

# LOOKS EAST

The Newsletter of the Rotary Club of Ipswich East - D1080 | 2024-25, Edition 9: 26th October 2024

## UPCOMING MEETINGS

Lord Nelson Pub

Tuesday 29th of October at 6:30pm  
**Fifth Tuesday - Eerie tales with Ed Nicholls at the Lord Nelson pub**  
*Food and drinks to be ordered directly from the pub on the evening*  
*D.R.: None*

Ipswich Bowls Club

Tuesday 5th of November at 12:55pm  
**Speaker meeting: Sue Wilcox - Director Magazine**  
*Menu: Roast pork & crackling*  
*D.R.: Bill Pipe & Toby Pound*

## CLUB OFFICERS 2024-25

<i>Acting President</i>	George Woodward
<i>Sen vice-president</i>	Steve Flory
<i>Junior vice-president</i>	Steph Mackentyre
<i>Immediate past-president</i>	George Woodward
<i>Secretary</i>	Robin Needham
<i>Treasurer</i>	Neill Keveren
<i>Club service</i>	Steve Flory
<i>Community service</i>	Andy Lewis
<i>Foundation</i>	Bob Parker
<i>International</i>	Mark Murphy
<i>Vocational</i>	Ed Nicholls
<i>Almoner</i>	Elizabeth Hughes

## ON THIS ISSUE...

Recent meetings and events	2
Announcements	4
Rolling calendar	7
Upcoming projects updates	7
Duty Rotarians and Lunch menu	8
Ongoing collections	8
Where have Rotarians been?	9

Newsletter editor: Eva Alcerreca  
[iercnewsletter@gmail.com](mailto:iercnewsletter@gmail.com)



## David Matthews - 825th Celebrations of Town Charter

By George McLellan

After a career in education, culminating in eleven years as a headteacher of a secondary comprehensive school in South London, David Matthews moved to Ipswich in 2021. As churchwarden at Ipswich's civic church of St Mary le Tower, he is heavily involved in the church's redesignation as Ipswich Minster in January 2025 and the plans, led by the church, for the Ipswich Charter 825 Festival in June 2025.

David enthralled us with a potted history of our town and explained that 825 years ago, King John (you'll remember him: the bad king in Robin Hood's Day) was short of money. There were wars to fight, barons to bribe and appearances to keep up.

Until then, and without a charter, the town would remain within the feudal structure, in Ipswich's case wholly obedient to the Sheriff of Suffolk. A Royal Charter would release the new class of merchants and tradespeople from the authority of the aristocracy. They would be allowed to control their own economic affairs, trade with Europe, managing exports and imports as well as holding regular markets for local people.

So, in 1200 A Royal charter was granted to Ipswich and is one of the oldest royal town charters in England's history, it even precedes the Magna Carta by fifteen years!

The Charter would cost Ipswich 100 silver shillings a year more than the sheriff had paid the king for the privilege of ruling Ipswich. So, the sheriff lost out, King John did very nicely thank you and went off keeping up appearances and quelling rebellions in France.

The town of Ipswich was to be run by a Bailiff (a sort of mayor and magistrate), it had its own coroner, and its business was determined by twelve portmen, one from each parish in the area. So essentially, Ipswich in 1200 became a representative democracy.

One of the first decisions by the portmen was the design of the town's seal. This featured a



boat, essential for trading with Northern Europe. Within a hundred years the town had joined the Hanseatic League, an association of towns spread across Northern Europe and Scandinavia, working together for their mutual prosperity.

St Mary le Tower is to be designated Ipswich Minster in January. Spearheading a festival to commemorate Ipswich's great history is one way in which the church can boost the town's profile. We, the citizens of Ipswich, have another chance to rekindle the spirit of those first twelve portmen who rose to the challenge of forging their town's destiny amidst all the turmoil of the Middle Ages.

The church has commissioned activity packs for every school in Ipswich. Competitions for poetry and art, inspired by the charter and its significance, will follow. There will be celebrations in the town centre during the week beginning 21st June 2025. The church invites every organisation in Ipswich and every cultural community to engage with them and to use the free logo to 'badge' their activities.

Publicity is being managed by [www.ipswich.love](http://www.ipswich.love) The support Rotary has given St Mary le Tower in the past is hugely appreciated. Any support or sponsorship which can be given to the 825 Festival will also be valued. It could be that one of the prizes in the competition could be funded by the Club. Perhaps there are members interested in managing different initiatives like decorating every empty shop window. Let's think ambitiously. It could be that Ipswich 825 turns into an annual festival, putting Ipswich on the tourist map as a cultural centre, bringing visitors and investment.

# Samantha Fulcher - Keeping fit

By Lesley Dolphin

Our Rotary lunch talk on 15th October was given by Samantha Fulcher of Gilmour Piper based in Ipswich. She has recently graduated from the University of Suffolk and is a personal trainer specialising in Strength and Conditioning. Sam's talk was about the importance of exercising as we get older to maintain muscle. She has kindly allowed me to take the main points from her talk which you can read below. Her mum - our own 82-year-old Liz Harsent - featured in the address as a great example of how to keep fit and moving by climbing the stairs everyday!

Did you know that a person of over 85 can build muscle as fast as someone of 65? In a recent study comparing how effective strength training is in people over 85 years old compared to a group of 65-75 year olds, it was discovered that both groups made good gains with virtually identical effects in muscle growth. The effects of age are majorly overrated by many people. The vast majority of the negative effects of age are due to lack of use and an unhealthy lifestyle, not age per se. The research is clear: the more muscle mass you have, the greater your survivability against nearly every disease.

As we get older, we start to lose our fast twitch muscle fibres responsible for explosive power and strength. That is the hall mark of aging - the atrophy of that type 2 muscle fibre. This can be attenuated with resistance training. Lifting weights is essential for everyone at any age. One of the big misconceptions is as you get older you shouldn't be lifting weights, which is completely incorrect. Another misconception is women shouldn't be lifting weights, which is also not true.

According to NICE statistics (National Institute for Clinical Excellence) the number 1 cause of injury-related death in people over 65 is from falls. 1 in 5 of these falls results in a serious injury or head injury. 70 to 75,000 hip fractures occur annually in the UK in older people; 95% of all hip fractures are caused by a fall. The average age of this is 77.

When you're 80 years old, if you lose your footing slightly – let's just say you're stepping off a kerb and you lose your balance – you need to be able to



*SVP Steve with Samantha Fulcher (left) and proud mum Liz*

react with enormous force. So much of the injury we see in people as they age is the direct result of the atrophy of that powerful fast to fatigue muscle fibre. But If you train it, you can maintain it. If we can maintain some strength in our muscles, we wouldn't fall in the first place. We would be more able to pick up our feet while walking. We would be able to counteract or prevent a stumble. So, what can we do about our steady decline in muscle mass as we age? Exercise - in particular resistance training and lifting.

For women approaching menopause or post menopause, with the added loss of oestrogen, their muscle mass takes a rapid decline. Oestrogen is a key driver to strength and power. Loss of oestrogen also accelerates loss of bone mineral density. So it's really important for women of this age to strength train and lift heavy weights to evoke a nervous system response.

So what do you need to do today so that at 90+ you can still be vibrant?

Don't take the easy option. That's what we are conditioned to do. If there's a lift or escalator, choose to take the stairs. Try to get 150 minutes per week of moderate intensity exercise or 75 minutes of vigorous intensity or combination of both. Build strength at least 2 days a week. Minimise sedentary time.

Conclusion:

**Exercise is truly a panacea.**

# ANNOUNCEMENTS

## NOTICE

Following Ewan Dodds' decision to resign as 2024/2025 Club President, Club Council met on 14th October to discuss interim presidential arrangements for the remaining eight months of this Rotary year. Council's recommendation that Immediate Past President, George Woodward, should become Acting President until 31st March 2025 with present SVP, Steve Flory, taking over as Acting President from 1st April to the end of the Rotary year was put to a very well attended business meeting on 22nd October by SVP Steve and unanimously approved by members present with no votes against or abstentions.

Existing arrangements for Steve Flory to serve as Club President for the 2025/26 Rotary year and JVP Steph Mackentyre for 2026/7 will be unchanged.

Steve and George both thanked members for expressing their confidence in them fulfilling the role of 'Acting President' and Steve then invested George with the presidential chain of office and handed over to him the chairing of the remainder of the business meeting.



The big launch for the Orwell Challenge 2025 will take place on 3rd December!

If you know of any charities that would be interested in attending the event, please contact Secretary Robin at [rotaryipseastsecretary@outlook.com](mailto:rotaryipseastsecretary@outlook.com) or Text/WhatsApp at 07599 971839 by Monday 25th November.

We will have the official launch of next year's Orwell Challenge, a guest speaker, and a free hot buffet for guests.



# The Orwell Challenge



29th June 2025  
48th 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 marathon, half marathon or ultra marathon (55k)

[www.orwellchallenge.co.uk](http://www.orwellchallenge.co.uk)



In association with

**MCP plc**  
Port Community Systems

Organisers

**Rotary**   
Club of Ipswich East

Media partners

**BBC**  
**RADIO SUFFOLK** **EAST ANGLIAN**  
DAILY TIMES

Ipswich East Rotary Club - Registered Charity No. 1088961



# Charity Christmas Ball

With special guests **ABBA MAGIC**  
and **Father Christmas!!**

Saturday 16th November

Venue 16, Ipswich

7:00-7:30pm arrival

Carriages midnight

Arrival drink

3 Course sit-down meal

Heads and Tails, Raffle and Auction

£75 per person

Table of 10 for £700

Book your place through our website

[www.cancersupportsuffolk.co.uk](http://www.cancersupportsuffolk.co.uk)



# ROLLING CALENDAR

Date	Event
29th October	<b>Fifth Tuesday - Spooky pub night.</b> Eerie tales by Ed Nicholls at the Lord Nelson pub, from 6:30pm. Food and drinks to be ordered from the bar at your own expense.
5th November	<b>Speaker meeting:</b> Sue Wilcox - Director Magazine. Details and registration via Wild Apricot.
12th November	<b>Speaker meeting:</b> Paul Finch - Red Trousers Charity. Details and registration via Wild Apricot.
19th November	<b>Speaker meeting:</b> TBC. Details and registration via Wild Apricot.
26th November	<b>Business meeting.</b> Details and registration via Wild Apricot.
29th November - 1st December	<b>Visit to twinned Club in Bad Salzflun, Germany.</b>

Date	Event
3rd December	<b>Orwell Challenge 2025 launch</b> - Please see details on page 4.
3rd December	<b>Deben RC Christmas Carols Concert</b> - Tuckwell Room (Woodbridge School), 7:00 for 7:30pm. Tickets are £10 (including £6 charitable donation), and there will be mince pies. Bring your own drinks and nibbles, but please be advised Woodbridge School is totally nut-free. To attend, contact Tom Griffin at <a href="mailto:tkdgriffin@gmail.com">tkdgriffin@gmail.com</a>
10th December	<b>Speaker meeting:</b> Ed Nicholls - Halloween. Details and registration via Wild Apricot.
12th December	<b>Rock n' Roll Pantomime at the New Wolsey Theatre</b> - Sleeping beauty. Pre-booking via Wild Apricot, approximately £25 per person.

**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.

## 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!

**- Planting day for Eden-Rose Coppice Trust**  
 - We have been invited to plant around 200 bare root hedge saplings along their fencing (which was a requirement of the purchasing the wood) at Brickmakers Wood, located between Back Hamlet and Suffolk College. The intention is to work in conjunction with Kings Avenue residents, so it is a Rotary/Community joint project. Andy Lewis is looking for volunteers willing to get a bit dirty for a

day planting saplings along the fence (which will be provided by The Woodland Trust), and the project will take place in November, date to be confirmed nearer the time. Please let Andy know if you can help.

**- Cellar clearance project for Cancer Support Suffolk** - This will take place on Monday 28th October from 10:00am. If you can help, please contact Andy Lewis as soon as possible.

# DUTY ROTARIANS AND LUNCH MENU

Date	Duty Rotarians	Menu*
29th October	Not required	Order your own food and drink at the Lord Nelson
5th November	Bill Pipe Toby Pound	Roast pork & crackling
12th November	Bill Robinson Mick Rudkin	Steak & ale pie
19th November	Steve Runnacles Peter Shepherd	Moussaka
26th November	Lucy Trenchard Lewis Tyler	Shepherd's pie

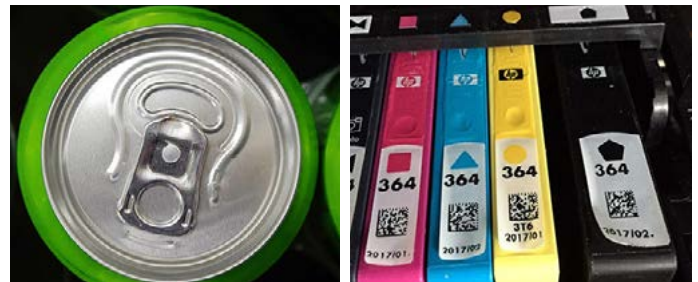
If you're unable to be a duty Rotarian, remember it is your responsibility to look for a replacement, and please notify our Secretary Robin as well as Steve Flory of any changes.

\*Dietary requirements/Vegetarian option available upon request, please contact Steve Flory at [steve.flory@hotmail.co.uk](mailto:steve.flory@hotmail.co.uk)

## 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).



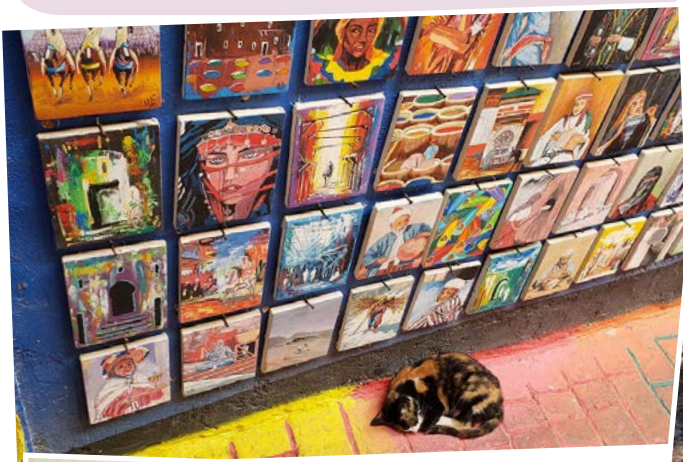


# WHERE HAVE ROTARIANS BEEN?

## SELF-INDULGENESS ALERT!

Since I didn't receive any miscellaneous information from anyone, and I had a page to fill out, I decided to launch this new little section, which on this occasion only includes photos I took from our recent holiday to Fez in Morocco.

I would like to encourage members to share snaps from the cool places they visit and things they see, be they far or close, so we can always have a little glimpse of what members are up to!



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 1st of November).*

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

STAY PAWSITIVE!



LINGVISTOV.COM