

LOOKS EAST

The Newsletter of the Rotary Club of Ipswich East | 2023-24, Edition 21: 20th May 2024

UPCOMING MEETINGS

Tuesday 21st of May at 12:55pm
Speaker meeting: Mandy Grimwood and guest - Gainsborough Library Reading Room

Menu: Hunters chicken
D.R.: Russell Wiles & Eva Alcerreca

Tuesday 28th of May at 12:55pm
Business meeting

Menu: Chicken tikka masala
D.R.: Lewis Tyler & Geoff Watson

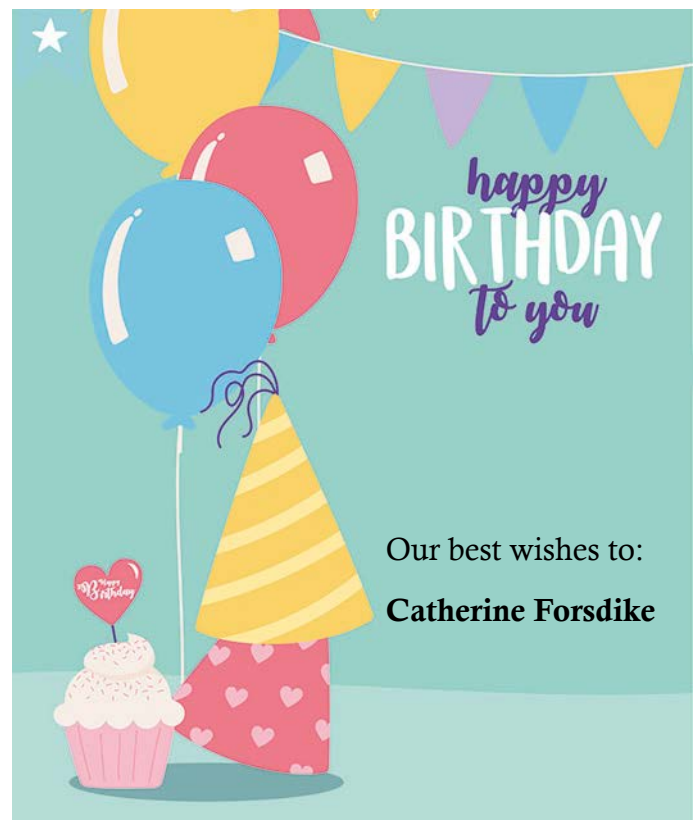
Ipswich Bowls Club

CLUB OFFICERS 2023-24

<i>President</i>	George Woodward
<i>Sen vice-president</i>	Ewan Dodds
<i>Junior vice-president</i>	Steve Flory
<i>Immediate past-president</i>	Steve Runnacles
<i>Secretary</i>	Bill Robinson
<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>	Toby Pound
<i>Fund raising</i>	Ray Walters

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RECENT MEETINGS AND EVENTS

Councillor Lynne Mortimer, Mayor of Ipswich

By Ed Nicholls

At the meeting on the 7th of May, we welcomed Councillor Lynne Mortimer who is the current mayor of Ipswich.

Lynne told us that as mayor she had attended well over 300 events with as many as four events a day in her capacity of mayor.

She explained about the historic chain of Ipswich and how it came about. On the plus side she said that one benefit was all the chocolate cake that she has eaten this year and the privilege of meeting so many amazing people of Ipswich.

She had the good fortune of witnessing the Ipswich Town celebrations on one of the open top buses. I must therefore say her year has been quite a success. I wonder how much chocolate cake she will eat now!



President George and Cllr. Lynne Mortimer, Mayor of Ipswich

Ground clearing around Nacton Shore

By Eva Alcerreca

On 11th May, a group of determined Rotarians led by Andy Lewis gathered on the shore line between the Orwell Challenge checkpoints of Bridge Wood and Shore Lane to clear up a few fallen trees that would have made it very difficult for runners and walkers to use the route next month.

My sources tell me there were two chainsaws in operation while the rest of the crew cleared branches and logs. It was a lot of work, so well done to everyone involved!



ANNOUNCEMENTS



The poster features a background image of a golf course with a driver and a golf ball in the foreground. The Rotary International logo is in the top left corner. The main title is 'Ipswich East Rotary Golf Day' in a large, white, serif font. Below it, in a smaller white font, is 'Purdis- Ipswich Golf Club' and 'In aid of Eden-Rose Coppice'. The date 'Thursday 23rd May, 2024' and the price '£330 per team of 4' are prominently displayed. Below the price, it says 'Bacon rolls on arrival and lunch'. At the bottom, contact information for Chris Harrall is provided: 'For further details please contact Chris Harrall at Chris@charrallassoc.com Sponsorship of holes is available at £100'. On the right side, there are two small inset photos: the top one shows a green and fairway, and the bottom one shows a clubhouse building. A list of bullet points is also present: '• Top 50 Course in the UK', '• James Braid design', and '• 1895-1995 centenary'.

 **Ipswich East Rotary Golf Day**
Purdis- Ipswich Golf Club
In aid of Eden-Rose Coppice

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

Thursday 23rd May, 2024
£330 per team of 4
Bacon rolls on arrival and lunch

For further details please contact Chris Harrall
at Chris@charrallassoc.com
Sponsorship of holes is available at £100

New Club Treasurer: Neill Keveren

As you may have noticed, there has been a change in the Club Officials list on the front of the newsletter (since the last edition, actually), and this is because after many years of serving as treasurer, and doing a wonderful job, Neil Hewitt has decided to step down from the position, which has now been taken by Neill Keveren.

The Club are very grateful to both Neil H for all the hard work he's put into his position throughout the years, and to Neill K for stepping up.



The Orwell Challenge

23rd June 2024
47th 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

www.orwellchallenge.co.uk

Main sponsor
MCP plc
Port Community Systems

Media partners
BBC RADIO SUFFOLK **EAST ANGLIAN DAILY TIMES**

Organisers
Rotary Club of Ipswich East

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 20th May, the number of registered participants for the Orwell Challenge is as follows:

Adult walk	362
Family walk	3
Child walk	1
Half marathon	83
Marathon	58
Ultra marathon	9
Total	516

**Cancer
Support**

Suffolk

Come and join us for...

Afternoon-Tea

to raise money for
Cancer Support Suffolk

Thursday 20th June 2024

Venue 16, Tuddenham Road, Ipswich

£25 per person

2:30pm arrival - 4:30pm finish including a raffle,
BRITAIN'S GOT TALENT winner Jon Courtenay,
Rev. Paul Pitt and singing from Rachel Foskett!

Head to www.cancersupportsuffolk.co.uk to book
tickets!



NHS-funded online mindfulness course for Rotary members

By Raechel Schoder

I am contacting you in the hope that you are able to spread the word of a free NHS online mindfulness course to your members, or anyone personally you know who will benefit.

We have now run for 3 years, 3 courses a year and have had many Rotary participants from Suffolk, many of whom have attended a second time.

We are delighted to have now received funding from NHS East and West Suffolk Clinical Commissioning Groups and Suffolk Community Foundation to provide free online mindfulness courses to support older adults aged 65 and over and carers and former carers living in Suffolk.

The Gatehouse Charity is offering an online mindfulness course that is fully funded to support older adults (over 65) and carers or former carers in Suffolk. The course is led by a clinical psychologist who is also a mindfulness teacher. The course is based on the mindfulness-based stress reduction course developed by John Kabat Zin but has been adapted for these populations.

We have had really good feedback from participants, and we have found that it improves peoples' attention and memory, as well as reducing loneliness, low mood, stress, anxiety and chronic pain.

We have also worked with memory clinic patients in the NHS, and it has been shown to improve memory functioning in people in the early stages of dementia, mild cognitive impairment, or people suffering from carer stress. Many participants have found it simply helps them deal with day-to-day stresses.

Free NHS fully funded
online mindfulness course

Course length
6 WEEKS

Start date
8th January 2024

When?
EVERY Monday VIA ZOOM

What time?
10-11 am - MINDFULNESS FOR
CARERS AND FORMER CARERS
(AGED 65+)



Would you like to learn about mindfulness?

Mindfulness has been shown to:

- Improve sleep, de-stress and reduce anxiety and depression.
- Combat feelings of loneliness
- Improve memory, attention and concentration
- Help relieve chronic pain

All courses led by a clinical psychologist

To find out more and to book, visit:
www.the-mindful-life.com

The next 6-week course will begin on **Thursday 6th June**, from 1:00-3:00pm via Zoom. Adults and carers over 65 are welcome. You can book via de 'Apply Now' link at www.the-mindful-life.com.

Places are free but limited.

*Raechel Schoder
Clinical Research Assistant
Gatehouse-Caring in East Anglia*

ROLLING CALENDAR

Date	Event
21st May	Speaker meeting - Mandy Grimwood, from Gainsborough Library Reading Room - information and booking via Wild Apricot
23rd May	Annual Golf Day, in aid of Eden-Rose Coppice - Ipswich Golf Club, volunteers needed on the day. Please contact Chris Harrall
28th May	Business meeting - Information and booking via Wild Apricot
1st June	Golf Knockout 2024 begins
4th June	Speaker meeting - Amy Smyth, from Dora Brown charity - Information and booking via Wild Apricot
23rd June	Orwell Challenge - as always, all hands on deck!

Date	Event
3rd July	Club Assembly - At the Ipswich and District Indoor Bowls Club. Details and registration via Wild Apricot
6th July	President's BBQ + Handover - at Bill and Monica Pipe's. More details to follow
14th July	Rotary Club of Bury Abbey's Classic Car Show - Volunteers needed. More information on page 11. Contact Bill Robinson if you can help.
9th August	Croquet evening - contact Des Cunningham if interested
4-11th September	Visit from our American twinned club friends from Ipswich, MA - Several events planned, keep an eye on club's communication channels
29 November - 1 December	Visit to twinned Club in Bad Salzuflen - More details to follow

DUTY ROTARIANS AND LUNCH MENU

Date	Duty Rotarians	Menu*
21st May	Russell Wiles Eva Alcerreca	Hunters chicken
28th May	Geoff Watson Lewis Tyler	Chicken tikka masala
4th June	Juliette Adams David Atkins	Chicken wrapped in bacon
11th June	Alison Baldry Chris Banham	TBA

If you're unable to be a duty Rotarian, remember it is your responsibility to look for a replacement, and please notify our Secretary Bill 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 welcome. Please contact the relevant club member and join in!

- **Top-up shops** - this is an ongoing activity and people involved should already be in the loop of what's happening. If you want to take part, contact Andy Lewis.

- **Rotary literacy project at Stoke High School** - contact Toby Pound for more information.

- **Annual Golf Day** - our annual event will take place on 23rd May at the Ipswich Golf Club. Volunteers are needed to help with sign-in, raffle, and general hospitality chores. Please contact Chris Harrall if you can help.

- **Potential litter pick activity around Levington Creek** - in preparation for this year's Orwell Challenge. More information to follow.

- **Orwell Challenge 2024** - Sunday 23rd June. As always, this activity requires everyone's involvement to ensure its continuing success, so please keep your diaries free for that date, and contact John Button if for whatever reason you can't make it.

- **Rotary Club of Bury Abbey's Classic Car Show** - Sunday 14th July. Volunteers wanted to assist with the running of the show. Please contact Bill Robinson by mid March if you can help. Bury Abbey RC offer £50 towards our Benevolent Fund for every half day that a member spends at the event.

- **Orwell Challenge leaflet distribution** - if you can help distribute flyers for our flagship event at the Park Runs on 25 May, please get in touch with John Button. Several locations available, but we're especially short on volunteers to hand out flyers at Alton Water.

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 the Club's secretary Ian if you can help: rossiter718@btinternet.com.



Bucket collection for CSS

By Mark Murphy

Once again, a huge thank you for giving up your Saturday morning (4th of May) to help us out with the bucket collection, I'm sure you'll agree that the atmosphere was great and it was really enjoyable to be apart of the day!

We raised an amazing **£992.33** for the charity which is fabulous!



Tour de Suffolk

By Eva Alcerreca

On the 12th of May, the Wolsey Rotary Club held their annual Tour de Suffolk, a fundraiser cycling event, where participants could take on a 25, 50 or 73-mile loop around our beautiful Suffolk.

Even though we heard about it quite late in the day to be of more help, we still managed to represent our Club: Des Cunningham helped on the day as a marshal, and yours truly took part on the event, doing the 25-mile loop.

It was a great day for it, with very friendly staff and participants, and definitely worth supporting next year!



Wolsey Rotary members' wives helping at the checkpoints



Eva and friend Rob with medals after completing the event

The Bröckedde Stories

By Alexander Hoffmann

Bröckedde is located in the heart of Germany - where the Rhine and Danube flow into the beautiful Bröckeddesee. This is where RC Bröckedde meets in the Bröckedder Hof every Wednesday at 1:00 pm in the Salon Hindenburg.

The Alpha Male

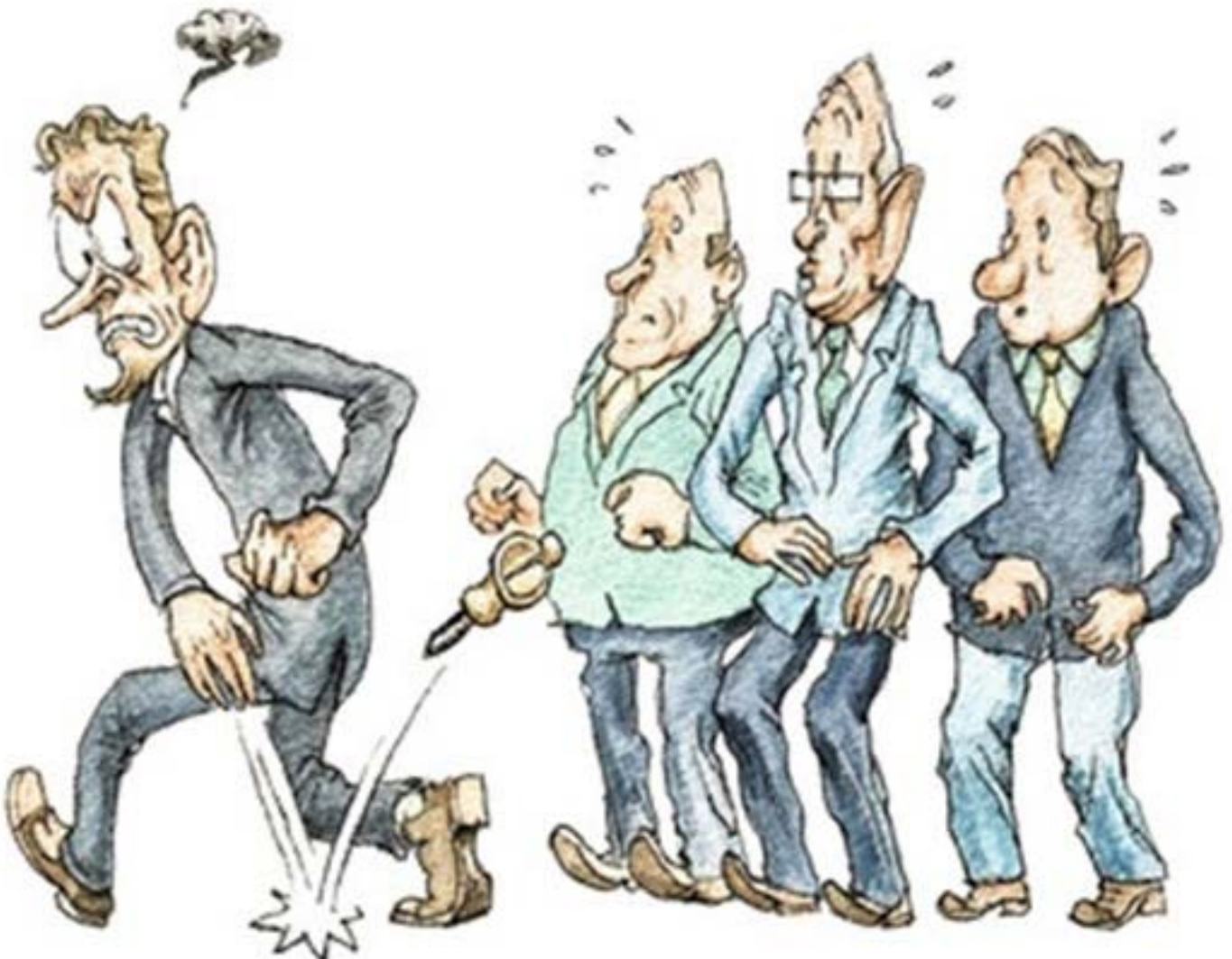
RC Bröckedde's newest member, Friend Himmelsturm was immensely proud of his career, which had taken him from apprentice to Managing Director and also imbued him with breath taking self-confidence. That was very much on display during his introductory talk to the Club, when he referred back to Germany's first club in Hamburg, established in 1927 by former Chancellor Wilhelm Cuno. It was followed in 1928 with clubs in Cologne and Munich started by Konrad Adenauer and Thomas Mann, respectively.

Friend Himmelsturm placed himself firmly alongside those pre-eminent early Rotarians and looked forward to leading RC Bröckedde into a new era.

"We really do have an alpha male here" groaned Treasurer Knödler to his old friend President Pröpke who had just been moaning about when on earth he would be able to hand over to a successor. At the end of his talk, Himmelsturm handed the President a 50-page thesis on how to restructure the Club and extend the next President's term in office to five years.

"And who would that be?" enquired the President.

"Myself, naturally, who else could possibly take on such a task?", replied a totally unphased Himmelsturm.



“Well, Rotary careers normally begin quite modestly” came the President’s response “but for you, I would make an exception and offer the honour of being the Club’s Bell Adjutant, so we can look forward to an immaculately polished, carefully secured and perfectly presented Club Bell at every meeting”.

Friend Himmelsturm set about his duties without enthusiasm and some eight weeks later President Pröpke remarked that the Club’s pride and joy was looking rather shabby. Friend Himmelsturm reacted explosively, all toys were thrown out of the playpen and he stormed out of the Salon Hindenburg shouting his resignation from Rotary as he did so.

Dear old Pröpke was a little taken aback but continued the meeting with his normal aplomb. Yet he was still grappling with the issue of succession, so after the meeting he took the Club’s famed psychologist aside. Dr Depri-Stützbier was a leading authority in his field and was often interviewed on TV and radio.

“How would you categorise members’ suitability for Club President? But please no alpha males, I’ve had quite enough of that type for today” asked Pröpke quietly.

Friend Depri-Stützbier launched himself with enthusiasm into one of his favourite topics, “Well, first of all there’s the Beta male, but he always wants to be an Alpha but can’t quite make it. Then there’s the Gamma male who is typically creative, sociable but rather unreliable”.

“Are there many more?” asked an intrigued President.

“Lots” came the reply “for example, there’s the Delta type. He’s reasonably competent but never seems to be able bring a project to completion. Shall I continue?”

Pröpke sighed, thanked Dr Depri-Stützbier for his expert advice, looked at Himmelsturm’s thesis and contemplated the stamina required for another five years in office.

*Illustrated by Marcus Schäfer.
Translated by Colin Gordon, RC Uppingham*



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 31st of May. Needless to say, I would be very grateful if members kept the deadline in mind for a timely publication of materials. — Editor

