

# LOOKS EAST

The Newsletter of the Rotary Club of Ipswich East - D1080 | 2025-26, Edition 17: 1st June 2026

## UPCOMING MEETINGS

Tuesday 2nd June at 12:55pm  
**AGM and Business meeting**  
*Menu: Hunters chicken*  
*D.R.: Lewis Tyler & Ross Lunney*

Tuesday 9th June at 12:55pm  
**Speaker meeting: Kate Hinchcliff - Suffolk Family Carers**  
*Menu: Scampi, chips and salad*  
*D.R.: Lesley Murphy & Eric Barnett*

Tuesday 16th June at 12:55pm  
**Club Assembly**  
*Menu: TBC*  
*D.R.: Graham Bickers & Andy Lewis*

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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## Jeremy Fish - Generators to Ukraine

By George Woodward

Those attending the speaker meeting on 12th May were treated to a truly inspirational talk from Jeremy Fish of the Rotary Club of Middle England (which rarely meets in person!) who totally puts The Object of Rotary into life-changing practice by way of his leadership in the provision of aid to war-torn Ukraine.

After an introduction from our Foundation Chairman, Bob Parker, Jeremy's talk demonstrated how the four boxes of the Object of Rotary can be ticked. It's useful to occasionally remind ourselves of these, that Rotary "exists to encourage and foster the ideal of service as a basis of worthy enterprise" which is achieved by way of:

1- The development of acquaintance as an opportunity for service – where Jeremy highlighted the value of his business connections in enabling more than 200 generators to be shipped out to Ukraine.

2- High ethical standards in business and professions – where linking up with Ukrainian Rotary clubs enabled corruption that is rife, even in the process

of delivery of aid, to be successfully circumvented.

3- The application of the ideal of service in each Rotarian's personal, business and community life – as was evidenced by Jeremy's passionate description of the hardships being endured by Ukrainians at present which contrast so sharply with the uninterrupted supplies of gas/electricity we enjoy in the UK.

4- International understanding, goodwill and peace for a world fellowship of business and professional persons united in the ideals of service – where the Generators in Ukraine project demonstrates what can be achieved with a bit of 'international understanding'.

Jeremy ended his talk with an appeal for Rotarian volunteers for the "Wrap-a-thon" at Claydon High School on 28th November where he hopes over 60 pallets of wrapped-up toys and gifts will be shipped out to Ukraine in time for Christmas.

A truly inspirational Rotarian 'walking the walk' not just 'talking the talk'!



*Rotarians in attendance to Jeremy Fish's talk last May*

# Fellowship Evening at The Dove

By Steph Mackentyre

We had another great fellowship evening on Thursday 28th May, this time at The Dove. Here is a photo of those present, with my apologies to Bill, Marlene & Benji, who left before I got the camera out!



## 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](mailto: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.

Unfortunately, the two candidates our Club was sponsoring have withdrawn their participation, so we are again looking for candidates to take part. Remember we are looking for candidates from a variety of social and educational backgrounds, and that 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](http://www.orwellchallenge.co.uk)

*In association with*  
**MCP plc**  
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*Organisers*  
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 Club of Ipswich East

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**EAST ANGLIAN DAILY TIMES**

Ipswich East Rotary Club - Registered Charity No. 1068961

## 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 1st June, the number of registered participants for the Orwell Challenge is as follows:

Adult walk	347
Child walk	1
Family walk	0
Half marathon	71
Marathon	39
Ultra marathon	24
<b>Total</b>	<b>482</b>

# A celebration of Rotary in Ipswich and Suffolk

## *Introducing the Next Generation*

*Join us for a celebration dinner  
and cabaret*

Friday June 5 <sup>th</sup> 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](mailto: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](https://rspca-suffolkcentral.org.uk/events)



[rspca-suffolkcentral.org.uk](https://rspca-suffolkcentral.org.uk)

## From the Archives: 2012

By Tony Baker

Steve Flory became our president for the first time in 2012. A handover meeting was held at Station Farm, courtesy of Mike and Zena Steward, where Alan Forsdike handed over the chain of office to Steve. 106 people attended the evening and they took part in tennis and clay pigeon shooting competitions and a country walk before consuming a strawberry supper.



*Steve Flory and Alan Forsdike at the 2012 handover event*



*The Bakers withstand a late surge from the Barbours in the final of the three-legged race*

Ann Ng became the president of our Inner Wheel Club and the Inner Wheel Olympics were held at chez Goodship.

Norman Haines was staging Rotary Rambles and Stafford Patient was collecting old tools for people in third world countries.

Sarah Wilson of Natural England gave a Fifth Tuesday Talk at the Last Anchor about Modern Challenges for Farming.

A lunch time talk was dedicated to local heroine Edith Maud Cook, born in 1878, plaque at 90 Fore Street. Maud was a daredevil parachutist who became the first British woman to pilot an aeroplane.

A Rotary Karting Evening was staged at Martlesham with the Gold Medal going to Martin Whitworth, silver to Martin Westlake and bronze to Graham Bickers.

Steve Flory spent a week driving 2,400 miles across the wastelands of Eastern Europe in the Undy 500 to finish at Mount Olympus where symbolic torches were lit at the base of the mountain. Steve's position at the end of the race is not recorded.



*President Steve receiving the Dick and Val Jeffery Decanter*

In January, Eric Barnett and his granddaughter Ayesha walked the Thames Path from Richmond to Westminster Bridge. Members of the club sponsored the walk so that Ayesha could go to Uganda to take part in a project to build a library and playground, and to help “grandmas” set up vegetable gardens and to tend goats. Ayesha submitted a detailed report for the Newsletter.

Members of Ipswich East returned from Ipswich Massachusetts winners of the “Ryder Cup” having enjoyed the usual hospitality of our American exchange club.

Ipswich East was awarded the District Prize, Dick and Val Jeffery Decanter, for the best club bulletin. It was the second time that the club had won the award with Alan Forsdike as our editor. Catherine Forsdike was at pains to state that her parents were not involved in the selection process.

A RYLA Candidate sponsored by the club related his experiences on this life-changing course.

Paddy Heazell gave a fascinating overview of the hidden history of Orford Ness.



"Volunteering on Sunday 24th May at the RSPCA Fun Day at Martlesham!" — Steph

And speaking of puppies...

The new member of the Button family, Darcey, is settling in quite nicely!



# ROLLING CALENDAR

Date	Event
2nd June	<b>AGM and business meeting.</b> Details and registration via Wild Apricot.
5th June	<b>Celebration of Rotary in Ipswich - Grand Dinner.</b> Details and registration via Wild Apricot.
5th & 6th June	<b>Sprites Primary Academy festival.</b> Details on email from Sec Robin from 12th May.
7th June	<b>CSS Last Night at the Proms.</b> See email from Sec Robin from 12th May.
9th June	<b>Speaker meeting: Kate Hinchcliff - Suffolk Family Carers.</b> Details and registration via Wild Apricot.
10th June	<b>Visit to ActivLives.</b> Details on email from Sec Robin from 30th April.
11th June	<b>Shadow Club Council meeting.</b>
12th June	<b>Bury Abbey Charity Golf Day.</b> Details on email from Sec Robin from 22nd February.
12th June	<b>CSS Fashion Show at Suffolk College.</b> Volunteers needed. Please see page XXX
13th June	<b>Walking Football Multicultural Cup.</b> More info on page 3.
16th June	<b>2026 Club Assembly.</b> Details and registration via Wild Apricot.
21st June	<b>Cancer Research UK Race For Life - volunteers wanted.</b> Please see page XXX for more details.

Date	Event
24th June	<b>President's Handover.</b> Sunset Cruise on the Orwell Lady. Details and registration via Wild Apricot.
28th June	<b>Orwell Challenge 2026.</b> All hands on board!
30th June	<b>Fifth Tuesday.</b> TBD.
1st - 8th July	<b>Twining trip to USA!</b> All participants are being kept informed of the preparations.
12th July	<b>Bury Abbey Rotary Club Classic Car Show.</b> Volunteers wanted. Please check page 14 for more information.
14th July	<b>Visit to BT HQ Martlesham Heath.</b> Details in email from Sec Robin from 29th May.
24th July	<b>President's BBQ.</b> Bill and Monica's Farm. Details and registration via Wild Apricot.
22nd - 29th August	<b>RYLA.</b> More info on page 4.
31st August	<b>One Big Multicultural Festival at Alexandra Park.</b> Our Club will have a stand to promote Rotary, so help is needed. Details on page XXX
31st August	<b>CSS Classic Car Show at Suffolk Food Hall.</b> Details on page XXX.
4th - 6th September	<b>Utrecht Trip with Twinned Club of Bad Salzflun.</b> Details on email from Editor from 6th February.

**At a glance:** If you want to get an idea of what we have going on when, make sure to check out the calendar page on our website: <https://www.ipswichestrotaryclub.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](mailto:peterrogers327515@gmail.com).



# DUTY ROTARIANS AND LUNCH MENU

Date	Duty Rotarians	Menu*
2nd June	Lewis Tyler Ross Lunney	Hunters chicken
9th June	Lesley Murphy Eric Barnett	Scampi, chips and salad
16th June	Graham Bickers Andy Lewis	TBC
24th June	Presidential handover - no DR needed	
30th June	Ed Nicholls John Barbour	Chicken skewers

If you're unable to be a duty Rotarian, remember it is your responsibility to look for a replacement, and please notify our Secretary Robin as well as Steph Mackentyre of any changes.

\*Dietary requirements/Vegetarian option available upon request, please contact Steph Mackentyre at [info@inviewpublicity.co.uk](mailto:info@inviewpublicity.co.uk)

# UPCOMING PROJECTS UPDATES

We have a few projects and activities coming up, and volunteers are welcome. Please contact the relevant club member and join in!

- **Cancer Research UK Race for Life / Pretty Muddy.** Sunday 21st June at Trinity Park IP3 8UH. Volunteers wanted to help with the following: course marshals, start and finish support, obstacle marshals. Volunteers will be needed from around 8:30am to 2:30pm depending on the role. If you can help, contact Shannon Taylor at [shannon.taylor@cancer.org.uk](mailto:shannon.taylor@cancer.org.uk)

- **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.

- **One Big Multicultural Festival** - 30th August - This year we have again negotiated with the organisers Ipswich Borough Council and BSC Multicultural Services to have a free stand at the festival to promote Ipswich East Rotary Club. We are looking for volunteers for the following:

- Between 10:00am and 12:00pm to direct exhibitors to their stands and get them to park their cars in the onsite car park once set up.

- 11:00am to 12:00pm to set up the Rotary gazebo and our stand which this year will feature a tombola in aid of the Families in Need fund.

- 6:00pm to 6:30pm to pack down the Rotary Gazebo.

- Throughout the afternoon (whenever you can) to man the stand, sell tombola tickets and give out prizes. We are also looking for raffle prizes donations suitable for families in need (groceries, toiletries, children's toys, etc) – no alcohol please.

If you can help, please email Andy Lewis with your availability at [andyLewis.1000@hotmail.com](mailto:andyLewis.1000@hotmail.com)

And that's it for today!

Just the usual reminder: to send photos, news, articles, stories, announcements, or any material (yes, even jokes) for publication in the newsletter, please address them to:

**[iercnewsletter@gmail.com](mailto:iercnewsletter@gmail.com)**

*The deadline to receive items for publication will be the Friday prior to the next issue (so for the next issue, that will be 19th of June. 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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