

# LOOKS EAST

The Newsletter of the Rotary Club of Ipswich East - D1080 | 2025-26, Edition 6: 29th September 2025

## UPCOMING MEETINGS\*

Tuesday 30th September at 18:30pm  
**Fifth Tuesday - Pub Night**  
*No need to sign up, just show up!*  
*D.R.: None needed*

Tuesday 7th October at 12:55pm  
**Speaker meeting: Robin Needham - SSAFA, the Armed Forces Charity**  
*Menu: Beef bourguignon*  
*D.R.: Ian Lord & Bob Parker*

\* Please look at the extended board of upcoming meetings on page 15

The Woolpack Inn

Ipswich Bowls Club

## CLUB OFFICERS 2024-25

<i>President</i>	Steve Flory
<i>Senior vice-president</i>	Steph Mackentyre
<i>Junior vice-president</i>	Eva Alcerreca
<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>	Alan Forsdike
<i>Environmental</i>	Lucy Trenchard

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



# MESSAGE FROM EDITOR

So this is it! The somehow equally extremely long and short months of pregnancy have gone by, and now I am one week away from being due, which means it's all extra hectic around here.

I have been very lucky in that I've had very few symptoms (although right now they're really ramping up), and I'm also lucky in that I have a wonderful support network to make things easier. To top it all off, I am beyond happy because my mum and younger sister are now here with me for a few weeks, and my older sister will come in a few weeks as well, so it is lovely to have some of my people from back home during this time.

Most of the Club members are parents, and as such, I don't need to explain to you how tricky it will be for me to stay on top of everything Rotary for a few weeks (or on top of anything at all, really), so I want to simply apologise in advance for any and all unanswered emails and messages that will certainly pile up in the coming weeks.

As part of the adjustment period to having a new member of our family here, I will need to have some extra time away from any other commitments, which unfortunately includes this newsletter. Therefore, this is the last issue for a few weeks; it is my intention to send the next one on 17th November, which I'm hoping will give me enough time to recover and, who knows, maybe even get some sleep!

I want to thank you all for your kind messages and for checking in on me, it has been lovely to feel so looked after.



Parenthood is something we thought would happen a lot sooner for us, so embarking on this adventure at this point has its challenges, but we are super excited to finally be starting a family with our soon-to-arrive son (besides our furry daughter Dana the dog, of course).

So, to compensate for my upcoming absence, I tried to include as much information as I could find about upcoming events and meetings in this issue, and I have included four people for the In Profile section, which I am having a lot of fun doing.

I am sure other things will happen between now and the 17th of November, so I would like to encourage everyone to keep a close eye on the email messages from our wonderful secretary Robin, who does a superb job of keeping everyone in the loop about what is happening.

I will keep you posted about any developments, and I will see you on the other side!

- Editor Eva



*This one is from the last time he still fit in one frame (July), and as you can see from his leg right in front of his face, his poor mother has been subject to all sorts of martial arts demonstrations.*

# OBITUARY: DICK JEFFERY

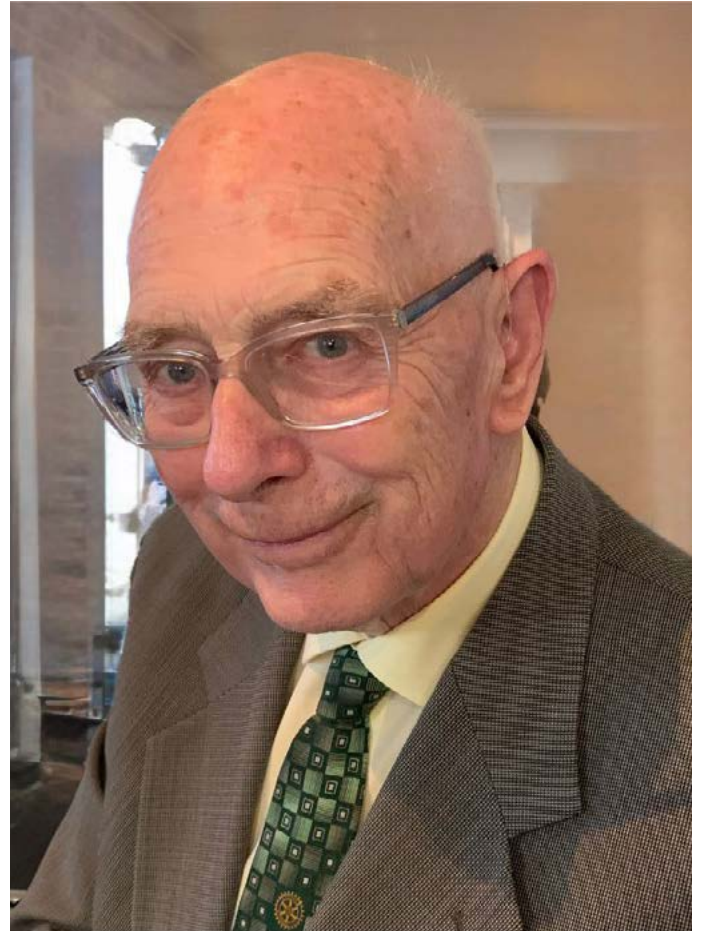
By Alan Forsdike

Richard Henry Jeffery (never Jeffrey!) departed this life on 22nd September, the 4th anniversary of his beloved wife Val's funeral.

Dick always gave his all to everything he was involved in. He was generous in time, gifts and giving: Junior Chamber of Commerce, Round Table, Rotary (especially as District Governor in 1989) and as Conference Chairman for many years. Then there was Probus, Avalon, church as churchwarden and verger. He was involved in fundraising for EACH and met Diana, Princess of Wales, at the official opening of the Ely hospice.

He had a deep love of music and chose a career of optics rather than become a concert pianist. For many years, he and Val volunteered as ushers at Snape Maltings. In later years his profound deafness sadly robbed him of the joy of music.

Dick had a quirky sense of humour which had to be understood! He was always impatient to get things done and at home he was a consummate bodger with WD40, a large screwdriver and hammer (sometimes a carving knife) the basics of his tool kit. He had a deep love for all his dogs, from the original Judy to Barney his last dog. Cats too were greatly loved. Dick learned to ski when he was in his 60s and enjoyed years of cruising in latter years after a long time globe-trotting.



Dick mentored many new Rotarians and Presidents because of his deep love for Rotary.

Dick and Val celebrated 65 years of marriage in 2021 and said the secret was one good row a day.

May he rest in peace and rise in glory.



The funeral arrangements are as follows:

Friday 10th October

11:00am

St Peter and St Paul's Church, Aldeburgh

There will be a gathering at The Wentworth Hotel (Wentworth Rd, Aldeburgh IP15 5BD) afterwards.

In lieu of flowers, donations may be made to **Guide Dogs for the Blind.**

# RECENT MEETINGS AND EVENTS

## Visit from our Friends from Bad Salzflun Twin Club

By Eva Alcerreca

On the weekend of 19-21 September, we received six of our German friends from our twin club in Bad Salzflun, Germany, who enjoyed a relaxed weekend of camaraderie and sightseeing. The weekend started with a welcome dinner on Friday at The Alex, in Felixstowe, followed by individual activities on Saturday and home dinners with Rotarians who did not host our German friends.

On Sunday morning, the small but smiling group set out to the airport in the morning, though they had to wait there for a long time for their flight home.

Next year it will be our turn to visit them, and if you've never been, I can only encourage you to try it, because they are fantastic hosts and we always have a fabulous time.





# Prospective new members meeting

By David Chittick

The new prospective members meeting took place on 23rd September. The presence of 11 guests among the 24 Rotarians attending the buffet lunch provided much excitement about future new members joining the club.

President Steve Flory introduced the guests and said who had invited them to attend, making them feel most welcome. With Mark Murphy leading the presentation, he surprised Phil Ramsey by offering him the microphone to report his experience of being a new member. Phil had led a working party who volunteered to clear the garden of a family, restoring it to an area in which the children could safely play. As a member of the 41 club, he said his experience of fellowship of Ipswich East was even better.

Steph Mackentyre gave a sparkling speech of the activities of the club that Club Service put on, from our weekly meetings to events in the evenings of a 5th Tuesday in a month.

Bob Parker, Chair of Foundation, explained that this charity is the Foundation of Rotary in the work it does around the world. He proudly spoke of the role Rotary has played, in co-operation with the Bill and Melinda Gates Foundation, to eradicate polio. He also shared the news that the club had arranged for 4 electricity generators to be sent to Ukraine, with plans in place to raise funds for another 4.

Andy Lewis, (wearing shorts!), talked about how the club has served the community through taking on projects, working with local churches to provide top-up shops, teaming up with local charities like FIND and the council to help local people.

Our President completed proceedings by thanking Mark and the other speakers, and invited all present to come for a pint at the Woolpack, where we are holding our 5th Tuesday event next week. A glass will be raised to the memory of Dick Jeffry who has recently passed away.

# Rotary Night at the Proms 2025

By Eva Alcerreca

Last 24th September, we held our annual Rotary Night at the Proms (previously Senior Citizens Concert) at Copleston High School. It was a great success like every year, thanks to the performance of the Ipswich Over 50's Brass Band and the live comedy of Richard Whymark. Many thanks to everyone who helped with transportation, refreshments, raffle tickets selling, and logistics.





## Mel Godefroy - St John Ambulance

By Allan Gosling

Mel Godefroy spoke to the Club on 9th September about St John Ambulance.

The St John Ambulance is an international organisation now present in 30 different countries providing free medical care, all staffed by volunteers and first came to the United Kingdom in 1887.

The aim is to give free first aid and ambulance service and was given a Royal Charter by Queen Victoria.

During covid, they helped with first aid duties including mental health problems. They do an enormous amount of training including work place training. Although they are a charity, they also deal with some 999 calls.

The Ipswich branch is at Crown House in Town and currently have 38 members, and for a small fee they will attend public events, the biggest one being present at all home Ipswich Town Football matches.

The vote of thanks given by John Goodship.



*Mel Godefroy. Photo: cuh.nhs.uk*



## George Woodward, new Reader

By Alan Forsdike

George Woodward was licenced as a Reader at the Cathedral last Saturday 27th September. Here are some photos of him with me and with his incumbent Rev Sarah Geileskey.



## Thank you, Ipswich East Rotary Club

From Cancer Support Suffolk

Just a short note to say thank you so much for the contribution made to our Classic and Sportscars by the Bridge event this year by Ipswich East Rotary club.

It raised a staggering £37,000 to help us support cancer patients and their families here in Suffolk; we're absolutely thrilled with the result.

We are going to go ahead next year on Bank Holiday Monday, and we'd love your help and support again.

In the meantime, 37,000 thanks for an amazing day!

Mark Murphy MBE  
CEO Cancer Support Suffolk

# Cider making adventures 2025

By Eva Alcerreca

A few weeks ago, I took advantage of this newsletter to call for any windfall apples members might have lying around, since Matt and I, along with a group of friends, make our own cider every year in what has become a tradition. After collecting and foraging the material needed, we finally had our cider making day a couple of weeks ago, and I thought I would share with you some photos of the day.

This year, the press has been updated, with our friend Rob, who is a machinist, building a very impressive metal press, which we used for the first time instead of the wooden one Rob, Matt and I built almost ten years ago when we made cider for the first time. Our trusted pedal-powered scrapper (also built by Rob) was again used, though we might upgrade it slightly to get a finer pulp next year.

Thank you to those who either donated some fruit or pointed us in the right direction to get some!



## 50th Anniversary of US Twinning in 2026!

Via Mark Murphy

Next year it will be the 50th anniversary of the US twinning, so Chris from the Ipswich Massachusetts Club is appealing for photos, anecdotes and any memorabilia you might have related to the twinning to put together a slide show to mark the occasion.

If you have anything you'd like to include, please send it my way and I'll make sure it reaches the right people in the US.



# Lighthouse

Lighthouse Women's Aid  
238 Felixstowe Road  
Ipswich  
IP3 9AD

t: 01473 220 770  
e: [admin@lighthousewa.org.uk](mailto:admin@lighthousewa.org.uk)

George Woodward & Neill Keveren  
Ipswich East Rotary Club

[georgefwoodward@gmail.com](mailto:georgefwoodward@gmail.com)  
[kevezat21@gmail.com](mailto:kevezat21@gmail.com)

Wednesday 20<sup>th</sup> August 2025

Dear George & Neill,

Thank you very much to you and the members of the Ipswich East Rotary Club, for your kind donation of £1500.00 (funding for a new gazebo), that was received in July 2025. Donations like these play a crucial role in our ability to provide essential services and support to those in need.

Our mission is to support and empower women, young people and children affected by domestic abuse. We aim to do this by raising awareness, providing a safe, supportive environment in our refuge and by developing and implementing preventative and therapeutic services at our Women's Centre.

In 2024 we supported just under 1,000 local women, their children and other young people through our Women's Centre in Ipswich. Part of our work at the Centre involves delivering therapeutic programmes to women, such as The Freedom Programme. This enables women to understand what tactics an abuser will use to keep them in the relationship, as well as what a healthy relationship looks and feels like and red flags to look out for when entering a new relationship. As part of our ongoing support, we also deliver self-esteem and confidence boosting programmes such as Power to Change and Empower Me. Power to change helps women cope with feelings of anxiety, giving them coping strategies, communication skills and to advocate for their rights, to aide them moving forward. Empower Me offers access to activities, such as mindfulness, meditation and crafting to help with stress and/or anxiety, as well as next steps into education, understanding budgeting, and confidence in the workplace.

The work Lighthouse carries out to support those in need is literally lifesaving in many cases and with your help we can ensure that we are there to provide the services that are desperately needed, not just now but in the coming months and years.

Thank you again for your valued support and helping us keep the light shining bright at Lighthouse.

Kind regards

*Sally Winston*

Sally Winston  
CEO

*Over 45 years providing support to victims of domestic abuse and violence*

Advice Line: 01473 228 270

[www.lighthousewa.org.uk](http://www.lighthousewa.org.uk)

Registered Company No. 3532428. Registered in England  
Registered Company Address: 238 Felixstowe Road, Ipswich Suffolk IP3 9AD  
Registered Charity No. 1069296 – Affiliated to Women's Aid Federation England

**Charity**

**Quiz**

**Saturday 4 October**

**Woodbridge Community Hall**

**Doors open 6.30 - 7pm start**

**Teams of up to 6**

**£6 per person - cash on door**

**Bring your own drinks & snacks**

**Booking essential: [events@rotaryswd.org](mailto:events@rotaryswd.org)**

**Raffle!**



Raising money  
for:

**Cancer  
Support**

**Suffolk**

# IPSWICH ROUND TABLE HALLOWEEN BALL

FUNDRAISING FOR THE IPSWICH TOWN FOUNDATION



**31<sup>ST</sup> OCTOBER 2025**

**THE HANGAR - MILSOMS KESGRAVE HALL**

**TICKETS AVAILABLE NOW**  
**IPSWICHRoundTABLE.CO.UK**



**IPSWICH TOWN  
FOUNDATION**



**ROUND  
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GREAT BRITAIN & IRELAND

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The Home of **EASYJoint**



**IJYI**



# THE St Edmund's Day DINNER

THE ROTARY CLUB OF BURY ST EDMUNDS ABBEY

## Join us for our third annual black tie dinner

In the superb venue of

## St Edmundsbury Cathedral Wednesday 19<sup>th</sup> November 2025

With guest speaker

### MARK MURPHY MBE

It shouldn't happen to a radio presenter !

Celebrate our town's patron saint with an auction & entertainment and great networking opportunities

📧 [stedmundsdinner@gmail.com](mailto:stedmundsdinner@gmail.com)



### BUSINESS LEADERS LUNCH FOUNDERS



# Classic & SPORTS CARS

by the bridge...

**Cancer  
Support**  
**Suffolk**



## TRU7group

# THANK YOU 37,000 TIMES!



EAST ANGLIAN  
DAILY TIMES



# Christmas Charity Dinner

**SATURDAY 29TH NOVEMBER 2025**

**6PM - MIDNIGHT**

**VENUE 16, IPSWICH, IP4 3QJ**

## Includes

**2 COURSE DINNER    MUSIC (DJ)**

**HEADS AND TAILS    RAFFLE**



**GUEST SPEAKER:  
MARTYN LEVETT**

**TICKETS: £65PP | £25 PP DEPOSIT**

**TABLE OF 10: £600**

**TABLE OF 12: £700**

**ssafa**  
— the —  
Armed Forces  
charity

**EMAIL: [ROBIN.NEEDHAM@SUFFOLK.SSAFA.ORG.UK](mailto:ROBIN.NEEDHAM@SUFFOLK.SSAFA.ORG.UK)**

**CALL: 07599971839**

## ROLLING CALENDAR

Date	Event	Date	Event
30th September	<b>Fifth Tuesday - Pub night at The Woolpack.</b> No registration needed, just show up!	4th November	<b>Speaker meeting: Geoff Rivers - Independent Monitoring Boards in Prisons.</b> Details and registration via Wild Apricot.
7th October	<b>Speaker meeting: Robin Needham - SSAFA, The Armed Forces Charity.</b> Details and registration via Wild Apricot.	11th November	<b>Speaker meeting: Catherine West - Girl Guides.</b> Details and registration via Wild Apricot.
14th October	<b>Speaker meeting: Helen Fairweather - Brainy Dogs.</b> Details and registration via Wild Apricot.	18th November	<b>Speaker meeting: Steve Clarke - District Governor.</b> Details and registration via Wild Apricot.
21st October	<b>Speaker meeting (BREAKFAST MEETING): Mark Murphy MBE.</b> Details and registration via Wild Apricot.	19th November	<b>Bury St Edmunds RC Black Tie Dinner.</b> See page 11 for more information.
28th October	<b>Business meeting.</b> Details and registration via Wild Apricot.	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.ipswichestrotaryclub.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*
7th October	Ian Lord Bob Parker	Beef bourguignon
14th October	Bill Pipe Toby Pound	Roast duck
21st October	Neil Hewitt Andy Lewis	TBC
28th October	Mark Murphy Lesley Murphy	TBC

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 Steph Mackentyre of any changes.

\*Dietary requirements/Vegetarian option available upon request, please contact Steph Mackentyre at [info@inviewpublicity.co.uk](mailto:info@inviewpublicity.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](mailto: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!

- **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.

Welcome all again! Today we've got a bumper section of profiles, given that it will take me a few weeks to get back to the newsletter, so here you go!

- Editor Eva

## Ray Walters: In Profile

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*Name:* Raymond Richard Walters (Ray).

*Where are you from?* East Ipswich.

*Occupation (current or previous if retired):* Retired.

*Member of Rotary since:* 1992.

*Do you currently hold a position within the Club? If so, what is it?* Yes, Chair of Fundraising

*Tell us a bit about your personal life:*

I was born in 1952 in Rushmere Estate. I had the best parents ever: Dad was a butcher and a good sportsman, Mum was a dance instructor.

My first school was Rushmere Hall then Copleston, but I was never a fan of school!

*What was your dream job when you were a kid?*  
Pilot.

*What was your first job?*

Bookkeeping at RAF Bentwaters.

*A bit about your career or occupation:*

I was advised to follow a career in accountancy that later proved to be "not the job for me". After several false starts, I was offered a job with Dave Bickers motorcycles, and after 2 years I bought the business off Dave and renamed it as Orwell Motorcycles Ltd. A very difficult, stressful period followed, where I was a mechanic by day and accountant by night 6 ½ days a week.

35 years later, I sold the business and retired. In reality, that turned out to be my "dream job".

*Favourite tippie?* Red wine.

*Radio or TV?* TV.

*What kind of music do you like?* 60s and 70s pop and rock.

*What are your hobbies?* Flying (fixed wing and helicopter), speedway, golf, snooker, shooting, flying model planes and helicopters.

*What is the thing you are most proud of?*

After my family, Orwell Motorcycles being number 1 dealership in the UK.

*If you could travel back in time, what piece of advice would you give to 20-year-old you?*

**Make sure you follow the career that you enjoy, and travel whenever possible.**



## Ian Lord: In Profile

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*Name:* Ian Lord.

*Where are you from?* I was born in Nottingham in 1938, so I was a pre-second world war baby.

*Occupation (current or previous if retired):*

I was a Consultant ENT surgeon from 1973; initially I was Consultant at Ipswich Hospital and west Suffolk Hospital Bury St Edmunds. I retired from NHS practice in 1998 and spent the last 15 years based in Ipswich. I had a maximum part time NHS practice and also had a private practice in both Ipswich and Bury St Edmunds. I also had a managerial role in Ipswich.

*Member of Rotary since:* I have been a member of Ipswich East Rotary since 1980.

*Do you currently hold a position within the Club? If so, what is it?* I am a past-president, but at the present time am a member of the Community Service

committee. The community service committee organise and take part in a lot of what I feel rotary should, e.g. help in Top up Shops and organise events for the elderly, like the Old People's concert and quiz.

*Tell us a bit about your personal life:*

I have been educated privately, firstly from age 7 at a small private boarding school just outside Newark and at the of age 13 at Rossall School, which is North of England Church of England boarding school located on The Fylde Coast north of Blackpool. I left Rossall with sufficient A levels to have 3 years at Trinity College Cambridge and then 3 years at St Thomas's Hospital for my clinical training qualifying as a Doctor in 1962. I have always been academically above average but never gifted as a sportsman!

My 3 years at Cambridge were a major milestone in my upbringing and I took a full part in all that Cambridge offered, but medical study is very demanding. After I qualified, my first house job (as these posts were then called) was at St Thomas's in ENT surgery. When I qualified I had no idea what branch of medicine I wished to follow. I was fascinated by ENT as it offered surgical practice but it also involved paediatrics and neurology. I had subsequent houseposts in medicine and surgery at Colchester Hospital. I was in Colchester for a year and did weeks on call followed by a week of relatively normal life. That year was the most demanding time in my life and the hours were long and sleep interrupted!

Following my year in Colchester, I had a further 6 months as a Casualty Officer at St Thomas's, and during this spell I met my wife Jenny. At the present time, surgical training is much more formalised, but I had to plan my path. I had a post for 6 months at the Royal National Throat Nose and Ear Hospital in London. To qualify as a surgeon, there is a 2-part fellowship examination: the first part is back-to-basics scientific study in Anatomy, Physiology and Pathology. I returned to Cambridge to study Anatomy and teach medical students. I managed to pass the exam and obtained a Registrar /Senior Registrar post at Kings College Hospital in London. During my period at Kings I passed my FRCS examination. During this 5-year period, it was expected that time be spent doing research.

My wife and our 2 young daughters spent a year at Toronto University, where I wrote scientific papers and travelled extensively in Canada and the United States. I met a lot of the leading lights in North America.

My job as a consultant meant I did the full range of ENT operations. Nowadays there are specialists in Ear, Nasal and Head and Neck Surgery, and more specialist surgery gets referred to specialist centres. During my 25 years as a consultant, new procedures were introduced so it was necessary to attend refresher courses.

*What was your dream job when you were a kid?*

When I was aged 12, I decided I would like to become a Doctor. I don't come from a medical background, so I was pursuing new horizons.

*Favourite tippie?* Adnams Ghost Ship and Sauvignon Blanc.

*Radio or TV?* TV. I enjoy quiz shows like University Challenge and old comedy series like Dads Army and Have I got News for You.

*What kind of music do you like?* I much prefer Classic Music, especially choral music and opera. My knowledge of pop music is sketchy.

*What are your hobbies?* I used to enjoy sailing and have owned 3 sailing cruisers and crossed the North Sea to Belgium and Holland on several occasions. I have also been to Northern France, the Channel Islands and the South Coast of England. One of the charities I support is EAST, and I have taken visually impaired people with other members of Ipswich East on my boat on several occasions.

Since I stopped sailing, I have played a lot of bridge and have tried to learn and play bowls both inside and outside.

*What is the thing you are most proud of?*

I am most proud of my wife of nearly 60 years, my 2 daughters and 4 grandchildren. My wife and myself are enjoying watching the progress of our grandchildren, one of whom is married and, who knows, we could become great-grandparents!

*If you could travel back in time, what piece of advice would you give to 20-year-old you?*

**I am a great believer that**

## opportunity only presents itself once and you must seize the opportunity. Carpe Diem.



### Lucy Trenchard: In Profile

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*Name:* Lucy Trenchard.

*Where are you from?*

Somewhere and nowhere. I was born in Cheshire, in a town called Wilmslow (when it wasn't taken over by footballers), then moved to Macclesfield, then moved to London. So I don't call anywhere home.

*Occupation (current or previous if retired):*

Previously a Quality Assurance Manager in Banking Software, but since retiring, a Borough Councillor and Portfolio Holder for Parks & Climate Change.

*Member of Rotary since:* 2018.

*Do you currently hold a position within the Club? If so, what is it?* I do not currently have a formal position but have been asked to lead on the Environment and Climate Change. Previously held the position of Club Services Chair.

*Tell us a bit about your personal life:*

Gosh where to start! I am the youngest of 3 sisters and grew up in Cheshire in the countryside, living next door to a farm near the Peak District. My earliest memory of the farm was having to walk through the farmyard to get to primary school, which involved negotiating a gaggle of very vicious geese who made my life a misery. There were good bits too, though, like helping out during hay making, when I used to go out on the carts to help

collect the bales of hay – it was all hand done in those days –, sheep dog trials where I learned what 'come bye' meant, helping in the cowsheds at milking time, and whilst it was done with machines, being taught how to milk a cow by hand.

We did a lot of 'Beagling' at the weekends, which involved trudging over the hills of the Peak District following the hounds, but all really to end up in a pub with a bottle of coke and a steak sandwich.

Moving to London when I was 13 came as a shock – not a happy time.

Despite my mother's dream of me going to University, I flunked my A levels and ended up at Teacher Training College in Exeter and qualified as a Drama Teacher.

*What was your dream job when you were a kid?*

I wanted to go to Agricultural College and become a farmer.

*What was your first job?*

My first job was in the City of London working for a company called 'Chart Analysis', which prepared weekly books of the ups and downs of stocks and share prices. There were no computers in those days, and every day I would manually 'chart' on large sheets of graph paper the daily price of a portfolio of shares and became responsible for those listed in the Italian newspaper Corriere della Sera. It was mind numbingly boring work, but because our sheets had to go to the printers by midday on a Friday, we always finished work at 12 noon, so our weekends started early.

*A bit about your career or occupation:*

After working my way through a number of technology based jobs throughout my twenties, I ended up becoming a Quality Assurance specialist working in Software Development. I have worked for a number of companies supplying and implementing software systems to the Retail and Banking sectors. I was fortunate enough to work for a company called Misys International, which developed and implemented Banking Software systems for both the Wholesale and Retail banking sector, where I progressed to managing QA teams across our global operations, managing teams in the Philippines, India, North America and Europe. I eventually took early retirement at 60 and moved to Ipswich where I finally was able to indulge in my passion for politics by becoming a Borough

Councillor and latterly a member of the Executive team responsible for Parks, Cemeteries, Crematoria and Climate Change.

*Favourite tippie?* Gin & tonic.

*Radio or TV?* Both.

*What kind of music do you like?* Folk, reggae, blues and 60-70's rock.

*What are your hobbies?* Politics, gardening and wildlife watching.

*What is the thing you are most proud of?*  
Being successful enough in my career to be able to buy my own house as a single woman.

*If you could travel back in time, what piece of advice would you give to 20-year-old you?*

**Be your own person and believe in yourself, trust in your judgement and don't let others tell you otherwise.**



## Andy Lewis: In Profile

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*Name:* Andy Lewis.

*Where are you from?* I was born in South Africa. My dad was in the Royal Navy.

*Occupation (current or previous if retired):*  
Chief Operating Officer for a business process outsource company.

*Member of Rotary since:* 2007.

*Do you currently hold a position within the Club? If so, what is it?* Yes, Community Service Chairman.

*Tell us a bit about your personal life:* I married Julie in 191. We have two children: Sam, 35, and Jade, 31. I've spent most of my life in Ipswich.

*What was your dream job when you were a kid?*  
JCB digger driver!

*What was your first job?*  
Motor insurance underwriter for Sun Alliance.

*A bit about your career or occupation:*  
I've always been involved in people and process management. Whilst at Churchill Insurance, I managed 650 people across 3 sites.

*Favourite tippie?* Australian shiraz every time!

*Radio or TV?* TV.

*What kind of music do you like?* I don't listen to a lot of music, but probably 80's music is my favourite.

*What are your hobbies?* Formula 1, barbequeing, playing squash and spending time with the grandkids!

*What is the thing you are most proud of?* My family.

*If you could travel back in time, what piece of advice would you give to 20-year-old you?*

**Work hard, be kind and enjoy every minute, as time flies by so fast.**





## Ipswich East RC - Bad Salzungen RC 2026 Trip Project

By Claudius Broich (Bad Salzungen RC) and Eva Alcerreca

Just a reminder that in the coming weeks you will be receiving more information about signing up for next year's trip to Utrecht with our German friends from our twinned Club in Bad Salzungen. If you need a reminder of what this is all about, here is a summary!

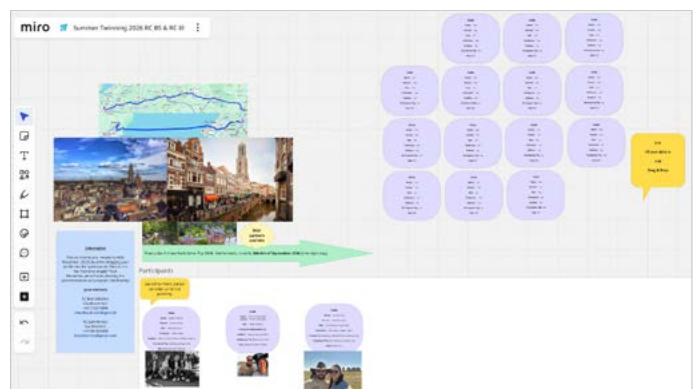
The aim of the project is to encourage a closer relationship going forward, especially as both clubs endeavour to engage the newer generations into Rotary and everything it represents in terms of international cooperation and friendship. Our German friends did some surveying among their membership and discovered that a large number of them have never participated in the yearly twinning trips/activities. With this in mind, a solution was proposed: an informal get-together in Utrecht, Netherlands, where we can all get to know each other without the pressure of organising a full weekend of activities or of having to host anyone. Utrecht was chosen as a geographical mid-point that could suit both clubs, and which offers plenty of options of things to do and see.

The plan is simple: the joint committee will arrange for a couple of activities while we're there on the Saturday/Sunday morning, but each club/participant will take care of their own logistics

arrangements in terms of transportation and lodging. The dates proposed for this trip are **5th-6th September 2026**.

To express your interest, learn more about who will be taking part, and keep on top of the project's developments, Claudius and his team have organised a shared online message board on a platform called Miro, which will allow every member to express their interest in joining the trip and give everyone else some details about you. The details of how to access this platform and how to use it will be sent in a separate email to both our Club and the Satellite Club members shortly.

We hope you find this as exciting as we do and that you sign up to take part!



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 14th of November).*

*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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