

# LOOKS EAST

The Newsletter of the Rotary Club of Ipswich East - D1080 | 2025-26, Edition 2: 21st July 2025

## UPCOMING MEETINGS

Tuesday 22nd July at 12:55pm  
**Business meeting**  
*Menu: Chicken skewers*  
*D.R.: David Knights & Des Cunningham*

Tuesday 29th July at 12:55pm  
**Fifth Tuesday: A Celebration of Ipswich East at La Loca Restaurant**  
*Booking closed*  
*D.R.: None needed*

Ipswich Bowls Club

La Loca Restaurant

## CLUB OFFICERS 2024-25

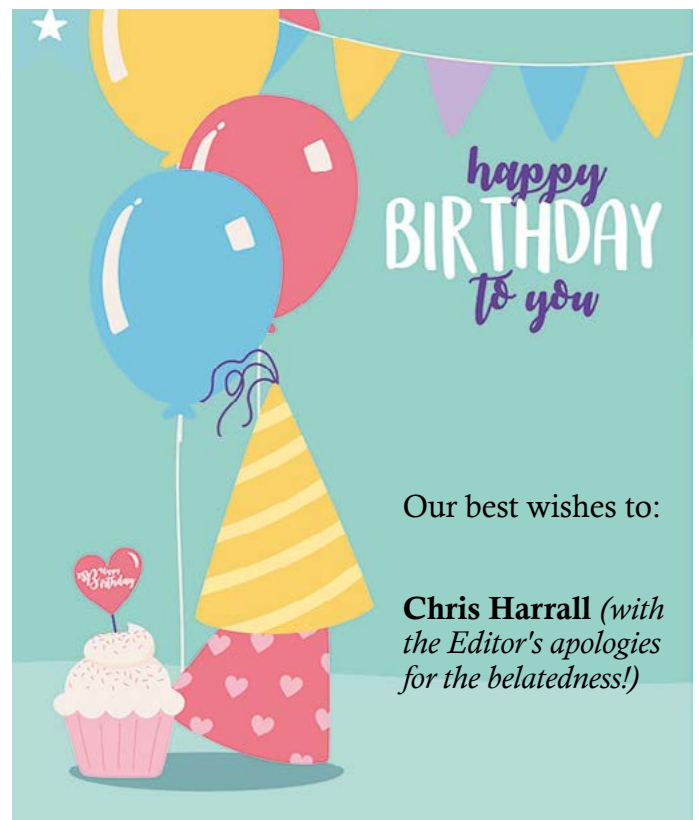
*President* Steve Flory  
*Senior vice-president* Steph Mackentyre  
*Junior vice-president* Eva Alcerreca  
*Immediate past-president* George Woodward  
*Secretary* Robin Needham  
*Treasurer* Neill Keveren

*Club service* Steve Flory  
*Community service* Andy Lewis  
*Foundation* Bob Parker  
*International* Mark Murphy  
*Vocational* Ed Nicholls  
*Almoner* Alan Forsdike  
*Environmental* Lucy Trenchard

## IN THIS ISSUE...

Recent meetings and events	2
Miscellaneous	5
Around Ipswich	6
Ongoing collections	7
Duty Rotarians and Lunch menu	7
Announcements	8
Upcoming projects updates	11
In Profile	12
Rolling calendar	13

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## PC Adam Gibson - Footballs?

By Lewis Tyler

The subject for our first Lunch Talk of the new Rotary Year on 8 July was billed as 'Football' when it actually turned out to be about 'Vehicle Theft and Crime' – there is a link between the two but it is too tenuous and convoluted to deal with in this report!

PC Adam Gibson is a Ports Officer and Stolen Vehicle Examiner working for the National Vehicle Crime Intelligence Service (NaVCIS). This organisation bridges the gap between policing and industry and operates independently. It is funded entirely by industry under the provisions of the Police Act 1996 and receives no government financial support. It spends its funds specifically on certain designated areas and therefore makes no profits.

It probably came as a surprise to most of us to learn how rife car crime and theft is prevalent in this country – one vehicle is stolen in the UK every eight minutes, which adds up to nearly 140,000 over the last year. It is usually 'top-end' vehicles that are targeted – Range Rovers, Porsche, Ferrari, Lamborghini, etc.

A lucrative side is that vehicles are often completely dismantled and the parts sold as separate items – anything from the windscreen forward being the most profitable, engine, gear-box, electrics, etc.



*PC Adam Gibson and President Steve Flory*

Adam has also come across a case of a Ferrari being stripped down, with the body put in one container and all the parts in another only to be re-assembled in the country of destination, then re-sold at a very large profit.

Away from vehicles, a dangerous side of the job is stopping the transporting of 'Calor-type' gas cylinders, some still containing residual gas which, when included with lithium batteries, make the container extremely lethal.

A measure of the success of any presentation can be gauged by question time, and on this occasion questions were fast, furious and numerous.

Norman Haines expressed the general thanks of all present in his vote of thanks to Adam.



# Mencap BBQ success

By Robin Needham

A massive thank you to Steph & Steve, Stuart, Bob and Ed for helping and making the Friends of Rushmere Hub and MENCAP barbecue such a fantastic success.

Well done everyone and thank you.



# Bury Abbey RC Classic Car Show

By Robin Needham



Another successful event at the Bury Abbey Classic Car Show, a brilliant day. Thank you to Peter Moss, Dave Atkins and Mick Rudkin for their help.

Bury Abbey will donate £200 to our CSF in appreciation of our help. Thank you very much, guys.

# Robin Wraight - Suffolk Custody Visiting Scheme

By Steve Runnacles

On the 27th May meeting, Robin set out by describing the role of the Independent Custody Visiting Scheme in Suffolk. The group's aim is to visit Police Investigation Centres unannounced to check on the welfare of people who are in police custody. Their task is to observe, comment and report on these matters.

There was unrest in the UK about the welfare in Police custody in the 1980's and was highlighted in the 1981 report by Lord Scarman, and the situation we have today took around 20 years to come to maturity.

There are two centres in Suffolk: Bury St Edmunds and Martlesham. Around 10,000 are arrested every year and can be held in custody for up to 24 hours without charge.

The visitors arrive unannounced and cannot be refused entry, and they have total access to see those in custody. There are 9 volunteers in Martlesham and 12 in Bury St Edmunds. Each centre will receive at least one visit each week.

Obviously, the visitors see a wide range of detainees, some of the people in custody are understandably in a poor mental state. The visitors are only concerned with the treatment of the detainees and



*Robin Wraight and Steph Mackentyre*

do not know of the alleged crimes until they have met the detainees. Each detainee is interviewed and asked a standard set of questions, which form the basis of each visit's report.

The visitors also get to ask about Police arrest, interview and holding techniques. The visitors are not concerned about the innocence or otherwise of the detainees. A report is written after every visit and an annual report is made and published on the Suffolk Police and crime commissioner website.

Robin reflected that Suffolk is lucky in that its range of crimes are not as violent or disturbing as those in more metropolitan areas of the UK.

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# Mick Lowe - Suffolk Fire & Rescue, AKA, the new 'Victor Meldrew'

By Russell Wiles



Oh to be able to public speak as naturally as Mick. He did it all so naturally there was no time for questions or a vote of thanks, but then here is a man who, after 48 years in the profession, is still passionate about his subject.

Most of his time is now on the Fire Safety side of things, trying to get groups and individuals to understand the basics of what keeps us alive, which most of us have probably heard several times before

from an esteemed Rotarian colleague who in his former life was Chief of Suffolk Fire Service.

Key points to remember and action:

- Smoke Detectors will buy us 20-30 minutes in most household room fires.
- Keep the doors closed, and close as many as possible before going to bed (fire will burn out all oxygen available and then diminish so don't replenish with additional oxygen).
- Smoke from fire is effectively a gas potentially toxic with arsenic, which will rise until it hits a ceiling and is forced back down again, hence the need to stay low.



*Mick Lowe and President Steve Flory*

- As we get older (yes, unfortunately it does apply to most of us), we are becoming more at risk, based on the fact that 40% of those killed in fires in 2018 were over 65. Even so, we should have time to escape with detectors in place and shut doors.
- Don't burn candles indoors, however lovely the smell is, as they account for 50% of fatal fires.
- Be conscious of your electrical adaptors, with strip version being infinitely safer than the block variety.

Finally, like most of our own working parts, smoke alarms have a shelf life! They should be replaced every 10 years, as sensors on them become significantly less effective after this.

Footnote – Deepest sympathies go to the teachers who had the pleasure of Mick and our President in the same school class!



## MISCELLANEOUS

### CSS Golf Day

By Mark Murphy

Thanks to all who supported the Cancer Support Suffolk golf day, we raised an amazing £7,976!

And well done, Geoff, for winning one of the top prizes! The winning team included E1 Presidente Steve!



## Upcoming event: RC Ipswich Wolsey - Europa Clipper Talk



**A Voyage of Discovery:  
Europa Clipper's Search For Life**

*A talk by Professor Carly Howett (Oxford)  
and Jon Pineau (Stellar Solutions).*

- **Saturday 6th September 2025 at 2.30pm**
- **Suffolk One, Scrivener Drive, Ipswich IP8 5SU**
- *Free Parking*

**Tickets £15**



Scan Here To Purchase

Image courtesy of NASA/JPL

**All net proceeds will benefit local charities of the Rotary club of Ipswich Wolsey**

The Rotary club of Ipswich Wolsey is proud to announce and welcome you to the third in a series of space-related talks.

The subject will be the mission of the Europa Clipper and its search for the building blocks of life on Europa, a moon of Jupiter.

Our speakers, both eminent in their respective fields are: Professor Carly Howett of Oxford University and Jon Pineau of Stellar Solutions. Both have worked on a number of previous space missions, and Carly frequently appears on television and radio.

The aim of this talk, as previously, is to present information in an understandable and visual format and in that aim we are greatly assisted by the use of

Suffolk One and their main lecture theatre.

The talk will be given at 2:30pm on Saturday 6th September 2025 and there is free parking at the venue, which is Suffolk One, Scrivener Drive, Ipswich IP8 5SU. Doors open at 2:15pm.

This is a ticket-only event with tickets at £15 each being available from Ticket Tailor on the following link:

<https://buytickets.at/europaclipper/1734338>

The proceeds of this event will go to charity, as the Rotary club of Ipswich Wolsey is proud to support community activities and local charities.

We look forward to seeing you there!

## 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).



## DUTY ROTARIANS AND LUNCH MENU

Date	Duty Rotarians	Menu*
22nd July	David Knights Lewis Tyler	Chicken skewers
29th July	None needed	Fifth Tuesday - registration now closed
5th August	Alan Forsdike Catherine Forsdike	Cumberland ring
12th August	Michelle Bevan-Margetts Alison Baldry	Braised steak
19th August	Elizabeth Hughes Ray Walters	Lasagne, chips and salad

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)

# ANNOUNCEMENTS



COME AND JOIN OUR SPECIAL

**CELEBRATION OF IPSWICH**

At **Loca Restaurant**  
Sea Road, Ipswich  
IP11 2DN  
Tuesday 29<sup>th</sup> July  
6.30pm

**FULLY BOOKED,  
THANK YOU ALL!**



**Book via  
Wild Apricot**

# Rotary



## Rotary Club of Felixstowe

### Charity Golf Day

Friday 29th August 2025

18 Hole Stableford Competition

Handicap limits: Gentlemen 24 and Ladies 36

Entry Fee per Team of Four £300

Sponsorship - £30 per hole playing teams

£50 per Hole nonplaying Sponsors

— Prizes —

Best individual Stableford points 1st 2nd 3rd

Best Team's Stableford points - 3 out of 4 on each hole to count

Longest drive on 2nd - Nearest the pin on 12th

Fee includes Coffee and Bacon Baps on arrival  
plus a Fish & Chip Supper on completion



# A Voyage of Discovery: Europa Clipper's Search For Life

*A talk by Professor Carly Howett (Oxford)  
and Jon Pineau (Stellar Solutions).*

- **Saturday 6th September  
2025 at 2.30pm**
- **Suffolk One, Scrivener Drive,  
Ipswich IP8 5SU**
- *Free Parking*

**Tickets £15**



*Scan Here To Purchase*



Image courtesy of NASA/JPL



**All net proceeds will benefit local charities  
of the Rotary club of Ipswich Wolsey**



## 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!

- **Cancer Support Suffolk Classic Car Show** - Monday 25th August 2025. Following the success of last year, your help is needed once again. If you can spare some time from 8:00am to midday or from 11:30am to 4:00pm please contact Pippa Graham email: [volunteermanager@cancersupportsuffolk.co.uk](mailto:volunteermanager@cancersupportsuffolk.co.uk) or call on 01473 211884.

- **One Big Multicultural Festival** - BSC Multicultural Services are looking for volunteers to help with their annual festival on Sunday 31st August in Alexandra Park, Ipswich. Volunteers are needed to help to marshall the stand-holders when they arrive. There will be no need to lift anything or put up marquees as that will have all been done the day before by IBC. The volunteers are needed from 8:30am - 11:30am (2 hours only) to show the stand holders from the gates of Alexandra Park to their stand, to advise them where to park, and to ask them to drive at 5mph with their hazard lights on. The volunteers are welcome to stay for the afternoon and refreshments will be provided for them along with a high vis jacket for the morning. Please contact Andy Lewis if you can help.

- **Rotary night at the Proms (Senior Citizens**

**Concert)** - The concert will take place as usual at Copleston School, on the 24th of September. Planning is underway, volunteers are needed to help with transportation, refreshments and raffle. Please contact Andy Lewis if you can help.

- **East Anglian Air Ambulance Open Day** - 21st September, Thetford. Volunteers needed, two shifts available: 7:00am to 1:00pm or 1:00pm to 5:00pm. Please contact Andy Lewis if you can help.

- **Greener Ipswich** has created a series of planters in Ipswich TC which need watering. The plan is to get rehabilitated prisoners to do this work in the longer term. Help is needed to drive a van with a tank of water in the back around the town to do the watering. Please contact Andy Lewis if you can help.

- **FareShare** - are in need of van drivers and stores people 2 hours per week or per month. Please contact Andy Lewis if you can help.

- **Community Action Suffolk** are looking for volunteers and to come to our Club to talk about the work they do. Please contact Andy Lewis if you can help.

- **Brickmakers Woods hedge trimming** - February 2026 - pruning of the saplings we planted earlier this year. More details to follow closer to the date.

Well, as promised, albeit one issue later than I had originally planned, here is the newest section of this newsletter, which I hope serves as a reminder of all the wonderful people that make up this Club, and for the new members, a way to know a bit more about your fellow Rotarians.

I will be posting two per issue but, this being the first one, I thought it appropriate to start just with our current President, Mr Steve Flory.

- Editor Eva

## Steve Flory: In Profile

1. *Name:* Steve Flory.
2. *Where are you from?* Ipswich.
3. *Occupation (current or previous if retired):* Businessman.
4. *Member of Rotary since:* 2010.
5. *Do you currently hold a position within the Club? If so, what is it?* President.
6. *Tell us a bit about your personal life:*

I was born in Ipswich in 1958 in the same house that my daughter and grandchildren now live in. Mum is 95 and in a care home with Alzheimer's but still doing ok!

I have one daughter, two grandchildren, Bella, 7, and Jude, 11 (now about to go to high school!). My partner Claire is a Cornish girl but has been here just long enough to be considered a Suffolk lass. She runs a bell tent hire company and light up letter rental business across East Anglia.

7. *What was your dream job when you were a kid?* Astronaut or footballer.
8. *What was your first job?* Aviation treaty technician at Willis Faber and Dumas in 1975.
9. *A bit about your career or occupation:* I have three signage and promotion businesses: one in town,

one Needham and one in West Brom. Employ 40 people over the three businesses and love doing what I do.

10. *Favourite tippie?* Gin and tonic.
11. *Radio or TV?* TV, but I'm a director at Suffolk Sound Radio.
12. *What kind of music do you like?* Anything 70s or 80s (except hard core rock), David Gray and recently saw Ed Sheeran at Portman Road so would add him as well.

13. *What are your hobbies?* Going to the gym, gardening, golf, and classic cars.

14. *What is the thing you are most proud of?* My daughter and grandchildren.

15. *If you could travel back in time, what piece of advice would you give to 20-year-old you?*  
**Work hard, don't play quite so hard and enjoy every minute. You're not here again.**



# ROLLING CALENDAR

Date	Event
22nd July	<b>Business meeting.</b> Details and registration via Wild Apricot.
25th July	<b>President's BBQ</b> - at Bill and Monica Pipe's farm. Details and registration via Wild Apricot.
29th July	<b>Fifth Tuesday - Visit to Loca Restaurant in Felixstowe.</b> More information on page 8. Now fully booked!
5th August	<b>Speaker meeting: Penny Tottle - 26 years in the Navy.</b> Details and registration via Wild Apricot.
8th August	<b>Ipswich Club 2025 Golf Trophy.</b> Tee off 1:30pm, followed by evening meal. Open to all golfers, please contact Des Cunningham.
12th August	<b>Speaker meeting: Sanda Cole - Community fundraiser Kids Inspire.</b> Details and registration via Wild Apricot.
19th August	<b>Speaker meeting: Julie Johnson - History of Ipswich.</b> Details and registration via Wild Apricot.

Date	Event
24th August	<b>Cancer Support Suffolk Classic Car Show</b> - more information on page 11.
29th August	<b>RC Felixstowe Charity Golf Day</b> - more information on page 9.
31st August	<b>One Big Multicultural Festival</b> - BSC Multicultural Services are looking for volunteers. More information on page 11.
16th September	<b>District Golf Day - Ely Golf Course.</b> Contact Des Cunningham if interested.
21st September	<b>East Anglian Air Ambulance Open Day.</b> Please check page 11 for more information.
24th September	<b>Rotary Night at the Proms (Senior Citizens Concert).</b> Copleston School. Volunteers needed, please check page 11.
11th December	<b>Rock 'n' Roll Panto - Beauty and the Beast.</b> More details to follow.

**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.

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 1st of August. 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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