

# LOOKS EAST

The Newsletter of the Rotary Club of Ipswich East - D1080 | 2024-25, Edition 12: 10th December 2024

## UPCOMING MEETINGS

Tuesday 10th of December at 12:55pm  
**Speaker meeting: Ed Nicholls**  
*Menu: Braised steak*  
*D.R.: Martin Westlake & Russell Wiles*

Tuesday 17th of December at 12:30pm  
**Christmas Lunch**  
*Menu: Roast turkey with all the trimmings,  
followed by Christmas pudding*  
*D.R.: Juliette Adams & David Chittick*  
*- Partners welcome -*

Ipswich Bowls Club

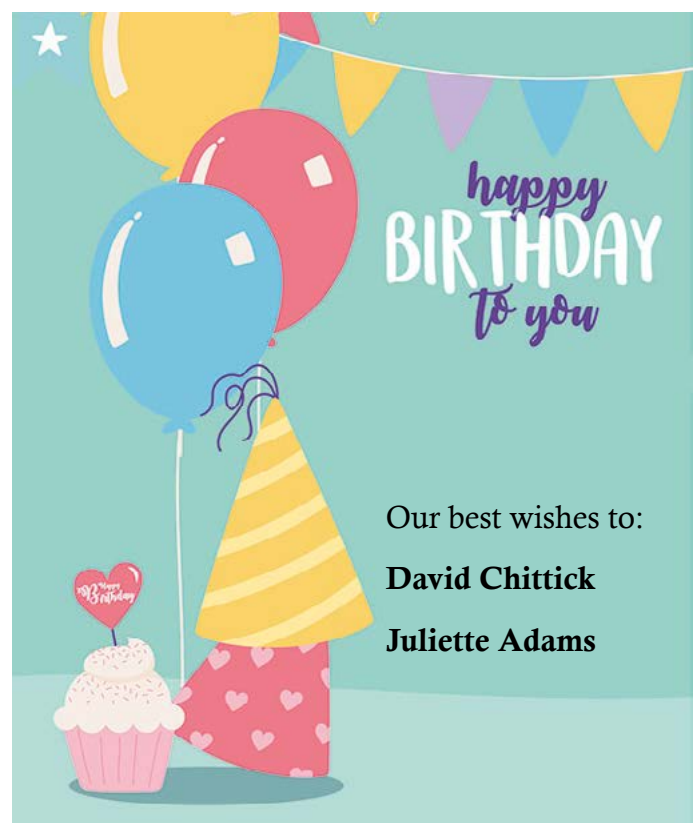
## CLUB OFFICERS 2024-25

<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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Newsletter editor: Eva Alcerreca  
[iercnewsletter@gmail.com](mailto:iercnewsletter@gmail.com)



## Visit to Bad Salzuflen twinned Club

By Eva Alcerreca: photos by Mark Murphy, Eva Alcerreca, Steph Mackentyre and Moritz v. Eckardstein

After a lot of life happenings and changes of plan, eight of us ventured to Germany for the biannual visit to our twinned club in Bad Salzuflen, Germany: Steph and Steve, Toby and Denise, Mark and Leslie, and Matt and me.

As always, we were treated to an action-packed weekend of great fun, which included free time with hosts on Friday, a guided tour of Minden, lunch at Porta Westfalica, and the Club of Bad Salzuflen's Christmas Dinner on Saturday (which they moved forward so that we could take part), as well as a visit to the promenade exhibition centre, the saline springs in town and the Christmas market for some well-deserved glühwein on Sunday.

It must be mentioned that on Sunday we also got to see the tree that our Club presented to the Bad Salzuflen Club in 1998, still going strong in Kurpark! And as a side note, when Matt and I were walking around town with our host Moritz and two of his children, we found the other tree our Club had gifted our host Club in 2013 in the town centre area!

It was truly a fantastic weekend, and here are some photos to share with all of you a bit of what we did.

To our German friends: We are, as ever, extremely grateful to you all for hosting us, and we look forward to seeing you next year when you come over to visit us in Ipswich!



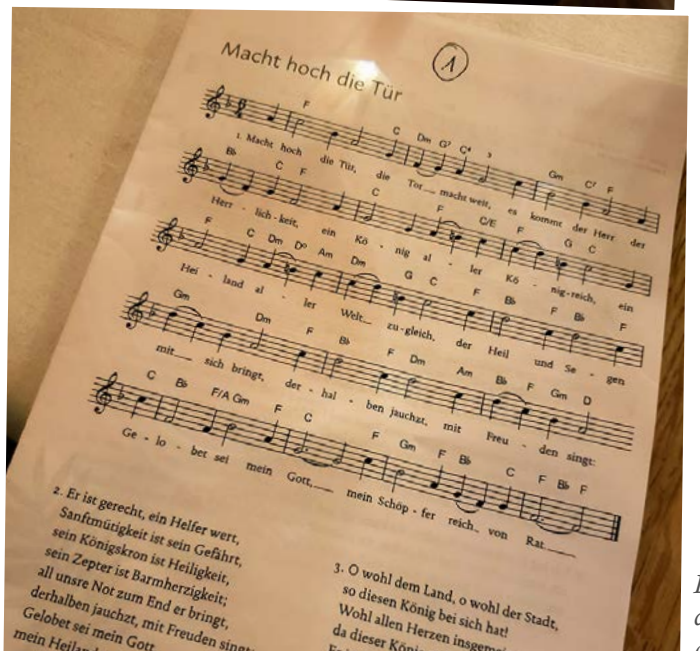
*Most of the Ipswich East committee (Toby and Denise drove there) having lunch at the airport*

*Saturday: Minden, Porta Westfalica, Christmas dinner*









Left: We sang ('butchered' would be more accurate, at least in my case) Christmas carols during the Saturday dinner, both in English and German!



*Christmas market in full, and Lesley enjoying some delicious glühwein! (I believe these were not from the Saturday, but this is where I put them, so apologies!)*

Sunday: Kurpark, exhibition centre, Christmas market





*Ladies of Inner Wheel at their stall in the Christmas market*



40 Jahre Partnerschaft  
Rotary Club of Ipswich East  
Rotary Club Bad Salzungen  
Pflanzung 2013



*Bis nächstes Jahr, Freunde!*



# Orwell Challenge 2025 launch event

By Steph Mackentyre

The Orwell Challenge launch on Tuesday 3rd December hosted by John Button and Steph Mackentyre was extremely well attended. We had 30 different charities represented and we were fully booked with both Rotarians and charity guests. The event, billed as both a launch and an opportunity for charities to network, was very successful with some excellent engagement in next year's Orwell Challenge registration opportunities. John Button also reminded them that there is a 20% early bird discount available for early sign ups before the end of February 2025.

We were joined by David Falk from Suffolk County Council who talked about the opening of the first stretch of the brand new King Charles III Coast Path. For us it means that our participants no longer have to take the foreshore at Nacton. From 2025 onwards they will have the choice of the foreshore or the newly created National coastal pathway.

Andy Lewis told our attendees about some of the other brilliant community projects we, as a club, volunteer for and explained how we might be able to assist their charities in the future.

The launch concluded with President George thanking them for their attendance and hoping to see many of their supporters taking part and raising much needed funds for them in June next year.



BEST HOLIDAY WISHES FROM

Eva Alcerreca  
Roger Giles  
Neill Keveren  
Andy Lewis  
Ian Lord  
Bill Robinson  
Lewis Tyler  
George Woodward

*In lieu of Christmas cards, you can make a donation to the Community Support Fund (formerly the Benevolent Fund) to add your name to this list.*

# Young Carers Day Out

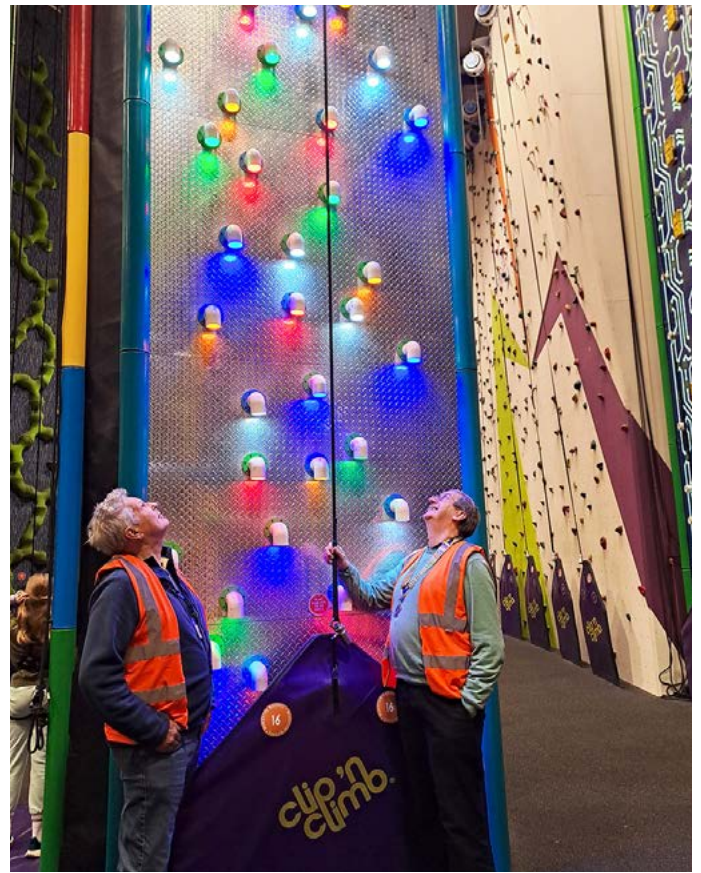
By Dave Atkins

On 4th December, Ipswich East Rotary hosted a young carers event at Clip 'n Climb (who gave us a generous discount) in Ipswich. The evening was coordinated by Suffolk Family Carers, who provide advice and support to unpaid carers across our area, from their base in Claydon.

The participants were split into two groups of 35 by age and, after a full training briefing, had about 45 minutes of safe climbing up a variety of enormous

walls. The event proved really worthwhile with all the children appearing to thoroughly enjoy themselves, as witnessed by President George who dropped in.

Many thanks should go to Sue Henry and her team from Suffolk Carers who helped us set up the event and provided all of the coordination on the night, leaving Mick Rudkin and me with very little to do!



## DUTY ROTARIANS AND LUNCH MENU

Date	Duty Rotarians	Menu*
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](mailto:steve.flory@hotmail.co.uk)




**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](http://www.orwellchallenge.co.uk)**



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Club of Ipswich East



Ipswich East Rotary Club - Registered Charity No. 1088961

# Rotary **YOUNG** **PHOTOGRAPHER** **COMPETITION**



## Calling all young photographers

Express yourself by putting your photography skills to the test at the annual Rotary Young Photographer competition. (Up to the age of 17)

For more information contact:  
Jon James : [rotaryfriends1117@gmail.com](mailto:rotaryfriends1117@gmail.com)  
Phone: 0737 945 6442  
Rotary Passport Club of East Anglia

Download the competition information pack at: [rotarygbi.org](http://rotarygbi.org)

Rotary   
Great Britain & Ireland

## 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!

**-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. **WE'RE STILL LOOKING FOR VOLUNTEERS FOR THIS ACTIVITY**, so please consider helping out if you can.

**- 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 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. The project is scheduled for 31st January. Please let Andy know if you can help.

## ROLLING CALENDAR

Date	Event
10th December	<b>Speaker meeting: Ed Nicholls.</b> Details and registration via Wild Apricot.
12th December	<b>Rock n' Roll Pantomime at the New Wolsey Theatre</b> - Sleeping beauty.
13th December	<b>Inner Wheel Christmas Dinner.</b> Pre-booked.
14th and 15th December	<b>Bucket collection in aid of the Ipswich Hospital Band.</b> Please contact Andy Lewis if you can help.

Date	Event
17th December	<b>Christmas lunch.</b> 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.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.

# 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](mailto:peterrogers327515@gmail.com).



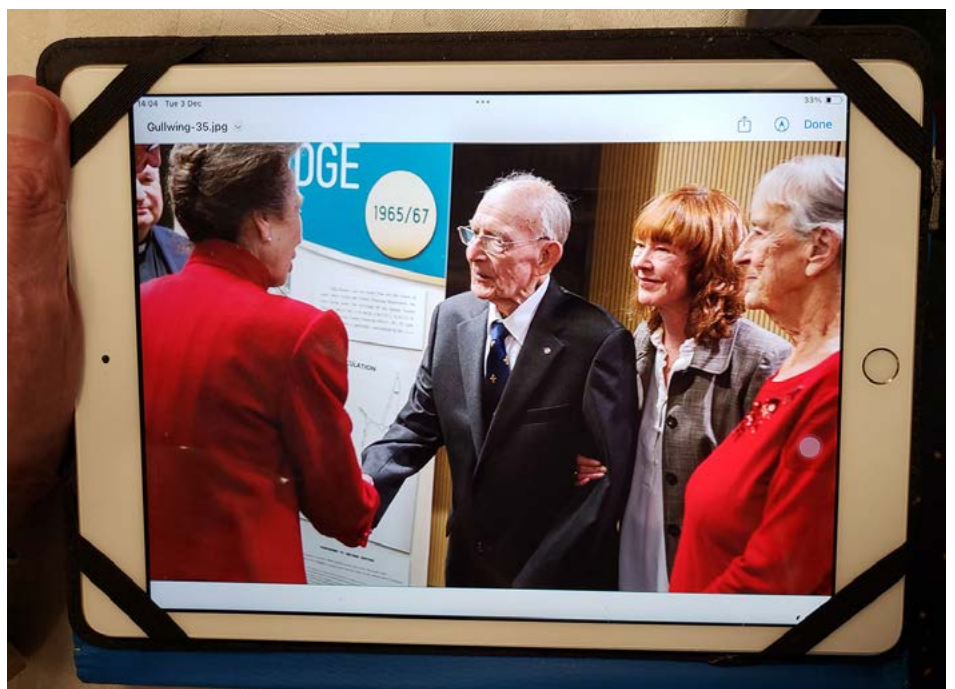
# MISCELLANEOUS

## Clifford Smith meeting the Princess Royal

By Eva Alcerreca

The other day at a Rotary meeting, Clifford showed me this photo of the most recent visit of the Princess Royal to Ipswich to officially open the Gull Wing Bridge (which was also attended by our very own Liz Harsant, of course).

There's so much incredibly interesting history within the members of our Club, and I will get to explore it all, you'll see! In the meantime, enjoy this photo, and congratulations to Clifford for all his achievements.

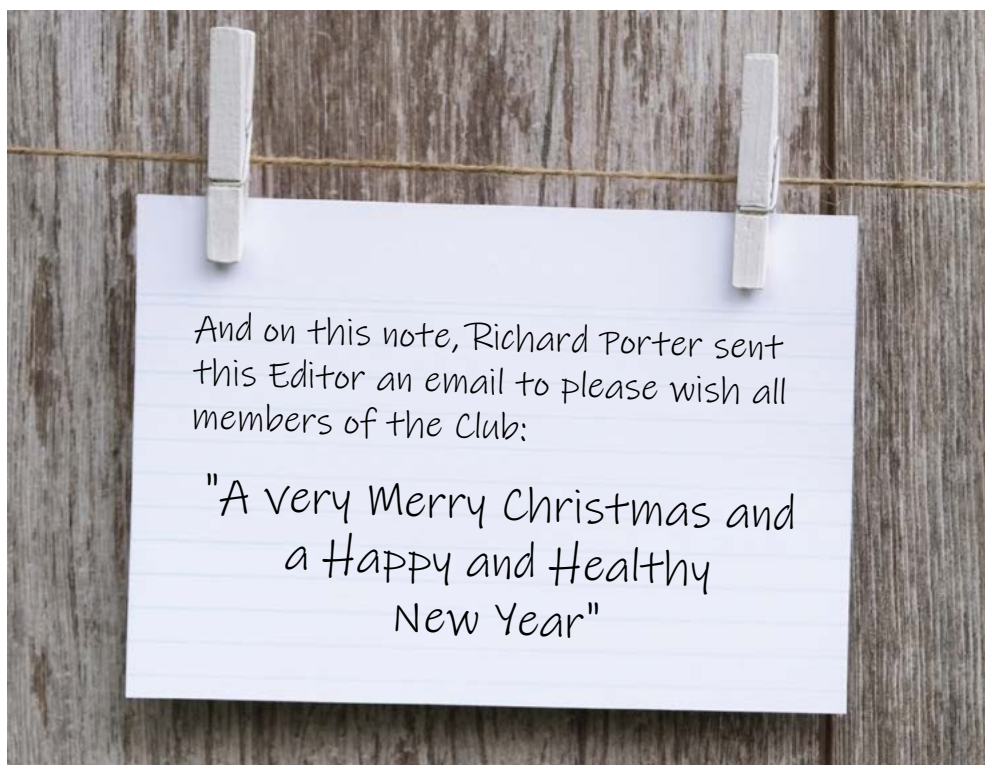


# 'Hintlesham 8' pre-Christmas afternoon tea

By Ray Walters

As June and Richard are unable to leave their care home, we took the "Hintlesham 6" afternoon tea to them; sadly Chris and Anne Banham are away on holiday, hence the "6".

We had a lovely afternoon which they both really enjoyed.



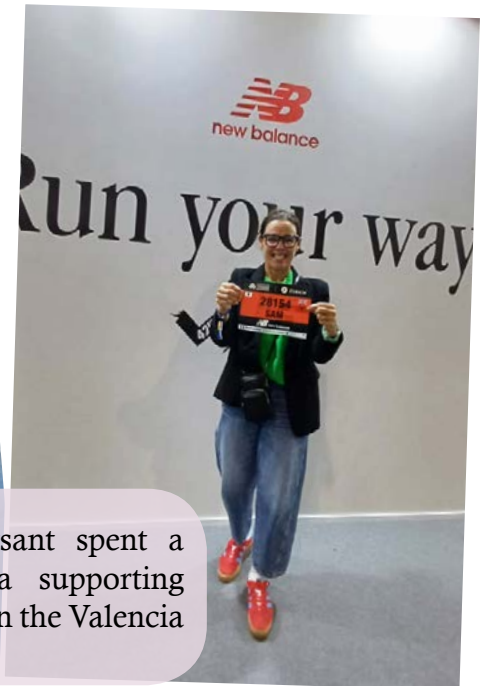
# WHERE HAVE ROTARIANS BEEN?



In late November, Steph wrote: "Steve and I have just returned from a bucket list trip to Paris. We both realised at the beginning of this year that neither of us had ever been and it was something that each of us had always wanted to do - after 20 years together!"



Meanwhile, Liz Harsant spent a weekend in Valencia supporting daughter Sam, who ran the Valencia marathon!



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](mailto: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 20th 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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