



LOOKS EAST

The Newsletter of the Rotary Club of Ipswich East - D1080 | 2024-25, Edition 18: 7th April 2025

UPCOMING MEETINGS

Tuesday 8th April at 12:55pm
**Speaker meeting: Claire Staddon -
 CEO of Emmaus Suffolk**
Menu: Roast duck portions
D.R.: Alan Forsdike & Lewis Tyler

Tuesday 15th of April at 12:55pm
**Speaker meeting: Rev Tom Mumford -
 Ipswich Minster**
Menu: Meatloaf with mushroom sauce
D.R.: Ed Nicholls & Neil Hewitt

Ipswich Bowls Club

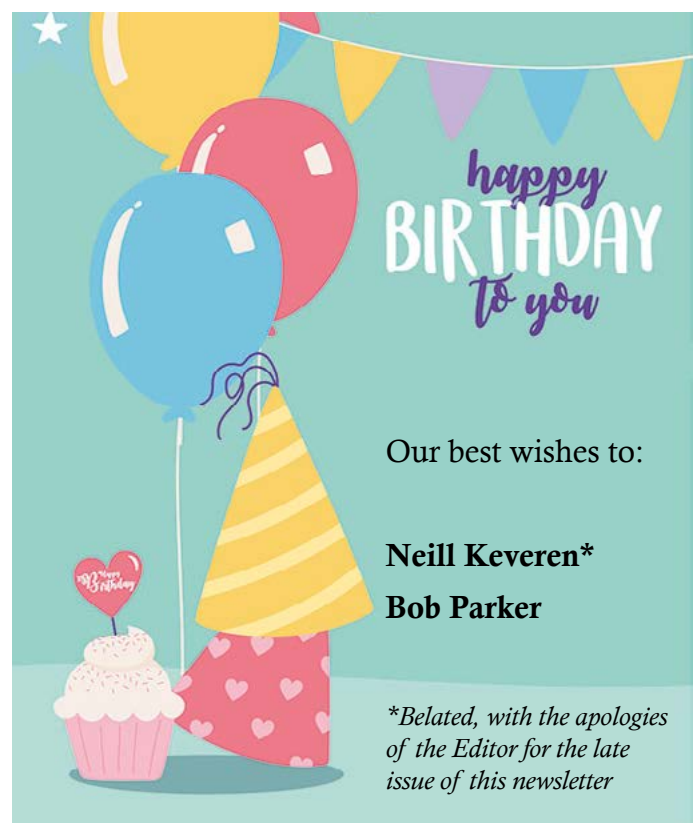
CLUB OFFICERS 2024-25

<i>Acting President</i>	Steve Flory
<i>Senior 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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RECENT MEETINGS AND EVENTS

Mike Reynolds - His time in the Secret Intelligence Service

By Karen Finch

A former agent of the Secret Intelligence Service (SIS/MI6) Dr Mike Reynolds, gave the most engaging and entertaining talk at the 1st of April lunch meeting.

Dr Reynolds was recruited directly by SIS after leaving Cambridge University and went on to serve for 29 years in Foreign Service. He travelled extensively and lived in Europe, the USA and all over the Middle East. His career until the mid-1990s, changed direction when he began an early retirement in the years after the fall of the Soviet Union. His final posting was in charge of the British Intelligence operation M16 in Berlin from the late 1980s until 1994. Dr Reynolds has been a diplomat, businessman, opera and music critic, translator, author and lecturer. The company he co-founded in 1995, Hakluyt & Company, is now one of the leading global business intelligence consultancies.



New acting president Steve Flory, speaker Mike Reynolds, and freshly relieved acting president George Woodward

Numerous questions followed his talk and we enthusiastically thanked him for spending his free time with us.

John Riches Race Night - Another successful year

By Eva Alcerreca

I am reliably informed that our annual Race Night in honour of John Riches last 21 March was a resounding success. So much so, that no one remembered to take any photos for the newsletter! So those of us who couldn't make it this year, myself included, will have to make do with some stills from a video taken on the night to wish Tony Baker a speedy recovery.

And the best part is that Cancer Support Suffolk, the chosen charity for this year's event, will receive **£2,440** as a result of everyone's attendance and generosity!

As always, a very special thank you to Anne Riches for her support to both the event itself and the charities every year.



Satellite Club news

By Eva Alcerreca

I would have normally put any news about the Satellite Club in the *Around Ipswich* section, however, at our last Business Meeting, their request to have our Club be their official anchor to Rotary was unanimously approved, which makes them basically a part of our Club, at least until they find their feet and settle down as an independent Club

when they feel the time is right. To support them further, approval was also given by members to make a grant of £250 towards their room hire costs, which will allow them to focus on the development of their projects and membership for a little while. We all look forward to working together on many projects, and welcome to Rotary!

CSF Grants

By George Woodward

At the club's business meeting on 25th March, approval was given to the following grants being made out of our Community Support Fund:

- £1,000 towards the running costs of 'Friends of the Ferns', a local charity which supports the work of Suffolk's Sexual Assault Referral Centre, based in Ipswich, which supports people recovering from sexual assault and abuse.
- £980 to Ipswich Furniture Project for the purchase of a battery charger for their new electric furniture collection/delivery van.

- £500 towards the running costs of the Suffolk Accident Rescue Service following a CPR training session being provided (at no charge) by one of their volunteers to over 20 club members & Inner Wheelers on 21st February.
- £250 to the 'Red Trousers Day' charity which raises money for bowel cancer research and is funding a research project at Ipswich Hospital to speed up the process of analysing biopsy tissue samples.

CSF Administrator, George Woodward, will be happy to answer any members' questions about these grants and would welcome enquiries for future charitable grants to be made from the fund (which replaced our Benevolent Fund last year) - email: georgefwoodward@gmail.com

ANNOUNCEMENTS



Rotary
Club of Ipswich East



Annual Golf Day
Purdis- Ipswich Golf Club
In aid of Brave Futures

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

Thursday 8th May, 2025
£350 per team of 4
Bacon rolls on arrival and lunch

For further details please contact Chris Harrall
at Chrish@charrallassoc.com
Sponsorship of holes is available at £125



The Orwell Challenge
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

In association with
MCP plc
Port Community Systems

Organisers
Rotary
Club of Ipswich East

Media partners
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GRID AT THE HEART OF YOUR COMMUNITY

EAST ANGLIAN
DAILY TIMES

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 21st March, the number of registered participants for the Orwell Challenge is as follows:

Adult walk	262
Child walk	8
Family walk	4
Half marathon	34
Marathon	37
Ultra marathon	8
Total	353

ANNUAL ROTARY CHARITY GOLF DAY



STOWMARKET GOLF CLUB
A Fun & Entertaining Day for All!



Friday 20th June 2025

WE ARE DELIGHTED TO INVITE YOU TO JOIN US
FOR OUR
ANNUAL CHARITY GOLF DAY.

HOW CAN YOU GET INVOLVED?

- ENTER A TEAM TO PLAY
- SPONSOR A HOLE OR A TEE
- DONATE A RAFFLE PRIZE

PLEASE SELECT ONE OR MORE OF THESE OPTIONS ON THE ENTRY FORM

ALL PROCEEDS FROM THE DAY WILL BE GOING TO

Suffolk Accident Rescue Service

THE COMPETITION IS OPEN TO
MEN, LADIES & JUNIORS.

TEAMS OF FOUR WILL PLAY THE STABLEFORD MATCHES
WITH THE
BEST THREE SCORES COUNTING

REGISTRATION FROM 8AM

BUFFET FROM 1PM

TEE OFF TIMES FROM 9am

PRESENTATION OF PRIZES

YOUR ENTRY FEE INCLUDES

1. A BREAKFAST ROLL & HOT BEVERAGE, TO SET YOU UP FOR THE ROUND
2. 18 HOLES
3. CHEF'S SPECIAL BUFFET

PRIZE PRESENTATION WILL TAKE PLACE AFTER THE LAST SCORECARD HAS BEEN RECEIVED AND CHECKED.

There will also be **Special competitions** and a **Super Raffle** on the day.

FOR ENTRY FORM OR FOR ANY INFORMATION CONTACT

NIC HARDY >>> buryabbeyrotarycharitygolf@gmail.com OR 07980 917680

ENTRY FEE

£65

Per head



4 BALL

£240



ROLLING CALENDAR

Date	Event	Date	Event
8th April	Speaker meeting: Claire Staddon - CEO of Emmaus Suffolk. Details and registration via Wild Apricot.	13th May	Speaker meeting: Taff Gillingham - Military historian. Details and registration via Wild Apricot.
11th April	OC route checking walk. Contact John Button if interested.	20th May	Speaker meeting: Robin Wraight - Custody visiting. Details and registration via Wild Apricot.
14th April	Club Council meeting.	25th May	RSPCA fun day at Martlesham Pet Rescue Centre. Details on page 7. Contact Andy Lewis if you can help.
15th April	Speaker meeting: Rev Tom Mumford - Ipswich Minster. Details and registration via Wild Apricot.	27th May	Business meeting. Details and registration via Wild Apricot.
20th April	Bucket collection in aid of RSPCA. Details on page 7. Contact Andy Lewis if you can help.	9th June	Visit to Bury Abbey RC. 6:00pm at the Greene King Beer Cafe, Westgate Street, IP33 1QT. Let Sec. Robin know if you're interested in attending.
22nd April	Business meeting. Details and registration via Wild Apricot.	29th June	Orwell Challenge - all hands on board!
24th April	RC Felixstowe Charter Evening. 7:00pm at Felixstowe Sailing Club (IP11 7RZ). More details in email from Sec. Robin dated 31 March.	13th July	Bury Abbey Rotary Club Classic Car Show. Volunteers wanted, please check page 8 for more information.
29th April	Fifth Tuesday - Ipswich Hospital visit. Details and registration via Wild Apricot.	8th August	Ipswich Club 2025 Golf Trophy. Tee off 1:30pm, followed by evening meal. Open to all golfers, please contact Des Cunningham.
6th May	Speaker meeting: Mark Murphy. Details and registration via Wild Apricot.	16th September	District Golf Day - Ely Golf Course. Contact Des Cunningham if interested.
8th May	Ipswich East Golf Day - Ipswich Golf Club. Volunteers needed. Contact Chris Harrall.		

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.

DUTY ROTARIANS AND LUNCH MENU

Date	Duty Rotarians	Menu*
8th April	Alan Forsdike Lewis Tyler	Roast duck portions
15th April	Ed Nicholls Neil Hewitt	Meatloaf with mushroom sauce
22nd April	Peter Shepherd Michelle Bevan-Margetts	Beef stew & dumplings
29th April	None required	Fifth Tuesday - Visit to Ipswich Hospital

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.

** These duty Rotarians are looking for a replacement, please contact secretary Robin if you can help.

*Dietary requirements/Vegetarian option available upon request, please contact Steve Flory at steve.flory@hotmail.co.uk

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.



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!

- **Orwell Challenge route checking walk** - 11th April. Let John Button know if you want to join.

- **Bucket collection in aid of RSPCA** - The date for this has been moved to Easter Sunday, 20th April, Portman Road, 12:30 to 3:00pm. Please contact Andy Lewis if you can help.

- **Ipswich East Annual Golf Day** - Ipswich Golf Club, 8th May. Volunteers will be needed. Please contact Chris Harrall.

- **RSPCA fun day at Martlesham Pet Rescue Centre** - Sunday 25th May. Volunteers needed

from 8:30am for gazebo set up, car parking, etc. Volunteers can bring their pets and enjoy the day.

- **Bury Abbey Rotary Club Classic Car Show** - 13th July at Culford School. Volunteers needed to help on the day. Ipswich East benefits from helping, as the Bury Abbey RC will donate £50.00 per person per 4-hour shift to our Community Support Fund. Three 4-hour shifts available: 6:00am-10:00am, 8:00am-12:00pm and 11:00am-3:00pm. Refreshments for volunteers provided. If you can help, please contact secretary Robin at rotaryipseastsecretary@outlook.com.

- **Brickmakers Woods hedge trimming** - February 2026 - pruning of the saplings we planted earlier this year.

MISCELLANEOUS

Solar panels at the Suffolk Punch Trust

By Steph Mackentyre

[Note from Editor: the previous issue did contain information about this, but I forgot to include the photo sent by Steph! So here it is.]

Message from Barry Bloomfield: "Panel 101 being installed. The savings are about to go to another level. Please could you thank Ipswich East RC".



RAFFLE PRIZES NEEDED!

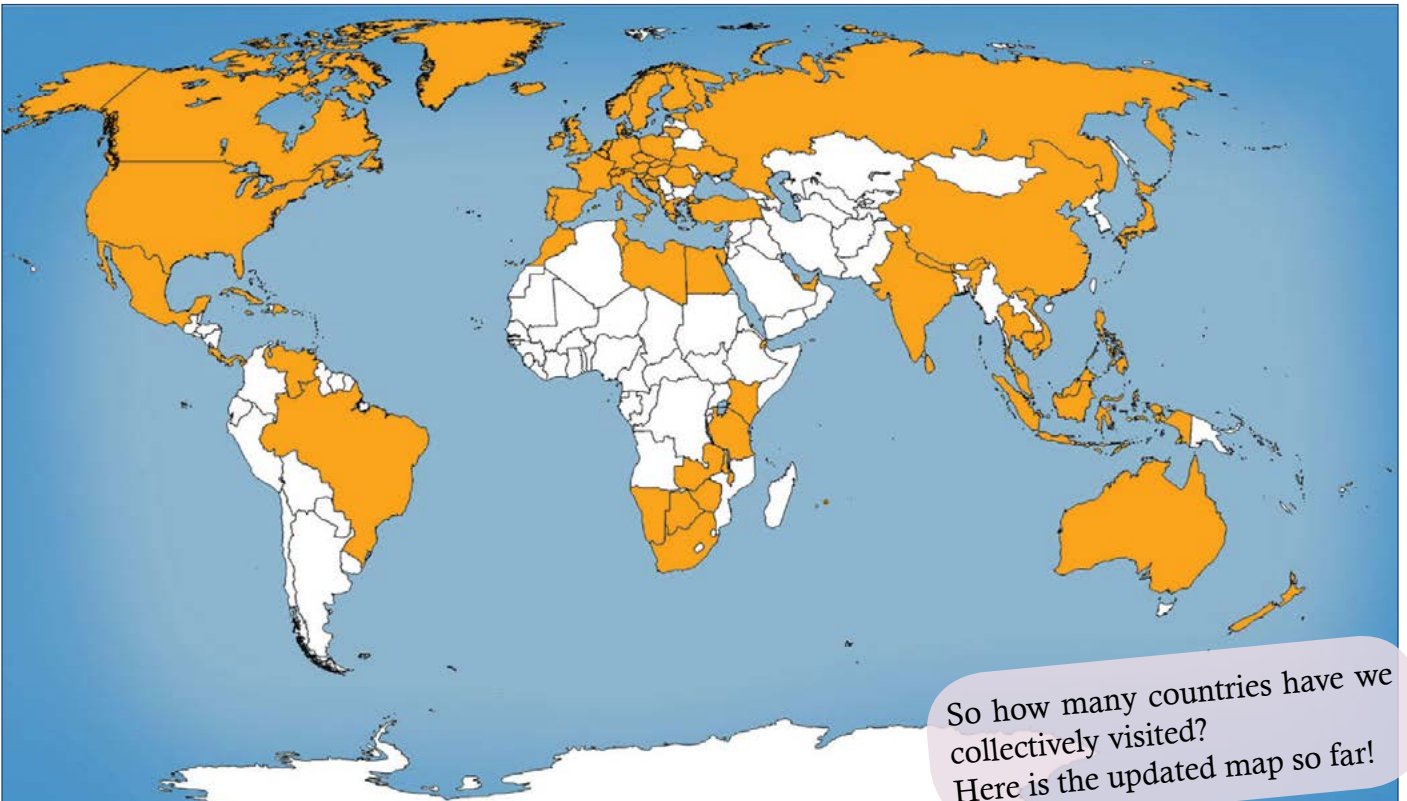
Our annual Golf Day is rapidly approaching and, as every year, we are looking for donations for raffle prizes. You can bring them to the Rotary meetings between now and the beginning of May.

The raffle is always a great success thanks to everyone's cooperation, and we raise a substantial amount from it, so let's make sure this year is no exception. Thanks for your support!

WHERE HAVE ROTARIANS BEEN?



Neil and Helen Hewitt sent greetings from a 'slightly chilly' Iceland last month. What a landscape!



So how many countries have we collectively visited? Here is the updated map so far!

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 18th of April). 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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