

# LOOKS EAST

The Newsletter of the Rotary Club of Ipswich East - D1080 | 2025-26, Edition 11: 23rd February 2026

## UPCOMING MEETINGS

Tuesday 24th February at 12:55pm  
**Business meeting**  
*Menu: Roast pork & crackling*  
*D.R.: George McLellan & Geoff Watson*

Tuesday 3rd March at 12:55pm  
**Speaker meeting: Angela Gage - Got to Read**  
*Menu: Best burger and chips*  
*D.R.: Roger Gilles & Peter Shepherd*

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>	Steph Mackentyre
<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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We have no upcoming birthdays for the next two weeks, so keep an eye out next time!

# RECENT MEETINGS AND EVENTS

## Douglas Rintoul - New Wolsey Theatre

By Karen Finch

On 3rd February, we were blessed with the most entertaining talk from Douglas Rintoul - our local Wolsey Theatre most esteemed theatre director and cultural leader. He is totally committed to making theatre accessible and inclusive. Growing up on a council estate in Essex, his passion for theatre was sparked by dedicated drama teachers, leading him to study Drama & Theatre Arts at the University of Birmingham. His career has spanned directing musicals, opera, contemporary drama, and large-scale community productions, with a focus on amplifying underrepresented voices.

As Chief Executive and Artistic Director of the New Wolsey Theatre, Douglas champions bold, relevant storytelling and engagement with diverse communities. Previously, he led Queen's Theatre Hornchurch, founded the touring company Transport, and was an Associate Director at Complicité. His work has been staged across the UK and internationally, always driven by a belief in the theatre's power to bring people together. NWT recently won an award for the best auditorium in the country with 400 seats all with a great view. Described as super intimate and engaging, the theatre is soon to embark in April 2026 on an improvement programme following a £750k Creative People & Places grant. So more logistics for Douglas to handle!



*President Steve and Douglas Rintoul*

He advised the theatre receives a £1million grant from the Arts Council annually but to put on all the shows, it's a £3.5million price tag!

Douglas has a new mantra that he shared with us and it's simply 'To enrich the lives of everyone in greater Ipswich'. He has total belief in the ability of his team at the NWT and has no doubt they will continue to make a huge difference. We are very lucky to have this vibrant man at the helm of our local theatre. Lewis Tyler gave the vote of thanks.

## Did you know?

Yesterday 23rd February marked the **121st anniversary** of the foundation of Rotary, and while looking into it, I came across this tidbit: the Rotarian magazine was first published in January 1911. It was the equivalent of our current newsletters, and that first one included an essay written by Paul Harris.

You can learn more [HERE](#).



### 1911: The Rotarian magazine

Rotary publishes the **first issue of The Rotarian magazine** in January 1911, with the purpose of delivering standard messages to all clubs and sharing news from clubs and members. The magazine's name changes to **Rotary** in 2020.

The Rotarian magazine was originally called The National Rotarian. The first issue included an essay written by Paul Harris and club news items.



## 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.

So far our Club is sponsoring two candidates, however, there are still places to allow for more candidates from a variety of social and educational backgrounds to take part. RYLA caters for both female and male candidates in the age range 18 to 26 years old. It is a fully residential course with a variety of indoor and outdoor activities, physical and academic demands consistent with challenging each and every individual.

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)

If you know any family member, friends, work colleagues, etc. who you believe would benefit from attending RYLA, please let Robin Needham or Ed Nicholls know as soon as possible.









# The Orwell Challenge

28th June 2026 • 49th 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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## Orwell Challenge registration numbers update

Our flagship event gets closer and closer, and numbers are slowly rising, so please help us promote the event either on Facebook, X, Instagram or LinkedIn to make sure we have another successful year!

As of 20th February, the number of registered participants for the Orwell Challenge is as follows:

Adult walk	128
Child walk	1
Family walk	0
Half marathon	14
Marathon	11
Ultra marathon	9

**Total** **163**

# ROLLING CALENDAR

Date	Event
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!
3rd March	<b>Speaker meeting: Angela Gage - Got to Read.</b> Details and registration via Wild Apricot.
9th March	<b>Club Council meeting.</b>
10th March	<b>Speaker meeting: Nici Banerman &amp; Stacey Phillips - Homestart.</b> Details and registration via Wild Apricot.
17th March	<b>Breakfast speaker meeting: Jon Neal - Suffolk Mind.</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.
24th March	<b>Business meeting.</b> Details and registration via Wild Apricot.
31st March	<b>Fifth Tuesday: Elective Orthopaedic Centre visit.</b> Email Bill Robinson if interested.
8th April	<b>Wolsey RC Charity Golf Day.</b> Rushmere Golf Club. Details on email from Sec Robin from 5th February.

Date	Event
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>
12th June	<b>Bury Abbey Charity Golf Day.</b> Details on email from Sec Robin from 22nd February.
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.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*
24th February	George McLellan Geoff Watson	Roast pork & crackling
3rd March	Roger Gilles Peter Shepherd	Best burger and chips
10th March	John Goodship Allan Gosling	Chicken and gammon pie
17th March	Karen Finch TBC	Breakfast meeting
24th March	Ray Walters Elizabeth Hughes	Lancashire Hotpot

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.

- **FIND: ongoing parcel deliveries** - volunteers required to give regular support of two hours per week / month to deliver FIND food parcels throughout the year. 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.

- **Cancer Support Suffolk (CSS)** - CSS are looking for volunteers for the following events:

- 28th March 8:00 - 11:00am Park Run in Christchurch Park organised by the Institute of Insurers, CSS are having a stall in the park and need a few volunteers to 'man' it. CSS are looking for 4 volunteers please.

- 7th June 1:30 - 5:00pm Ipswich Hospital Band are doing a concert for them at Venue 16 and they need 3 people to help sell raffle tickets please.

- 12th June 4:00 - 10:00pm Fashion Show at Suffolk New College - six people needed to help sell raffle tickets.

- 31st August Classic Car Show 7:00am - 6:00pm they need all the volunteers they can get; the day will be split 7:00 - 11:00am and 10:30am - 4:00pm. Approximately 50 volunteers are required for this event, especially stewards for the car parking.

If you can help with any of these, please contact Andy Lewis.

## WHERE HAVE ROTARIANS BEEN?



John Button sent this photo of this unusual place to have visited: the Hubbard Glacier in Alaska

Hello! On this occasion, we have three members on the hot seat for you to learn more about: Ed Nicholls, Catherine and Alan Forsdike. Enjoy!

- Editor Eva

## Ed Nicholls: In Profile

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*Name:* Edmund Nicholls.

*Where are you from?* Ipswich.

*Occupation (current or previous if retired):* Owner of Gemini Travel and Far East Travel, bus and coach operator, now retired.

*Member of Rotary since:* 2002.

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

Chairman of Youth Opportunities and Vocational Committee.

*Tell us a bit about your personal life:*

I have 2 sons, Matt and Jim, 1 grandson, Arthur, and 2 stepdaughters, Katie and Emma. My father Arthur was a founder member of Ipswich East Rotary Club and President in 1977. I love football and all sports and was a qualified referee. I was Chairman of Ipswich Wanderers Football Club 2005-2010. My wife Sandie won me in a competition, but that's another story!

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

Train driver, bus driver or tractor driver (I'm still a Tractor Boy!)

*What was your first job?*

Export insurance in the Marine Department of GRE, Ipswich.

*A bit about your career or occupation:*

Whilst working with the Sue Ryder charity I organised and accompanied 6 Food Aid trips to Poland in the 1980s. I was Shops Secretary for the Sue Ryder charity covering all of Britain, travelling extensively. Drove coaches all over the UK and Europe. I especially enjoyed film work and meeting the stars.

*Favourite tippie?* Real Ale (Broadside) or Malt Whisky.

*Radio or TV?* TV.

*What kind of music do you like?*

1960s and 1970s, Rock and Roll, Beatles, Coldplay, Simply Red, Barry White.

*What are your hobbies?*

Watching sport, football programme collecting, presenting history and ghost talks.

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

Representing British Junior Chamber in Tokyo, Japan in 1988. Being made a Lifelong Senator for Junior Chamber. Winning a World Award for Junior Chamber.

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

**Be more confident and enjoy travelling.**



## Catherine Forsdike: In Profile

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*Name:* Catherine Forsdike.

*Where are you from?* Croydon.

*Occupation (current or previous if retired):*

Oh this is complicated. I started out training

as a nurse at Guys Hospital in London. Then came back to Ipswich to train as a midwife. Subsequently I became a midwifery tutor and then Senior Lecturer with the responsibility for the quality of midwifery education to the national body. During this time, I successfully completed an OU degree and a Masters degree in Medical Anthropology. In the late 1980's the school of midwifery became part of Suffolk College and in time I was seconded to the Further Education part of the college to manage an area of college who had failed their OFSTED inspection. Ultimately, I became Assistant Principal with responsibility for areas including Construction and Engineering, Hair and Beauty, Catering and Student Support Services. During the latter years at the college I trained for ministry in the Church of England and I took the opportunity to retire early to be an Associate Priest in the Tuddenham, Westerfield and Winesham Benefice.

Alan and I retired from parish ministry in 2019 and have undertaken various chaplaincy roles since then. But currently and to our surprise we are now Chaplains to the Diocesan Bishop. It is a temporary role which was due to finish this February but we now anticipate being in post until the summer.

*Member of Rotary since:*

Part of the Rotary family since 1975 as a Rotaractor and was the Vice Chair for the District Rotaract Committee. Once Alan became a Rotarian I became a member of Inner Wheel. I joined Woodbridge Rotary Club because at that time Ipswich East did not accept women members. Due to work commitments as we were building the new college I resigned from Woodbridge and subsequently joined Ipswich East. I am still a member of Ipswich East Inner Wheel and am their secretary. Also I am the District Editor and Member of Council which is the governing body of the Association of Inner Wheel. I was also District Chairman and was honoured to receive a Paul Harris Fellowship from the club in recognition of my contribution in that role.

*Do you currently hold a position within the Club? If so, what is it?*  
Safeguarding Officer.

*Tell us a bit about your personal life:*

I grew up in Suffolk after my parents moved here

when I was a baby but still don't consider myself an Ipswich person. As you all know Mum and Dad were committed to service throughout their lives: Junior Chamber of Commerce, Round Table, Ladies Circle (Mum took a National role) Rotary (Dad was District Governor) Inner Wheel (Mum was District Chairman and Member of Council). They instilled in me the values of service to the community which I hope I have fulfilled.

I am married to fellow Rotarian Alan and we have one daughter Rachel who married Farshad last year. We have three cats: Sooty, Sweep and Soo.

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

To be a coach driver.

*What was your first job?* Holiday job with Keith Harris in his photography lab.

*A bit about your career or occupation:* See above.

*Favourite tippie?* Negroni cocktail.

*Radio or TV?* Radio.

*What kind of music do you like?*

Eclectic from Classical to rock to country and western, to opera to west end shows. We volunteer at Snape Maltings as ushers and experience a huge range of music over the ages.

*What are your hobbies?*

Cross stitch, family history, reading and gardening.

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

Not proud but humbling was the recovery from my stroke in 2019 when I thought I would never be able to walk, talk, drive or do the things I enjoyed again. It taught me as a fiercely independent person to accept help from others, especially Alan, daughter Rachel and Rotary friends. But more importantly, to give thanks for each day lived and to count blessings for even the smallest achievements such as a toe starting to twitch on its way to full movement.

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

**Take every opportunity given to you. I didn't plan my life but was**

**given great opportunities.**

**Also, choose a life partner who will support you, grow with you and let you grow. I could not have had the life and career without Alan behind me every step of the way. And I hope that I have been supportive of him in the same way.**



## **Alan Forsdike: In Profile**

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*Name:* Alan Forsdike.

*Where are you from?*

Ipswich born and bred of 12 generation of Suffolk boys! I live less than a mile away from Wingfield Street Nursing Home where I came into the world.

*Occupation (current or previous if retired):*

I have had two careers and at 70 am still employed. First in the field of architecture, building and construction, secondly as an ordained minister in the Church of England.

*Member of Rotary since:*

I became a part of the Rotary family when I met Catherine in 1985 - she belonged to Rotaract. I fell in deeper when I married her the next year since my father-in-law Dick Jeffery was a member of

Ipswich East RC and became District Governor. He directed several district conferences and got me involved as registration officer and other roles. One year, at the District Conference in Brighton, I entertained the delegates by playing rhetorical massive organ in The Dome - a great thrill. I received my first Paul Harris Fellowship for my work with district. I became a member of Ipswich East in 1995 at the age of 40. I edited and produced the Club Newsletter for more years than I care to remember and was humbled to receive my second Paul Harris Fellowship on-line during 'The Covid Years'. I was President of the club in its 40 anniversary year.

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

I am the designated Club Almoner.

*Tell us a bit about your personal life:*

I have been a musician all my life. I first sang in the church choir about 8 years old until teenage when I joined Trianon, Music Group, then Dorian Singers (Felixstowe). Ran our own group 'adhocet' for many years, and I'm currently a member of Suffolk Singers. I taught myself to play the piano from 10 years old and was organist at Tuddenham Church for 26 years. I still play occasionally at St Thomas' Ipswich.

I have been married to fellow Rotarian Catherine for 40 years this year. We have one daughter called Rachel, who married Farshad last year - they live with us. We have three cats: Sooty, Sweep and Soo but still miss our Jack Russell Tolly who died days before Christmas 2024.

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

I always wanted to draw - to design and build things.

*What was your first job?*

My summer holidays before college were spent in the drawing office of 'Eastern Gas' - there's a surprise given what was to come next.

*A bit about your career or occupation:*

It's complicated so I can't make it 'a bit'!

After college I was employed as a trainee architectural technician in a local architectural practice. I left there and joined the newly formed Suffolk County Council in their Architect's Department. This is when I first met Clifford Smith who was Chief Executive. I

remained there for just over 34 years in various roles, being trained along the way: architectural designer, interior designer, graphic designer, furniture designer and project management.

When I was appointed Property Review Manager at the age of 50, I became a member of the County's Property Division Management Board. I became involved in Change Management and helped to reorganise the department - my job disappeared and I took the opportunity for early retirement with (non-actuarially enhanced) pension. I was then self-employed as a Diversity Consultant for Suffolk New College for a while and then made Property Surveyor for the Diocese of St Edmundsbury & Ipswich dealing with church schools and clergy housing. I left in 2013.

While I was employed by the County Council I had been selected for training for ordination in the Church of England. I trained part-time for 4 years (while holding down a full-time job) and was ordained in 2005 serving the benefice of Westerfield & Tuddenham with Witnesham (WT&W). I was licensed as their (non-stipendiary) priest-in-charge in 2010 with Catherine my wife as Associate Minister. We served there until June 2019. While doing that job, we were both involved in training new ministers.

After our 10 years as 'vicars' to WT&W, we took a couple of months off before becoming training incumbents to some young ministers and helping them plant a new church in Ipswich. We were also chaplains to the 'Inspiring Ipswich Project' for 6 years. I am presently Deanery Finance Organiser, Deanery Secretary and a trustee of three charities.

In September 2024, Catherine and I became the (paid) Chaplain to the Diocesan Bishop, Martin Seeley. He left at the end of February 2024 so we worked for Bishop Graeme in his Acting role. I project managed the client side of the refurbishment of the bishop's house and office alongside the role. Since the end of September 2025, Catherine and I have been Chaplain to the new Bishop of St Edmundsbury & Ipswich, Joanne Grenfell.

*Favourite tippie?* Both Catherine and I are rather partial to the occasional Negroni cocktail but I'm happy to have a G&T anytime!

*Radio or TV?*

I could live without television but I'd miss the radio - BBC R3 wakes me every day and is on until

lunchtime when I'm at home. I dip into BBC R4 to listen to The Archers each night and love a good radio play when I can't sleep. I never watch TV before 6:00pm.

*What kind of music do you like?*

I have a broad taste, from Classical to Country and Western, to Opera to Musical Theatre (but not 'Pop' after 1980!). Catherine and I volunteer at Snape Maltings as ushers and experience a huge range of music.

*What are your hobbies?*

I love music, local history, travel, gardening, walking, swimming but have never felt the urge to follow any sports.

I have written and had printed two books; I'm preparing my third. Always practical, I have been a DIY-er all my life and like to have a project on the go. We are on year 30 of the 5-year project on our house!

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

Walking my lovely daughter down the church aisle on her wedding day and having the privilege alongside Catherine to officiate at her wedding. I also feel privileged to have a wife who has supported and encouraged me in all aspects of my life. I'm not proud of it, but I have never had to worry about having work and purpose in my life - I have been given opportunities and had the sense to take them and, I hope, to contribute to society.

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

**For goodness sake stop worrying!  
Be bold and use the gifts you have  
been given - believe in yourself -  
all will be well.**



## From the Archives: September 2008

By Tony Baker

In September 2008, Toby Pound was our President. A Business Meeting was held on 9th September and Toby welcomed the District Governor Peter Harris. The District Governor's message was to recognise the many changes taking place around us and to recruit from emerging opportunities. Have we really achieved that?

It was reported that the club had agreed to finance a second school in Tanzania with a sum of £2500. Much of the research and coordination for the donation was undertaken by Steve Flory.

A very surprised John Button was presented with a Paul Harris Fellowship by the District Governor. John had been in charge of three Orwell Walks and had been responsible for raising over £170,000. Eighteen years later in 2026, John is still our event supremo. His contribution to the club is quite special and he has been further recognised with a Paul Harris Fellowship with a Blue Sapphire.

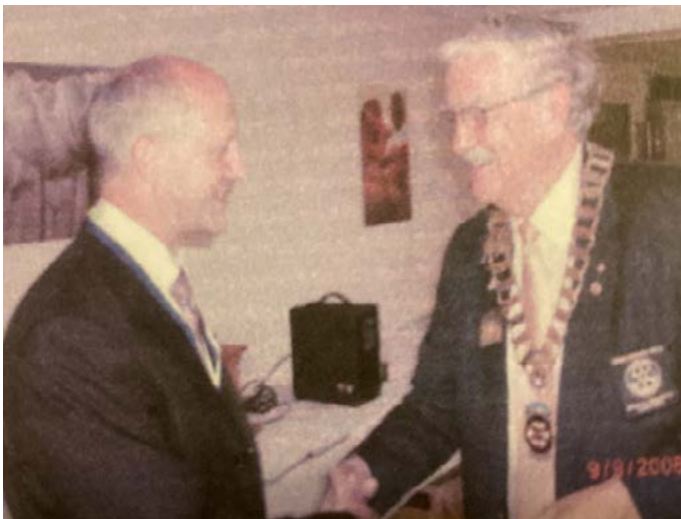


President Toby Pound and District Governor Peter Harris

*events and I am aware that they do not just happen, and it takes weeks of planning to make them run so well and to the casual observer, seem effortless. A lot of pleasure was had by the walkers, and I am sure some goodly sums have been raised for a variety of good causes. Please pass on my comments / appreciation as appropriate. Henry Catchpole."*

The Newsletter detailed a number of forthcoming events with their respective organisers.

- Visit to Genesis - Bill Robinson
- Rotary Ramble - Norman Haines
- Senior Citizens Concert - Graham Bickers
- Visit to the new Garrett Anderson Wing at Ipswich Hospital
- Rock and Roll Pantomime - Lewis Tyler
- Family Christmas Lunch - John Clements



John Button being awarded a Paul Harris Fellowship by District Governor Peter Harris

It was very fitting that the Newsletter contained a letter from Henry Catchpole who described his view as a walker on the Orwell Walk:

*"Having got my muscles to work again, a priority is to pass on my congratulations to Rotary for the brilliantly organised Orwell Walk. I know a little about organising*





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

By Eva Alcerreca

Just a reminder that, following the emails sent out to members on 6th and 17th February, we're working towards a deadline of end of March to sign up for this trip. The instructions to do so are in those emails, but if for whatever reason you struggle to sign up directly, please let me know and I will be happy to help you and do it for you.

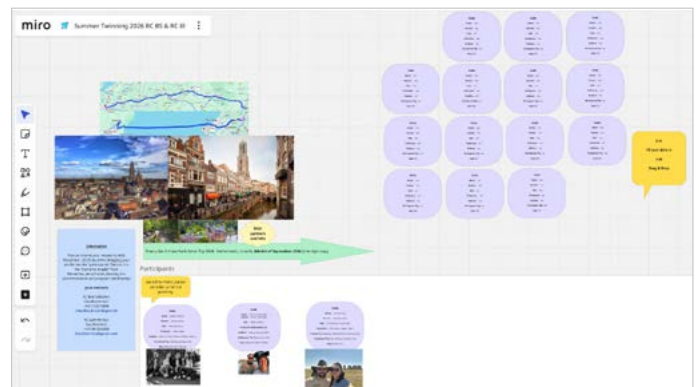
If you need a reminder of what this trip is all about, here is a summary!

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. On our end, we are planning to head there from the Friday to make the trip worth it. The dates proposed for this trip's activities are **5th-6th September 2026**, but we would be heading to Utrecht on the 4th.

I will be sending out a list of the current participants soon, but what I can tell you is that so far 21 people have said yes, so don't miss out!

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 6th of March).*

*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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