

LOOKS EAST

The Newsletter of the Rotary Club of Ipswich East - D1080 | 2024-25, Edition 11: 27th November 2024

UPCOMING MEETINGS

Ipswich Bowls Club

Tuesday 3rd of December at 12:55pm
Orwell Challenge 2025 launch event
Menu: Buffet
D.R.: Geoff Watson & Martin Whitworth

Tuesday 10th of December at 12:55pm
Speaker meeting: TBC
Menu: Burritos
D.R.: Martin Westlake & Russell Wiles

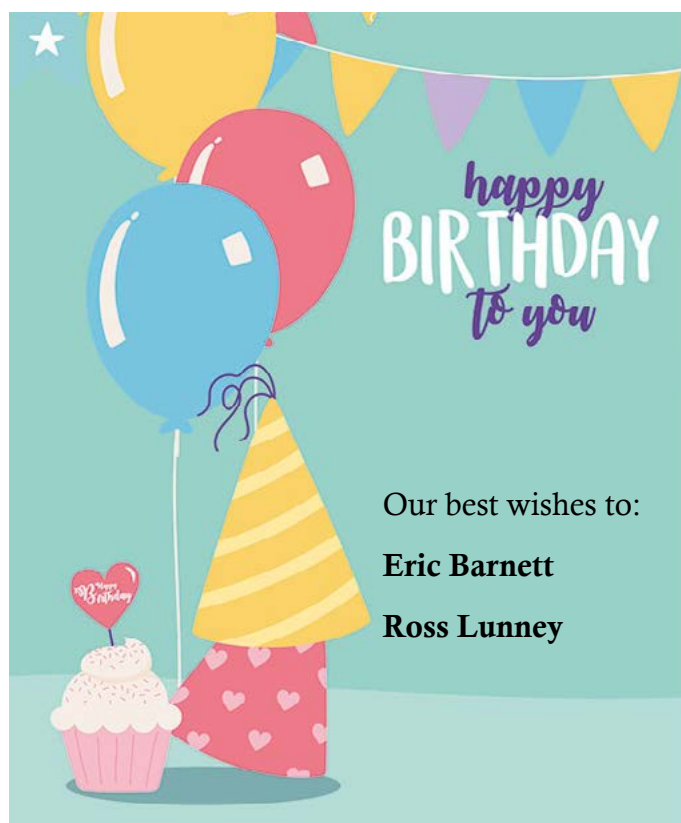
CLUB OFFICERS 2024-25

<i>Acting President</i>	George Woodward
<i>Sen 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>	Elizabeth Hughes

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Paul Finch - Red Trouser Day Charity

By Bill Robinson

On Tuesday 12 November, Paul Finch from the Red Trouser Day Charity spoke to the Club about the origins of the Charity and their present work relating to colorectal cancer.

Paul has been in the technology business for 35 years and decided to move to Suffolk three years ago mainly because of his passion for sailing.

In 2014, while still working as a MD in a technology company in London, he was diagnosed with stage 4 rectal cancer and was given only a 10% chance of surviving for 5 years. However, after chemotherapy and other treatment he was declared cancer free by his consultant.

This inspired him to set up a charity to help people with the condition, and he wanted to give a distinctive theme to the organisation, so decided that Red Trousers would always be quirky and colourful.

Paul explained that colorectal cancer was the third most common cancer in the UK with 40,000 cases a year resulting in 16,000 deaths.

He explained the four stages of cancer and details of the research that was taking place, helped very much by AI, into how the cancer develops and then spreads in the body.

His organisation offers moral support to sufferers, provides advice and, where appropriate, provides access to second opinions.



President George, Paul Finch, and Mick Rudkin

Funding for the charity comes from donations, grants and a system to become a friend for a donation of £10 a month.

In answer to a question Paul said that there was not a particular Red Trouser Day but just an on-going process to keep his charity in the forefront of peoples minds.

In answer to a further question, Paul described his own symptoms and encouraged everyone to seek early help with any symptoms that concerned them.

Mick Rudkin thanked Paul on behalf of the Club for his comprehensive talk and the good work that his charity was undertaking.

Below: image from redtrouserday.com



ANNOUNCEMENTS



The big launch for the Orwell Challenge 2025 will take place on 3rd December!

If you know of any charities that would be interested in attending the event, please contact Secretary Robin at rotaryipseastsecretary@outlook.com or Text/WhatsApp at **07599 971839** by Monday 25th November.

We will have the official launch of next year's Orwell Challenge, a guest speaker, and a free hot buffet for guests.

The poster features the same colorful geometric background as the logo. It includes the event title 'The Orwell Challenge' in a large, stylized font, with '2025' and '48th year' below it. A list of bullet points describes the activities: walking or running along the Orwell estuary, supporting charity work, and various distance options (3-25 miles, 55k). It also includes the website 'www.orwellchallenge.co.uk'. At the bottom, there are photos of participants, social media icons (Facebook, X, Instagram), and logos for media partners (BBC Radio Suffolk, East Anglian Daily Times) and organizers (MCP plc, Rotary Club of Ipswich East).

The Orwell Challenge
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
MCP plc
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Organisers
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RADIO SUFFOLK **EAST ANGLIAN**
DAILY TIMES

Ipswich East Rotary Club - Registered Charity No. 1088961

Inner Wheel's Christmas Dinner

The Inner Wheel Club of Ipswich East invite Rotarians and their other halves to their Christmas Dinner at Ipswich Golf Club. If you would like to attend, please contact Rosey Watson with your meal choices. Payment is to be made in advance (by 5th December) and Rosey will give you the details.

Date Friday 13th December

Venue Ipswich Golf Club,
Bucklesham Road, Ipswich

Time 7:00 pm for 7:30pm

Cost £28 per person

Menu - Turkey with all the trimmings,
or Salmon en crouete
- Christmas Pudding or Assiette of
Desserts (a trio of Mini brûlée,
Cheesecake & Chocolate tart)

DUTY ROTARIANS AND LUNCH MENU

Date	Duty Rotarians	Menu*
3rd December	Geoff Watson Martin Whitworth	Orwell Challenge 2925 Launch - buffet
10th December	Martin Westlake Russell Wiles	Burritos
17th December	Juliette Adams David Chittick	Christmas lunch: Turkey with all the trimmings, followed by Christmas pudding
24th December	No meeting	No meeting
31st December	No meeting	No meeting

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

ROLLING CALENDAR

Date	Event
29th November - 1st December	Visit to twinned Club in Bad Salzuflen, Germany.
3rd December	Orwell Challenge 2025 launch - Please see details on page 3.
3rd December	Deben RC Christmas Carols Concert - Tuckwell Room (Woodbridge School), 7:00 for 7:30pm. Tickets are £10 (including £6 charitable donation), and there will be mince pies. Bring your own drinks and nibbles, but please be advised Woodbridge School is totally nut-free. To attend, contact Tom Griffin at tkdgriffin@gmail.com
10th December	Speaker meeting: TBC. Details and registration via Wild Apricot.

Date	Event
12th December	Rock n' Roll Pantomime at the New Wolsey Theatre - Sleeping beauty. Pre-booking via Wild Apricot, approximately £25 per person.
17th December	Christmas lunch. Roast turkey with all the trimmings, followed by Christmas pudding. Details and registration via Wild Apricot. Partners welcome.
24th December	No meeting.
31st December	No meeting.

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.ipswicheastrotyaryclub.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.

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!

- **Carers night out** - 4th December, Clip 'n Climb. All arranged, no volunteers needed.

- **Ipswich Hospital Band Bucket Collection at Morrison's supermarket** - 14th and 15th December. 2 volunteers needed per shift: 10:30 to 12:45 or 1:00 to 3:00. Contact Andy Lewis if you can help.

- **FIND Christmas parcels deliveries** - As usual, we'll know (very) close to the date, so keep an eye out and let Andy know if you can help.

- **FIND - transport food parcels from Hines Road to FIND HQ.** Date TBC. Message Andy if you can help.

- **Planting day for Eden-Rose Coppice Trust** - We have been invited to plant around 200 bare root hedge saplings along their fencing (which was a requirement of the purchasing the wood) at Brickmakers Wood, located between Back Hamlet and Suffolk College. The intention is to work in conjunction with Kings Avenue residents, so it is a Rotary/Community joint project. Andy Lewis is looking for volunteers willing to get a bit dirty for a day planting saplings along the fence (which will be provided by The Woodland Trust). The project is scheduled for 31st January. Please let Andy know if you can help.

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.



MISCELLANEOUS

Volunteers helped with this year's Wrapathon

By Lucy Trenchard

Elizabeth Hughes and Lucy Trenchard volunteered this last 23rd November to help with this year's Wrapathon, in aid of children in Ukraine. Some of the gifts had very strange shapes indeed, which had to be wrapped somehow, making it a fun challenge.



Can you guess what this is? The Editor expects your answers!

The PA overhaul and the new 'gang of four'

As every member is surely aware, the issues with microphones and speakers during our meetings are a constant source of frustration for everyone involved, so something had to be done. Steph took on the job of figuring something out, for which she roped in husband Steve.

Steve has done a sterling job of, not only overhauling the equipment, but also wiring it into a case so that there are less wires to plug in, making it less complicated for all. New batteries have also been purchased. Not only that, but now there is a team of four people who have 'volunteered' ("after plying them with much red wine", according to Steph) to help set the equipment up before each meeting and put it away afterwards. The idea is that there will always be one of them present at every meeting, which means that Duty Rotarians no longer have to worry about sorting the PA system out!

This 'gang of four' are:

Dave Atkins
John Button
Mick Rudkin
Steph Mackentyre

Our gratitude to them for all the headaches they're saving the rest of us, and of course to Steve for coming up with such a great solution!



WHERE HAVE ROTARIANS BEEN?



On our last Golf Day, your dear Editor ended up winning the auction for a flight over Ipswich, prize courtesy of Ray Walters. Well, on 13th November, we finally got a chance to do it, and it was amazing!



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 6th of December).

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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