

LOOKS EAST

The Newsletter of the Rotary Club of Ipswich East - D1080 | 2025-26, Edition 15: 20th April 2026

UPCOMING MEETINGS

Tuesday 21st April at 12:55pm
**Speaker meeting: Lewis Tyler -
The History of Radio**

*Menu: Scottish boneless salmon fillet
D.R.: Karen Finch & Rob Adams*

Tuesday 28th April at 12:55pm
Business meeting

*Menu: Chilli & rice
D.R.: Bill Pipe & Toby Pound*

Ipswich Bowls Club

CLUB OFFICERS 2024-25

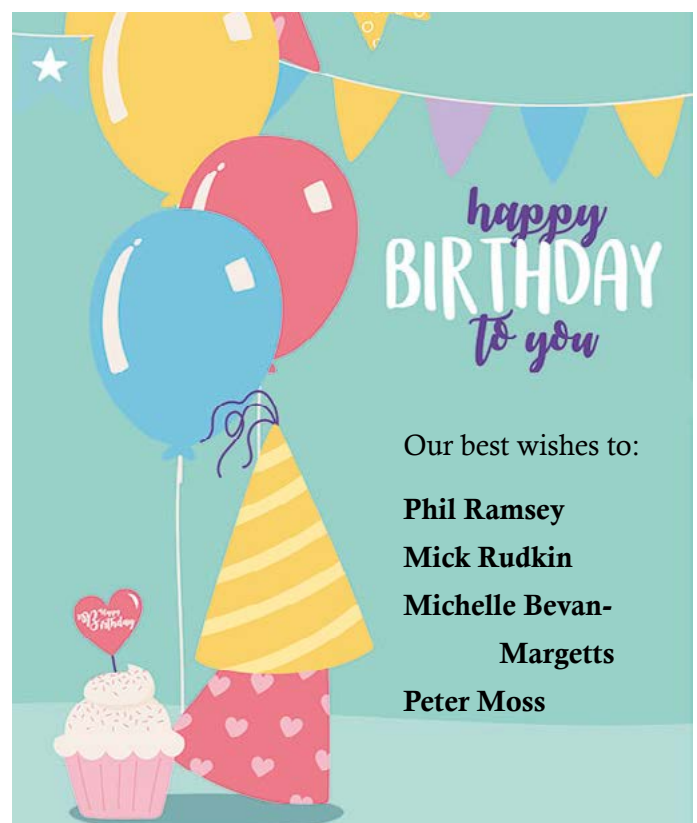
<i>President</i>	Steve Flory
<i>Senior vice-president</i>	Steph Mackentyre
<i>Junior vice-president</i>	Eva Alcerreca
<i>Immediate past-president</i>	George Woodward
<i>Secretary</i>	Robin Needham
<i>Treasurer</i>	Neill Keveren

<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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RECENT MEETINGS AND EVENTS

Lee Walker - CEO of Ipswich Central

By Keith Miller

It was a pleasure to attend Tuesday 14 April's Speaker meeting and act as Duty Rotarian, which is a great way of meeting fellow members.

Lee Walker, CEO of Ipswich Central, gave us an interesting insight into the inner workings and future plans that Ipswich Central are involved in.

Lee has had a great deal of experience in this field and came to Ipswich via a very successful stint in Nottingham. Safety played a big part in Lee's inspirational and enthusiastically delivered talk, which finished with a Q&A session from the floor.

I think it is safe to say that although there is a lot of hard work ahead we are in very safe hands.



President Steve and Lee Walker



Another very successful breakfast meeting!

Decorating day at Brave Futures

By Steph Mackentyre

This month, a posse from our club went to flex our decorator's muscle at a brilliant local charity - Brave Futures (photos on next page).

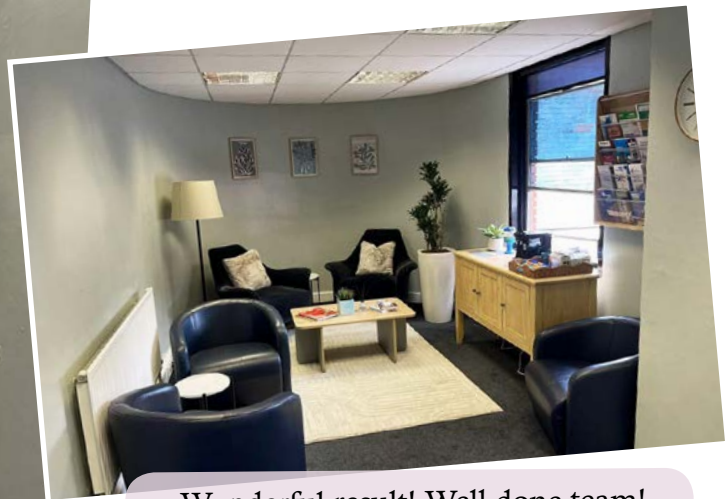
Here's what they said of our efforts:

"I just wanted to send a quick thank you to everyone who came to decorate our parents' waiting room today.

The result before and after is act

ually quite remarkable and everyone here is absolutely thrilled with the end result. Also a massive thank you for putting up pictures and putting together furniture in such double-quick time.

You all have made such a difference, and we can't wait to see what our families think when they come in for their young person's session."



Wonderful result! Well done team!



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 half marathon, full marathon or ultra marathon (55k)

www.orwellchallenge.co.uk





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Rotary
 Club of Ipswich East

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 21st April, the number of registered participants for the Orwell Challenge is as follows:

Adult walk	292
Child walk	1
Family walk	0
Half marathon	47
Marathon	26
Ultra marathon	15
Total	381

'RYDER PUP' CHARITY GOLF DAY SUFFOLK V ESSEX



Friday 12 June 2026

Stoke by Nayland Resort, Colchester CO6 4PZ

Fabulous charity golf day inc. breakfast on arrival, 18 holes of golf (pairs, matchplay), on-course challenges, 2 course lunch, raffle & auction and prize giving - all raising funds to help animals in need across Suffolk and Essex.

To find out more or buy tickets @ £200 per pair scan the QR code or visit:

rspca-suffolkcentral.org.uk/events



rspca-suffolkcentral.org.uk

Rotary
Club of Ipswich East



WALKING FOOTBALL MULTICULTURAL CUP

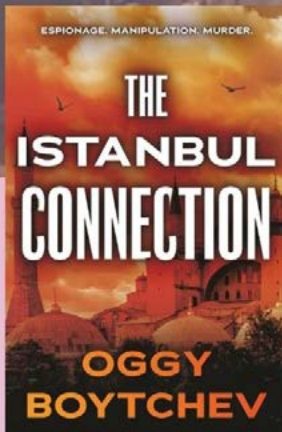
Where: Inspire - Lindbergh Road
When: Saturday 13th June

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

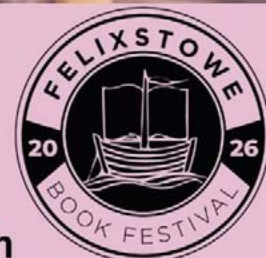
Entries must be sent to E Nicholls:
edmund.nicholls@btinternet.com

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



From the Archives: In the Beginning

By Tony Baker

In December 1971 the club issued the first President's Message, which was the forerunner of our Newsletter. President John Mitson noted the warmth of fellowship amongst club members and from Rotarians of other clubs. John stated that the club had to find its own identity and character and predicted that the club would be in existence for a long time.

President John called for a slow programme of recruitment so that the existing members of the club could develop fellowship and friendship in a newly formed club.

Arrangements were in hand to move meetings from The Golden Lion to Ipswich Town Hall with the final meeting at the Golden Lion being Christmas Lunch. The cost of lunch at the town hall was set at 80 pence with a charge of £45 per quarter for a room charge.

A Ladies Evening was planned for May 1972 with a champagne cold buffet supper dance at the town hall. Arrangements were in hand for each club member to deliver an "Old People's Parcel" to

an appropriate needy pensioner. A project was underway to collect 400,000 books for the Ranfurly Library Service which sent the books to schools and colleges in poorer parts of the English speaking Commonwealth. Bill Pipe offered to convey the books to a central collection point in London. The main project for the year was to raise funds to assist the WRVS in converting a large house in Tuddenham Road into old people's flats.

Twinning possibilities were being explored with the Rotary Club of Bruges with the intention of inviting Rotarians from Bruges attending the planned Ladies Night.

Rotary had received a request from the Undersecretary of State of the Department of Employment to help find employment for disabled persons. A list was to be made available to club members detailing disabled people seeking employment with their contact details for when opportunities arose.

Speaker meetings included Son and Daughter Day, RSPCA, The Common Market, and Pakistan.

WHERE HAVE ROTARIANS BEEN?



John Button sent this wonderful postcard from Morocco!

ROLLING CALENDAR

Date	Event
21st April	Speaker meeting: Angela Gregg - Fresh Start Charity. Details and registration via Wild Apricot.
25th April	Bly Valley Rotary Club Celebration of Club Achievements. Please see email from Sec Robin from 29 March for more details.
28th April	Business meeting. Details and registration via Wild Apricot.
29th April	Theatre visit: "Caroline". New Wolsey Theatre. More details to follow.
5th May	Speaker meeting: Alan Ridealgh - Humber Doucy Brewing Co. Details and registration via Wild Apricot.
6th May	Felixstowe Book Festival: Supper by the Sea. More info on page 9.
7th May	IERC Annual Golf Day. Ipswich Golf Club. Details on email from Sec Robin from 8th February.
11th May	Club Council meeting.
12th May	Speaker meeting: Bob Parker & Jeremy Fish - Generators to Ukraine. Details and registration via Wild Apricot.
19th May	Speaker meeting: Keith Miller - New Member Talk. Details and registration via Wild Apricot.
26th May	AGM and Business meeting. Details and registration via Wild Apricot.

Date	Event
5th June	Celebration of Rotary in Ipswich - Grand Dinner. Details and registration via Wild Apricot.
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 9.
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!
1st - 8th July	Twining trip to USA! All participants are being kept informed of the preparations.
12th July	Bury Abbey Rotary Club Classic Car Show. Volunteers wanted. Please check page 13 for more information.
24th July	President's BBQ. Bill and Monica's Farm. Details and registration via Wild Apricot.
22nd-29th August	RYLA. More info on page 6.
4th - 6th September	Utrecht Trip with Twinned Club of Bad Salzflun. 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.ipswicheastrotaryclub.co.uk/calendar/>

You will be able to see what kind of events we have coming up, and you can also check against that when organising activities to avoid any clashes.

DUTY ROTARIANS AND LUNCH MENU

Date	Duty Rotarians	Menu*
7th April	Ian Lord Bob Parker	Lasagne, chips and salad
14th April	Keith Miller Des Cunningham	Buffet lunch
21st April	Neil Hewitt Rob Adams	Scottish boneless salmon fillet
28th April	Bill Pipe Toby Pound	Chilli and rice
5th May	Michelle Bevan-Margetts Steve Runnacles	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! We have Martin Whitworth in the hot seat today. Enjoy!

- Editor Eva

Martin Whitworth: In Profile

Name: Martin Whitworth.

Where are you from?

I was born in Hull. We moved south when I was 3 to Romford then Great Baddow near Chelmsford.

Occupation (current or previous if retired):

I was a solicitor for about 40 years working in London and Ipswich. I specialised in commercial property work.

Member of Rotary since: 2011 (I think).

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

I currently do not hold a position within the club.

Tell us a bit about your personal life:

My formative years were spent in Great Baddow with my mum and dad and three brothers. It must have been quite hectic with 4 boys running riot. My dad worked for London Borough of Havering as an Environmental Health Officer (originally called a Public Health Officer).

He was diagnosed with MS when he was 40 but this did not stop him rising to Head of the Environmental Health and Planning Teams at Havering and being a wonderful dad. He survived in some considerable pain until he was 86. My mother is still alive aged 94. I have two children, a girl and a boy, and four grandchildren, three girls and one boy.

What was your dream job when you were a kid?

From teenage years I wanted to be a solicitor. I'd seen various tv programmes and it seemed so exciting. Of course the programmes tended to feature solicitors working in crime and it's only when you start work that you realise that this is the worst paid part of the profession with the most anti-social hours.

What was your first job?

I did various jobs as a teenager. My first job was collecting pools coupons and associated money. There was always a fear that you'd fail to collect or lose what would have been a winning coupon. My first summer holiday job was at a chicken factory in Boreham bagging chickens once slaughtered. I stuck at it out for six weeks and realised what hard monotonous work really was.

A bit about your career or occupation:

I have been very fortunate. I worked for a large city firm, Slaughter & May, in the 1980s. The firm acted on a number of the privatisations that took place during that time. I was a very small part of the very large team that was involved in them. Then in the 1990s I worked for another city firm, Sinclair Roche and Temperley, who had an associated office in Romania. The Berlin wall came down in 1989 and there was a flood of investment in Eastern Europe including Romania. There was a time when I was spending every other week in Bucharest, great work but not great for family life!

Favourite tippie? I'm partial to Rum.

Radio or TV?

TV although the radio is always on in the car.

What kind of music do you like?

I was a child of the 1970s, musically. Being at university in London from 1977 to 1980 I saw various bands, my favourites being The Undertones and The Jam. Nowadays it tends to be more Country.

What are your hobbies?

My number one hobby is golf. Like many other Rotarians, I am a member of Ipswich Golf Club. I also enjoy gardening having re-worked our garden since retirement.

What is the thing you are most proud of?

I'm most proud of the achievements of my wife and children (and now grandchildren).

(Continues on next page)

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

Never be afraid to ask or put yourself forward — a negative response or a rejection is not the end of the world.



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!

- **Bury Abbey Rotary Club Classic Car Show**
- their annual car show will take place on 12th July, and they're looking for volunteers on the day. For each 4-hour shift, they will donate £50 to our Club's Community Support Fund. The shifts available are 6:00am - 10:00am, 8:00am - 12:00pm or 11:00am - 3:00pm. Refreshments are provided to all volunteers. You can read more about it in the email from Sec Robin dated 26th March, and get in touch with him if you're interested in helping.

- **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:

- 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 1st of May. 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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