

LOOKS EAST

The Newsletter of the Rotary Club of Ipswich East - D1080 | 2025-26, Edition 16: 11th May 2026

UPCOMING MEETINGS

Tuesday 12th May at 12:55pm
Speaker meeting: Bob Parker & Jeremy
Fish - Generators to Ukraine
Menu: Meatloaf with mushroom sauce
D.R.: George Woodward & Liz Harsant

Tuesday 19th May at 12:55pm
Speaker meeting: Keith Miller -
New member talk
Menu: Lamb shank
D.R.: Russell Wiles & Geoff Watson

Tuesday 26th May at 12:55pm
AGM & Business meeting
Menu: Home-made quiche Lorraine
D.R.: Lucy Trenchard & Martin Whitworth

Ipswich Bowls Club

CLUB OFFICERS 2024-25

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

Club service Steph Mackentyre
Community service Andy Lewis
Foundation Bob Parker
International Liz Harsant
Vocational Ed Nicholls
Almoner Alan Forsdike
Environmental Lucy Trenchard

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Melvyn Eke - My Conservation History

By Ian Lord

Our speaker on Tuesday April 7th was Melvyn Eke. Melvyn was a former member of Ipswich Rotary Club and is actively involved with Suffolk Wildlife Trust. His first interest in wildlife was as a very young boy: when he collected birds' eggs, he would only take a single egg from a nest. He had a large collection of eggs, which he donated to Ipswich Museum (we discovered during his Q&A session that John Barbour was also a collector). He still has his own collection!

When he bought his own house, he created a garden with habitats suitable for a wide variety of flora and fauna. He is also actively involved with Suffolk Wildlife Trust, especially with the Spring Wood Nature Reserve on the southern outskirts of Ipswich. At this time of the year, it has a mass of bluebells and nesting birds.

Melvyn commented about the loss of habitats, with an example that 50% of hedgerows have disappeared. Certain common birds are in decline,

e.g. blackbirds, song thrushes and chaffinches. House martins have shown a sharp decline. Global warming has resulted in migrating birds arriving earlier and some previously migrating birds overwintering, such as the kite — in my own garden, we have seen the return of a pair of swallows some 2 to 3 weeks earlier than usual!

Melvyn brought a collection of boxes which can be placed in our gardens, like tit boxes, swift boxes, hedgehog boxes and others, all of which are available to purchase from Suffolk Wildlife Trust for a very modest price.

His talk was well-timed with the current series of programmes by David Attenborough on Sunday evenings about what can be observed in our own gardens in a variety of locations. Also, members will have had a copy of the current Suffolk Wildlife magazine. The talk provoked a lively discussion and a vote of thanks was given by Des Cunningham.

Alan Ridealgh - Humber Doucy Brew Co

By Ed Nicholls

On 5th May, we had an interesting talk by Alan Ridealgh from Humber Doucy Brewery and we learned how Humber Doucy got its name.

Alan produced all of the craft beers they produce with his son John at Bacton. Alan said they try to produce beer from local ingredients. Nettle and elderflower beer seemed to be a different and unique flavour — I am sure my wife Sandie will appreciate that beer.

It was totally rewarding to see this enterprise start brewing after Alan told us how after forty years in a safe job at Muntons he took the plunge and got involved. His products can be purchased from

Suffolk Food Hall and from their website.

We wish Alan and John all the best with this venture!



Ipswich East Annual Golf Day

Message from Chris Harrall, photos by Tony Baker

Many thanks for supporting our Rotary Golf Day last Thursday 7th May. I hope you all enjoyed the day and the good weather. The results on the day were as follows:

- 1st - KLH Architects (94 points)
 - 2nd - Hoopers Architects (88 points)
 - 3rd - David Chittock (88 points)
 - Best Sponsor - Barnes Construction (86 points)
 - Lowest gross score - James Holland (76)
 - Nearest the pin on the 15th - Ian Finbow
 - Longest Drive on the 17th - Sam Read
- (Some of the results above were on count back)

All of your efforts supported our local charity Brave Futures, which is very much appreciated.



We'll find out the final raised sum soon, but in the meantime, have a look at David Chittick teeing off at the eleventh.

ANNOUNCEMENTS

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





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.









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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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 4th May, the number of registered participants for the Orwell Challenge is as follows:

Adult walk	313
Child walk	1
Family walk	0
Half marathon	53
Marathon	29
Ultra marathon	15
Total	411

A celebration of Rotary in Ipswich and Suffolk

Introducing the Next Generation

*Join us for a celebration dinner
and cabaret*

Friday June 5 th 2026	Dress Code: Smart
6.30pm for 7.15pm	Cost £49.00 per person
Ipswich Town Football Club	On site parking



email :steve.m.runnacles@gmail.com

'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

From the Archives: The 1990s

By Tony Baker

The club held a Frugal Lunch in aid of Somalia in January 1993 at the Graham Court Hotel. Famine, which caused 300,000 deaths, was caused by draught and civil war. Our donation went to the Red Cross and was part of the effort which was seen to save 100,000 lives. Perhaps with our present economic situation with high costs for food, staff and energy, Frugal Lunches are not a viable option.

Ipswich East sponsored A Gala Concert at the Royal Hospital School at Holbrook in March 1994 in aid of Romanian Child Action. The event was staged by the Holbrook Music Society and commenced with a Sing-Along that included Down at the Old Bull and Bush and the Britannic Salute. Tickets were priced at £5.

The highlight of the summer of 1995 was for the club to stage an All-Star Cricket Match between The Lord's Taverners and Ipswich Allstars at the Ransomes Sports Ground. The sides included Rory Bremner, Mike Denness, Robert Powell, Bobby Robson, Micky Stockwell, Derek Randall and Chris Louis. A grand afternoon of entertainment was provided for the princely sum of £2.50.

In June 1998 a Jazz Buffet was organised on the II Punto Floating Restaurant in aid of Victim Support. The dress for the event was casual with a cost of £17.

At an evening meeting in October 1998 at the Centre Spot Restaurant in Portman Road, Richard Porter was presented with a Paul Harris Fellowship for outstanding service to Rotary. Later the same week, Geoff Ramsdale was also presented with a Paul Harris Fellowship by the Rotary Club of Lemgo – Bad Salzuflen in recognition of his work in forging the link between the two clubs.

Also in October 1998, the club held its sixteenth annual concert for senior citizens at Copleston High School. The Mayor of Ipswich attended and entertainment for 400 was provided by the Fire Service Band and the Appeal Theatre Group with

the usual “ Last Night at the Proms” to complete the evening.

Alan Forsdike organised a May Ball at Amberfield School in May 1999. A three course meal was included with dancing until midnight to the music of Midnight Flyer, all for a total cost of £20.

An Antiques Evaluation Day was staged at Christchurch Mansion in November 1999 when three items were valued for £5.

The club determined to commission a Millennium Project, and a pottery was funded at Orwell Mencap Genesis. The club was the sole financial supporter for a significant improvement to the lives of people with learning disabilities in Ipswich. Whilst some people were capable of working in the Woodwork Workshop to produce garden furniture, this project provided the means for people with less ability to take part in a worthwhile activity. Processes, broken down into simplistic operations by an instructor, enabled the production and sale of quality items. People with learning difficulties were seen to be part of our community who were praised and acknowledged for their contribution. The project was seen to improve their lives, public respect for them and their own self-respect. President Mike Steward formally opened the Pottery.



Nearly 50 Years of Twinning with Ipswich Mass.

By Lesley Murphy

Can you remember the first trip of Ipswich East Rotary Club to Ipswich Massachusetts? We think it was nearly 50 years ago. At least that's what the research is suggesting so far. Were you on that first trip and do you have any photos or memories?

Chris Doktor has been doing some research in the US ahead of our trip in June and it seems that the very first visit of the Brits to MA is documented as 1979 – as recorded in the Ipswich Today newspaper dated May 11, 1979. Chris has also discovered that there was then a 7-year gap between 1980 and 1988 before the next one. It was in 1990 that the two clubs decided to exchange visits alternately every 2 years. Is that right? Who was on that first trip and who did you stay with?

A trawl through their US archives goes further back to links with other clubs before Ipswich East was formed. A note typed by JP Ginley suggested that Ipswich UK Rotarians visited Ipswich MA in 1962 on October 12th. In 1964 on Sept 17th, it was also written that “the warmth and friendliness between our two clubs seems to have grown with each exchange of greetings and visits.” It seems that each club was visited by individuals at that point.

Ipswich East Rotary Club was formed in 1971 and it was in 1978 that the Ipswich East Rotary Club President, Keith Harris, contacted Ipswich MA about the possibility of a visit. It's recorded that the trip went ahead in early May the following year with 100°F temperatures in Boston!

If you can help with stories and material, please contact Lesley who is helping Chris – ladolphin@hotmail.co.uk



Last Sunday afternoon was a beautiful day for a clambake and the Ipswich Rotary Club gave a beautiful bash for their 30 guests from Ipswich, England beginning with cocktails on the grounds of Castle Hill followed by hot dogs, steamed clams and then lobster and corn. This table includes Keith Harris (left), Ian Lord and Jenny Lord of Ipswich, England and Charles and Marcia Dalton and School Supt. John Stella.



Ian Lord [left], who is a surgeon, and Richard Porter, newspaper supplier, both of Ipswich England, chat with James Tedford, Sr. and James Tedford, Jr.



Leonard Noye of Ipswich, England presents the Board of Selectmen with a pewter tankard embossed with the Queen's head sent with his delegation as greetings from the 46-member Town Council to local officials. Noye is with the group of 30 Rotarians and their wives who are guests of the local club.

ROLLING CALENDAR

Date	Event
12th May	Speaker meeting: Bob Parker & Jeremy Fish - Generators to Ukraine. Details and registration via Wild Apricot.
19th May	Speaker meeting: Mark Suddes - The hyperbaric oxygen chamber. Details and registration via Wild Apricot.
22nd May	Visit to The Ipswich Academy. Details on email from Sec Robin from 30th April.
26th May	AGM and Business meeting. Details and registration via Wild Apricot.
5th June	Celebration of Rotary in Ipswich - Grand Dinner. Details and registration via Wild Apricot.
5th & 6th June	Sprites Primary Academy festival. Details on email from Sec Robin from 9th May.
8th June	Shadow Club Council meeting.
10th June	Visit to ActivLives. Details on email from Sec Robin from 30th April.
12th June	Bury Abbey Charity Golf Day. Details on email from Sec Robin from 22nd February.

Date	Event
13th June	Walking Football Multicultural Cup. More info on page 3.
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	Twinning 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 14 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 4.
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.ipswicheastrotyclub.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.

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.



WHERE HAVE ROTARIANS BEEN?



"Only 9,897 miles to London from Knysna, South Africa!" — Des

"This photo shows the 4 clubs centenary sundial project. It was used as part of the Small Boats from Dunkirk celebrations at the waterfront May 2018, a similar theme to the Knysna directional memorial." — Des



Hello! This time, we have Martin Westlake telling us a bit about himself. Enjoy!

- Editor Eva

Martin Westlake: In Profile

Name: Martin Westlake.

Where are you from?

I have lived in Ipswich all of my life.

Occupation (current or previous if retired):

Now retired, but previously a commercial insurance broker, arranging insurance programmes for a wide variety of local businesses.

Member of Rotary since: 2002 (I think).

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

I am currently the Club's insurance adviser. I have previously chaired the Fundraising Committee, I have been Assistant Secretary (to Tony Baker), and for a few years I was the lunch co-ordinator prior to the inception (thank God) of Wild Apricot.

Tell us a bit about your personal life:

At the age of 4 my parents moved from a flat in Highfield Road to a council house in Pinecroft Road. From there I went to Castle Hill Primary and Junior Schools and somehow fluked the 11 Plus exam to go to Northgate Grammar School (for Boys, as it was then). I stayed on for Sixth Form and managed to get GSCE A Levels in Economics and Russian Language (of all things!).

My family could not afford for me to go to University, and I needed the money, so went straight into employment in 1976 (after a couple of months off in the glorious summer of that year).

What was your dream job when you were a kid?

I didn't really have one, just anything that would pay enough to have a motorbike (and then a car) to enable me to go fishing!

What was your first job?

From 1976 to 1980, I was a Group Pension Scheme administrator, working for Willis Faber Advisory Services in the famous black glass building. The swimming pool was still in use then and they also had their own sports club. It was whilst working there that I met Dawn and we got married in May 1980. Willis has a lot to answer for (correction - be thankful for!)

A bit about your career or occupation:

Dawn and I were not in the same department at Willis, so it was not a case of not being able to work with my spouse (!), but I left Willis in 1980 to pursue a career in commercial insurance and hopefully improve our income. I spent the next 13 years working for Colin Ryan Insurance Brokers and in that time started to build a very nice book of local clients, many of whom stayed with me for the rest of my career and remain friends to this day.

In 1993 I moved to Beckett Commercial Insurance, based in Bury St Edmunds, where my client base expanded to many other parts of the country. However, travelling became a major pain in the wotsits and after 6 years I returned to work in Ipswich for a small broker called Protech. Within a few years they were acquired by Cook Sheppard Pinhey, who in turn were acquired by Oval Insurance and they were then bought by Gallaghers. The latter were an American company who claimed to be the most ethical employer in the world, but I found them to be anything but. Thankfully I had the sense to leave in 2017 and finished my career in much happier circumstances at Pound Gates Insurance.

Favourite tippie?

I drink very little alcohol these days, but have the occasional beer - and mojito when on holiday.

Radio or TV?

Neither really. I only listen to radio for sport and, apart from news and sport, watch very little live TV, preferring to stream or record and watch when convenient. Favourite recent TV programmes would be Ted Lasso, Slow Horses and, of course, anything by David Attenborough (can't believe he just turned 100 - amazing).

What kind of music do you like?

One of the reasons I don't listen to radio is that they don't play my kind of music - and I doubt if anyone in Rotary has the same random taste as me! It is mainly Ibiza dance music from the 90's and 00's and my favourite band is Faithless. If you are a regular at Portman Road you will perhaps know that the teams come out onto the pitch to the uplifting Insomnia - their biggest hit, dating back to 1995.

N.B. I can't stand karaoke, all those people who think they can sing but they can't. If anybody should ask me what my favourite karaoke song is I always reply "sandstorm" by a band called Darude - if you Google the lyrics you'll see what I mean (there are no lyrics)! Dawn says I don't even like to hum!

What are your hobbies?

I was introduced to fishing at an early age by my father and I am now a regular match angler with Gipping Valley Angling Club. I hold the match record for the River Gipping, a catch of bream totalling 80 pounds 3 ounces, taken in a 5 hour Gipping Angling Preservation Society match back in 1984. Sadly, due to pollution, predation and extraction, this record is very unlikely to be beaten - the Gipping simply does not have those stocks of fish anymore.

I occasionally go sea fishing, particularly on holiday, and my biggest ever fish was a 90lb sailfish caught in the Maldives.

I enjoy the occasional round of social golf and in the last couple of years Dawn and I have started bowling (indoors in the winter and outdoors at Westerfield in the summer).

Our other main interests are our garden and anything to do with wildlife. Several of our holidays have been to places like Costa Rica, Panama, Borneo and South Africa, and when we go to the Maldives, we spend so much time on the coral reefs that our skin is all wrinkled when we eventually come out of the water!

What is the thing you are most proud of?

First and foremost, Dawn. Quite apart from putting up with me, she has defiantly beaten off breast cancer and also a broken femur. She has been a fantastic mother to our daughter Kerry,

now 39, and our son Karl, now 37. We also have 2 granddaughters (from Karl and his wife Lucy), Poppy age 4 and Sophie who will be 1 next month. Against our best advice, Kerry went into the insurance broking industry, but she took the brave decision to work in London and it has paid dividends. She now has a very senior position in the Natural Resources sector, and travels all over the world.

Away from family, I am proud of the fact that over the years I have nominated 3 candidates for RYLA, who have all gone on to have very successful careers.

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

Continue with my Russian language studies and become an interpreter - I am sure I could do a better job at negotiating with Putin than Trump!



DUTY ROTARIANS AND LUNCH MENU

Date	Duty Rotarians	Menu*
12th May	George Woodward Liz Harsant	Meatloaf with mushroom sauce
19th May	Russell Wiles Geoff Watson	Lamb shank
26th May	Lucy Trenchard Martin Whitworth	Home-made quiche Lorraine

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

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. Several shifts available. 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. 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 (contact Andy Lewis if you can help):
 - 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; the day will be split into two shifts. Approximately 50 volunteers are required for this event, especially stewards for the car parking.

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 29th 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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