Rotary Club of Ipswich East

CREATE LASTING IMPACT

LOOKS EAST

The Newsletter of the Rotary Club of Ipswich East - D1080 | 2026-27, Edition 4: 3rd September 2026

UPCOMING MEETINGS

Tuesday 8th September at 7:30am
Breakfast meeting: Steph Mackentyre - Ipswich Twinning
Menu: English breakfast

Tuesday 15th September at 12:55pm
Speaker meeting: George Woodward - Community Support Fund
Menu: Lancashire Hotpot

Ipswich Bowls Club

CLUB OFFICERS 2026-27

President	Steph Mackentyre
Senior vice-president	Eva Alcerreca
Junior vice-president	Robin Needham
Past-president	Steve Flory
Secretary	Robin Needham
Treasurer	Neill Keveren
Club service	Eva Alcerreca
Community service	Andy Lewis
Fundraising	Bill Robinson
International	Liz Harsant
Vocational	Ed Nicholls
Club membership	Mark Murphy
Almoner team	Tony Baker & Ray Walters
Environmental	Lucy Trenchard

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Our best wishes to:

George Woodward

John Button

Roger Gilles

Geoff Watson

Lesley Murphy

Russ Wiles

Newsletter editor: Eva Alcerreca
iercnewsletter@gmail.com

Jenny Golding - Sutton Hoo Ship Project

By Roger Gilles

On 1st September, Jenny Golding gave a fascinating insight into the work of the Sutton Hoo Ship Project. This ambitious endeavour was set up over 5 years ago to build a full-size replica of an Anglo-Saxon rowing ship discovered in Number 1 burial mound at Sutton Hoo.

The original ship itself was built in the early seventh century and is believed to have been in use for about 30 years, judging by the repairs carried out on the hull. Its claim to international fame is that it was used as the burial place for King Raedwald and contained artefacts of huge archaeological significance.

President Steph with Jenny Golding

Jenny is an ex-teacher and Education Co-ordinator for the Project and arranges visits for schools where children can have hands-on experience of boatbuilding with guidance provided by the Project's volunteers. Jenny has arranged for around 2,000 children a year to visit the site and also carries out school visits where she delivers a similar talk to a much younger audience than was present at our lunch!

The project involves around 180 volunteers, of which 40 are actively engaged in boatbuilding using facsimiles of the seventh century tools. No modern tools or boatbuilding methods are used and the materials are as for the original construction. The ribs and strakes are formed in green oak as seasoned timber would be too hard to work using the tools available and the hull is held together with wrought iron rivets, over 3,500 in total, each one hand crafted.

It was hoped that the ship would be launched in Spring 2027, but the project is currently held up by a shortage of suitable oak. The gunwale needs to be formed of a single piece of oak 8 metres long which means that a tree with straight grain of around 9 metres is needed. Despite a national appeal, this has yet to be found. There is no doubt, however, that the volunteers will find a suitable tree and once the ship is complete, the intention is to launch her and tour the rivers, estuaries, shorelines and coastal waters, bringing a new appreciation of Anglo-Saxon skills and seamanship.

Your Editor took these last May when visiting the boatyard in Woodbridge to see the rebuild project. Fantastic work!

Visit to RYLA Centre

By Steph Mackentyre

On 23rd August, Robin and I along with Debbie Logan from the Next Generation Club and last year's RYLA candidates went to Grafham Water Centre to meet our two new candidates on day 2 of their 8 day course.

One Big Multicultural Festival

By Steph Mackentyre

Quick snap of the amazing helpers we had in the morning (plus Bill Pipe, who had left by then), and which included Robin's granddaughter Shamena. Our Rotary stall looked fabulous and the tombola was a success!

ROTARY NIGHT AT THE PROMS

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

Free tickets for over 60's.
To reserve, please contact:
David Knights
mail@davidbrown-ipswich.co.uk
07734 456380

Rotary
Club of Ipswich East

From the Archives: July 2023

By Tony Baker

Eva became the Editor of our Newsletter and noted that she had carte blanche to do what she wanted to do with Looks East. She hoped to live up to our expectations, especially as she was following on from Alan Forsdike who did such a wonderful job. It's working out extremely well so far.

George Woodward became our president at the Handover Meeting at the Tithe Barn at Sproughton.

George saw his time as president as being one of evolution, not revolution, retaining the best of what makes us a successful club, but adapting what we do and how we do it to reflect social change and thereby enable us to attract new members and to be a force for good in the Ipswich community. Wise words that saw us through a stormy debate about the ethos of revolution and evolution, to emerge stronger with a growing club and an expanding membership. Quite prophetically, George quoted our Queen Elizabeth who said in the depths of the Covid crisis, "Better days will return and we will be with our friends again". Better days have returned and continue and we are with our friends again and the club is stronger than ever.

George Woodward during his time as Club President in 2023-2024

George called upon the club to support Andy Lewis in his endeavours to support community projects.

The Orwell Challenge was held on 25 th June with almost 1000 people taking place despite very high temperatures. Both the beer tent and the ice cream vans did roaring trades, As usual, we received excellent feedback and notes of appreciation rom many participants and organisations. John Button was thanked for again leading the event.

Inner Wheel held their AGM at the Ipswich and Suffolk Club with Gavin Stone, CEO of 4YP as guest of honour. 4YP was the Inner Wheel charity for the year and Gavin was presented with a cheque.

Orwell Challenge Headquarters at Gainsborough as busy as ever

The Inner Wheel Handover Meeting was held at the Home of Ruth and John Goodship, when Ruth handed over the chain of office to Sandie Nicolls after a very successful term of office.

The Unknown Celebrity

Via Steph Mackentyre

Rotarian Rob Adams recently celebrated his 65th birthday, and to mark the occasion, he received this greeting card, to which he added the following:

"Being a lifelong Beatles fan, one of my friends thought it appropriate that John should be pictured alongside an unknown, but I suspect terribly underrated, vocalist in perfect harmony!"

That John guy sure was lucky to have such backup vocals! We hope you had a fantastic birthday, Rob!

A Moment of Pride for the Bakers

By Tony Baker

Our granddaughter, Isabelle, received the King's Commission as she passed out at The Britannia Royal Naval College at Dartmouth. She received an award as an outstanding Officer Cadet.

As a junior naval officer, she will study oceanography and meteorology before being assigned to an operational role.

The Twin Columns of Rotary

By The Almoner Team

The ideals of Rotary sit upon twin columns and they are Service and Fellowship.

Service

Our purpose as a Rotary Club is to unite business, professional and community leaders to provide humanitarian service, encourage high ethical standards in all vocations, and advance good will, peace and understanding around the world. That could be paraphrased that as privileged people, we are able to volunteer and put something back into our communities. The club continues to be involved in many, many community projects with both hands-on and financial support.

Fellowship

Meeting people provides profound therapeutic value by lowering stress hormones, triggering feel-good endorphins, and shifting focus away from internal worries.

Regular social contact fosters a vital sense of belonging, building emotional resilience, and validates our shared human experiences, which significantly reduces anxiety and depressive symptoms. Social connections can help us feel happier and more secure. Our meetings can provide a better sense of purpose, belonging and self-worth. Perhaps that's why Rotarians live such long healthy lives.

However, do we as a club maximise on the potential for the togetherness and belonging that fosters Fellowship? The club has introduced new styles of meetings and gatherings as we evolve and move forward, but do we as individuals make the effort to engage with a wide circle of Rotarians rather than the usual group that we socialise and sit with?

This article is not a criticism, it rather seeks to enhance and advance what is already a most successful Rotary Club.

The Club Almoner Team is Here for You

THE CLUB ALMONER TEAM

CARING. CONNECTING. MAKING A DIFFERENCE.

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.

A Very Special Celebration

By Eva Alcerreca

On this very day, Ian and Jenny Lord are celebrating their Diamond Wedding Anniversary, which marks 60 years since they got married. What a milestone.

Congratulations from all of us!

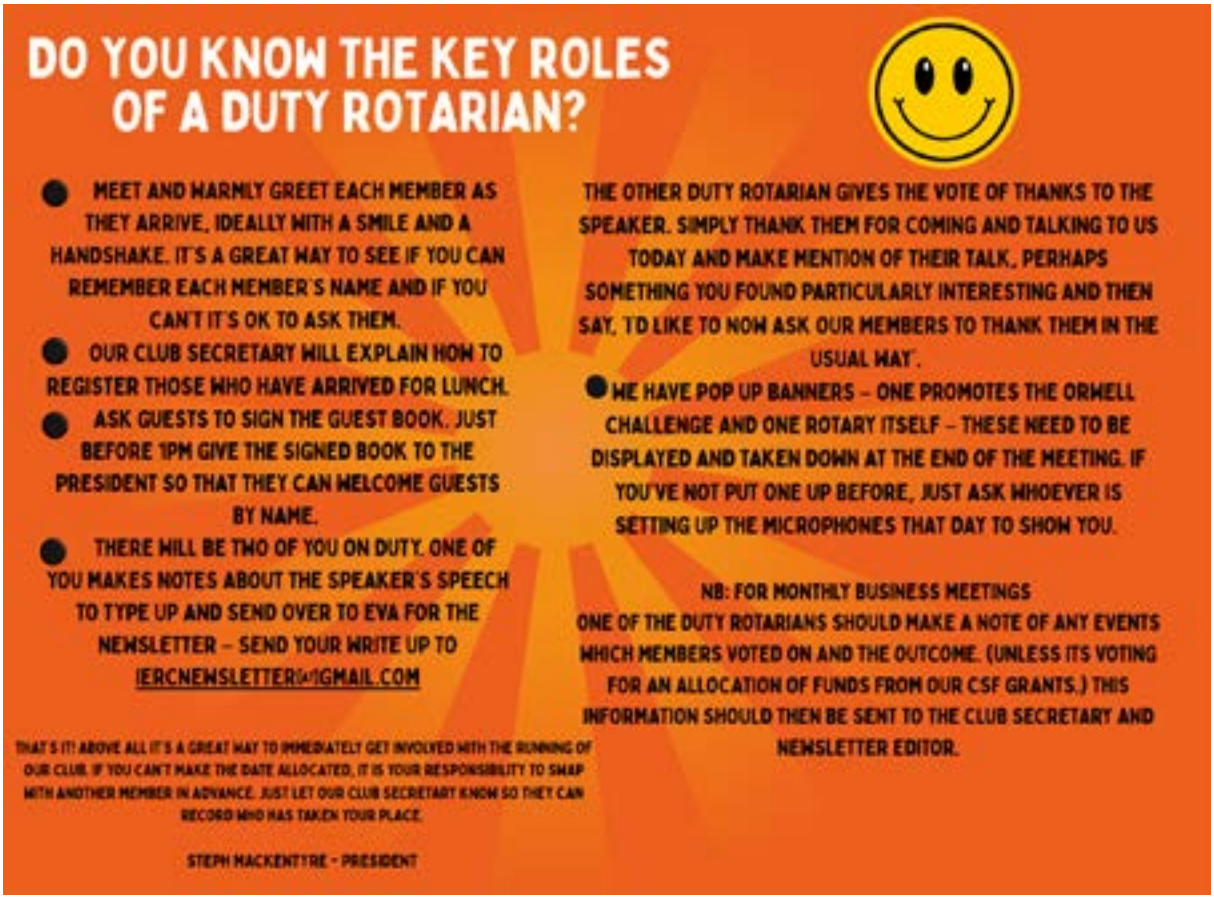
ONGOING COLLECTIONS

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.



ROLLING CALENDAR

Date	Event
4th - 6th September	**Utrecht Trip with Twinned Club of Bad Salzuflen.**
8th September	**Breakfast meeting: Steph Mackentyre - Ipswich Mass Twinning.** Details and registration via Wild Apricot.
15th September	**Speaker meeting: George Woodward - Community Support Fund.** Details and registration via Wild Apricot.
22nd September	**Business meeting.** Details and registration via Wild Apricot.
28th September	**New members evening.** 6:30pm at the Railway Inn in Westerfield. Partners welcome, no registration required.
29th September	**Fifth Tuesday - Croquet evening.** 5:00 to 7:00pm, light buffet supper on offer afterwards. Details and registration via Wild Apricot.

Date	Event
30th September	**Rotary Night at the Proms - Copleston High School.** Volunteers needed. Contact Andy Lewis.
6th October	**Speaker meeting: Robert Keus - London Great River Race.** Details and registration via Wild Apricot.
20th October	**Speaker meeting: John Cousins - Rewilding, a local and private initiative.** Details and registration via Wild Apricot.
27th October	**Business meeting.** Details and registration via Wild Apricot.
28th November	**Ukrainian Children's ChristmasWrap-a-thon 2026.** Details on page 13.
10th December	**Rock 'n Roll Panto: Cinderella.** New Wolsey Theatre, £24. Booking via Wild Apricot.

LUNCH MENU

Date	Menu*
8th September	English breakfast
15th September	Lancashire hotpot
22th September	Glazed gammon and pineapple

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

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, Lighthouse Women's Refuge redecoration. More information on email from Sec Robin dated 29th 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 challentes. 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.

- 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 ejoy 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 16th of September). Needless to say, I would be very grateful if members kept the deadline in mind for a timely publication of materials.
— Editor