss</i>
13th November	Business Meeting—no guest speaker <i>Duty Rotarians: Mark Murphy & Ed Nicholls</i>
20th November	tba <i>Duty Rotarians: Bob Parker & Bill Pipe</i>
27th November	tba <i>Duty Rotarians: Richard Porter & Toby Pound</i>
4th December	tba <i>Duty Rotarians: John Riches & Clare Richards</i>
11th December	Business Meeting—no guest speaker <i>Duty Rotarians: Bill Robinson & Steve Runnacles</i>

LUNCHTIME MENU

16th October : Scampi with Parmentier Potatoes and Peas

123rd October : Cumberland Sausage with New Potatoes and Vegetables

30th October : Fifth Tuesday: Shepherds Pie followed by Chocolate Cheesecake

5th November : 23rd October : Roast Chicken with Vegetables

12th November : Cajun Pork with BBQ Sauce & Parmentier Potatoes

AN E-MAIL OF APPRECIATION AND HAPPY MEMORIES from one-time member Fred Leach.

Hi Alan—Your newsletter certainly brings back memories when certain names appear like, Bob Dunnett, Bill Pipe, Ian Lord, Jack Earwaker, Richard Porter, and not forgetting Delphine Jarman, glad to know the are still supporting the Club, please give them my regards, also not forgetting John Button. Many Thanks, *Fred*

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)

Thursday 25th October 2-5pm	<i>IW Charity Bridge Drive at Playford Village Hall</i> <i>(see poster on p5)</i>
Tuesday 6th November 7.15pm	<i>Inner Wheel monthly meeting at Ipswich & Suffolk Club</i> <i>—guest speaker on “The Blossom Appeal”</i>
Friday 30th November— Sunday 2nd December	Biennial Club Visit to Bad Salzuflen <i>(George McLellan)</i>
Tuesday 4th December 7.15pm	<i>Inner Wheel monthly meeting at Ipswich & Suffolk Club</i> <i>—guest speaker on “Fifty Years in a Kitchen”</i>
Wednesday 12th December	Rock & Roll Pantomime—New Wolvey Theatre <i>(Clare Richards)</i>
Tuesday 8th January 2019 7.15pm	<i>Inner Wheel monthly meeting at Ipswich & Suffolk Club</i> <i>—social evening</i>
Sunday 13th January 2019	<i>Inner Wheel Annual “Walk and Tea”—Hill Farm, Tuddenham St Martin</i>
Friday 1st February 2019	<i>Inner Wheel Trivia Quiz—Tuddenham St Martin Village Hall</i>
Tuesday 5th February 2019 7.15pm	<i>Inner Wheel monthly meeting at Ipswich & Suffolk Club</i> <i>—guest speaker: Judy Gowan on “Aldeburgh Carnival”</i>
Tuesday 5th February 2019 7.15pm	<i>Inner Wheel monthly meeting at Ipswich & Suffolk Club</i> <i>—guest speaker: District Chairman, Linda Fellas</i>
Friday 15th March 2019 7pm	<i>IW Inaugural dinner at Hintlesham Golf Club</i> <i>with entertainment from our very own Stephanie Mackentyre and Steve Rhodes</i>

ROTARY APOLOGIES

Tracey Clay, in George Woodward’s offices will act as Attendance Officer for the remainder of this Rotary year.

Send apologies by 2 pm each Monday by email, to tracey.clay@ews.co.uk

Alternatively, text 07990 573258—as a last resort, telephone 07990573258.



Inner Wheel Club of Ipswich East

Thursday 25th October

Charity Bridge



Playford Village Hall, 2-5pm

Tickets £10/person including a delicious afternoon tea

[to book, email Rosey Watson at rosey.watson@sky.com]

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

Asperger East Anglia offers personal, friendly assistance for everyone with Asperger syndrome and their carers by providing a comprehensive and integrated service. Where there is a gap in provision, they aim to work in partnership with other organisations to help fulfil it.



Rotary Club visit—Wednesday 12th December

Board circulating—Clare Richards organising



Autumn Ball

**at the Orwell Felixstowe in aid of
Leukaemia Research/ Bloodwise**

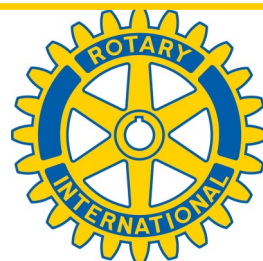
**Friday 19th October 7 for 7.30pm with a fork buffet
£28 each, dancing to Liqueur, David Boswell and Annie**

enquiries direct to Allan Gosling please

WOODBIDGE DEBEN CHARTER NIGHT

MONDAY 26th NOVEMBER 2018 6.30pm for 7pm

UFFORD PARK HOTEL



President Tom Griffin invite you and your partner to join us for our 29th Annual Charter Night Dinner 6.30 for 7.00pm.

Dress Code: Black Tie : £30 per head.

Speaker Dr. Sarah Hills "Coventry Cathedral and its work of Reconciliation"

Responses by Monday November 12th please to Martin Kenyon: captainmjk@btinternet.com
109 Thoroughfare, Woodbridge IP12 1AS, 01394 386933—Payment on the night or by BACS.

MENU (gluten free available by prior request)

Duck and Pork Pate with Autumn fruit chutney and toasted ciabatta A
Smoked trout salad with a horseradish mayonnaise B
Leek and Potato Soup (v) C

Roast Sirloin of Beef with Yorkshire Pudding & Pan Gravy D
Baked fillet of Salmon with a chive cream sauce E
Roasted Vegetable goats cheese tart with a balsamic reduction (v, but not available gf)

Chocolate Torte with fresh piped cream and chocolate sauce (v) G
Baked Vanilla Cheesecake with a fruit compote (v) H
Selection of Cheese and Biscuits served with Celery & Grapes (v) I



Golden Congratulations
to Liz & Tony Baker
on their 50th Wedding Anniversary.



Pudding Club CHARITY NIGHT

Thursday 25th October
The Froize, Chillesford | 7pm

A special evening dedicated to delicious desserts, what more could you ask for?

Round up some friends, be a bit naughty and treat yourselves to a night full of indulgence. All in aid of a Hearing Dogs for Deaf People!

To purchase your tickets call our team on 01473 230330.

£20 per person
(Limited spaces)

Tickets include a selection of Suffolk tapas followed by an array of homemade desserts.

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Tickets also available via our online shop:
hearingcarecentre.co.uk/puddings