Rotary Club of Ipswich East

CREATE LASTING IMPACT

LOOKS EAST

The Newsletter of the Rotary Club of Ipswich East - D1080 | 2026-27, Edition 5: 18th September 2026

UPCOMING MEETINGS

Tuesday 22nd September at 12:55pm
Business meeting
Menu: Glazed gammon and pineapple

Tuesday 29th September at 5:00pm
Fifth Tuesday: Croquet Evening
Ipswich Bowls Club

Tuesday 6th October at 12:55pm
Speaker meeting: Robert Keus - London Great River Race
Menu: Roast pork and crackling

Please check Wild Apricot and Secretary's emails for Duty Rotarians

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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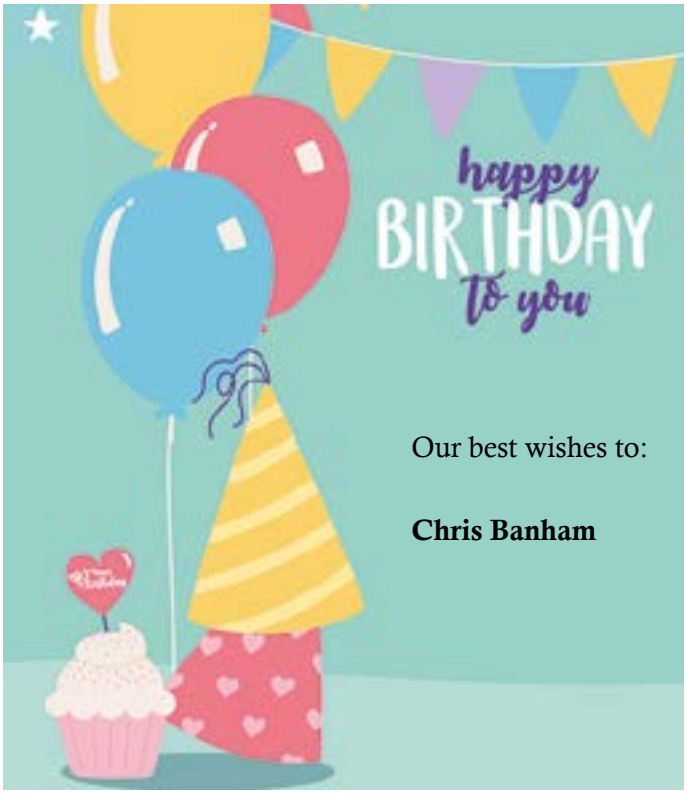


Our best wishes to:

Chris Banham

Newsletter editor: Eva Alcerreca
iercnewsletter@gmail.com

Steph Mackentyre - Ipswich Massachusetts Twinning

By Allan Gosling

On the breakfast meeting of 8th September, after enjoying a really good English traditional breakfast, we were treated to a video of 10 minutes showing the most recent visit to Ipswich USA.

Mark Murphy told us of his visits to Luxembourg when in the Round Table followed by visits to Germany as well as the USA with Rotary; he thinks twinning is fantastic and so good to be with new friends. Liz Harsant told of her exchange visits to USA and spoke of such good friends, twinning from her is fully recommended. Leslie Murphy told us of her first twinning with Round Table to Luxembourg and now such good times to USA with Rotary. She enjoys the company of new friends.

David Chittick spoke of his visits to Germany, one of the best things he has done in Rotary. Bill Pipe spoke of doing Twinning for over 50 years to both Germany and USA, and of hosting the BBQ at his farm.

Lewis Tyler spoke of twinning with Ipswich Australia, then we tried a twin with Holland but this was dropped when we twinned with Germany. Jeremy Doncaster spoke of his parents' links to Germany, as his mother was German and it was them who chose Bad Salzuflen. Steph Mackentyre concluded by telling us of the recent twinning with Germany in Utrecht, and told us of a letter just received from the President in Ipswich USA.

The meeting closed at 8:50. By this time, Peter Moss had still not turned up.

Mr Barnett about to enjoy a hearty breakfast

Lewis Tyler - Radio Times

By Bob Parker

On 15th September, a select gathering were treated to a brisk journey through the radio programmes, and those who participated and presented them, from pre-war to the 80s. Many of the programmes I could recall, and obviously Lewis Tyler who gave the talk went back even further, as I am sure memories were resurrected among other Rotarians of a similar vintage.

Most of the programmes were comedies, such as “Life with the Lyons”, “Navy Lark” or quiz orientated. It was interesting that many of those involved had learnt their craft from the forces entertainment, who had a large contingent of entertainers to keep the forces spirits up throughout the war and other difficult times.

Many of the comedians, such as Bruce Forsythe and Michael Bentine, learnt how to master the art of quick wit with live audiences at the Windmill Theatre, this being a testing ground for stand-up comedy, from where many of the greatest names learnt their craft.

The last proving ground for comedy was from participants of the Cambridge Footlights, who are still Britain's oldest student sketch comedy troupe. Names such as Peter Cook and the cast of Monty python and the Goodies sprung from there. These comedians fuelled the trend for satirical and surreal comedy that captured the British imagination of the 1960s and 1970s.

When TV eventually arrived, many of the names

became screen celebrities and household names, such as Jimmy Edwards. These skilled people adapted what had been a hit on radio into even bigger hits on TV.

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[at]GMAIL.COM

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

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.

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 2020

By Tony Baker

Liz Harsant became our president in 2019, and 86 people attended the Handover Meeting at the Tithe Barn in Sproughton. It is recorded that the barmen were kept busy at the reception and during an excellent buffet meal.

Outgoing president David Knights said how much he had enjoyed his year and was proud of what he had achieved. He commented about the excellent speakers that Mark Murphy had invited to our lunch time meetings. David honoured Jo Banthorpe with a Paul Harris Fellowship for her service to our club and for her charity work.

David warmingly introduced Liz as our new president. Liz gave an engaging speech and talked about her plans for the year which included a visit to Ipswich Massachusetts, a visit from our twin club in Bad Salzuflen and plans to create a Giles Museum and Trail through Ipswich.

David Knights hands over the presidency of the Club to Liz Harsant at the Tithe Barn in Sproughton

IPSWICH EAST

FROM THE ARCHIVES

Jo Banthorpe receives her Paul Harris Fellowship

The new Senior Vice President, David Chittick, with his wife Patricia

The President's BBQ was held at Waldringfield. John Hutton and Eric Barnett manned the bar and Toby, Steve Runnacles and Bob Parker cooked the meat "beautifully". Delphine Jarman joined us to celebrate her 90th birthday. Liz spoke about the Orwell Walk, which was the idea of her husband Derek, and who was ably assisted by Geoff Ramsdale.

Ian lord was awarded a Paul Harris Fellowship for his outstanding contribution to Rotary and to the wider community

Cheques from the Benevolent Fund were presented to Melissa Day of the Tea Leaf Trust, which ran education centres for the youth of the poorest tea estate communities in Sri Lanka, and to Alison Smythe of the Tower Street Print Project.

The History Corner

By John Barbour

A few thoughts about spending a penny

That humble penny in your pocket was once far from being humble. It was indeed a very proud coinage with an interesting heritage.

Now, since the changeover to decimal coinage in 1971, it became 1/100 of a pound; those of us from the pre-decimal era will remember tendering copper pennies on the bus on our way to school maybe, a far cry from the pennies origin with Offa Rex (of Offa's Dyke fame) in Saxon times, when a blank disc of silver was struck between two engraved dies with a hammer. That kind of manufacture is known as hammered currency. One question remains: who was able to engrave the dies used for such small coinage?

In the following discussion, we will deal with hammered coins made with silver, though gold also

could be the material used. The manufacture of coins continued that way for hundreds of years until the sixteenth century, when a limited number of hand presses came into operation.

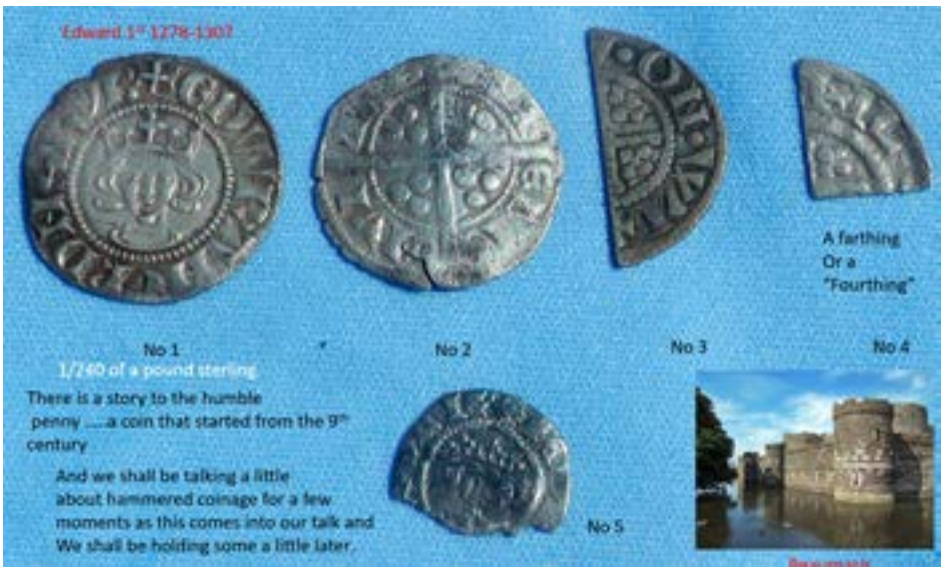
The silver pennies continued into the era of the Henries, which had little or short crosses on one side of the coin and the king's head on the other.

This short cross gave a problem in that naughty folk were clipping the coinage and selling the silver on the side.

Edward I attempted to solve that by extending the cross outwards, so that if the cross was damaged, the coin would no longer be legal currency.

Barrels of these pennies were made to pay the masons who built the castles on the Welsh Marches and the Cathedrals. It was the only currency.

Originally, in pre-decimal days, 240d equalled £1.00 because 240 Edward I pennies weighed one pound weight. But Edward I had another problem in that there was no official small currency, so folk started to cut the penny into sections; this is where we got, in the old days, that four farthings make one penny!



Only later did the mints start to make round or oval farthings or "fourthings". These silver pennies or fractions are quite common finds for detectorists, as so many were manufactured.

During the reign of Edward I (1272–1307), a common agricultural labourer typically earned between 1 and 2 pence (d) per day in cash if their employer provided food and drink, or about 2 to 3 pence without. A skilled farm worker, such as a ploughman or shepherd, could earn closer to 3 to 4 pence a day.

Let's move forward a few hundred years to the

time of George III and 1797, when the forging of the currency was a problem and, in an attempt, to control this, a new coin was created: The Cartwheel Penny, which weighed in at one ounce of pure copper. The two pence coin was two ounces.

However, the weight of these in the pocket or purse was considerable, and the cost of the copper itself brought about a decrease in the size and weight to what we enjoyed before decimalisation.

Moritz from Bad Salzuflen at the Rotary Action Summit

Via Eva Alcerreca

When Moritz messaged me to wish us a good time in Utrecht, he said he was sorry he couldn't join us because he was attending the Rotary Action Summit in Palanga, Lithuania instead.

It looks like it was a very successful event, and Moritz got to rub shoulders with Yinka Babalola, this year's Rotary International President. Not bad at all!

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.

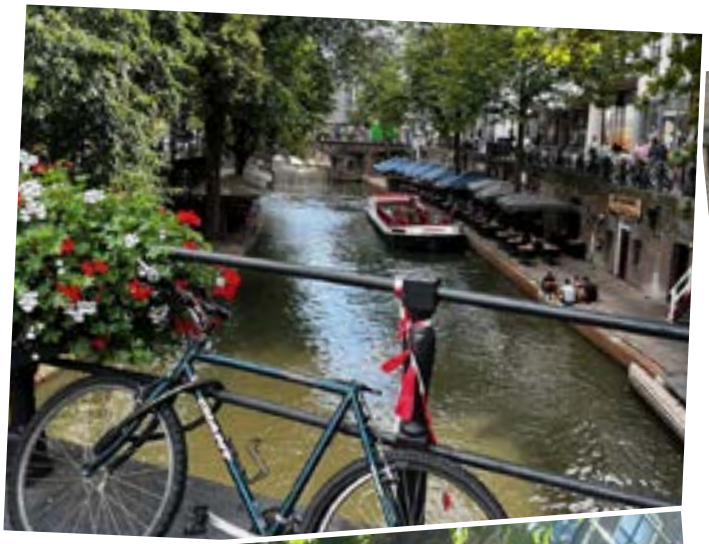
Any relevant information to Ray please.

Visit to Utrecht with our Friends from Bad Salzuflen

By Eva Alcerreca

We had a fantastic weekend in Utrecht earlier this month, despite the airport chaos that added quite a few hours to our trip! Due to that, Friday was spent solely getting to the hotel and settling in, but at least we still had all of Saturday and a good chunk of Sunday to enjoy the city.

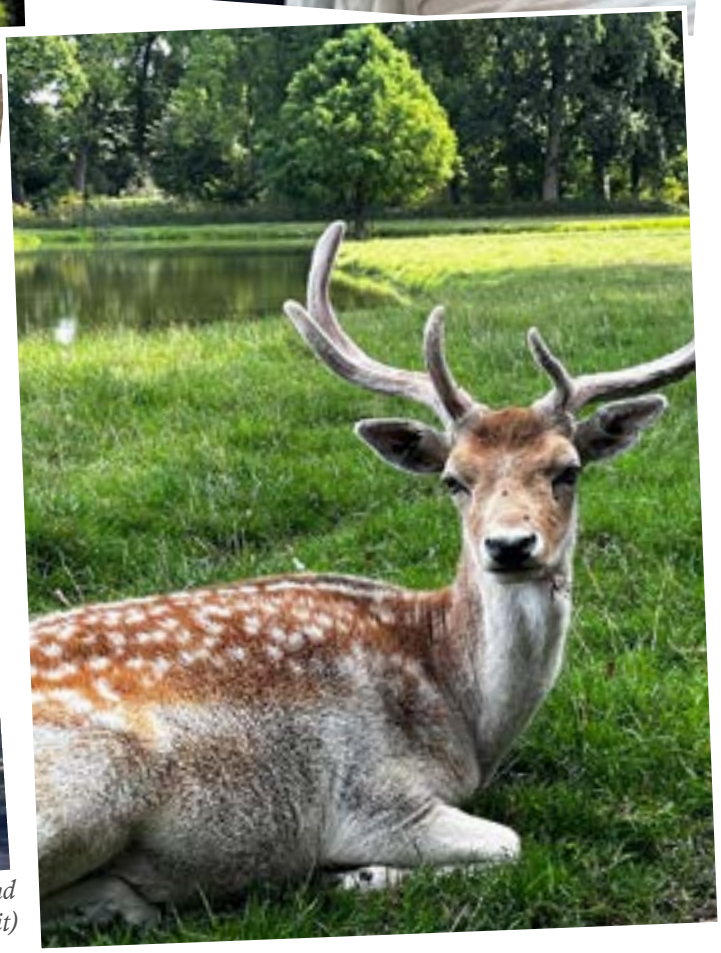
On Saturday, we met the full German contingent for lunch at an Italian place, after which we took a canal cruise, enjoying the perfect weather and the amazing views. Afterwards, we all had a chance to wander about and see the town centre before meeting up for dinner at a Korean BBQ restaurant.



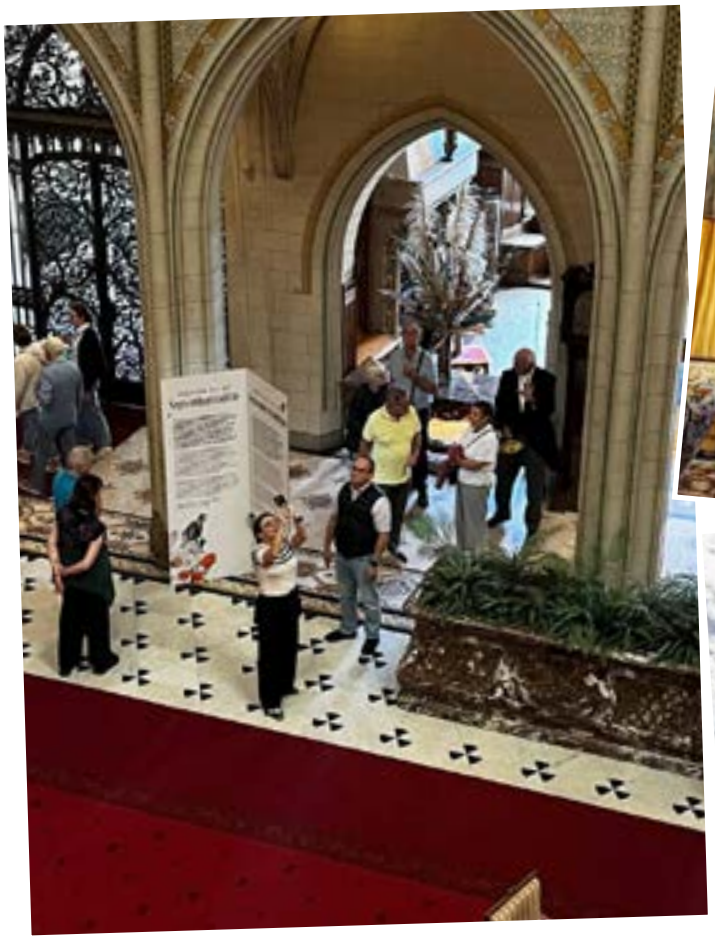
On Sunday, after another hearty breakfast at the hotel, we headed to Kasteel de Haar, the largest castle in the Netherlands, which although dates back to 1391, was fully rebuilt in 1892 as a medieval castle, but will all modern amenities. It is an incredible site to visit, and I think we would all highly recommend it.

After that, it was time to say goodbye and to start our way back to Ipswich, and we were lucky enough to have our lovely German friends give us a lift to Schiphol airport, as they all drove from Germany.

As always, it was a pleasure to see members of our twinned Club, and hopefully many more members of both sides will take part next time!



There was even a maze at the Kasteel de Haar! (Here, Matt and James in the centre of it)



Our dear President Steph decided to keep the gallivanting going, and sent us this photo from the Lake District, where she is currently enjoying a lovely, albeit rainy, time with Steve and doggy Ruby.

ROLLING CALENDAR

Date	Event
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.
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.

Date	Event
13th October	**Speaker meeting: Sophie Mills and Sarah - Bookbanks.** Details and registration via Wild Apricot.
14th October	**Pub night - Marinero Lounge.** 6:30pm onwards. No reservation needed, just drop in!
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.

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.

LUNCH MENU

Date	Menu*
22nd September	Glazed gammon and pineapple
6th October	Roast pork and crackling
13th October	Salmon fillet

*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 7th of October). Needless to say, I would be very grateful if members kept the deadline in mind for a timely publication of materials.
— Editor