



# LOOKS EAST

The Newsletter of The Rotary Club of Ipswich East

Edition 11-2020 : 28<sup>th</sup> April 2020

CLUB OFFICERS—2019/20

President: Liz Harsant

President Elect: David Chittick

Vice President: Jo Banthorpe

Secretary: Tony Baker

Asst Secretary: Martin Westlake

Treasurer: Neil Hewitt



**May**

Peter Moss  
Chris Leggett  
Tony Dodds  
Tony Baker  
Mark Murphy  
Lucy Trenchard  
David Knights  
Bob Izzard  
John Clements  
Catherine Forsdike

## Two firsts for Ipswich East Rotary Club

### Virtual Pub Night on 'Zoom' Thursday 30th April at 6.30pm

#### PROGRAMME

Welcome Address from our Club President who will explain basic Zoom etiquette (*this is very important for all our sakes*).

We'll then 'breakout' into smaller groups to chat for 10 mins and share things like skills you've learned or honed during lockdown; any tenuous claims to fame people might have, famous people they've met, etc. all for fun.

After that, we'll come back together for summing up and close

*This will be a fairly short initial meeting to help get people accustomed to the technology.*

#### **You were emailed details of how to log-in by Hon Sec Tony Baker**

A 'Beginners Guide for Zoom' for newcomers prepared by Catherine Forsdike was also circulated. The essential bits of that guide are reproduced on the next pages.

**For reasons of security, the log-in details cannot be shown here so you will need to find Tony's email which contains them.**

**Please don't put off reading the guide until just before the meeting. Do it now so you have the app loaded on your device and have had a chance to familiarise yourself with it.**

*Lots of you will have already been using it for work and to contact family (see the Dodds family in action on page 8!).*



### **Zoom is very easy to use - honest!**

**If you need help, ring Catherine on 07593 029430 or Alan on 07842745160.**

## **Virtual Quiz Night on 'Zoom' Thursday 7th May, 6.30pm**

A fun informal quiz, no prizes. Quiz Master: Catherine Forsdike scorer Alan Forsdike.  
(remember her word is final so no disputes will be entertained!)

*And assuming all that works well we will have a...*

## **Virtual Club Meeting on 'Zoom' Tuesday 12th May, 6.30pm** (possibly repeated fortnightly)

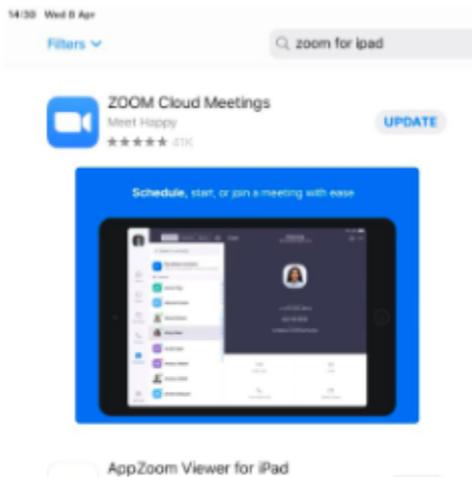
AGENDA: Welcome address by President, notices, birthdays, etc., 10-minute breakout groups for informal chat Guest Speaker 15/20 mins, Summing up, Final toast.

## **Club Council on 'Zoom'- Tuesday 19th May at 6.30pm**

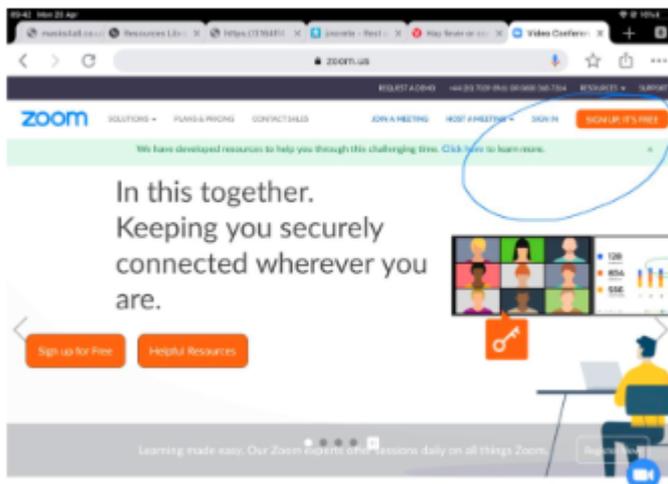
## A Beginners Guide to 'Zoom'

Instructions to Download and use Zoom on a tablet/iPad or smartphone/iPhone or a Mac/laptop computer.

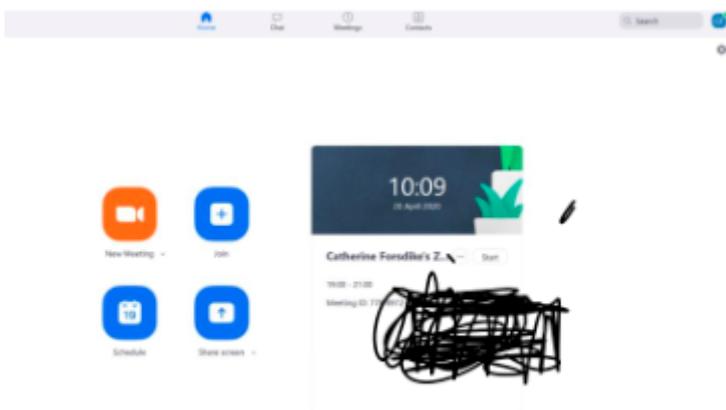
1. On iPhone and iPad Download the free 'Zoom' application (app) from the App Store. A similar app is available for android phones.



2. On a Mac/computer go to <https://zoom.us>. Click on 'SIGN UP, IT'S FREE' which I've circled blue...



3. When you've signed up, the Zoom page should look something like this:



4. If you haven't used Zoom before it might be an idea to tap on **'new meeting'** which will show you what you look like on the screen.

Once you see yourself, you can think about the best place to position yourself and your device.

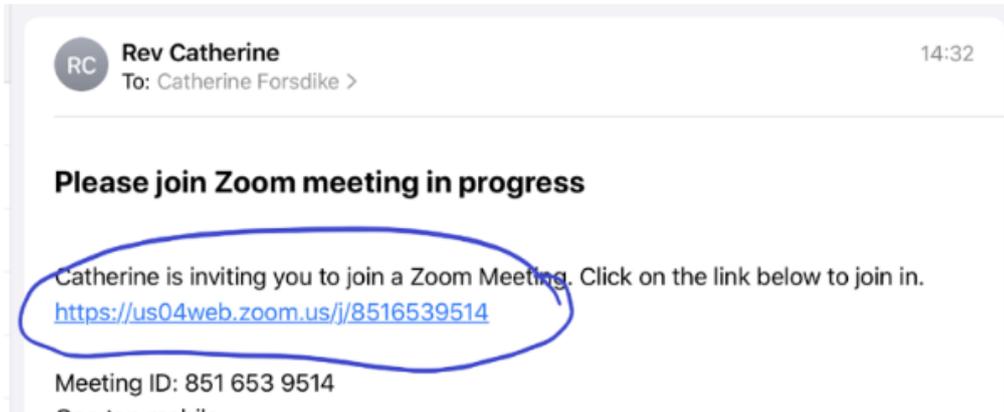
If you are using a phone have it in **landscape** view.

Try to have your eyes level with the camera (otherwise we will be looking up your nose!)

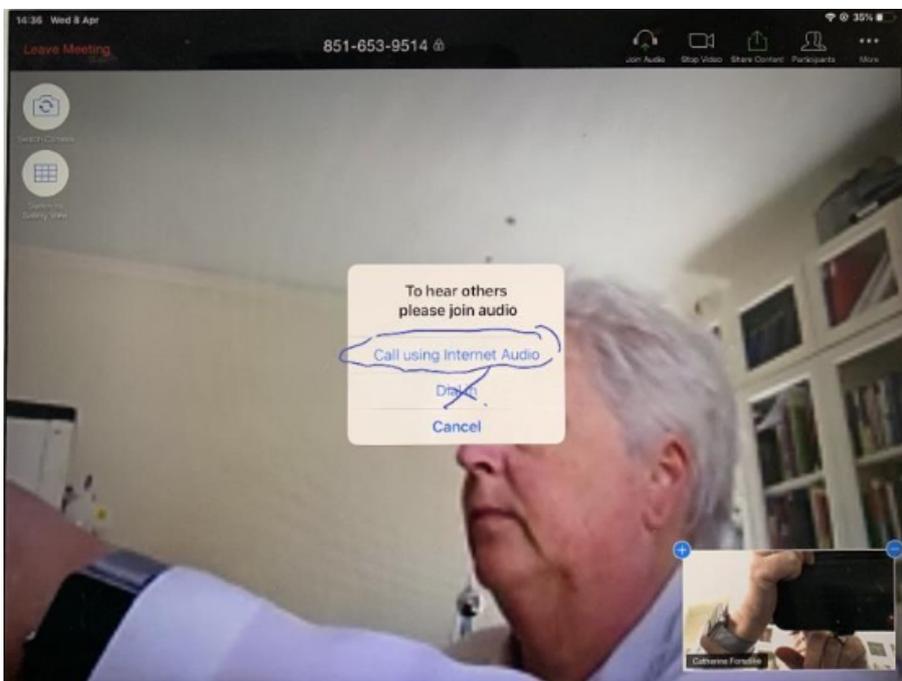
Think about lighting: avoid sitting with your back to a window or you will be in silhouette.

[Once you have finished getting used to positioning yourself and your device, just click on **'leave meeting'**.

5. When we do a call for real, the person hosting the meeting will send you an email inviting you to attend. Just before the meeting time click or tap or click on the link in the email just before 18:30. It will probably look like this: (ignore all the stuff that appears after the Meeting ID...



6. If you have successfully downloaded Zoom it will open automatically and should look something like this:



You may be asked to wait until the host lets you into the meeting. (This is to stop interlopers!)

Once you've been let in it should look something like the screenshot below. (You should see yourself on the screen). Tap on the option **'Call using Internet Audio'** as shown above.

7. To see pictures of everyone in the meeting tap or click on **'gallery view'**.



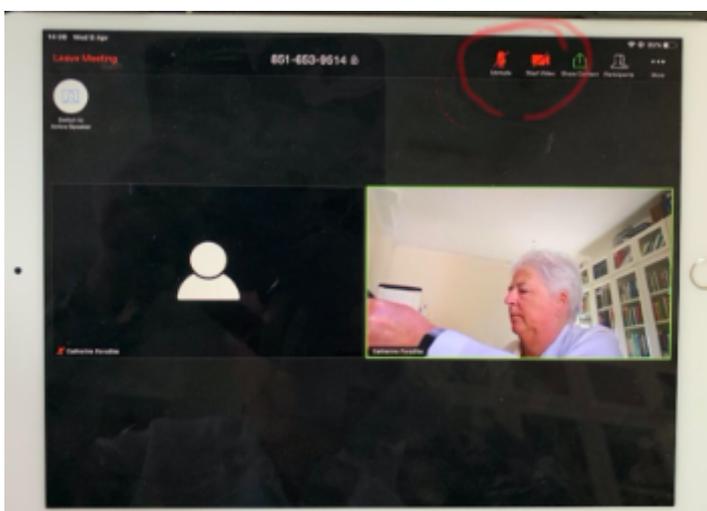
This screenshot shows where it is on an iPad (circled blue on the left-hand side).

On a computer it may be in the top right hand corner of your screen. [Alternatively you can use alt+F2 on a Windows computer.]

9. You should now be able to see and hear everyone and your screen will look something like this:



Sometimes the meeting might start with your camera and/or audio turned off. If so, the screen will look something like this.



Just tap the camera or microphone symbol with the red cross through it and they will turn themselves on. On a computer, these symbols may be in the bottom left hand corner.

**Please mute your microphone when you are not talking.**

This also cuts down on extraneous noises such as dogs barking, telephones ringing, and so on.

11. When the meeting ends or if you want to leave the meeting just click or tap **'leave meeting'**

6. Have fun!

**Lewis Tyler writes:**

I take this opportunity of very belatedly thanking all members of Ipswich East for the many letters, cards, e-mails, telephone and personal calls sent to me and my family over the loss of Mitzi - very much appreciated.

Editor Alan is showing below what should have been her Celebration Service at Great Wenham Church. This was hastily transferred to the Ipswich Crematorium and performed by our old friend Roy Tricker in his usual inimitable and excellent manner.

Mitzi had actually outlined the Service herself.

Also many thanks to those members who disregarded the official advice and supported our family on the day.

I am now re-adjusting my routine and have very many happy memories of our time together - in fact we knew each other for over 86 years since we first met in our prams!

A SERVICE OF CELEBRATION  
FOR THE LIFE OF  
**MITZI ANN CHILD TYLER**  
10th September 1933—1st March 2020



St John's Church, Great Wenham  
Thursday, 19th March 2020 at 11.30 am

**ORDER OF SERVICE  
CONDUCTED BY ROY TRICKER**  
\*\*\*

**ENTRANCE MUSIC**  
ON THE NATURE OF DAYLIGHT  
BY MAX RICHTER  
\*\*\*

**SENTENCES OF SCRIPTURE**  
\*\*\*

**INTRODUCTION AND OPENING PRAYER**  
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**HYMN**  
Now thank we all our God with heart and hands and voices,  
who wondrous things has done, in whom his world rejoices;  
who from our mothers' arms has blessed us on our way  
with countless gifts of love and still is ours today.

O may this bounteous God through all our life be near us,  
with ever joyful heart send blessed peace to cheer us,  
to keep us in his grace, and guide us when perplexed,  
and free us from all ills of this world in the next.

All praise and thanks to God the Father now be given,  
the Son and Spirit blest, who reign in highest heaven  
the one eternal God, whom heaven and earth adore;  
for thus it was, is now, and shall be evermore.

\*\*\*

**TRIBUTE  
LIFE AND TIMES**  
  
Lewis Tyler

**FAREWELL TO STROMNESS BY PETER MAXWELL DAVIES**

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PSALM 121

I will lift up mine eyes unto the hills, from whence cometh my help.  
My help cometh from the LORD, which made heaven and earth.  
He will not suffer thy foot to be moved: he that keepeth thee will not slumber.  
Behold, he that keepeth Israel shall neither slumber nor sleep.  
The LORD is thy keeper: the LORD is thy shade upon thy right hand.  
The sun shall not smite thee by day, nor the moon by night.

\*\*\*  
FROM THE HEART  
Simon Tyler  
\*\*\*



**HYMN**  
Lord of all hopefulness, Lord of all joy,  
Whose trust, ever childlike, no cares could destroy,  
Be there at our waking, and give us, we pray,  
Your bliss in our hearts, Lord,  
At the break of the day.

Lord of all eagerness, Lord of all faith,  
Whose strong hands were skilled at the plane and the lathe,  
Be there at our labours and give us, we pray,  
Your strength in our hearts, Lord,  
At the noon of the day.

Lord of all kindness, Lord of all grace,  
Your hands swift to welcome, Your arms to embrace.  
Be there at our homing, and give us, we pray,  
Your love in our hearts, Lord,  
At the eve of the day.

Lord of all gentleness, Lord of all calm,  
Whose voice is contentment, whose presence is balm,  
Be there at our sleeping, and give us, we pray,  
Your peace in our hearts, Lord,  
At the end of the day.

\*\*\*  
**POEM**  
**THE GARDEN OF PROSERPINE**  
by  
Algernon Charles Swinburne  
Sarah Partridge  
Chloe Partridge  
Rachel Davidson



**HYMN**

And did those feet in ancient time,  
Walk upon England's mountains green:  
And was the holy lamb of God,  
On England's pleasant pastures seen!

And did the countenance Devine  
Shine forth upon our clouded hills?  
And was Jerusalem builded here,  
Among these dark satanic mills?

Bring me my bow of burning gold:  
Bring me my arrows of desire:  
Bring me my spear: O clouds unfold:  
Bring me my chariot of fire!

I will not cease from mental fight,  
Nor shall my sword sleep in my hand:  
Till we have built Jerusalem,  
In England's green & pleasant land.



**HUNT THE THIMBLE**

**BY THEA PARTRIDGE**

When we were small and for many years since, in the depths of winter  
We'd gather in your glorious home, steeped in history and homely goodness  
To enjoy a festive Christmas feast, rounded off with a 'smackerel' of Turkish Delight and a  
family game of 'Hunt the Thimble'

You would hide your favourite silver thimble in an unusual nook of your ancient wooden-  
framed home

'Warm' you'd say as we hustled into its general vicinity  
'Warmer still' as we inspected inside and under your ornaments  
Hunting high and low, we carefully overturned your collection of characterful bears  
Peeked in among your display of marble eggs and Christmas hyacinths  
We asked your little blue china rabbit, who followed you around everywhere, if perhaps he  
had seen the hidden treasure  
Until finally, you'd chuckle that we were 'roasting hot' – like your favourite parsnips,  
dusted off with parmesan!

All fingers and thumbs, excited, we'd locate the thimble  
Nestled in a hidey-hole on the mantelpiece  
A thimble after your own heart, it would soon embark on another new adventure

Through these delightful games, you taught us to hunt our life's simple pleasures  
To treasure family and friends  
To wish for 'health', 'wealth' and 'happiness' with every birthday cake  
To always cut well, even if just a 'scruff lunch' thrown together in haste  
To gain joy from a well-written book or a touching poem  
To learn lessons from the past, through art, museums and historic buildings  
And the grave importance of charity

We've always been showered in the light of your generous and patient heart  
And so your warmth continues to shine through us here today  
A life well lived  
An inspiration to us all!

Attempting to repay some of the love you showed us  
We read A.A. Milne by your bedside, words dancing through your room  
Conjuring up the company of a bear with very little brain, a kind yet depressed donkey, a  
loyal piglet and a wise old owl  
A jolly group of friends, learning, laughing and playing together in the enchanted forest

We lay like guard dogs by the entrance to your room  
My watch stopped in the hours before the angels flew over to collect you  
A clear signal that times were about to change

But the lessons you taught us are etched for eternity on our hearts  
Like the decorative patterns on your thimble collection

Genuine Beautiful Permanent



**PRAYERS**

*We conclude our prayers by saying together The Lord's Prayer*

Our Father, who art in heaven,  
hallowed be thy name;  
Thy kingdom come;  
Thy will be done;  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation;  
but deliver us from evil.  
For thine is the kingdom,  
the power and the glory,  
for ever and ever. Amen.



**IRISH BLESSING**

Sarah Partridge

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**COMMENDATION**

Roy Tricker

\*\*\*

**CLOSING MUSIC**

SPREAD A LITTLE HAPPINESS

From "Mr Cinders"

J S BACH BRANDENBURGH CONCERTO No 5

Apollo's Fire

\*\*\*

Following the service the family warmly invite you to adjourn for refreshments  
at the Wenham Queen, CO7 6PU whilst they journey to Ipswich Crematorium.

Donations, if wished, in memory of Mitzi to be split between the St Elizabeth  
Hospice and the Sue Ryder, The Chantry may be given as you leave the Church  
or sent to Farthing Funeral Service, 650 Woodbridge Road, Ipswich, IP4 4PW



# A Doctor's Life coping with the implications of Covid-19

*Fellow Member Dr David Chittick tells us what life is like for him on the front line...*

**The primary concern we have is stopping the spread of the coronavirus.**

Patients with symptoms of COVID are advised to stay at home for 7 days. But according to the WHO this is insufficient time. Their guidance is for COVID patients to remain in self-isolation for 14 days after their symptoms have resolved! [*British Medical Journal 25<sup>th</sup> April 2020 page 89*]

I have been speaking to patients in Primary Care via the telephone and only when it becomes apparent that I need to see them face to face, will I invite them to be seen in the surgery, having asked about symptoms of a cough or temperature.

The surgery doors are locked to prevent anyone other than those invited to do so from entering the building. We greet patients wearing a surgical mask, eye protection, gloves and an apron and hand them a face mask to wear. If when speaking to them on the phone they have symptoms that are concerning, they are invited to come in through the rear entrance and are seen in one of two rooms set aside for patients with COVID.

The 'red flags' we look out for are severe shortness of breath at rest, pain or pressure in the chest, cold, clammy, or pale and mottled skin, new confusion, becoming difficult to rouse, blue lips or face, little or no urine output (*see BMJ visual summary 25<sup>th</sup> March 2020*). Patients with symptoms suggestive of COVID but do not have any red flags are advised to stay at home.

When visiting patients in their homes, we now go through the routine of putting on PPE before entering. Hand washing before getting back in the car remains a key part of decontamination. To date I have not seen anyone with COVID symptoms when out visiting. We only visit those who are unable to leave their homes. A significant number are receiving end-of-life care.

I visited a man on Saturday who lives alone. I was the first person to be inside his house for 5 weeks. I had the privilege of learning how he and his wife had spent their lives looking after their disabled son. My diagnosis was 'feeling lonely'. I tried to persuade him to go out into his garden to catch a few rays of sun, as his sister had urged him to do.

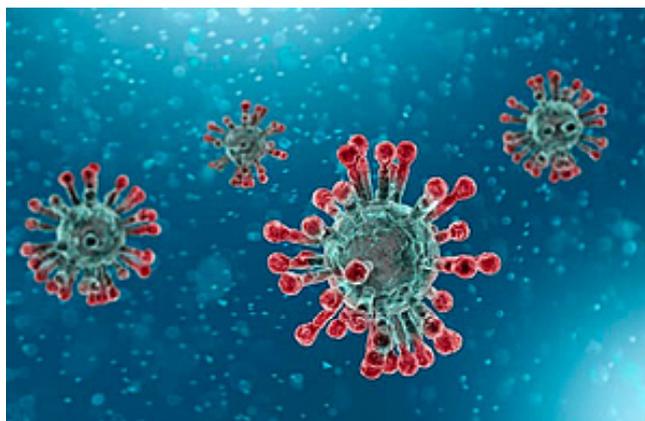
Primary Care is now quiet, with few patients needing to be seen. Routine referrals are being deferred and non-urgent investigations are not being done. My job in the practice as a *locum* has now come to an end. I still have a significant role in the Out-of-Hours setting, which is well run by those working for Suffolk GP Federation.

I also work in the 'clean' A&E in Ipswich hospital where I currently have the luxury of consulting for half an hour with patients if needed, ordering tests for their GP and communicating with consultants about cases face to face. This is a great place to work, as GPs are now integrating themselves into the A&E team. Patients are triaged to either be seen in A&E or are given an appointment to see the GP. They are screened for COVID symptoms and redirected to the Red Zone of A&E in the Garrett Anderson building if they do.

The BMJ (p90 25<sup>th</sup> April 2020) states that European officials anticipate that the lockdown exit will be 'very long ....and that full economic recovery will probably have to wait until a vaccine is found'.

Changing how we work is a challenge, as it is living with the virus in our community. I confess that I have been anxious about doing the right thing, remembering to wash my hands frequently, for example. The fear of contracting the virus is on everyone's mind.

*David Chittick*



## Jo Banthope writes...

You may remember that just after Christmas I set myself the challenge of running the Orwell Challenge Marathon in 2021.

I'm now four months into my training and I've realised I have a love/hate relationship with running - I love not running and hate running!

To all those people who get real enjoyment out of running - I'm sorry, I'm really not with you on this! Perhaps it's a subtle thing - so subtle that I've missed it completely; or else it's something that grows on you the more you do it - in which case I've got a long way to go!

I see running as being rather like childbirth. It initially seems like a really good idea, especially seeing so many others who have done it and survived. Then, in the toughest part you swear that you'll never do this again in a million years, before nature blesses you with 'cotton wool brain' and you forget how horrendous the experience actually was. And then you go and do it all again!

One silver lining of the lockdown is that it has given me the time (and no room for excuses) to put some real energy into the training, and I've actually (surprisingly) welcomed the structure in an otherwise unstructured current way of living.

It's good to know that I don't have to try to fit in runs around work, meals and other commitments. It's the first thing on my agenda, every other day, regular as clockwork. Perhaps I could grow to like this after all?

### Stats so far:

192km covered since January

Last Thursday I completed my longest non-stop run yet - 7.5km in just over 46 minutes (plus 5 minutes warm up and 5 minutes cool down) - over the flattest terrain I could find!

I was quite chuffed with this effort, considering I couldn't even run to the end of the road way back at the beginning!

One of my landmarks was signing up for the Ipswich 10K Twilight Run at the end of July but sadly this has become yet another COVID casualty. One of the event's featured charities was Cardiomyopathy UK and I've raised over £125 already via my Just Giving page with very generous donations from complete strangers which is so humbling.

I still intend to do a 10K run in July, but if will be in my own company and probably involving several laps of Holywells and Landseer parks.



## Dodds On-line

The Dodds have embraced Zoom as a family and here they are at their weekly quiz night with family participating, from Amsterdam, London, and Ipswich.

[Tony & Beryl sometimes dress up for the occasion too!]



## Another trip down Memory Lane...

*Richard Porter has unearthed some photographs from the Exchange Visit of Ipswich Massachusetts Rotary Club in 2002*

*Here is the visit to Windsor. Who can you recognise?*

*Your editor looked at the photos in the previous edition of this magazine featuring the 2001 Rotary President's BBQ at Waldringfield and realised he still wears that yellow polo-shirt (he also fills it rather more than 19 years ago!)*





# WhatsApp

If you have read the extract from the Minutes of the Emergency Rotary Club Council meeting, you'll have seen that it was proposed to set up a WhatsApp Messenger Group.

## You might ask "What's a WhatsApp Group?"

WhatsApp Messenger (or simply WhatsApp) is a freeware, cross-platform messaging service owned by Facebook.

It allows users to send text messages and voice messages, make voice and video calls, and share images, documents, and other media.

## You might also ask, "Why do we need one?"

**It has been commented that we have email and the newsletter to send out information.**

Yes, true: every member of our club has an email account. However, we know that not everyone looks at their account everyday (which is a little strange as most people check their letterbox daily!).

The advantage of WhatsApp is that messages are sent directly to the group members' smartphone and an alert is given to encourage you to look at it.

This way, if there is something important to share with members, the message will get circulated and read faster. **The purpose of the group is to disseminate information quickly and seek a response if appropriate.**

**After launching the group it became obvious that it was a good vehicle for humour and banter. So that any serious messages asking for help or support didn't get lost or missed, there are now two groups. "Keep Smiling Ipswich East" and "I E Rotary Rapid Response".**

**You can belong to both, either or none! It's up to you.**

## What do I need to join the group?

You need to have (or have access to) a "smart phone" (such as an iPhone) that allows you to do more than make/receive phone calls and sent text messages.

You will need to have downloaded the WhatsApp application from the AppStore. It's free of charge to download and use. Once it is there, you do nothing more.

You might need access to a teenager if you have problems.

Anyone can post or comment on messages. There need to be some ground rules which are on the next page.

If you'd like to join, please let administrator\* Alan Forsdike know stating which group. Alan has all the club members' mobile 'phone numbers into his smartphone and, if you have WhatsApp on your 'phone, it will show in his 'contacts' list.

(\*the other administrators are Jo and Eva)

If you are looking for the logo on your phone, this picture shows the front of Alan's phone and the WhatsApp logo is circled red here >>>

**Please now read the simple ground rules on the next page.**



## WhatsApp Group Ground Rules

**Respect the purpose and objective of each group.** A "WhatsApp work group" shouldn't be used to send messages or content of a personal nature, as well as groups of friends and family shouldn't be used for business purposes. That's what direct messages are for.

**Remember that what you post to the group is seen by everyone in the group.** Would it be better to contact that person directly? You can use WhatsApp to do that; you are not restricted to posting to the who group.

**Don't use groups just to send memes, videos, pictures and news, without reading and reacting to the content shared by others.** The purpose of WhatsApp groups is to establish collective conversations with others, but when you only place content, but never read or interact, the existence of such groups loses their purpose. No one likes monologues.

**Never send content, information or "news" that HASN'T been verified.** Placing content whose authenticity has not been definitively proven can be VERY dangerous and harm many people. WhatsApp is infested with lies and it's better to put a stop to them than to be guilty of spreading them.

**If you feel uncomfortable in a group for any reason,** feel free to leave or "mute" the notifications. It's better to be criticised for leaving than for always complaining.

**Before sending a complaint to a group,** contact the "administrator" (Alan Forsdike) privately and share your thoughts with him.

**Don't get angry if someone doesn't respond to your messages in a group.** No one is obliged to do so. Better send him/her a direct message.

**Before sending/posting something** (a video, picture, meme or any content) remember that everyone in the group will see it, and ask yourself if what you are proposing to posts will be in the interest of the majority of the members of the group.

It's important to ALWAYS keep in mind that many people may feel uncomfortable, especially when the content affects someone's reputation.

**When replying to a specific comment from a person,** use the "reply" function to make sense of your comment and avoid confusion.

**Rather than get into dialogue with a particular person in a group,** consider changing the conversation to direct message, because the rest of the group may not be interested in reading your conversation with another person.

**Keep in mind that your words can be interpreted in multiple ways,** so use short sentences that can't be misinterpreted.

**Don't abuse emojis.** There are some like that don't require explanation, but others can be interpreted in different ways and generate confusion.

**Avoid sending videos or files that are very large,** since nobody likes to saturate the memory of their smartphone or waste their data/internet plan on nonsense.

### Final thoughts...

#### Can I use WhatsApp to contact an individual or smaller group of individuals from that group?

Yes you can and what's more you can make a free call to them - either audio only or video. Just because you are in the Rotary Club Group doesn't limit you to just those members. Many people use WhatsApp to keep in touch with family and friends at home and abroad. You can use it to do lots of things and it doesn't cost anything.

**Those of you who have started to use the WhatsApp Group will know that we are investigating ways to hold a virtual meeting.**