

Rotary



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LOOKS EAST

The Newsletter of The Rotary Club of Ipswich East

Edition 12-2020 : 12th May 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

David Knights

Bob Izzard

John Clements

Catherine Forsdike

Virtual AGM and Club Meeting on 'Zoom' Tuesday 12th May, 6.30pm

- 1 Introduction and welcome by the President and the methodology for participation.
- 2 To receive the President's verbal report for Rotary year 2019/20 to include recent activities.
- 3 To receive the Treasurer's interim report, proposed budget for the Rotary year 2020/21, and to fix the rate of subscription for the ensuing year.
[Proposer for recommendation, John Clements, seconded by Richard Porter. Agree or amend.]
- 4 To elect Honorary Members:
Shaun Common, Hollis Drake and the Bishop of St Edmundsbury & Ipswich
Other notified nominations can be discussed at the meeting.
[Proposer for recommendations, Catherine Forsdike, seconder Alan Forsdike. Agree or amend.]
- 5 To elect 6 ordinary members of Council to take office on the 1st July 2020 and to serve as committee chairmen:-

Club Service and Membership Committee (elected at SGM)	David Atkins
Community Service Committee	George Woodward
Foundation Committee (elected at SGM)	Steve Jones
International Committee	Liz Harsant/George MacLellan
Vocational Services and Youth Opportunities	Jo Banthorpe
Fund Raising Committee	Martin Whitworth

[Proposer for recommendations, Chris Banham, seconded by Allan Gosling. Agree or amend.]
6. To elect Steve Runnacles as Independent Examiner for the club's annual accounts.
[Proposer for recommendations, David Chittick, seconder Lucy Trenchard. Agree or amend.]
7. To elect four representatives of the Club to attend the District Council: President, President Elect, President Nominee and Immediate Past President and four deputy representatives of the Club to attend the District Council: Incoming President Nominee, Secretary, Treasurer, and Chairman of Foundation
[Proposer for recommendations, Tony Dodds, seconder Stuart Cooper. Agree or amend.]
- 8 Any other business relevant to the AGM – No items notified

The business part of the meeting will be followed by seven short (!) presentations

David Chittick and Michelle Bevan-Margetts each talk about their work in Ipswich Hospital,
Alan Forsdike will describe the impact of Covid-19 on the church in Suffolk
Lucy Trenchard tells us about the community response in North West Ipswich
John Button will be talking about a brush with Covid-19
Des Cunningham will explain working with 'social distancing' and finally,
George McLellan brings us up-to-date on his work with FIND.

There may be time for a few questions to the President.



Don't be scared to 'Zoom'!

We had a fun evening last Thursday with our first ever club quiz by 'Zoom'! Over 20 Rotarians and partners took part and we had a good laugh as well as pitting our wits against quiz masters Catherine and Alan Forsdike.

ZOOM is NOT scary! Nor is it a risk to your computer (or your health).

Your editor seems to be living on it at the moment - for business and for pleasure.

The AGM on Tuesday is one of four meetings he has that day. He is using it for meetings, interviews and reviews as well as fun things (like quizzes with friends) plus catching up with family members.

The system that we are using for home and for Rotary meeting is via a secure subscription. There can be no interlopers or ne'er-do-wells infiltrating the meetings. Your personal data is secure.

You have been sent the hyperlink for Tuesday's meeting in an email. It will look something like this: (this is a made up one!!)

Join Zoom Meeting:

<https://us02web.zoom.us/j/8546876556567?pwd=YnpGdHNqVGtiMWtqb3JOUGF6WEFodz09>

Meeting ID: 854 6976 5769 Password: 038291

Simply click the link in your email and your computer or tablet or 'phone will do the rest. (If you haven't done it before, read the notes on the last pages of this newsletter.)



Our Club Almoners

Who are our most discreet club members? Undoubtedly, they are our Club Almoners John Riches and Jo Banthorpe.

They maintain contact with club members during bouts of poor health or illness or absence from the club. They work quietly and discretely in the background maintaining contact with those club members who are not able to attend meetings during normal times. They ensure that those who need to know, or those who can help, are kept fully informed.

They ensure that all club members continue to

feel that they are an integral and valued part of our club. Members of the club can contribute to the work of our almoners by keeping them fully informed of any concerns regarding the well-being of club members. Please make John and Jo aware of any situation where you think that they or the club can assist.

The present time is quite unprecedented in the changes that have been imposed upon us in so many ways in such a short period of time. It is evident that many people have been affected to greater or lesser effect in a range of different ways.

Rotary is a service organisation that attempts to do some good in our community. It is about doing something worthwhile whilst at the same time having fun with friends. We will continue to help where we can in our community, but we should not forget that fellowship and friendship are at the heart of our club. Let us all remember that our fellow Rotarians are also having difficult times and may need a friendly word or a helping hand. Equally, club members may wish to have a confidential word with our club almoners, John Riches and Jo Banthorpe who are the souls of discretion and may be the means to discuss and resolve a problem. John and Jo are always ready to discuss a problem. If you wish, give them a ring.



Bob Parker writes:

It was some 30 years ago that our Swedish Medical company at the time and myself were called into a meeting with a very eminent Swedish thoracic surgeon Gyllis Anderson and his technical assistant Roland Frieberg working at Danderyds hospital in Stockholm.

Being a person who loves design, solving problems a challenge and inventing new products was asked to design a special disposable "Speech Valve".

The problem they had especially in Sweden was that they had in the past had a large number of Polio victims who coming into their mid life needed to be what is called intubated (Having a canular fitted by way of a procedure called a Tracheostomy) these tracheal tubes which have a form fitting fenestration to hold the tube firmly in position and when pumped up seal that part of the trachea were just open at the outward end, then our clever bit was then added on to the end of the tube.

This device which is called SPIRO is a speech valve, this combines the nasal functions of air filter, dehumidifier, heat exchanger into one valve with the clever bit which is a small diaphragm to enable the patient to speak as up to that point patients were provided with a tube only which was uncomfortable and limiting. Some may recall when Jack Hawkins under went surgery for throat cancer he had a tube only and perfected a sort of "Belching" system to speak as such. SPIRO is now being used in the fight against Coronavirus in so far as now patients now undergo intubation using SPIRO as this greatly reduces the resistance when taking in air and oxygen so therefore delivers larger quantities of oxygen into the lungs and then now as a last resort they can then be placed onto a ventilator.

With the shortage of ventilators, this is helping to save more lives and is a solution for today and not a promise for tomorrow. Little did I think that from those days many years ago in the early development of this medical device that it would one day help to play a big part in the problems we now face with Coronavirus. It has always been used in ITU departments all over the world but has now come into its own.

The patent that we took our all those years ago has only been changed three times so we must have got the design right first time around. I have attached a couple of photos showing the valve which measures about 30mm dia x 12mm thick, the nipple is for direct maximum supply of oxygen to assist breathing.

[My apologies to Ian Lord if some of the clinical comments are not in the correct terminology but I am a design engineer and he is the surgeon!]

A word from the club treasurer...

Neil will deal with our personal accounts at the end of June. At that time Neil will arrange for the accounts to be sent to all club members in the usual manner. Club members will then be given seven days in which to inform him that they wish to make a donation to the Benevolent Fund from all or part of the refunds for meals not taken.

Neil does not have a system to record that information at the present time, so please inform Neil confidentially when the accounts are sent out. There will be a reminder.

Any donations will an individual decision conveyed only to Neil. Any donations will be enhanced by way of Gift Aid.

Our Benevolent Fund is holding up well at the present time. About £2,000 of the £3,000 identified for urgent need remains available.

The May Distribution was made having due regard to the present situation. However, we are not actively fund raising at the present time, so any donations made in the summer will help to maintain the viability of our giving.

How have you been filling the extra free time at home?

Jack Earwaker has been busy; he writes...

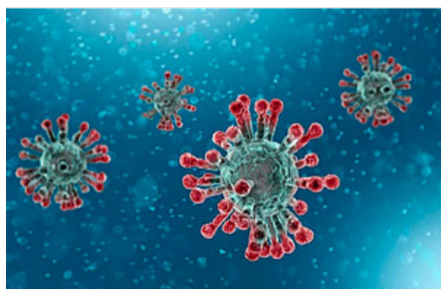
Twenty years ago I decided to enhance my garden and celebrate the Millennium by designing and erecting a Gazebo. I first fabricated the pyramid roof in my garage off a timber ring member, then dismantled it and moved out to the garden.

The square timber legs fitted on steel hollow feet with a steel dowel engaging each leg centrally plus a plate base and dowel into small concrete foundations. With an extra pair of hands I fitted the timber ring at head height and added the roof frame _ ie four hips and four rafters with a 35 x 35mm vertical apex which was capped with an iron cross and encircling ring which had fallen many years ago from a church. I needed the deeper member at the front for more rigidity then covered the roof with normal fencing boards slatted over each other and mitred on each hip. The diagonal slats on three sides gave a better sense of enclosure.

Twenty years on, the roof boarding had suffered mostly from the sun and needed a good overhaul as cracks of light could be seen when looking up from underneath. So I decided to give it some TLC and avoid the frustration of Covid 19.

I found that my steps were not tall enough to reach more than a third of each slope so I needed a heavier ladder but even then I was at full stretch to reach and paint the metalwork. Many hours were spent filling splits, loose knots with pitch and covering more serious imperfections with patches of roofing felt. Then I applied a penetrating coat of thinned tar followed by thick layers on two following days. The seat was then thoroughly scrubbed and is fit even for the Queen.

(Not a bad effort for someone who completes his ninth decade in July! - Ed)



A Doctor's Life coping with Covid-19

The second instalment from fellow Member Dr David Chittick tells us what life is like for him on the front line...

Last week I worked 4 days in the 'clean' Emergency Department at Ipswich hospital. There is an excellent team there, all staff wear scrubs and have name badges attached to lanyards.

I am careful to look what is written on them to find out their position in the team, having referred to one doctor as their 'junior' to a fellow consultant! The skills of the nurses are a valuable source of help to tap into.

I lack confidence in assessing burns but having watched the nurse who specialises in the care of burns cleaning and dressing one. I now feel more confident assessing and managing them, with the help of the team. To be learning new skills is a great feeling.

Scaphoid fractures are easily missed. It was only after discussion with the orthopaedic consultant that we agreed an x-ray of a young man's scaphoid was indicated. Evidence of an old scaphoid fracture was found which requires surgical intervention. A lady presented with what sounded like a developing frozen shoulder. On examining her however, she had a tender area which made me ask for the opinion of the orthopaedic surgeon again. An x-ray showed calcification of a tendon, for which she had a steroid injection. I also learnt from the orthopaedic consultant that babies can develop a trigger thumb, having shown him a one year old with a permanently flexed thumb!

The nurses often work 12-hour shifts, with breaks. Their commitment and professionalism are something to behold. The atmosphere is calm and cheerful, communication is so important as are clear systems to triage and manage cases that come in. With the workload is building up now, I find myself escaping to the countryside when I can to wind down.

This week I am back in general practice again and reduce my commitment to two days a week in A&E.

“Scale the Building”

Tony Baker tells us about his early training to be a fire-fighter.

I joined the Kent Fire Brigade as a cadet on Monday 2nd September 1963. I was sixteen having left school that July.

On Monday, Tuesday and Wednesday of that week I learnt to march. We marched everywhere. We marched on the drill yard, we marched to the mess, and we even marched to the billet at 11pm to crash out for the night.

The Brigade had learnt by bitter experience that they had to run twenty 16-year olds into the ground during the day to prevent us from running riot at night. On Thursday our little old instructor marched us up and down, up and down the drill yard and then marched us to the drill tower. Phil Charters, our instructor, was over 50 and been a wartime fireman.

All twenty cadets stood in a straight line facing the tower. He said to watch carefully and off he marched into the engine house. Shortly afterwards he came marching back out with a hook ladder over his right shoulder.

The hook ladder was 13 feet long and had an articulated armature at the top. The armature was pulled up to be at right angles to the face of the ladder and then locked into place. The armature was about two feet long, and three inches wide and had a six inch downward pointing and tapering bill. On the underside of the armature were sharp backward facing which were meant to bite into a wooden window sill board.

Hook ladders (probably up to the end of WW2) were capable of being used to climb any building of any height with a single thirteen foot ladder. The fireman stood below a window with the hook of the ladder parallel to the face of the building. The hook was rotated sharply towards the window causing it to smash through glass and frame. It was then moved energetically up and down and side to side to dislodge as much glass and frame as possible. The fireman then climbed the ladder. At the top of the ladder, the fireman took out his trusty hand axe from the pouch on his waist belt, and removed as much glass and frame as possible, with particular attention to the bottom right hand corner where he was about to sit.

Because the ladder was vertical, the ladder was marched up with arms fully extended with left leg and left hand moving opposite to right leg and right hand. Holding on the horns of the ladder (the 'sticky-up' bits at the top) he leaned back as far possible, slight bend to the left leg, then lift and bend the right leg and shoot it through to the right hand side of the window opening, whilst pushing up on the ladder and turning his body to sit astride the sill board.

To be able to climb a building with a hook ladder, you always have to be more out of the tower than in so that you can see exactly where the ladder was above you. Sitting astride the sill board, the left leg is straight and placed down the face of the building. The right leg is used to lock the fireman securely in position. Therefore, you sit with one cheek of your backside on the sill board with your left leg down the face of the building and the right leg across the top of the sill board and attempting to convert a nine inch solid brick wall into a six inch solid brick wall.



In that position, you can look up the face of the tower and ensure that the hook can safely enter the next window opening without hitting the wall or sill board thus causing a loss of balance.

Our instructor sat astride the first floor sill board facing across the window opening. His right hand then grasped the hook and his left hand grasped the head of the ladder. He raised the ladder and turned it through ninety degrees so that the hook was parallel to the face of the building. Then, hand over hand, he pushed the ladder up towards the second floor opening. Because he was well out of the first floor opening, he could see when the hook at second floor level was positioned in the middle of the window opening and that he was above the sill board. Then the ladder could be turned safely through ninety degrees. The ladder was then pulled down sharply so that the backward facing teeth of the armature bit into the wooden sill board.



The left foot was placed on the bottom round. (The fire service had a term for everything. A rung was not a rung, it was a round.) The bits at the side of the ladder were strings, the top was the head, the bottom was the heel, and as previously stated, the sticky-up bits at the head were the horns of the ladder.

With left foot on the bottom round, with straight arms, he then pushed up and turned, recovered his right leg and started to march up the ladder to the second floor window opening. Same procedure, grasp the horns of the ladder, straight arms, slight bend to left leg, bend and lift the right leg, and shoot it through to the right of the window opening whilst pushing up and turning the body to sit astride the sill board. There he sat at the second floor level, roughly at the height of the ridge tiles of a two story house, and he was a third of the way up the drill tower.

Up and up he went, and then he was marching between the fifth and sixth floors. At the sixth floor level, there was a dwarf wall about three feet high above the floor level with a sill board set into the top of the dwarf wall directly above the sill board on the fifth floor. As he approached the sixth floor level, there was a movement, like a diver undertaking a tuck, but going upwards, and there he was, doing a handstand on the dwarf wall, sixty feet above the ground. Stalky Stuttard went grey. "I am not f***ing doing that". Shag Harvey coughed, "No way!"

The instructor with feet straight up in the air, turned to the right and began to walk towards the front corner of the top of the tower. He turned the corner and began to walk towards the back of the tower, hand over hand with his legs still straight up in the air. I felt quite sick in the pit of my stomach. I was sure that he would fall. I was on the extreme right of the line of cadets as I faced the tower, I could see him making his way to the back of the tower where he turned again and began walking on his hands along the back face of the tower. Those to my left had lost sight of him and I heard Hemingway ask if he had fallen. Beamer, who was always beaming, wasn't beaming. Then I saw the legs on the far side of the tower coming towards the front face. He walked to the last corner, turned and walked on his hands back to where he had started his handstand escapade. One last turn, another tuck movement and he was back on the ladder and marching down again.

I always thought that descending the hook ladder was more hazardous than climbing the ladder. First of all you have to remember to stop at the bottom round of the thirteen foot ladder. The next solid matter could be fifty feet below. Slight bend of the left leg, raise and bend the right leg, then shoot it through to the right of the window opening whilst pushing up and turning the body to sit astride the sill board.

More out than in, one cheek on the sill board, left leg down the face of the tower, right leg locking you in place, grasp the heel of the ladder and push up, turn it through ninety degrees, then let the ladder slide through your hands until the head of the ladder is level with your chest. Turn the ladder through ninety degrees and grasp the hook and push it down heavily on to the wooden sill board to ensure that the teeth on the underside of the hook bite into the timber.

Utmost importance was to ensure that hook was not too far away that you lost balance by overreaching when remounting the ladder, and not too close so that you did irreparable damage to certain tender and vulnerable parts of the male anatomy!

Ladder in place, left leg onto ladder, grasp the horns of the ladder, arms straight, push up, learn back, recover the right leg and march down the ladder to the next floor. And so Phil Charters marched down and down to ground level. At the bottom of the tower, he grasped the ladder in its vertical position by the third and sixth rounds, raised the ladder, turned and marched towards us with the ladder still vertical in front of him.

Very gently, he lowered the head of ladder towards the ground so that the bill touched the surface of the drill yard. He tipped the ladder to the right so the string touched then touched ground and then lowered the heel onto the ground. He turned and walked towards the line of uncertain cadets. He was not out of breath, there was not a bead of sweat on his brow, and there was not a hair out of place. "Right lads, your turn!"

We started right there and then. It was conducted in a very structured and controlled manner to a progressive plan. That day, we picked up the ladder and raised it to the first floor sill board. During the second week, we climbed the ladder and sat astride the first floor sill board. The third week we sat at first floor level and raised the ladder to the second floor. And so it went on and on and up and up until the instructor would give the order, "Scale the Building".

By Christmas we were climbing to the sixth floor using a single hook ladder, climbing to another drill with two cadets and two ladders, and we learned a party piece with six ladders and six cadets where the top ladder dropped non-stop, but under control, from the sixth floor to the ground. I cannot remember being concerned or scared. There was an expectation that we would all do it. David Jordan lost control of a ladder at third floor level during a two-man drill. The ladder crashed to the ground and was smashed. The drill continued immediately with a replacement ladder and I cannot even remember discussing it afterwards. The expectation was that we would all succeed.

There were no thoughts about Health & Safety. The Fire Service was founded on naval traditions and at that time naval cadets were climbing masts with a Button Boy standing on the very top of the mast. I grew to like the hook ladder and became part of a hook ladder display team. I never did a handstand on the ground let alone sixty feet up on the top of the drill tower.

The hook ladder was just one element of my training at the end of 1963. During that four month period we undertook all of the same training as a mature recruit fireman.

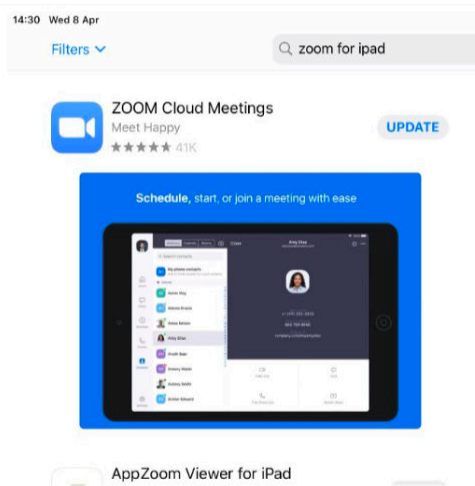
(Photos - courtesy of Google. The last one is a London Fire Brigade hook ladder display team perhaps like the one to which Tony belonged - I don't do heights and just reading this made me feel queazy! Ed.)



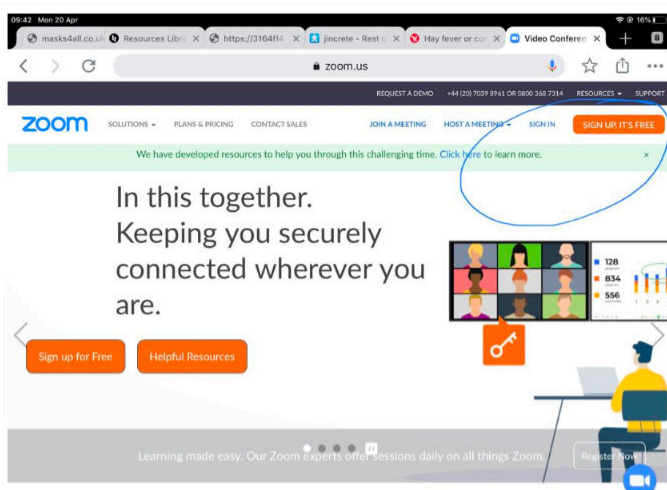
A Beginners Guide to 'Zoom'

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

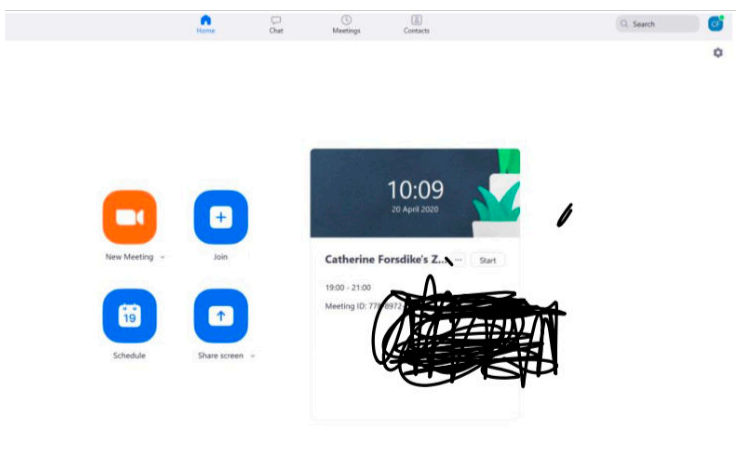
1. On iPhone and iPad Download the free 'Zoom' application (app) from the App Store. A similar app is available for android phones.



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.

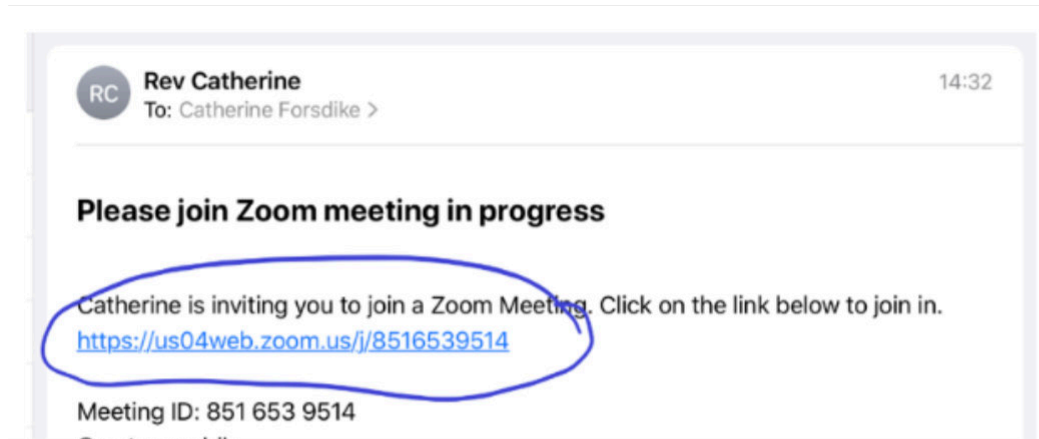
If you are using a phone have it in **landscape** view.

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

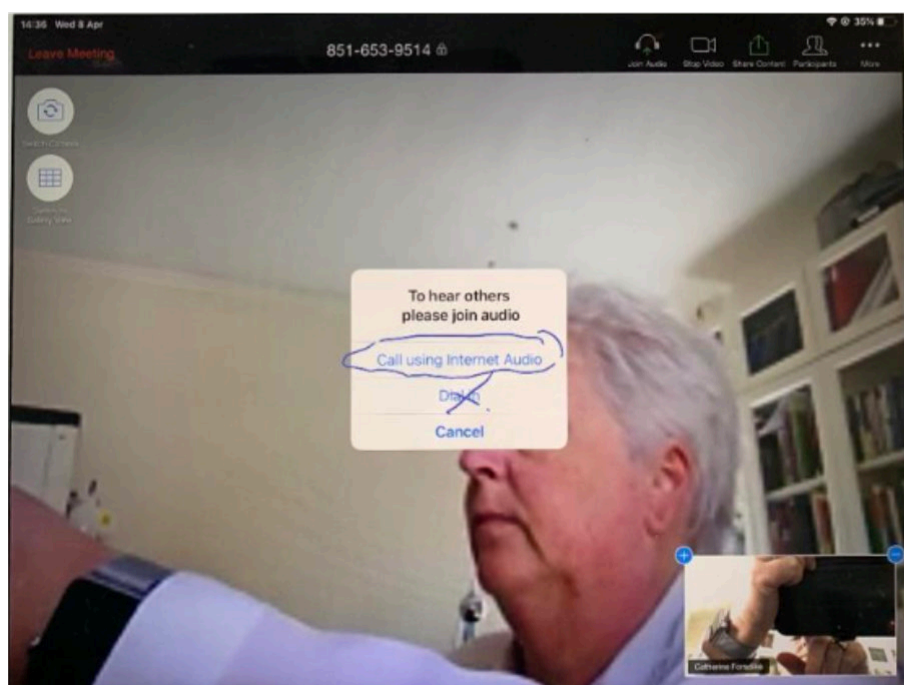
Think about lighting: avoid sitting with your back to a window or you will be in silhouette.

[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...



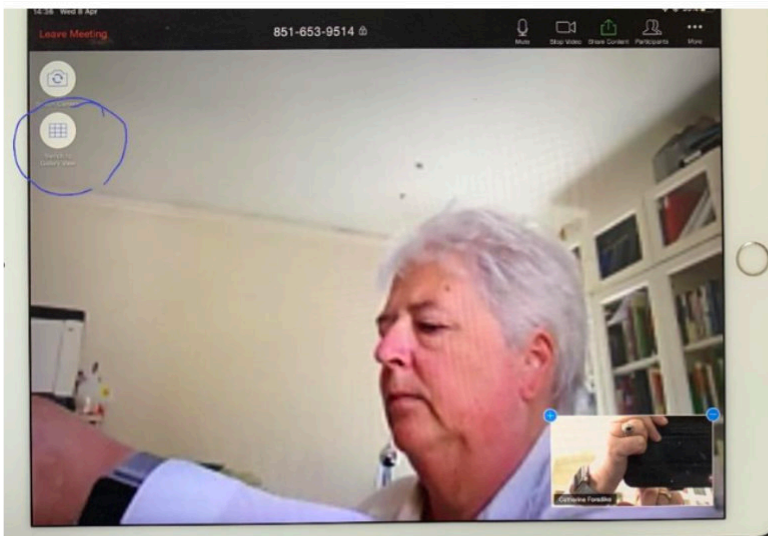
6. If you have successfully downloaded Zoom it will open automatically and should look something like this:



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.

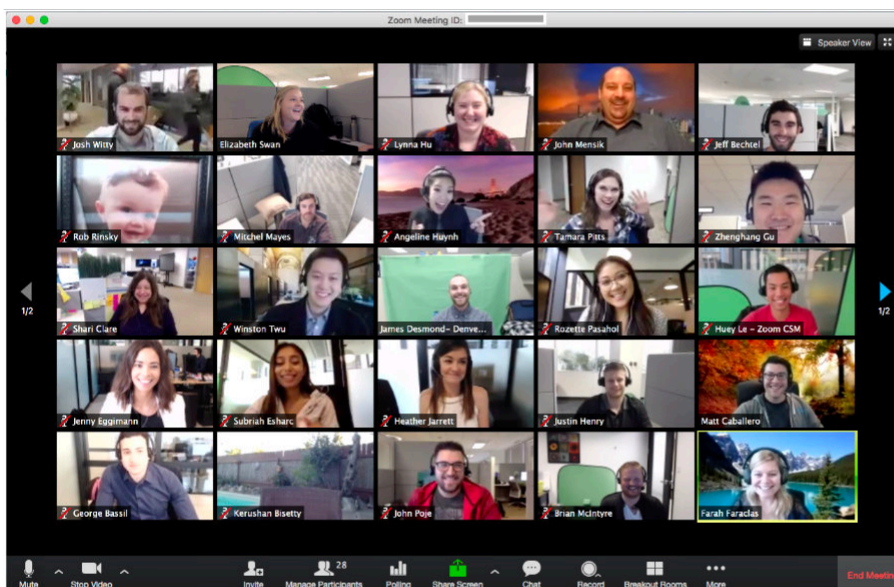
7. To see pictures of everyone in the meeting tap or click on '**gallery view**'.



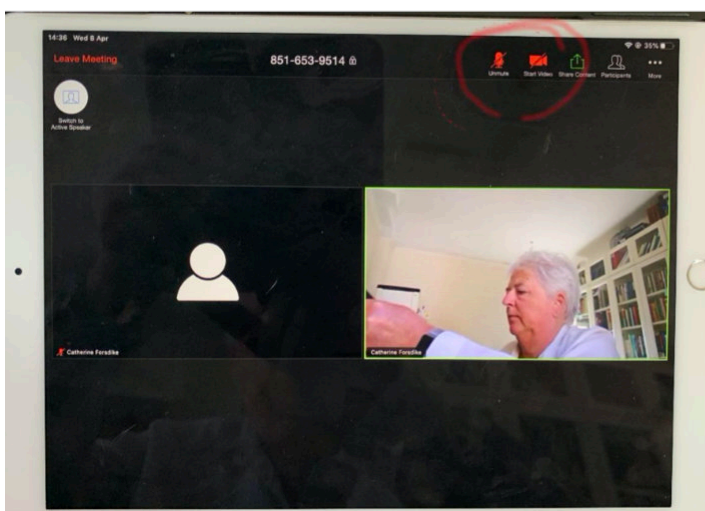
This screenshot shows where it is on an iPad (circled blue on the left-hand side).

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!

Another trip down Memory Lane...

Richard Porter has unearthed some photographs from the Exchange Visit to our twinned club of Bad Salzuflen in 2002

Who can you recognise?



