



Rotary

LOOKS EAST

The Newsletter of The Rotary Club of Ipswich East
Edition 13-2020 : 26th 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



June

- David Atkins
- Norman Haines
- Graham Bickers
- John Hutton
- Steve Jones

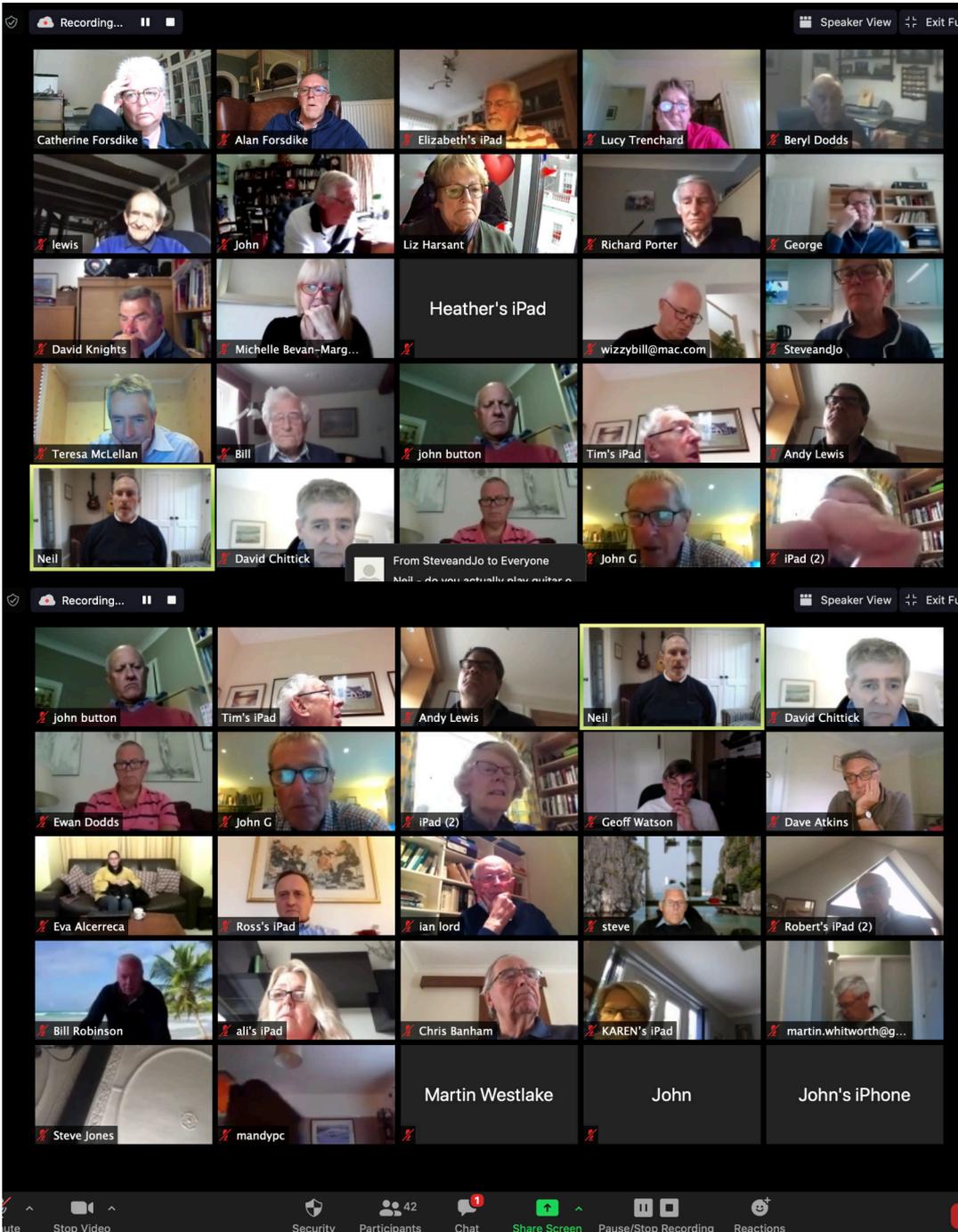
Meeting: Tuesday 26th May 6.30pm by zoom (see next page for details)

This would make a good caption competition!

The expressions on some people's faces are a joy to behold.

I took screen shots of the two screens of people who took part during the meeting. The eagle-eyed among you will see that some people are on both. That is because if someone leaves or loses connection temporarily, zoom shuffles them around.

You can also see who borrowed a family member's computer or tablet; Allan Gosling was on "Tim's iPad", Tony became "Beryl Dodds" and Janet D is called "iPad (2)"



The next club meeting will be via Zoom on Tuesday 26 May at 6.30pm.

Catherine Forsdike will be the Zoom host. The link to access the meeting was sent in an email from Tony Baker, Hon. Sec. on Monday evening)

If you need help with Zoom, please contact Catherine or Alan. The ID and Password will be the same for subsequent meetings so you can store them in your digital calendar for ease. The last meeting was very successful and 47 club members joined in.

Six members of the club will give 5-minute insights into our community during this crisis.

There will be opportunities for questions and issues to be raised by club members. Please let me know if you want to make raise a question or an issue so that Catherine will be aware of when to bring you in.

During the meeting, please use the 'chat' function. You can select individuals to send messages to, or you can send your message to 'everyone'. The host sees all comments.

AGENDA

- Announcements
- The President's BBQ – 28th August 2020
- Birthdays
- Speakers (max 5 minutes each)
 - Janet Dillaway - Suffolk Family Carers
 - David Atkins – Bereavement during the crisis
 - Michelle Bevan-Margetts – Suffolk Magistrates Court
 - Mark Murphy – Radio Suffolk
 - David Knights – Housing Market
 - Ross Lunney – Trade
- Questions or issues to the President
- Club Assembly 9th June at 6.30pm
- Date of Next Zoom Meetings thereafter

To Note: Club Council 3rd June at 6.30pm (via zoom)



Happy Ruby Wedding Anniversary to Martin & Dawn Westlake

We were married at St Thomas' Church on Bramford Lane, by The Revd Canon Ball (unforgettable name).

The reception was at the Masonic Lodge in Soane Street.

Last Sunday was a lovely day, albeit in isolation, but the family raised their glasses in an evening Zoom meeting.





Don't be scared to 'Zoom'!

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.)

Recycling Centre raises money for Suffolk Baby Bank

Tony Dodds writes: There was a recent extremely sad incident of a newborn baby girl whose body was found at Sackers Recycling Plant at Needham Market. The company has decided to set up a crowd funding page for the Suffolk Baby Bank* which is an organisation that helps to alleviate child poverty and supports families in need at what may be a time of financial and emotional stress.

Therefore with the Orwell Challenge and the marathon element called off, the company has decided that its challenge should be 26 miles in 26 days.

Adrian and David (Sackers M.D.s) and Harry Dodds (with support from Sackers employees) are leading the challenge with cycling, rowing and running, and Beryl and I have been asked to accept the challenge with our daily 2.6k walk in Christchurch Park.

If any of our fellow Rotary club members feel able to support Beryl and me, their donations, made to the following link, would be very much appreciated.

<https://www.justgiving.com/crowdfunding/sackers26milechallenge>

If you missed the story, here is the background: Police were called to the recycling centre shortly before 3pm on Thursday, 14th May, when staff found the body of a newborn girl.

The baby was understood to have been born within a 48-hour period before the discovery and appeared to have been carried to or close to full-term.

**Suffolk Baby Bank is a family bank. They don't just support babies and young children. They support whole families with no upper age cap. If you are in need they will try and help you.*

The aim is simple really, to collect donations of both new and pre-loved clothing, toys, equipment and essentials to be re-homed to families in need, after making sure they are clean and safe.

They will also fundraise to provide other items that may be needed but cannot be obtained via collections and to support local families and other causes where they are able.



Another trip down Memory Lane...

*Richard Porter has unearthed some photographs from the
2002 Clay Pigeon Shoot and Strawberry Supper*

Who can you recognise? It might seem like yesterday but its really 18 years ago.

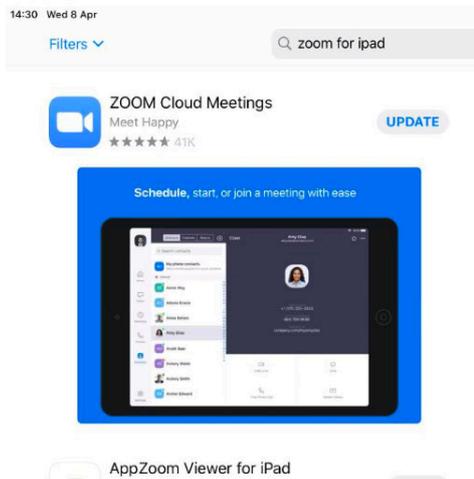




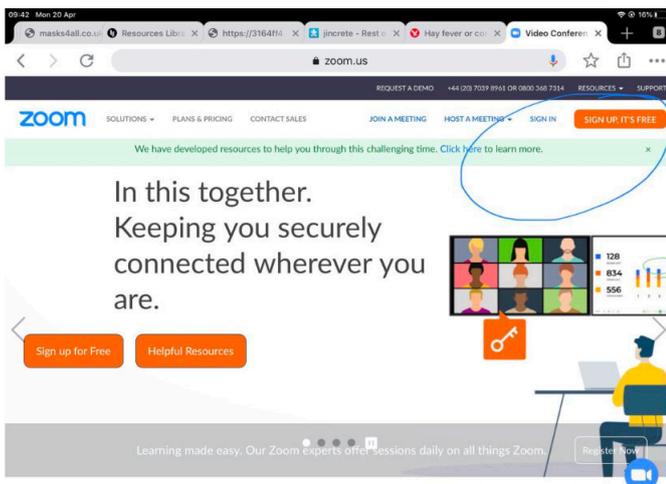
A Beginners Guide to 'Zoom'

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

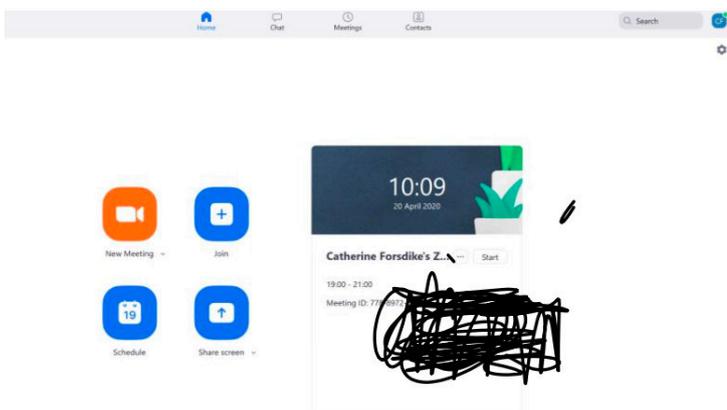
1. On iPhone and iPad Download the free 'Zoom' application (app) from the App Store. A similar app is available for android phones.



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.

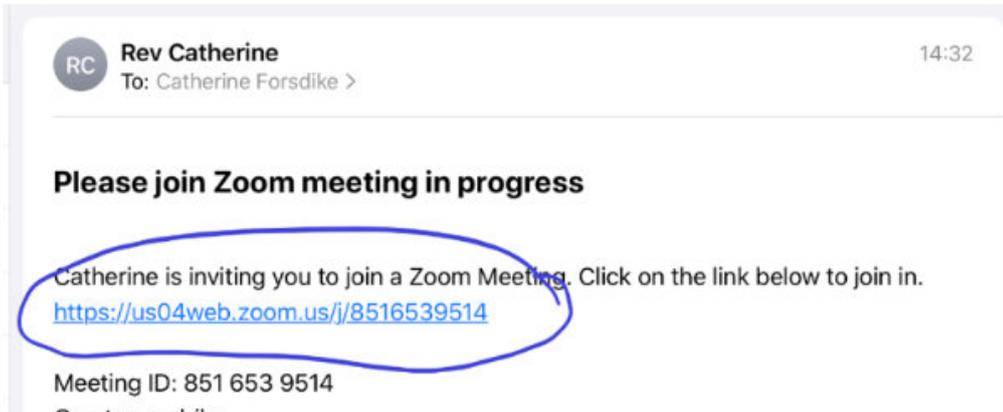
If you are using a phone have it in **landscape** view.

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

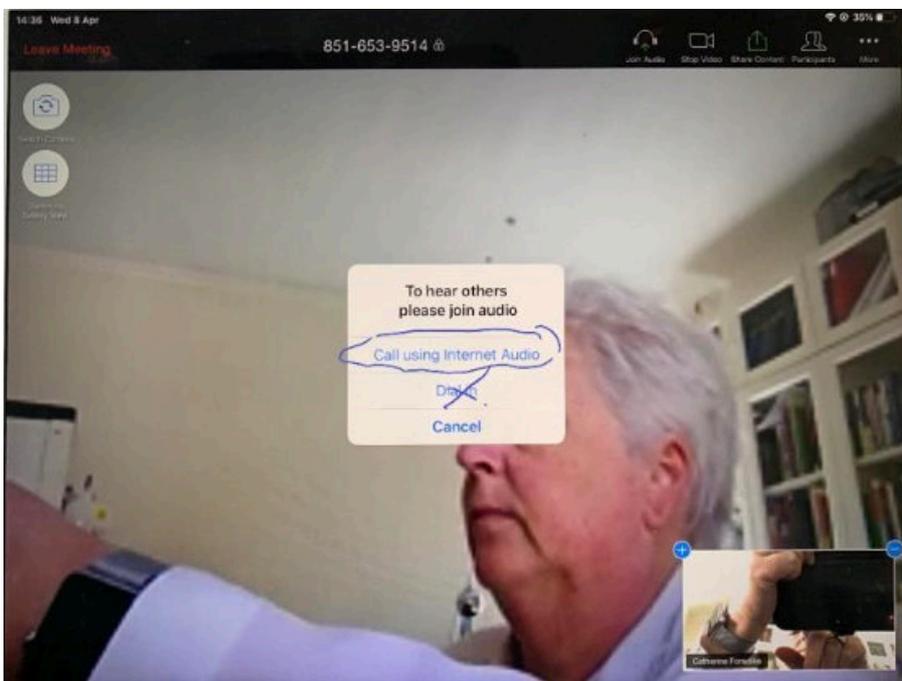
Think about lighting: avoid sitting with your back to a window or you will be in silhouette.

[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.

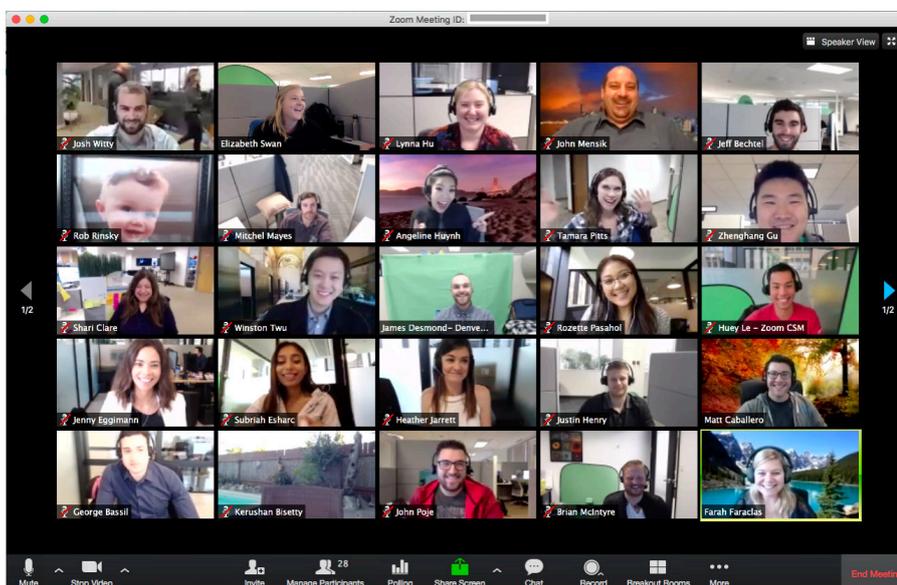
7. To see pictures of everyone in the meeting tap or click on **'gallery view'**.



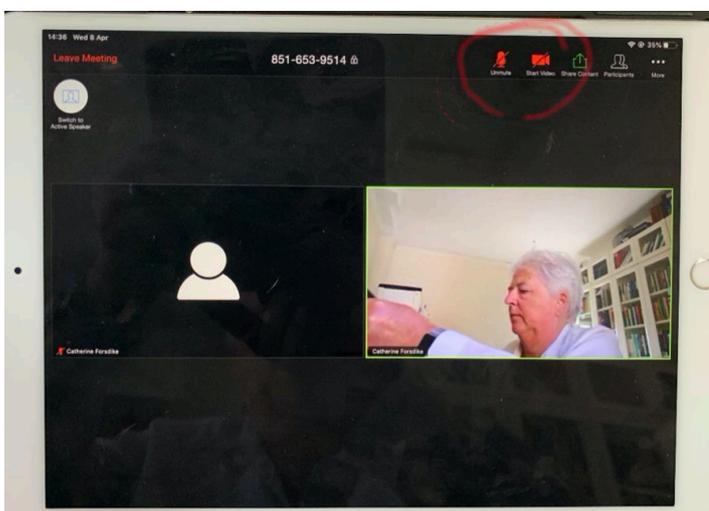
This screenshot shows where it is on an iPad (circled blue on the left-hand side).

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!