



# LOOKS EAST

The Newsletter of the Rotary Club of Ipswich East - D1080 | 2025-26, Edition 10: 9th February 2026

## UPCOMING MEETINGS

Tuesday 10th February at 12:55pm  
**Speaker meeting: Steve Runnacles - AI:  
What's It All About?**  
*Menu: Cumberland ring  
D.R.: Martin Westlake & Alison Baldry*

Tuesday 17th February at 12:55pm  
**Speaker meeting: Nick Hulme - Former  
CEO of Ips & Col NHS Trust**  
*Menu: Chicken wrapped in bacon  
D.R.: Karen Finch & David Chittick*

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>	Liz Harsant
<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)



Our best wishes to:

**Peter Shepherd**  
**Lewis Tyler**  
**Robin Needham**  
**John Barbour**  
**Nigel Farthing**  
**Steph Mackentyre**  
**Des Cunningham**  
**Martin Whitworth**

# RECENT MEETINGS AND EVENTS

## Curry Night at the Jaipur Restaurant

Photos by Steph Mackentyre



# Rob Adams - New Member's Talk

By Bill Robinson

After lunch on Tuesday 20 January, Rob Adams, one of our new members, gave a very interesting and amusing talk about his life and his various jobs.

Rob was born in Ipswich and lived for most of his life in Kesgrave.

After failing the 11 plus, he went to Kesgrave School and then on to Felixstowe to study A levels. Rob wanted to go into journalism but after his father reminded him of the unsociable hours, he decided to go for the safe option and start a career in insurance and joined Friends Provident in Ipswich.

He spent time with Phoenix Insurance and Sun Alliance and progressed to life and pensions consultant with Royal Life and NPI.

After eleven and a half years he decided to turn his life around and became an independent financial adviser with a firm called Retirement Needs Planning.



*President Steve and Rob Adams*

After 12 years, he found the pressures of compliance too much for a one-man-band and sold his business.

This led to a number of very different jobs including being a steward at Ipswich Town Football Club, delivering pizzas for Domino's and even working as an 'Avon Man'.

He then went on to work for a will writing company in London before setting up, with his wife, their own will planning business, which he continued to run for ten years until he retired.

He now enjoys time with his wife, children and grandchildren.

Rob was a member of Ipswich 240 Round Table and has continued in 41 Club. He was also Area Chairman in Round Table in 2003.

He told members that during his Tabling days he attended the national sports weekend and experienced fellow Rotary member, Peter Moss, attired in a white tuxedo encountering a very muddy ditch on the way to the final night event and arriving at the function with a slightly less white jacket!

Rob was a contestant in the ITV quiz programme 'The Chase' and informed members of the complicated way that preparations are made with those taking part before the show is finally screened.

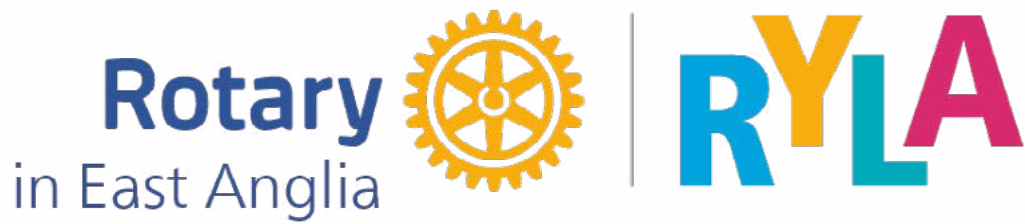
President Steve thanked Rob on behalf of the Club for a very entertaining talk.

## Terry Jones - New Member!

Photo by Karen Finch



*Bill Izzard and new member Terry Jones*



## It's RYLA time!

The date for RYLA is set so Ipswich East needs to find, register and support candidates ASAP. There are 25 places to fill as the course is again being run jointly with District 1070.

Dates: **22nd to 29th August 2026**

Place: **Grafham Water Centre**

Cost: **£860.00 per delegate**

Age: **18-26 years** (applicants must be at least 18 years old before the course commences)

Please let Ed Nicholls or Secretary Robin know of anyone who would like to attend this fantastic course.



## ROLLING CAIENDAR

Date	Event
10th February	<b>Speaker meeting: Steve Runnacles - AI: What's It All About?</b> Details and registration via Wild Apricot.
15th February	<b>Wolsey RC Charity Event Dinner.</b> Maharani Restaurant. Details on email from Sec Robin from 4th February.
17th February	<b>Speaker meeting: Nick Hulme - CEO Ipswich &amp; Colchester NHS Trust.</b> Details and registration via Wild Apricot.
24th February	<b>Business meeting.</b> Details and registration via Wild Apricot.
26th February	<b>Fellowship evening at the Arbor House,</b> from 6:30pm. No need to book, just show up!
9th March	<b>Club Council meeting.</b>
17th March	<b>Breakfast meeting.</b> Details and registration via Wild Apricot.
20th March	<b>4th Annual John Riches Memorial Race Night.</b> Ipswich Golf Club. Details and registration via Wild Apricot.
31st March	<b>Fifth Tuesday: Elective Orthopaedic Centre visit.</b> Email Bill Robinson if interested.

Date	Event
8th April	<b>Wolsey RC Charity Golf Day.</b> Rushmere Golf Club. Details on email from Sec Robin from 5th February.
13th April	<b>Club Council meeting.</b>
29th April	<b>Theatre visit: "Caroline".</b> New Wolsey Theatre. More details to follow.
7th May	<b>IERC Annual Golf Day.</b> Ipswich Golf Club. Details on email from Sec Robin from 8th February.
11th May	<b>Club Council meeting.</b>
8th June	<b>Shadow Club Council meeting.</b>
16th June	<b>Club Assembly.</b> More details to follow.
24th June	<b>President's Handover.</b> Sunset Cruise on the Orwell Lady. More details to follow.
28th June	<b>Orwell Challenge 2026.</b> All hands on board!
24th July	<b>President's BBQ.</b> Bill and Monica's Farm. More details to follow.
4th - 6th September	<b>Utrecht Trip with Twinned Club of Bad Salzuflen.</b> Details on email from Editor from 6th February.

**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.ipswicheastrotryclub.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*
10th February	Martin Westlake Alison Baldry	Cumberland ring
17th February	Karen Finch David Chittick	Chicken wrapped in bacon
24th February	George McLellan Geoff Watson	Roast pork & crackling
17th March	Karen Finch TBC	Breakfast meeting
24th March	Ray Walters Elizabeth Hughes	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).



# WHERE HAVE ROTARIANS BEEN?



Ray sent this beautiful photo atop the Rotary Trail in Esperance, Australia, the highest point on the island.

Eva and family spent a lovely winter's day in beautiful Cambridge.



## 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.

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 February. 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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