



LOOKS EAST



The Newsletter of the Rotary Club of Ipswich East - D1080 | 2026-27, Edition 3: 7th August 2026

UPCOMING MEETINGS

Tuesday 11th August at 12:55pm
**Speaker meeting: Beth Condle -
Parkinsons UK**

*Menu: Cumberland ring
D.R.: Bill Robinson & Ali Baldry*

Tuesday 18th August at 12:55pm
**Speaker meeting: Dr Alison Boggis -
Special Olympics Suffolk**

*Menu: Scampi, chips and salad
D.R.: George McLellan & Ed Nicholls*

Ipswich Bowls Club

CLUB OFFICERS 2026-27

<i>President</i>	Steph Mackentyre
<i>Senior vice-president</i>	Eva Alcerreca
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<i>Community service</i>	Andy Lewis
<i>Fundraising</i>	Bill Robinson
<i>International</i>	Liz Harsant
<i>Vocational</i>	Ed Nicholls
<i>Club membership</i>	Mark Murphy
<i>Almoner team</i>	Tony Baker & Ray Walters
<i>Environmental</i>	Lucy Trenchard

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Newsletter editor: Eva Alcerreca
iercnewsletter@gmail.com



RECENT MEETINGS AND EVENTS

Graham Alcock - Growing Hope

By Lesley Murphy

On 21st July, our speaker was Graham Alcock, who is the Chair of Trustees for the Charity 'Growing Hope' Ipswich. He's a former teacher and headteacher and spent the last part of his career working with special needs students.

He told us that, over the years, he has seen an increase in the number of children needing help with additional needs and says the support isn't there. The NHS and local councils just don't have the money needed and Suffolk County Council is one of the worst funded per capita in the whole of the country. He said that waiting times for help can be up to 34 weeks.

This is the gap that Growing Hope Ipswich aims to try and fill. Graham has helped to set it up under the umbrella of a national Christian organisation. So far, they have their host church, Holy Trinity at Fore Hamlet in Ipswich, which is where they will start their therapy sessions next year. At the moment they are looking to recruit staff including a therapist along with volunteers and trustees. They have set a fundraising target for their first year of £56,000 and have so far raised £26,000. They hope to expand over future years with the appointment of further therapists.



Graham Alcock during his talk to the Club

Graham says he realises that this is only going to happen through people's generosity and he is busy spreading the word to groups like ours. He said he would be very grateful if we could pass the message on.

If you want to read more, this is their website: Ipswich – Growing Hope

Visit to BT HQ at Martlesham

By Bill Robinson, photos by Bill Robinson and Steph Mackentyre

A number of us went to the BT HQ at Martlesham for a visit hosted by Matt Capp, one of the Senior Managers on the site.

Matt took us to their conference room where he outlined the history of the HQ, which celebrated its 50th anniversary at Martlesham last year.

The centre is BT's global engineering HQ, the UK's most important global network. It is home to



BT's research units, the largest test and integration facility in Europe and includes Open Reach's innovation and Development Lab.

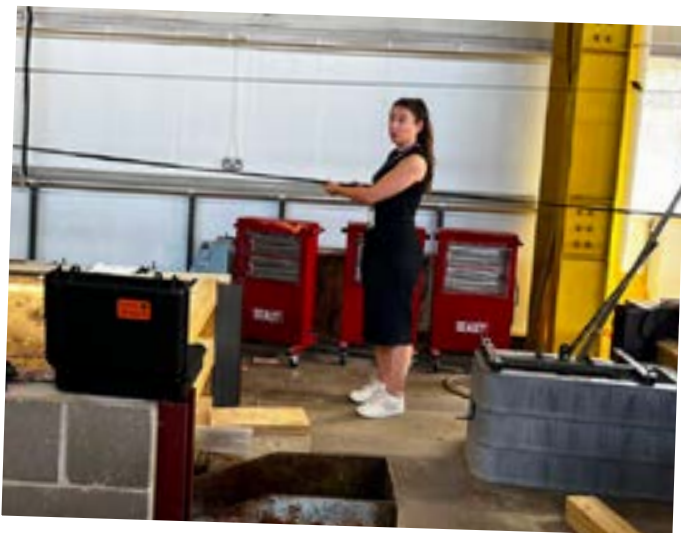
There are 100 independent innovation companies within the Martlesham site as well as the University of Suffolk's digital skills and cyber security department. There are about 3000 people working on the whole campus.

Matt took us back to 1846 when the first Electric Telegraph Company was established through to modern day tele-communication.

BT are at the centre of developing the UK's digital future through building early links with schools aimed at opening the doors to digital careers and boosting confidence of school children.



We next were taken to a small room to be introduced to the Network Operations Centre and after a short presentation, the screen behind us was opened in a spectacular fashion to reveal a glass window that overlooked two floors of operatives, which covered an area about half the size of a football pitch and who were monitoring BT's services through the whole of the UK and dispatching engineers to trouble spots. The unit is staffed 365 days a year and employees work on a three shift pattern throughout the day. The unit is at the heart of their business continuity service for BT and we weren't allowed to take photographs due to the high security of the department.



We then went to the robotics unit, where there were no humanoids but a department entirely devoted to innovation of methods of installing BT's services and cabling systems. Many methods to facilitate the installation of cables were on display and we were assured that a cable could now be laid from the road to a house without disturbing a very expensive block-paved driveway and not disturbing flower beds.

The unit worked with companies like OpenReach to resolve cabling issues and find innovative ways of installing underground and overhead cabling, sometimes finding small devices which were able to save thousands of pounds in manual labour.

Finally, we went to the Showcase Tour, which was a department that had created a number of business units such as Banking and the NHS to demonstrate how BT could help to innovate new procedures.

Our host showed us the difference between a duct that carried 4000 cables weighing quite a few pounds and the fact that the same service could be now provided through a single fibre cable and delivers much greater service.



We were shown the way that holograms are developed, including replacing humans in certain functions, how different methods of water heating were being experimented with and how different procedures and tests were being introduced in collaboration with the NHS.

The whole complex had a feel of the Google HQ that my daughter worked in based in Silicon Valley, California with lots of very clever young people and a very pleasant restful environment in which to work including a restaurant, hairdressers and a gym.

In conclusion, Matt, our host, felt that it was an important part of his job to ensure the work and the legacy of BT's Research and Development endures and that they create local opportunities for students throughout the town to step into careers in technology. From what we saw, BT seems to be playing a major role in this philosophy.



It was such a pity that so few members took up the opportunity for the visit, which was fascinating and extremely informative about a major industry on our doorstep, as it fulfilled two important aspects of the principles of Rotary: Vocational Service and Youth Opportunities.



Genesis Mencap BBQ

By Eva Alcerreca

Last 11th July, Bob Parker, Robin, John Barbour and I were able to take part in the annual Genesis Orwell Mencap BBQ at Rushmere Hub. This year, we also had the help from three members of the New Generation Club, and it was a great opportunity to get to know each other a bit better while helping people to plenty of burgers and sausages, which were happily received by the 50 or so attendees.

The organisers thanked Rotary profusely as always, and for our part, it felt like a couple of hours well spent.



And speaking of Genesis Orwell Mencap...

By Steph Mackentyre

On Tuesday 4th August, we presented Rob Hart, CEO of Genesis Orwell Mencap with a cheque as per the donation agreed by the Club on recommendation by the CSF committee last month.

The funds will be used to refit a teaching kitchen for their clients to make it accessible to all, including wheelchair users.

Thanks to Tony Baker for facilitating this and taking the picture!



Smile Awards

By Steph Mackentyre

Two more Smile Awards were given out at the first lunchtime meeting in August by our Sergeant-at-Arms – Peter ‘Shep’ Shepherd. The first award was presented to our *Geek of the Week* – Steve Runnacles, for being the only one in our Club who fully understands our Wild Apricot booking system. Also, for his tenacity and patience in continually teaching us all how to use this technology to its best effect.

The second Smile Award was presented to Jack Earwaker. He was presented with *The Boomerang Award* - Jack is a member who, despite his years of service and certain health setbacks plus the stress of moving house later in life, has always bounced back and is one of our most loyal members, regularly attending lunches even when it means a massive personal physical effort each week. Very well done to our very own Boomerang Jack!

If you missed our first two Smile Awards – presented at the Presidential Handover, they were the *Handy Andy Award* – which went to a member who can turn their hand to almost anything asked, whether it's gardening, decorating, assembling flat pack furniture, hedge planting, concert organising... in fact, if you ask him, he'll do it, and he'll also use his extensive persuasive skills to convince others to join him! Our very own Head of Community Service – Andy Lewis! Then we also presented another Smile Award as a bit of fun, *The Lesser Spotted Award* – which went to Graham Bickers, who has been very much missed as a member but has promised to make amends.

You can never be sure when our Sergeant-at-Arms will next strike, so be on your guard!



Kevin Parsons - Suffolk Accident Rescue Service

By Peter Shepherd

SARS is Suffolk's emergency medical charity who have provided medical cover for the Orwell Walk in recent years, as well as having spoken at a Rotary lunch in the past.

Kevin has been a volunteer for 18 months and was previously an estate agent – on the corporate side for 30+ years and then running his own business. It was when he worked for himself that he got to know Steph, as she used to “stitch me up” for advertising in the EADT and she subsequently got him to do Rotary speaking.

When he retired, he wanted to do something, and he saw the same SARS leaflet that he handed out in the meeting: SARS, “They’re not just volunteers, they are like a SWAT TEAM of complete experts, brought into really serious situations”.

He liked the flexibility of working as a volunteer for SARS, which is basically the same as the Air Ambulance (“without the helicopter”); instead, they use 15 unmarked cars with blue lights. In 25% of the calls that are made to SARS, they are first on the scene arriving before any other medical resource. There are 45-50 clinicians plus clinician responders who are all unpaid volunteers. The doctors on the air ambulance are paid, but not those working with SARS.

Whilst SARS is a Suffolk charity, they cover North Essex, South Norfolk and Cambridgeshire and, with time being of the essence, initial assessments are made and individuals are triaged on the scene. The service just deals with Category 1 cases, and they work alongside the ambulance service. Kevin advised that they are the only critical care team resource based in Suffolk.

SARS is a “Small Charity with a big impact” and over the last 12 months, 206 incidents were recorded, which were for the following incidents:

- 49 Cardiac Arrests
- 57 RTC's
- 40 Equestrian
- 35 Falls
- 15 Sports injuries
- 10 Psychiatric



President Steph and Kevin Parsons

They have no government funding, relying entirely on donations and fund raising, and the kit alone that is carried in each of the cars used costs £52,000 to replace.

As well as attending Category 1 cases like those above, SARS also provide CPR & Defibrillation training for schools, community groups and businesses. It is a stark fact that only 8 out of 100 people outside of a hospital that suffer a cardiac arrest will survive.

Kevin finished his very interesting and informative talk with an uplifting and positive story of a young lad called Albert who had fallen about 20 feet through a balustrade at home in front of his father and younger sibling, with his mother in France on a holiday. SARS attended and, while Albert suffered severe head injuries, he ultimately made a full recovery .

There was more good news announced by Kevin at the end of his talk, almost as an afterthought, and this was that there is a 'Responder Beer' produced by Humber Doucy Brewery which is sold for £3.50, with £1 from this amount going to funds for SARS.

Rotarian Norman Haines delivered the vote of thanks, expressing the club's appreciation to Kevin for a very informative and engaging presentation. Ipswich East thanked Kevin for sharing the important work of SARS, and the assembled Rotarians also expressed their thanks in the normal way.



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.

We are looking for candidates from a variety of social and educational backgrounds, as 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.



ROTARY NIGHT AT THE P R O M S

Free concert featuring
Ipswich Over 50's Brass Band • Live comedy from Richard Whymark



Raffle and free refreshments!

Wednesday 30th September 2025
Copleston High School
7:00 - 9:15pm

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Rotary 
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From the Archives: Spring 2020

By Tony Baker

The spring of 2020 was a difficult time for Rotary, when the Covid Pandemic brought about sudden and drastic change to the fabric of society and to the manner that the club was organised. There are gaps in the records so there will be omissions in this reflection of that time so, therefore, I would welcome any corrections and information so that a full picture emerges.

Looks East on 28 th April started by explaining Basic Zoom Etiquette and then how to “breakout” into smaller groups to chat. We were in Lockdown with restrictions on meeting people in groups. We experimented with Virtual Pub Nights, a virtual Quiz Night on Zoom and even Club Council by Zoom.

There were instructions on where to sit, how to position your iphone or ipad. There were emails inviting you to attend a meeting, a wait to be invited to join the meeting and then buttons to operate for internet audio.

It was a difficult time for many club members. Mitzi Tyler died and funeral arrangements were curtailed because of restrictions on people meeting together.

June Smith entered a care home and Clifford faced heart reaking restrictions on visiting his wife.



David Chittick wrote a sombre story of being on the front line as a doctor and how surgery doors were locked, consultations were conducted by telephone and only the most concerning of patients were invited to attend the surgery where the highest level of personal protection was worn by clinicians. One patient visited by David at home had not seen a live person for five weeks. David noted that changing how we work is challenging, but perhaps it was just the start of the many changes to the way that we live now.



There were severe restrictions on how people could meet, even outside the home. The club formed groups of six who would meet in the garden for tea, cake and fellowship. Six members of the club met up in a garden on a cold day wrapped up in warm clothing.



Inner Wheel set out to maintain contact and communication with garden meetings for tea and cake. A Zoom meeting was held when cake, which had peviously been delivered by Catherine and Alan, could be eaten collectively. A Carol Service was held at Monica and Bills farm where couples remained in their cars to sing carols and to eat mince pies and drink wine. Adversity is the mother of invention.

Jo Banthorpe set herself the challenge of running the Orwell Challenge marathon. She came to realise that she had a love/hate relationship with running. She loved not running and hated running.

The Newsletter debated setting up a WhatsApp Group and stated that the purpose was to disseminate information quickly and to seek a response if appropriate. The article asked the question as to whether we needed one. The answer is in the telling.

A virtual AGM was held by Zoom. Seven presentations followed with David and Michelle talking about their work in Ipswich Hospital, Alan describing the impact of Covid on the church in Suffolk, Lucy speaking about community issues, John Button told of his brush with Covid, Des explaining social distancing and George McLellan spoke regarding his work with FIND.

Bob Parker wrote an article about having designed a Speech Valve called a Spiro in 1990 that was used to intubate polio victims. The device had been used in ITU departments all over the world. The device played a big part during the Covid crisis to fill the gap caused by a severe shortage of ventilators.

John Riches was the Club Almoner. It came to his attention that because of social distancing and



John ensured that the concepts of fellowship, and that Rotary cared and was supportive of its members, were maintained throughout the Covid period. The manner in which John discharged his duties kept our club together during this crisis to emerge strong, if not stronger than before. President David Chittick presented John with his second Paul Harris Fellowship, which had the addition of a blue sapphire.

restrictions on people meeting together during the Covid crisis, some club members had become isolated. Therefore, on Monday mornings, John would contact up to twenty four club members and engage them in conversation and discuss their situations and problems. Because of particular circumstances, John would speak to some people on a daily basis. John used to say that he was both exhausted and elated at the end of the process.

The Club Almoner Team is Here for You



The Club Almoner Team endeavours to play a broad role with members of the club with a target of making two home visits each month and contacting six club members by telephone. Confidential updates will be sent to club members by email. That information is confidential to club members and cannot be made known to a wider audience.

Any relevant information to Ray please.

The History Corner

By John Barbour

The Battle of Wigan Lane August 1651

For the history buffs reading this, it's about the English Civil war and my connection to it from metal detector finds.

The English Civil War did not end with the execution of Charles I "on a cold January day in 1649" by the Roundhead parliamentary forces under Oliver Cromwell, but continued with 'upsets' until the restoration of Charles the II in 1660.

My involvement and interest in this event is that my old home was close to the centre of this engagement and I did some searching around for any evidence of the battle following the finding of many musket balls in my old home's garden over some years and the gardener finding a cannon ball there when I was in my teens.

To get to my old home, an old lane needs to be

gone down from the main road for about half a mile, called Brock Mill Lane; this features later in this story.

Picturing the scene at the time of the battle (1651) the main road was a hedge lined trackway. The parliamentary forces had time to set up an ambush for the Royalists coming towards Wigan. The Royalists were slaughtered and fled down into the valley of the River Douglas, which is a high-sided valley with a narrow exit at one end. Brock Mill Lane runs alongside the valley at the top of one of the valley sides overlooking the river Douglas and another road above the other side of the valley.

I believe, from my finds, I had found the emplacement site of a Parliamentary cannon with soldiers next to Brock Mill lane, as the area I was searching was on a high promontory overlooking said valley.

The English Civil War & The Battle of Wigan Lane 1651



Assorted musket balls



Cannon ball 3,25lbs



Flint lock with flint

Reverse of a Charles 1st 12d



King Charles 1st 12d

Queen Elizabeth 1st 6d

Reverse of Elizabeth 1st 6d



Firstly, I found an iron cannon ball just over 3lbs weight encrusted with leaf mould, then a few feet away a silver 6d coin of Elizabeth I, which left a memorable impression of its shield in the earth.

At the base of my incline in the field was a low long embankment, which may have suited soldiers with flintlock weapons; here I found the buckle of that era.

The fleeing Royalists were slaughtered in this valley; they had no escape and the site is known to this day as the "Bloody Mountains".

From official reports, the historical importance of Brock Mill Lane in the context of the English Civil War is purely geographical, serving as the physical landscape where the Battle of Wigan Lane reached its bloody conclusion. While neither the lane nor the mill existed in 1651, the terrain itself played a crucial tactical role in the routing

and slaughter of the Royalist forces.

The topography of Brock Mill Lane impacted the conflict in several ways:

The Geography of a Rout

- The River Douglas Bottleneck: The modern Brock Mill Lane cuts directly down into the steep, narrow valley of the River Douglas. During the battle on 25 August 1651, the Parliamentary cavalry under Colonel Robert Lilburne fractured the Royalist lines along the main ridge of Wigan Lane.

- The "Bloody Mountains": Fleeing Royalist soldiers were pushed off the main road and forced down the steep banks into the river basin—the exact location of Brock Mill Lane. The terrain trapped the fleeing men, leading to a merciless slaughter in the valley fields that locals later nicknamed the "Bloody Mountains".

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! It's been a long time, but here I am again with the next episode of our In Profile section, this time with George Woodward in the hot seat. Enjoy!

- Editor Eva

George Woodward: In Profile

Name: George Woodward.

Where are you from?
Ipswich born and bred.

Occupation (current or previous if retired):
Retired Chartered Surveyor involved in commercial property for all my working life and now a Licensed Lay Minister at St Margaret's Church of England church (unpaid!).

Member of Rotary since: 2000.

Do you currently hold a position within the Club? If so, what is it?
Past President and Administrator of the club's Community Support Fund.

Tell us a bit about your personal life:
I was educated at Ipswich School from age 7 to 17 then went to Trent Polytechnic in Nottingham to do a surveying degree and my first full-time job was in London where I met Margaret (my boss's secretary) to whom I've been married for nearly 44 years. I have two grown-up children, both living in Ipswich, and two granddaughters aged 6 & 4. My son runs the Ipswich Town Blue Monday podcast. I've been involved in various capacities at St Margaret's Church (near Christchurch Mansion) for many years and, last September, was licensed as a Lay Minister (or Reader) at the church.

What was your dream job when you were a kid?
I vaguely recall wanting to become a bank manager but can't think for the life of me why!

What was your first job?
A mind-blowingly mundane holiday job at the milk bottling plant of Seaman's dairy on Knightsdale Road. I remember the office staff being surprised that I could sign my name for my weekly pay

packet as most of my co-workers were unable to read or write.

A bit about your career or occupation:
I was a commercial property agent involved in a huge variety of work relating to shops, offices and warehouses which made the job really interesting (most of the time!). After leaving university, I worked in London for six years for a big firm called Healey & Baker before being 'head-hunted' to become the Commercial Manager of Oxborrows Estate Agents in Ipswich in 1984, who sold out to the Pru in 1987 prompting me to set up my own business, trading as Woodward & Partners (although there were no partners!), eventually becoming EWS Ltd, which developed a specialism in managing blocks of residential apartments. Less than a month before the first Covid lockdown, the company was acquired by a national property management organisation and my long career as a commercial property agent drew to a close at the end of last year after five years of working as a part-time consultant to Fenn Wright who, ironically, had been my firm's principal competitor for many years.

Favourite tipple?
Sorry to admit this but it's the Norfolk beer Woodforde's Wherry! Named, apparently, in honour of an 18th century clergyman, Parson James Woodforde, who wrote passionately in his diaries about his love for good food and great beer.



Radio or TV?

TV probably – for sport and assorted mini-series dramas on Netflix etc, particularly crime-related.

What kind of music do you like?

A really wide range from pop to classical but I have a particular liking for sacred choral music. Also, the music of Suffolk composer Benjamin Britten fascinates and challenges me in equal measure but I'm not sure if I like it!

What are your hobbies?

Golf (badly), gardening (even more badly!), ITFC

supporter and season ticket holder, singing (in church). I used to play the trumpet to a reasonable standard – many years ago! - and would like to take that up again in my retirement.

What is the thing you are most proud of?

My family of course, but setting up and successfully running a business from 1984 to 2020 features pretty high up there as well.

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

Learn to play the piano.

DO YOU KNOW THE KEY ROLES OF A DUTY ROTARIAN?



- MEET AND WARMLY GREET EACH MEMBER AS THEY ARRIVE, IDEALLY WITH A SMILE AND A HANDSHAKE. IT'S A GREAT WAY TO SEE IF YOU CAN REMEMBER EACH MEMBER'S NAME AND IF YOU CAN'T IT'S OK TO ASK THEM.
- OUR CLUB SECRETARY WILL EXPLAIN HOW TO REGISTER THOSE WHO HAVE ARRIVED FOR LUNCH.
- ASK GUESTS TO SIGN THE GUEST BOOK. JUST BEFORE 1PM GIVE THE SIGNED BOOK TO THE PRESIDENT SO THAT THEY CAN WELCOME GUESTS BY NAME.
- THERE WILL BE TWO OF YOU ON DUTY. ONE OF YOU MAKES NOTES ABOUT THE SPEAKER'S SPEECH TO TYPE UP AND SEND OVER TO EVA FOR THE NEWSLETTER – SEND YOUR WRITE UP TO IERCNEWSLETTER@GMAIL.COM

THE OTHER DUTY ROTARIAN GIVES THE VOTE OF THANKS TO THE SPEAKER. SIMPLY THANK THEM FOR COMING AND TALKING TO US TODAY AND MAKE MENTION OF THEIR TALK, PERHAPS SOMETHING YOU FOUND PARTICULARLY INTERESTING AND THEN SAY, 'I'D LIKE TO NOW ASK OUR MEMBERS TO THANK THEM IN THE USUAL WAY'.

- WE HAVE POP UP BANNERS – ONE PROMOTES THE ORWELL CHALLENGE AND ONE ROTARY ITSELF – THESE NEED TO BE DISPLAYED AND TAKEN DOWN AT THE END OF THE MEETING. IF YOU'VE NOT PUT ONE UP BEFORE, JUST ASK WHOEVER IS SETTING UP THE MICROPHONES THAT DAY TO SHOW YOU.

NB: FOR MONTHLY BUSINESS MEETINGS ONE OF THE DUTY ROTARIANS SHOULD MAKE A NOTE OF ANY EVENTS WHICH MEMBERS VOTED ON AND THE OUTCOME. (UNLESS ITS VOTING FOR AN ALLOCATION OF FUNDS FROM OUR CSF GRANTS.) THIS INFORMATION SHOULD THEN BE SENT TO THE CLUB SECRETARY AND NEWSLETTER EDITOR.

THAT'S IT! ABOVE ALL IT'S A GREAT WAY TO IMMEDIATELY GET INVOLVED WITH THE RUNNING OF OUR CLUB. IF YOU CAN'T MAKE THE DATE ALLOCATED, IT IS YOUR RESPONSIBILITY TO SWAP WITH ANOTHER MEMBER IN ADVANCE. JUST LET OUR CLUB SECRETARY KNOW SO THEY CAN RECORD WHO HAS TAKEN YOUR PLACE.

STEPH MACKENTYRE - PRESIDENT

LUNCH MENU

Date	Menu*
11th August	Cumberland ring
18th August	Scampi, chips and salad
25th August	Lasagne, chips and salad

*Dietary requirements/Vegetarian option available upon request, please contact Eva Alcerreca at iercnewsletter@gmail.com

ROLLING CAIENDAR

Date	Event
11th August	Speaker meeting: Beth Condle - Parkinsons UK. Details and registration via Wild Apricot.
16th August	King's Walk , organised by District. More information: https://rotaryeastanglia.co.uk/kings-walk/
18th August	Speaker meeting: Dr Alison Boggis - Special Olympics Suffolk. Details and registration via Wild Apricot.
22nd - 29th August	RYLA. More info on page 6.
25th August	Business meeting. Details and registration via Wild Apricot.
30th August	One Big Multicultural Festival at Alexandra Park. Our Club will have a stand to promote Rotary, so help is needed. Details on page 13.
31st August	CSS Classic Car Show at Suffolk Food Hall. Details on page 13.

Date	Event
1st September	Speaker meeting: Sutton Hoo Ship Project. Details and registration via Wild Apricot.
4th - 6th September	Utrecht Trip with Twinned Club of Bad Salzflén.
8th September	Breakfast meeting: Steph Mackentyre - Ipswich Mass Twinning. Details and registration via Wild Apricot.
15th September	Speaker meeting: George Woodward - Community Fund. Details and registration via Wild Apricot.
30th September	Rotary Night at the Proms - Copleston High School. Volunteers needed. Contact Andy Lewis.
28th November	Ukrainian Children's Christmas Wrap-a-thon 2026. Details on page 13.
10th December	Rock 'n Roll Panto: Cinderella. New Wolsey Theatre, £24. Booking via Wild Apricot.

WHERE HAVE (mini)ROTARIANS BEEN?



Eva, family and friends went to Anglesey Abbey for a day out a couple of weeks ago. Beautiful, sunny summer's day!



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!

-Upcoming projects with dates TBD: Chantry walled garden for Activ Lives, Garden fence project for disadvantaged family, Decorating a house for family in need, Gardening assistance at St Peter's Churchyard, Furniture assembly and curtain rail fixing for family in need. More information on email from Sec Robin dated 9th August. Please contact Andy Lewis if you can help.

- Got 2 Read are looking for volunteers to give one hour per week to assist adults with literacy challenges. No physical effort required. Contact Andy Lewis.

- 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):

- 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 - We will 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.

- 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 to man the stand, sell tombola tickets and give out prizes. We are also looking for raffle prizes donations suitable for families in need – no alcohol please.

If you can help, please email Andy Lewis with your availability at andy.lewis.1000@hotmail.com

- Rotary Night at the Proms - 30th September, Copleston High School (our annual Senior Citizens concert). Volunteers required for transport, refreshments and raffle facilitating. Contact Andy.

- Ukrainian Children's Christmas Wrap-a-thon 2026 - 28th November at Claydon High School

- Organised by Ardent Hire Solutions, this year they've received 60 pallets of toys to wrap so far, so they are looking for about 180 volunteers to help with the wrapping. Music and nibbles provided, and it's always a great opportunity to enjoy some fellowship in the run up to the festive season. If you can help, please register at the following link:

[Register here for the Wrap-a-thon 2026](#)

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 Tuesday prior to the next issue (so for the next issue, that will be 24th of August). 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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