

LOOKS EAST

The Newsletter of the Rotary Club of Ipswich East - D1080 | 2025-26, Edition 13: 23th March 2026

UPCOMING MEETINGS

Ipswich Bowls Club

Tuesday 24th March at 12:55pm
Business meeting
Menu: Lancashire Hotpot
D.R.: Ray Walters & Andy Lewis

Tuesday 31st April at 6:45pm
**Fifth Tuesday: Visit to Orthopaedic
Centre at Colchester Hospital**
D.R.: None required

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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RECENT MEETINGS AND EVENTS

Nicki Bannerman and Stacey Phillips - Home-Start Suffolk

By Allan Gosling

Home-Start are a charity started in Suffolk 25 years ago, they believe every parent should have the support they need to give their child a better future.

At Home-Start Suffolk, they aim to create a society where children thrive through healthy relationships. Their mission is to empower parents with the skills and knowledge to help their children flourish. They have trained volunteers who provide practical, emotional and non-judgemental support to families with children, facing challenges such as mental health issues, loneliness, disability and domestic abuse.

Last year in Suffolk they did 540 home visits, trained 42 new volunteers and gave support to 740 families. Their head office is at Martlesham but cover all of Suffolk.

The vote of thanks given by John Goodship.



Another Successful 'John Riches' Race Night

Photos by Steph Mackentyre

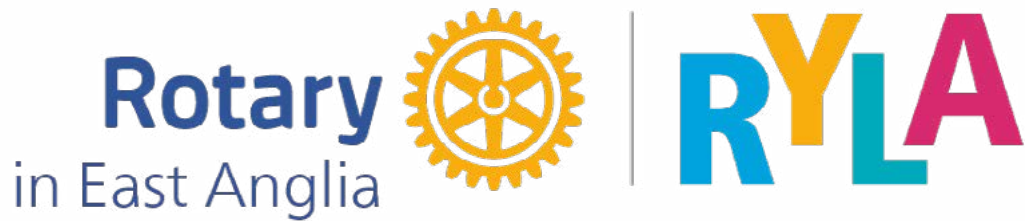


£2,126.50 raised in aid of
Bumble Bees Charity!









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

In association with

MCP plc
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Organisers

Rotary
Club of Ipswich East

Media partners

Suffolk Sound
RADIO AT THE HEART OF YOUR COMMUNITY

EAST ANGLIAN
DAILY TIMES

Ipswich East Rotary Club - Registered Charity No. 1088961

Orwell Challenge registration numbers update

Our flagship event gets closer and closer, 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 3rd March, the number of registered participants for the Orwell Challenge is as follows:

Adult walk	248
Child walk	1
Family walk	0
Half marathon	36
Marathon	23
Ultra marathon	12
Total	320

Rotary
Club of Ipswich East



WALKING FOOTBALL MULTICULTURAL CUP

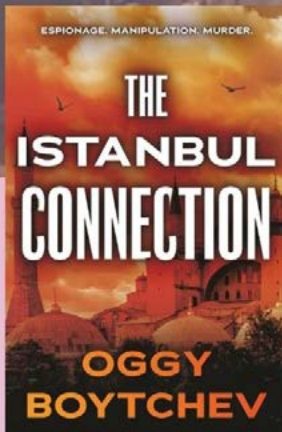
Where: Inspire - Lindbergh Road
When: Saturday 13th June

Proceeds in aid of
Inspire & Cancer Support Suffolk

Teams consisting of up to 10 per
squad, 5 a side, rotating substitutions
Entrance fee: £25 per team

Entries must be sent to E Nicholls:
edmund.nicholls@btinternet.com

BACS payment to:
Rotary Club of Ipswich East
Sort code 30-99-50
Account 28136962
Reference: Walking football



Join us for
Supper by the Sea
with author
Oggy Boytchev
Wednesday 6th May 7pm



Thank You Note from Home-Start Suffolk

Dear Steve, Stephanie and Phil:

Thank you all hugely for the opportunity to share Home-Start Suffolk with the Rotary Club today and for such a generous and enjoyable lunch; it was good to meet you all personally.

If and when appropriate please do kindly share any information about the Moonlight Ball on Friday 15th May should anyone like to attend, or to host a table or donate any raffle prize. We have your Orwell walk on our website and are hoping to get some walkers along to join you!

<https://homestartinsuffolk.org/fundraising-and-events/>

Thank you for the lovely honey present too - how thoughtful and much appreciated.

We hope you enjoyed the new presentation about Home-Start Suffolk and how we support families with vital funds in the community.

Best regards,
Nicki Bannerman
Community Fundraiser Coordinator

The Moonlight Ball

★ Friday 15th May 2026 ★ Milsoms, Kesgrave Hall ★

With thanks to our Main Event Sponsors:

MAULDONS

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SONA
Insurance Solutions

JACOB BAILEY™

Thank You Note from Brave Futures



Mr. N. Keveren,
Treasurer,
The Rotary Club of Ipswich East

Date : 12th February, 2025

Dear Neill,

Please pass on our thanks to everyone at Ipswich East Rotary Club for supporting Brave Futures by donating £500 which was raised from the recent Adnams Wine Tasting Fundraiser.

This valuable money means we can continue to offer specialist support to children who have experienced sexual abuse. You may like to know that this donation will fund over 14 life-changing sessions for our young people.

A big thank you from all of us to everyone who was involved – we couldn't do our work without you.

Yours sincerely,

SALLY BURCH
Engagement and Community Fundraiser

History of The Orwell Challenge

By Tony Baker

From little acorns mighty oaks grow

It is often quoted that the Orwell Challenge is the heart and soul of the Rotary Club of Ipswich East. It is the main means by which the club comes together as a whole and works together as a whole in order to further the aims of Rotary. The event is now seen as being so important that even if the income did not to exceed the expenditure, we should continue to stage the event because it engenders such tremendous values that are important both to this club and to our community. We should be proud that our club has set up this wonderful event that has maintained its vitality for almost half a century. The importance of the event demands the wholehearted support of every member of our club. Next year heralds the 50th holding of the event and we approach raising an amazing total of 4 million pounds for charities and good causes. Therefore, these milestones promote the opportunity to look back over the history of our event and then to look forward to the future.

Lewis Tyler remembers that the original idea was conceived by Derek Jarman who was an inveterate long distance walker. Derek, John Whyman and Len Noye (The Three Musketeers) took part in the 40-mile Lyke Wake Walk across the highest part of the North York Moors and the idea for the Orwell Walk was born.

Derek formed a team with John, Len, Geoff Ramsdale, Stuart Cooper, Fred Leach and Donald Simpson. Other walking events may have been attended. The seven Rotarians planned the whole event, from route and checkpoints to registration and logistics. The criteria was to create a circular route (figure of eight) from Ipswich to Felixstowe along the beautiful River Orwell and the footpaths of the hinterland. Many nights were spent trying to connect footpaths and then contacting landlords to gain access across their private land before

walking the route to prove its viability. Geoff Ramsdale remembers an irate and imposing lady driving up to the group in her Jeep near Levington and demanding to know what they were doing on her private land. Derek Jarman was sent forward and gave a diplomatic explanation. He gained her permission to cross her land and thereby was able to connect two public footpaths. The idea was new and original in our area and provided an untapped means for fundraising.



Derek wanted to stage an event that anyone could use as a healthy challenge, but principally to raise funds through sponsorship for their chosen charities or good causes, and obviously, raise some money for our club. It is pleasing to see that so many local charities and good causes have used the event to raise funds. Originally we claimed 25% of their sponsorship. The event remains true to its original concept but over the years it has developed and evolved to take account of changing times and circumstances. Geoff Ramsdale said that it was perhaps the first opportunity for local people to get off the beaten track and to explore and enjoy the local countryside, including stretches of

private land not usually open to members of the general public. It was evident that it was a novel experience for some people, judging on the style of clothing and footwear worn by some walkers which was not totally suitable for country walking. Geoff noted that much of the success of staging the event was due to the committed support from wives and families. It must be pleasing for us to see that so many local charities and good causes have used the event to raise funds over such an extended period.



48 years and counting

**Nearly £4,000,000 raised
for charities and good causes**

**The heart and soul of the
Rotary Club of Ipswich East**

The first Orwell Walk was held in 1977, but the first reference to the event in the Club newsletter was not until January 1978 when President Keith Harris wrote “the event provides us all with the opportunity to work on behalf of the club without the need to put our hands in our own pockets”. Other articles from that time hint of an ethos of individual financial contribution rather than individual contribution by providing service. There is not a single reference regarding the idea for the event or any planning or preparation. There is a complete blank until Keith’s report. However, Tony Dodds remembers that the proposal for the event was debated and approval was given by club members to proceed. Today, not a month goes by without an element of discussion or planning occurring for the Orwell Challenge. However, records show that from 1978 onwards, entries in the Club Newsletter describe a growing level of recorded interest in the event.

The original HQ was at the Murrayside Centre in Nacton Road. Richard Porter remembers that Ipswich Buses provided double buses to transport the walkers to the start of the Walk at

Gainsborough Lane. However, on the return to HQ after leaving the countryside sections, the walkers had to find their way back to the centre on side roads. It is reported that considerable numbers lost their way in the process. A group of Army Cadets arrived back at Murrayside having completed the full 25-mile walk. They were still so full of energy so they organised a table tennis competition. What it is to be young and fit.

The original sweeping of the course was carried out by two walkers. Geoff Ramsdale swept the homeward stretch of 12.5 miles and always found the final section along the back streets of Gainsborough to be “a miserable drag”. Children played a game with him of just keeping just in front of the sweeper or the “Grim Reaper” as sweepers are “affectionately” known.

There were eight checkpoints on the first walk, which had a figure of eight route. Having alighted the buses at Gainsborough Lane, the full 25-mile walk passed through Shore Lane, Palmers, Squirrels, Cordys, Squirrels, again, Palmers, again, Shore Lane, again, Equestrian Centre, Routs, (pig farm), Hallowtrees, on to Gainsborough Lane, then back along the side roads to the Murrayside Centre.

For the early walks, Bill Pipe was in charge of water supplies. The provision of water for checkpoints has been an evolving process. Bill remembers using a hosepipe from the outside tap at a cottage in Shore Lane to fill containers. Then arrangements were made for Anglian Water to provide water bowsers. A supposed health risk saw the demise of this arrangement and now we rely on the provision of bottled water. Bill was initially stationed at Shore Lane which was the point where the short walk turned inland. After several years he transferred to Cordys at Trimley where on a hot day, a rather overweight lady passed out in the heat. She was unceremoniously, and with some difficulty, lifted over Mike Steward’s garden wall and laid on the ground to recover. Bill always thought that Cordys was a bit of a cushy number, but very social. He recalls that Rotaract manned the checkpoint at Home Farm for a number of years.

The next reference to the Orwell Walk was contained in the President’s Message dated May 1979 which detailed the rota for the event with a forthright note from Fred Leach: “**Don’t Forget – Be There**”. The

local paper reported that £37.50 had been paid to Ipswich Buses for transporting walkers to the start of the course and that the entrance fee had been £1 for adults and 50p for under 18s, with Ipswich East requesting 25% of all sponsorship for Rotary charities. A total of £5000 had been raised for charities and good causes by the third Orwell Walk, with 120 of the 350 walkers completing the full 25-mile walk. Fred Leach endorsed the words of President Arthur Nichols in giving thanks to club members, wives and families, and said that it was a great club achievement, requesting club members to consider making the manning of checkpoints a family day out. Days after the event, Fred said that planning for the next event had already started. Perhaps John Button knows that sinking feeling.

1980

The local press reported that the 4th Orwell Walk had raised £5000 with 500 entrants and that David Justice had run the full course in less than 4 hours. President Bob Jameson noted a modest response from club members to the request for identifying additional organisations to be approached to take part in the forthcoming Orwell Walk.



*Off the bus at Gainsborough Lane at the start of
The Orwell Walk, 1980*

1981

Bob Jameson questioned club members as to whether they were doing enough to encourage new participants and sponsors. The 5th Orwell walk attracted 750 entrants with 2 runners and a total of £13,000 being raised for charities and good causes. In September, President Micky Philpot said that the event was a fine advert for the club and thanked club members, their wives and families for their

hard work and contributions. He concluded by saying that "The Walk does not just happen. It has to be planned, promoted and worked at, we must not be complacent". More reports and letters were published and Micky said that the Orwell Walk was here to stay. Very prophetic.

1982

A film was shown at the Town Hall to promote the Orwell Walk. That year 1500 entrants raised a total of £24,000 with 100 local organisations taking part including the Army Cadet Force. Radio communications were introduced.

1983

Peter Beer took on registrations, though President Tony Dodds said it was intended to spread the workload as the task had become too large for one person. Evidence was presented that other organisations were introducing similar events. First aid kits were issued to checkpoints for the first time. The 7th Orwell Walk raised £17,700 with 1000 entrants. 8-year-old Robert Lyas walked the full 25 miles. A lady of 70 wrote to thank the club for a nice day even though she had broken her ankle on the Walk. Tony Dodds reiterated the need to meet and greet walkers enthusiastically. He said that "if they can walk 25 miles for us, we can get to our feet to greet them". Tony thanked club members, wives, families and friends for entering the spirit of the day and for one day, becoming "hewers of wood and drawers of water". Tony's first stint as checkpoint leader was at Routs Pig Farm which was opposite the Honda Garage. He said that it was a bit smelly but was all good fun. Tony went on to be the checkpoint leader at Decoy for many years, where many barrels of gin were dispensed, purely for medicinal purposes.

1984

President Dick Jeffery reported that it had become clear that the facilities at the Murrayside Centre had been stretched to the limit and that unless restrictions were placed on the number of walkers, the club would not be able to cope. There had been complaints about muddy sections and therefore the forthcoming Orwell Walk was to be given a new look with an altered route and with the Gainsborough Sports Centre booked as the new HQ.

Gainsborough provided improved car parking, and refreshment, shower and changing facilities. There had been good cooperation in making the move to

Gainsborough and it was seen as a move for the better. The fee for the use of Gainsborough was £100. Paul Packwood, the leader at the Murrayside Centre, was thanked for much help over many years. The launch of the event was held in the Council Chamber on 28th February. Dick issued a three-line whip for attendance by club members at the Walk. Robert Soanes, a non-Rotarian, was engaged as Registration Officer and was paid 10p per registration plus expenses.

1985

President Jack Earwaker reported that the possibility of a marathon distance was to be considered. The 9th Orwell Walk attracted 1160 walkers and raised £22,000. The walkers were drenched by heavy showers and St John Ambulance administered to the sore and weary.

1986

President Maurice Parks reported that the Walk debrief had provided a wealth of ideas for improvements. In May, Maurice reported that the Walk clashed with the National Rotary Conference and therefore all remaining club members should make themselves available for the Walk with families being encouraged to help. President Brian Simpson reported that 1500 walkers had entered that year's event and they had raised £32,000. Derek Jarman was awarded a Paul Harris Fellowship in August for his contribution to Rotary ideals by planning and developing the Orwell Walk.

1988

It was reported that there was much to do following the Great Storm of '87. Paths had been blocked by fallen trees and areas were flooded.

1989

President John Whyman reported that Derek Jarman was to be Route Master and Stafford Patient would undertake Sign Posting. President Ian Lord received a charming letter from Mrs Jackie Fisher of Elmsett saying that her son David, aged 8, had fallen on the walk and cut his knee badly. Jackie was really impressed by the organisation to transport them back to HQ and then on to casualty. She was pleased to say that David was OK.

1991

President Henry Lunney reported that Robert Soanes was still the Registration Officer and that he was anticipating some 1500 walkers.

1992

President Chris Banham reported that the recession was having an effect on fund raising but preparations for the 16th Orwell Walk were progressing. Landowners had shown support and the Mayor had been invited. Chris added that registrations were down and that some regular groups had dropped out. President Bob Maynard stated that the Orwell Walk was our major venture, requiring a lot of work behind the scenes and that

Rotary Club of Ipswich East Orwell 25 Sponsored Walk

Will you join the walk?

WANTED: 1,000 walkers. Last year just over 800 people took part in the Rotary Club of Ipswich East's Orwell 25 sponsored walk, and raised more than £13,000 for local charities.

Organisation of this year's walk, on Sunday, June 13, is now well under way. Routes are being checked and some necessary diversions planned.

The new Orwell Bridge road has caused a slight alteration of the original route at Roots pig farm, but with the co-operation of the landowners, difficulties have been overcome.

Once again the physically handicapped are taking part over a specially prepared part of the course, and the organisers say that their participation and endeavours should provide encouragement to more able folk.

As in previous years, the club has the safety of the walkers very much in mind, and the checkpoints scattered along the course will be prepared for any eventuality, with St. John Ambulance first-aiders in attendance.

There will also be facilities for those who wish to drop out of the walk before completing the course to be transported back to base.

The walk is in two parts, a short course of about 11 miles, and the full route of around 25 miles, with control points at two to three mile intervals. The course is along the shore of the River Orwell, through woods and countryside not often seen and appreciated.

Most of the course is over public rights of way, but certain sections go over privately owned land. The route starts and ends at Murrayside Club on Nacton Road, where an arrival every walker is recorded and then taken to Gainsborough Lane by bus.

On their return the friendly staff of the club greet all walkers with a refreshing drink after they book in.

More walkers are needed to make up the target total of 1,000 participants this year. Club contacts are Wally Walters (Tel: 41952), Bob Maynard (78067), Fred Leach (622520), Derek Jarman (52854) and Len Noye (76643).

Entrance fee is £1 for adults, 50p for those under 18 years. Certificates will be awarded to all walkers irrespective of the distance walked.

Around the Rotary clubs

The Orwell Walk featured on the Evening Star, May 1982

on the day itself, our own manpower capabilities were stretched to the limit. Therefore it was necessary for all club members to contribute. That year the Walk had raised £40,000. Bob reported that preparations for the next Walk were well underway. The duty list was to be issued but many club members already knew their roles backwards. He added that he was looking forward to another successful year and Robert Soanes had sufficient applications to keep him busy.

1993

1400 walkers took part and raised £42,000. President Richard Porter wished to recognise, in some tangible form, that £500,000 had been raised for charities and good causes by the Orwell Walk since its inception.

1994

In February, club members were already walking the route. Concern was expressed regarding escalating costs and commercial sponsorship was to be investigated together with a concerted publicity campaign to increase the number of walkers. The need to increase registration fees was to be examined as they had not been increased since the first Walk. In April, 3 firms offering £700 in sponsorship had been identified. Steps had been taken to promote publicity to firms and organisations. It was determined that the club would provide a seat at Shore Lane to commemorate half a million pounds being raised by the Orwell Walk. Robert Soanes was to stand down as Registration Officer and he was thanked for his contribution. Comment was made that without his help it was difficult to see how the event could be staged.



1995

In August, President Stuart Cooper reported that Robert Soanes had continued as Registration Officer. A major development at Felixstowe Docks had required changes to the route for safety and security reasons. Stuart reported that the Walk had raised £44,000.

Sponsorship was covering the cost of significant printing costs. Attempts were being made to foster contacts with the Evening Star.

1996

President Eric Barnett said that planning had been made easier by comprehensive guidance on procedures and requirements produced by Derek Jarman and as a result, planning for the 20th Walk was going well.

1997

President Clifford Smith set out the case that the Orwell Walk was so important to the club that 100% attendance should be demanded of all club members and he reminded all club members of "Service above Self". It had become usual for 20% of club members to be absent and 20% to be only available for part of the day. He went on to say that it would be impossible to enable £40,000 to be raised for charities and good causes by any other means. A full meeting was then devoted to discussing the future of the Walk. Many areas were discussed and the agreed outcome was that event should be fully supported by all club members.

1998

Three newly altered routes were introduced so as to avoid walking over the same ground twice.



Peters Ice Cream became the main sponsor and an improved River section was introduced at Levington. President David Pearman reported that the Walk was bedevilled with awful weather with a thunder storm and near monsoon rain. However, £44,000 was raised, a 9-year-old walked the full 25 miles and the on-going total raised had passed £750,000.

1999

A spreadsheet was introduced to enable club members to be relocated to achieve a more equal commitment in terms of time at the event. The route was modified with Decoy and Foxes checkpoints introduced to replace Equestrian and Home Farm. At some stage, checkpoints at Levington and Fishponds were introduced and Palmers (not always the most popular) was dropped.

2000

President Michael Steward reported that Robert Soanes says it was to be his last year (again), and new routes for the Palmers section and for disabled people were assessed.

Sponsorship from BT and Willis Carroon was confirmed.

1453 walkers raised £47,000 in near perfect conditions. Ryan Grimwood aged 8 years and Christopher Friar aged 9 completed the full 25 miles in just over 10 hours. Derek Jarman was invested with an award of a MBE at Buckingham Palace.



Derek Jarman with his wife Delphine at Buckingham Palace

2001

The Walk had to be postponed because of the Foot and Mouth outbreak. The event was rearranged for October and a disaster was turned into a triumph with the event raising £30,261 despite a reduced number of walkers. October meant that daylight hours were reduced and a number of walkers were “lost”. Searches were made and eventually it was determined that the missing walkers had gone home without de-registering.

Alan Forsdike was asked to redesign the logo for the walk.

John Button became the Walk Supremo.

Personal Memories

Allan Gosling recalls that at one particular Walk, two elderly ladies approached the checkpoint at Decoy just as a peacock displayed its feathers in order to bedazzle a peahen. “Look at that” said one lady to the other, “that peacock has an erection!” Allan quickly checked his dress.

Ray Walters has run the checkpoint at Foxes for many years and always organises shelter with gazebos. During the course of one afternoon, a sudden violent scrawl hit the site, and despite being pegged to the ground, the gazebo took off and was dumped in the field across the lane leaving a somewhat perplexed June Porter still sitting in her usual chair but in the open air.

Rotarians turned up on the morning of the Walk at Shore Lane to find that a chapter of Hells Angels had set up a large camp right across the pathway from Gainsborough. What could have been a very difficult situation provided a simple solution. The Chapter President was most courteous and reacted immediately to resolve the situation.

John Button arrived early at his checkpoint to set up a tent. However, he only had a frame as the canvas had been stolen the previous night from his trailer.

Dick and Val Jeffery had one of their famous meltdown arguments in HQ over muddled registration papers.

You can't please all the people all the time. An irate motorist turned up at Shore Lane for his usual Sunday morning nefarious activities only to find a hive of activity. His eagerly awaited expectations

dashed, he vented his ire on Graham Bickers, whom he referred to as “Old Man”. I suppose it could have been worse.

The most odious duty at all the checkpoints was the digging of deep holes to dispose of the waste from the tented toilets. The provision of portable toilets has proved to be one of the most important and gratefully received innovations in recent years.

Catherine Forsdike was one of the original walkers and remembers that she had very large blisters the next day which proved to be most painful as she was a District Nurse in London, where all visits were made on foot. Catherine also remembers that Rotaract manned a checkpoint where she, as a member of Rotaract, received a very warm welcome. Catherine completed the Walk on four occasions. On the last occasion, Catherine was accompanied by her mother, Val Jeffery, who was walking as the Inner Wheel Chairman. The weather was atrocious with a thunderstorm and heavy rain. Catherine wanted to give up at the last checkpoint but husband Alan dragged her the last few miles back to HQ. Needless to say, Val, as ever, was “fresh as a daisy”.

Graham Bickers' first year at Shore Lane checkpoint was quite eventful. There needed to be a change of route because of an impassable section along the foreshore. The change required the walkers to traverse a field of cows. To ensure that the cows remained in the field, a Rotarian was stationed at each gate to stand guard and open the gate for walkers. As it was going to be a long day, each of the Rotarians was provided with a chair. All went well until one of the Rotarians went to sleep with his gate open. A number of cows took the opportunity to escape and chase the walkers. Rotarians then had the difficult task of capturing the runaway cows and driving them back to their field.

Developments and Evolution

John Button has been the Orwell Challenge Supremo since 2001. He determined that we needed to start the organisation of each event much earlier than had been the case.

John saw that the organisation had become too big for one person to handle and formed a group of 6, each member with their own tasks to be completed:

Andy Lewis	Compliance
Steve Runnacles	Sponsorship (Now Steve Flory)
Eva Alcerreca	Publicity
Toby Pound	Route Master
Neil Keveren	Transport, Supplies and Catering

Registration had changed from the days of Robert Soanes, when registration documents covered his dining room table from February to June. Norman Haines followed in a similar manner and ensured that previous entrants, schools, scouts and guide groups and many other organisations were contacted by post prior to the event. John Beamish took over from Norman.

One of the most onerous and difficult tasks to perform was to collect the agreed 25% of sponsorship due to be paid to our club. This task was for many years performed by Belinda Runnacles, for which we are most grateful.

The provision of medical cover has evolved. At one time, there were sufficient medical club members that cover could be provided out on the course. The club medics were supplemented by members of St John Ambulance. The introduction of charges made this provision prohibitively expensive.

It was seen that there was a growing demand by keen runners to find routes across country areas. Therefore in 2015, a run element was introduced and the event was rebranded as the Orwell Challenge. To validate the event and to attract those keen runners, Time My Race was employed for online registration and timing on the day. The runs are now validated by The Trail Running Association and managed by the English Athletics rules of Sport England. To comply with Sport England, we now employ Mid Anglia First Aid for medical cover and we conduct a robust Risk Assessment each year.

The provision of radio communications at each checkpoint was provided by a Raynet volunteer, but this service became less and less relevant with the increasing availability of mobile phones. Mobile phones now provide a very adequate means of communication between checkpoints and HQ. Much of the route used the river foreshore and walkers had to cross a particularly wet and slippery area between Bridgewood and Shore Lane. For

many years the local scouts, under the guidance of Chris Banham, built a pontoon across that area. Before construction could commence, many days were spent carting wooden pallets to the location. Imagine the dismay when the Shore Lane team found that youngsters had held a BBQ on the foreshore and had used the pallets to build a large fire. Bill Pipe provided replacements pallets but required them to be returned after the event. Can you imagine the labour intense task to ensure the safe passage of the walkers and then to return the pallets to Bill? Fortunately, we are now able to use the King Charles III Coastal Path for much of the foreshore section.

The event is subject to constant review to improve the experience for entrants. We rely on the goodwill of landowners to permit us to use non-public sections. The provision of a route for less able-bodied people has not proved to be attainable and we have to accept that we provide a challenging route in open countryside. A cycle ride was introduced and held for a number of years. Unfortunately, it did not really take off, it was challenging to manage and we encountered insurance problems.

An Ultra Marathon Run over a 55km route was trialled and then successfully implemented, but has been occasionally withdrawn for health reasons associated with extreme heat.

Sponsorship is now essential for the viability of the event.

The staging of the event does not always run smoothly. In 2001 it was postponed until October because of the outbreak of Foot and Mouth. It was postponed again in 2104 until September because of extreme rainfall and it was cancelled in 2020 because of the Covid epidemic.

The club has remained true to the original objective of arranging an event that anyone could use both as a healthy challenge and/or to raise funds through sponsorship for their chosen charities or good causes. We have endeavoured to adapt and evolve with changing times and to be inclusive. Not everyone is able to walk or run 25 miles. For some people, the challenge of walking 4 miles to the first base is challenge enough.

The Rotary Club of Ipswich East is known for the Orwell Walk and Challenge. However, we can only

maintain that position with the full support of all of the members of the club. We achieved 900 walkers last year. The challenge for this year is 1000+. An equally important challenge is to maintain sponsorship to ensure the financial viability of the event. The Orwell Challenge continues to engender such tremendous values that are important both to this club and to our community. The importance of the event demands the whole hearted support of every member of our club.

Future Challenges

1. The Orwell Challenge is most likely to remain as our major fundraising event for the foreseeable future. There is an absolute need for all members of our club to support the event in a manner commensurate with their capability. As President Clifford Smith said in 1997, “the Orwell Walk is so important to the club that 100% attendance should be demanded of all club members” and he reminded all club members of **Service above Self**. If attendance on the day of the event is not possible because of advancing years, there will be opportunities to stimulate interest in the event through church, charities, businesses and other organisations as a means to promote its use for fundraising.
2. The date of the Orwell Challenge is now fixed as the last Sunday in June so that club members can forward plan to be able to attend and to fulfil their commitment to the club.
3. Unless club membership increases so that it is possible to fully staff the event, it will be necessary to seek assistance from other organisations such as the Satellite Cub and 41 Club.
4. Sponsorship is an important element of the financial viability of our event. The expenditure to organise the event mounts each year. To reach our target of £15,000 this coming year, we need to identify the full range of sponsors.
5. The club needs to promote the profile of The Orwell Challenge so that it is seen alongside events such as The Midnight Walk, Race for life and The Woodbridge 10k.
6. The club needs to upgrade the event each year by reviewing each element so that it appears fresh and attractive to walkers and organisations.

7. To liaise with local authorities so as to provide an understanding of the benefits that the Orwell Challenge can provide for their residents.

8. To liaise with major businesses regarding the Team Building opportunities that the Orwell Challenge event can provide.

9. To liaise with health providers regarding the health and wellbeing benefits that the Orwell Challenge can provide.

10. To encourage local charities and good causes to see the Orwell Challenge as their “go-to” event to raise funds.

11. The future of the on-the-day organisation of

our HQ and for organising the routes out and back is a challenge. The task entails a fourteen hour day which is physically and mentally demanding. As JB says, even he is getting too old for it.

12. There has to be acceptance that we are not capable of including a wheelchair element in the Orwell Challenge. Our event is cross country on paths that are subject to bad weather conditions.

13. Without the commitment of the whole club, there must be an element of doubt regarding the future viability of the event. As Clifford Smith said back in 1997, what other event would allow our community to raise such a vast amount of money for charities and good causes and for so many people to engage in a healthy physical challenge?



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

In association with

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SOUND AT THE HEART OF YOUR COMMUNITY

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Ipswich East Rotary Club - Registered Charity No. 1088961

FINAL REMINDER - Sign up for the trip to Utrecht with our twin Club! Message Eva if interested.



ROLLING CAENAR

Date	Event
24th March	Business meeting. Details and registration via Wild Apricot.
31st March	Fifth Tuesday: Elective Orthopaedic Centre visit. Email Bill Robinson if interested.
8th April	Wolsey RC Charity Golf Day. Rushmere Golf Club. Details on email from Sec Robin from 5th February.
13th April	Club Council meeting.
29th April	Theatre visit: "Caroline". New Wolsey Theatre. More details to follow.
6th May	Felixstowe Book Festival: Supper by the Sea. More info on page 7.
7th May	IERC Annual Golf Day. Ipswich Golf Club. Details on email from Sec Robin from 8th February.
11th May	Club Council meeting.
15th May	Home-Start Suffolk organises: The Moonlight Ball. More info on page 8.

Date	Event
15th May	Home-Start Suffolk organises: The Moonlight Ball. More info on page 8.
8th June	Shadow Club Council meeting.
12th June	Bury Abbey Charity Golf Day. Details on email from Sec Robin from 22nd February.
13th June	Walking Football Multicultural Cup. More info on page 7.
16th June	Club Assembly. Details and registration via Wild Apricot.
24th June	President's Handover. Sunset Cruise on the Orwell Lady. Details and registration via Wild Apricot.
28th June	Orwell Challenge 2026. All hands on board!
24th July	President's BBQ. Bill and Monica's Farm. Details and registration via Wild Apricot.
22nd-29th August	RYLA. More info on page 5.
4th - 6th September	Utrecht Trip with Twinned Club of Bad Salzuflen. 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.ipswicheastroaryclub.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 March	Ray Walters Andy Lewis	Lancashire Hotpot
31st March	Fifth Tuesday - No duty Rotarians needed	
7th April	Ian Lord Bob Parker	TBC
14th April	Keith Miller Des Cunningham	TBC
21st April	Neil Hewitt Rob Adams	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

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.



Hello! This time, learn more about Bob Parker, Juliette Adams and Lesley Murphy. Enjoy!

- Editor Eva

Bob Parker: In Profile

Name: Robert Parker.

Where are you from?

Boston, Lincolnshire, moved to Suffolk in 1975.

Occupation (current or previous if retired):

CEO Parburch Medical Developments Ltd.

Member of Rotary since: 2004.

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

Foundation chair, second time round.

Tell us a bit about your personal life:

3 children and 6 grandchildren who are local, furthest away Dedham. Having suffered with extreme dyslexia, I found employment difficult hence why I have mostly owned the companies I have worked in. Found this condition difficult to live with but it urges you to work harder and smarter to achieve things in life.

Have in my younger days been involved with international competitive yacht racing sailing as far away as Hong Kong where I met my wife who was working there. Still working now at 80 and enjoying modern challenges, having retired first time round at 55, got bored, purchased back a company I had sold and now do "what I want, when I want"... better than sitting in a chair waiting for God, as he will come quick enough — this advice given by my father who died at 6 months short of 100!

What was your dream job when you were a kid?

Oil tanker captain, but failed the medical being colour blind.

What was your first job?

Management trainee with one of the country's largest timber importers working in a small department organising shipping and foreign

currency for annual imports from Scandinavia, Russia and Asia.

A bit about your career or occupation:

I have been lucky to have been involved in manufacturing with companies I have owned, being a frustrated inventor and problem solver. As a director of Smith cases, I designed transit and storage packaging units to protect against "Anti-Static" for when the telecoms industry went digital and a project for the NATO communications ring to protect against EMP (Electromagnetic Pulse) as created from a nuclear or induced nuclear explosion. Sounds frightening but in both cases, these were very simple solutions to high technology problems. We also supplied cases for almost every part of life including Royalty, Government departments, even the famous case used by the chancellor each year. With this work I was fortunate to get insights into most aspects of life which I found fascinating. With my current company, which has been going for over 40 years, we developed a "Speech Valve" for patients with severe respiratory problems using tracheostomy tubes to provide speech, filtering of air, heat exchange and de humidifier, replacing normal bodily functions. I was invited to develop this from a hospital in Sweden some 20 years ago that were specialising with Polio victims, little knowing that the same product would play a large part during COVID in substituting for ventilators as both conditions had a similarity.

Favourite tippie? Tomintoul single malt whisky.

Radio or TV? Radio 4.

What kind of music do you like?

Classical and folk music.

What are your hobbies?

Boating, land conservation/nature, walking our two chocolate labradors and long-time supporter of ITFC and of course trying to keep up with the grandchildren.

What is the thing you are most proud of?

Inventing the Spiro speech valve and providing better quality of life for those with severe respiratory illness throughout the world.

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

No matter what the problems are, never give up.



Juliette Adams: In Profile

Name: Juliette Adams.

Where are you from?

I was born in New York City. However, I grew up in North Carolina and South Carolina. I moved to Georgia as an adult to start working on the Master of Fine Arts degree at the University of Georgia.

Occupation (current or previous if retired): I am an organist with a BMus Degree and a Master of Fine Arts degree. Currently I am freelance.

Member of Rotary since: I joined in 2018 largely because my father had enjoyed his membership of Rotary for many years..

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

No.

Tell us a bit about your personal life:

We moved several times owing to the fact that my father was a Presbyterian minister. I had an older sister; she died several years ago. Our family went to Pennsylvania each August to see relatives. This always included eating shoo fly pie, a favourite

dish in southeastern Pennsylvania! I started piano lessons at age 6. When I was 14 I started to play the alto saxophone. Subsequently I was honoured to be selected as Principal Saxophonist in the All-State Band. Another highlight during my teens was representing South Carolina in the National Spelling Bee in Washington, D.C.

I am a direct descendant of William Bradford, who sailed on the Mayflower in 1620. He made a significant contribution in the early years of colonial life and wrote the book, "Of Plymouth Plantation".

In 1973 I married Peter Adams in London. We had many happy years together. In 1988 we moved to Ipswich from Pinner, Middlesex. Of the many trips we had as a couple the one that stands out was our trip to Israel in 1988. It made a lasting impression and spurred me on to learn more about issues facing Jews and Palestinians. This is still a strong interest. My dear husband died in 2005. In November 2025 Gordon Jackson and I were married in Greenfield (greater Manchester). In view of my status as both a British citizen and an American citizen I think it makes things less complicated to retain Adams as my surname. Socially we are known as the Jacksons. I am proud of this.

What was your dream job when you were a kid?

I did not have a dream job.

What was your first job?

As a teenager I worked at Hook's Clothing Store in Manning, S.C. It catered for black people who needed cheap clothing. I learned how to fit shoes and advise on clothing. On a Saturday afternoon black people flocked to the streets in Manning. This made a change from the long hours toiling in tobacco and cotton fields.

A bit about your career or occupation:

As a recitalist I have played many organ recitals in England and the US. Noteworthy recitals in England have been played at Wakefield Cathedral, Queen's College and Emanuel College (Cambridge University), and Ipswich Minster. In the US I played recitals at Emory University, the University of Georgia and the Coastal Arts Festival in Savannah, Ga.

As a church organist I have had appointments at a wide range of churches, i.e. Presbyterian,

Methodist, Lutheran, Anglican and Catholic. In Suffolk I have been organist at St. Thomas's and St. Peter's, both in Ipswich. In Suffolk it has been my pleasure to do charity work for the following: St. Elizabeth Hospice Committee (fundraising), Suffolk Organists' Association – President, and Women's Institute – President.

Favourite tippie?

I dislike alcoholic drinks. Apple juice is what I order in a pub.

Radio or TV?

I am an avid fan of Radio 4 and Classic FM. For TV viewing I regularly watch BBC News. I frequently watch documentaries.

What kind of music do you like?

Classical and some jazz.

What are your hobbies?

Word puzzles, playing Scrabble, flower arranging, attending concerts, cooking, attending Univ. of 3rd Age meetings.

What is the thing you are most proud of?

Being able to create an atmosphere where people are accepted and valued whether in my home or in a committee setting.

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

Beware of people who make big promises.



Lesley Murphy: In Profile

Name: Lesley Murphy (formerly Dolphin!)

Where are you from?

I grew up in Norfolk (don't boo!) but I have lived here in Suffolk for much longer and consider myself a Suffolk mawther! I spent 4 years in Yorkshire when I went to the University of Bradford and loved it there too. I got my first radio experiences at BBC Radio Leeds.

Occupation (current or previous if retired):

I'm just about retired now (it's taken me 3 years to actually stop doing any work!) I'll be standing down as a Board Director of the East of England Co-op this May. I retired from BBC Radio Suffolk in 2022 after working for the Beeb in a career spanning over 40 years (I know - I must have started when I was only 10!)

Member of Rotary since:

I first joined Ipswich East Inner Wheel when Mark and I moved to Ipswich at the invitation of Marlene Robinson. As she said, it was a really great way to get to know members of the club and their partners. For a while I also became a member of Ipswich Wolsey Rotary Club (they met in the evening and I couldn't get to a lunchtime club) but I found it too difficult to support them and also Ipswich East, which Mark was a member of. I joined Ipswich East officially once I had retired.

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

Not at the moment – I'm still trying to empty my diary before starting to fill it again!

Tell us a bit about your personal life:

I'm married to Mark Murphy – we met at BBC Radio Suffolk and were the station gossip for a while. We have both been married before and when we got together Mark not only took on me, but also my two boys Tom and John!

I grew up in Norfolk and went to University in Bradford where I learnt I was a posh southerner. I got my first experience of radio with BBC Radio Leeds and learnt to say Path and Bath as opposed to Parth and Barth!! I did my work experience year at BBC Leeds so when I went back to Norfolk I was in the right place for a job at the new local

radio station there. I moved to Suffolk with my former husband when the boys were little and so was in the right place again when BBC Radio Suffolk opened in 1990. I had a wonderful career with BBC local radio and was really saddened by the way their services have been reduced over past years.

What was your dream job when you were a kid?

At one time I wanted to be a domestic science teacher but that changed when my dad took me to his school (he was the head of Science at Long Stratton Secondary) to spend a day watching the lessons there! I loved reading and thought that being a librarian would be pretty good... but I also spent many happy hours with my friend Sally making plays and programmes on an old reel to reel tape recorder. Maybe the writing was on the wall!

What was your first job?

I did lots of summer holiday jobs from strawberry picking to working as a waitress in the restaurant at Jarrolds in Norwich. I also spent a summer 'light bulb testing' to supplement my university grant. However my first proper paid job was with BBC East as a Look East Floor Manager... I was also the studio operator for a VHF Radio 4 opt out programme that went out from East Anglia instead of the Today Programme. Not long after that I got one of the jobs at BBC Radio Norfolk which opened in 1980.

A bit about your career or occupation:

When I first started working for BBC Norfolk I was a station assistant – basically a technician. The kit wasn't quite up to presenters being able to work their own studio desk so I would do it for them. I was also a radio car reporter and covered all sorts, from fighter jets crashing, which happened a lot in those days, to meeting Morcambe and Wise as they opened a double glazing firm! After a couple of years the manager decided I would be good as the afternoon show presenter and I did that for a couple of years before leaving to have my children. I took a break while the boys were little but started doing some freelancing for BBC Radio Suffolk when they opened in 1990 and was soon offered the Saturday morning show. I ended up being given a full time contract and worked on most of the programmes over the years but eventually realised that afternoons were my favourite place to be... quite relaxed and not too newsy.

It was an honour to be doing my show during the awful Covid years when I think we helped people feel we would get through together. My sofa guests and *Dolphin's Dart Competition* became quite well known! And just in case you miss the competition, I have restarted it on the community radio Station Suffolk Sound at 9:00 am on a Saturday morning!

Favourite tippie?

It's hard to pick just one! If I'm trying to lose weight a gin is a pretty good option and I do like the blood orange versions. Otherwise I'm partial to a white wine spritzer or a cheeky glass or two of prosecco!

Radio or TV? Silly question – Radio!

What kind of music do you like?

I have a really varied taste in music which is probably tied to my memories growing up... I was a child of the 70's, so much of my playlist would come from then. I'm not going to try listing them here... I'm just glad I've never had to pick my desert island discs – I don't know where I'd start!

What are your hobbies?

I've been trying to rediscover them since I retired but haven't managed it yet! I love reading and audiobooks have got me through some tough times recently. I really enjoy walking which I get to do with Wolfie our dog – although he has dodgy knees and can't go too far! I plan on joining the Pop Chorus choir as I used to do lots of singing and am already a member of the Felixstowe community choir. I also hope to head to Minsmere to do some birdwatching at some point this year.

What is the thing you are most proud of?

A difficult question... I am proud of the years I worked with local radio and of the service we gave to local communities. I am very proud of the people my boys have become... they are both successful in their own fields – Tom as a geologist living in Norway and John as a Commercial Property Surveyor with Fenn Wright and living here in Suffolk, and I am really proud of Mark and the way he became a mentor to my boys. Plus I am proud to live in Suffolk – it really is the best place to be!

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

I would tell myself exactly what I told the boys...

The world is there for you to go and do what you want. It's up to you to step through doors as they open...

And I think in general I have taken my own advice. I have been very lucky!



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!

- **Brave Futures - VOLUNTEERS NEEDED** - redecoration project at their premises. 9th April, 10:00am to 4:00pm. More information in email from Sec Robin from 14th March. 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.

- **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.

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 3rd of April. Needless to say, I would be very grateful if members kept the deadline in mind for a timely publication of materials.

— Editor

STAY PAWsiTIVE!



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