

LOOKS EAST

The Newsletter of The Rotary Club of Ipswich East
Edition 04-2022 :22nd February 2022

CLUB OFFICERS 2021/22
President: Jo Banthorpe
Sen V. President: Steve Runnacles
Jun V President: George Woodward
Secretary: Tony Baker
Asst Secretary: Bill Robinson
Treasurer: Neil Hewitt



**Club Lunchtime Meeting at 'Venue 16'
Business Meeting**
Tuesday 22nd February 2022 at 12.55pm

Duty Rotarians: Steph Mackentyre & George McLellan

(the forward rota for duty Rotarians is on the last page of this newsletter.)

March
Ed Nicholls
Steve Runnacles
Allan Gosling
April
Neill Keveren
Bob Parker
Janet Dillaway
Michelle Bevan-
Margetts

Stepping into the Breach

Our speaker on 15th March was to have been Brian Tobin giving us an update on the 'Iceni Project' but he had been laid low by Covid19.

However, Rotarians can always rise to a challenge. Club Hon Sec and former County Fire Officer for Suffolk, Tony Baker did just that.

I have never known the club to be so quiet and attentive during a member talk. Tony explained the process of dealing with a fire in a high-rise residential block. Drawing on years of well thought-out practice the Fire and Rescue Service has a national policy on dealing with such fires with the aim of preserving the lives of occupants and fire fighters who put themselves in perilous situations. It was a fascinating and enlightening talk followed by some good questions from the floor. John B, Graham B, Jack E and I who have years of experience of fire safety legislation in our day-jobs particularly appreciated hearing how good design and maintenance help the Fire Service do their job and save lives (and buildings).

Alan Forsdike



Ipswich East Rotary Club Annual Golf Day - Ipswich Golf Club, Purdis Heath, Wednesday 18th May 2022.

The format will be similar to our previous golf days at Purdis Heath, with four ball teams and tee times from 8am-10am.

We hope not to be restricted by COVID-19 this year, so we will be able to have the normal catering facilities

Please save the date.

Chris Harrall will soon be issuing the entry forms.



Want to Attend Rotary Lunch?

THIS APPLIES TO ALL LUNCHESES FROM 1st March 2022

From 1st March all lunches will be booked using the membership software called 'Wild Apricot'

The Club will phase in the lunch booking system into two stages.

PHASE 1 covers the lunches from 1st March up to and incl 26th April

You'll only be asked to use the booking system to record whether (or not) you will attending the lunches in this period.

Booking in guests and specifying dietary requirements will not be possible until the second phase. If you want to book spaces for guests or specify dietary requirements just email Bill Izzard on rcieattendance@gmail.com

PHASE 2 applies to all lunches after 26th April 2022
You'll use the booking system to record whether you are attending AND you'll pay for that lunch online using a credit or debit card.

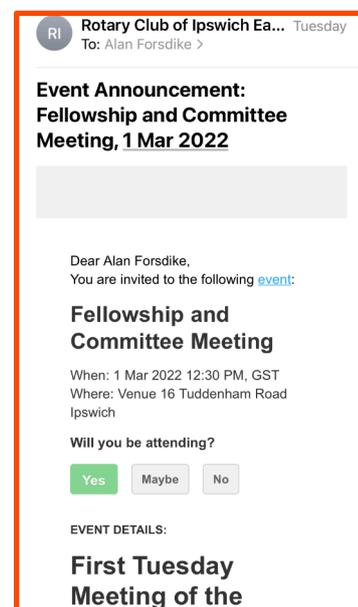
What will the major difference be?

We are moving from an "opt out" to an "opt in" system.

Up until now, if you wanted to attend a lunch you didn't take any action but if you needed to opt out, you'll have given your apologies to Bill Izzard by email and not been charged (provided you told him by the Sunday before the lunch).

From now, you'll receive an email from the Club two weeks before a meeting - it looks like this >>>

All you need to do is click the appropriate button. You'll get a confirmation email if you click 'yes'. If you don't respond, or click 'maybe', you'll get a reminder.



Having Problems?

Club Council is committed to introducing this system and to ensuring that everyone is able to use the system.

We have "Champions" to help - these are the current ones:

Steve Runnacles: steve.m.runnacles@gmail.com, Alan Forsdike: alan.forsdike@gmail.com

Bill Izzard: rcieattendance@gmail.com

Changed your mind?

If you've clicked YES and then cannot attend OR if you've clicked NO and later want to attend, all is not lost.

See overleaf for some scenarios which will answer your questions.

REMEMBER - If you turn up expecting a meal and hadn't booked in, there won't be a meal for you.

If you booked in and then don't turn up you will be charged the full price of the meal because the club has to pay for all lunches ordered whether or not they are taken.

***You can't break the system!
But you might find this table answers some of your questions...***

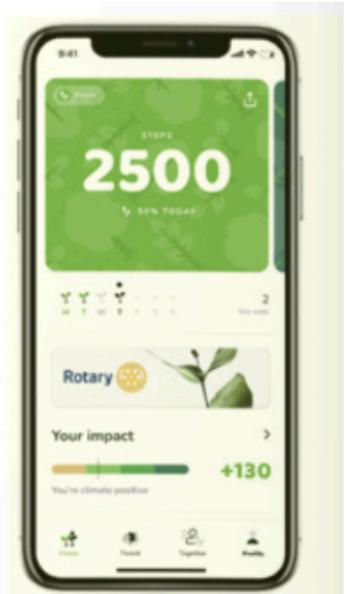
Scenario	Action to be taken	Outcome
NO EMAIL RECEIVED		
No email received from the Club inviting you to lunch in 2 weeks' time (invitations come out at approx. 12.35pm on the Tuesday two weeks before the lunch)	Email Bill Izzard on rcieattendance@gmail.com and inform him or email one of the other champions	He will correct the system or direct you to look in your spam filter
EMAIL RECEIVED		
You wish to attend the lunch	Click the "Yes" button in the green box – this will be the same as in the specimen email shown on page 2 above	You will receive an email confirming your attendance, together with a reminder email 4 days before the lunch is due If you ignore the emails past the cut-off date you will not be registered to attend.
You wish to attend the lunch, but no confirmation email received back	Email Bill Izzard on rcieattendance@gmail.com and inform him or email one of the other champions	He will check on the system and see if you have correctly registered
You wish to attend the lunch but want to bring a guest or record dietary requirements	Click the "Yes" button in the green box – this will be the same as specimen email shown on page 2 above Email Bill Izzard on rcieattendance@gmail.com and inform him of either your guest or dietary requirements	You will receive an email confirming your attendance, together with a reminder email 4 days before the lunch is due Bill will record the guest attendance and/or dietary requirement
You don't want to attend the lunch	Click the "No" button in the grey box – this will be the same as in the specimen email shown on page 2 above	You might receive an email confirming your non-attendance – but no further action will be needed on your part
You are not sure if you want to attend the lunch	Wait until you are know your course of action (cut off time is 12.30pm two days before the event) You can then go back to the original email and make your choice. You will receive up to two reminder emails if you take no action. Both reminder emails will include the "Yes" and "No" boxes.	When you eventually respond, your preference will be registered. If you ignore the emails past the cut-off date you will not be registered to attend.
You do not have access to emails or do not know what to do	Email Bill Izzard on rcieattendance@gmail.com and inform him or email one of the other champions	You will be guided or shown how to deal with the situation (so hopefully the situation will not arise in the future)

These people can help - don't struggle, just ask...

Steve Runnacles: steve.m.runnacles@gmail.com

Alan Forsdike: alan.forsdike@gmail.com - Bill Izzard: rcieattendance@gmail.com

Join the Rotary – Treekly Challenge



There is no single easy solution to climate change but planting millions of trees is a key part of it. The Treekly Challenge is to maintain a daily walking habit of 5,000 steps. Hit the target, and in return mangrove trees are planted on your behalf in Madagascar.

RI President Shekhar Mehta has highlighted the importance of mangrove trees and at COP26 declared that mangrove restoration will become one of the key threads of Rotary's environmental focus.

Our daily walks can help our physical and mental health, combat climate change, and help create livelihoods for people living in extreme poverty, educating and empowering them to restore and protect forests on a

massive scale. Restoring our forests helps offset carbon emissions – 20 trees per month captures 1,000kg of CO2 and is climate positive

Rotary GB&I has partnered with Treekly to develop a Rotary challenge league where individual members can compete in their clubs, clubs can compete in their Districts and Districts can compete against Districts!

The RGB&I District Governor continuity group have set an annual target of planting 5 million trees in a year –this would, for example, offset 500,000 flights from London to New York!

How do you get involved?

Firstly, download the Treekly App from the App Store (Apple) or Google Play (Android). Once you have an account you can then join your Rotary group by using the five-digit RI number for your

club. You will then be able to see your individual performance of steps, trees planted and your forest grow. You will also see how you, your club and our District are performing!

A "How to" guide can be viewed and downloaded by clicking on the smartphone graphic above.

Rotary members have three options:

1. Use the app for free and earn up to one tree per week. These are awarded when completing the Treekly Challenge: 5000 steps for any five days in a week
2. Upgrade to "Treekly Plus - Rotary", which allows users to earn one mangrove tree every day that they walk 5000 steps at a cost of just £39.99 per annum (including £4 annual donation to End Polio Now)
3. For those not into computers and technology or are less active or mobile, any member can simply purchase a 12-Month Offset Tree Pack (to match the average UK adult annual carbon footprint) at a discounted price of £59.99 (including £4 donation to End Polio Now)



President Jo has started an Ipswich East group and encourages members to join.

How about you?

Our group code is T-19191, with password IpsEastRot.

This is the correct code - sorry for the error last time! Ed

Collections for Good Causes that cost you (virtually) nothing

Ray Walters is collecting unwanted mobile **mobile telephones** in aid of Water Aid. Contact Ray is happy to help you dispose of any old phones 'mobiles' that are sitting in drawers or cupboards gathering dust.



John Button is collecting used **postage stamps** in aid of St Elizabeth Hospice.

Contact John to hand over your used stamps.



Andy Lewis has a good home for your used **printer ink cartridges** please (raising money for Rotary funds)

Andy will also take any **drinks can ring pulls** for jewellery making by Philippino families in poverty.



Des Cunningham is no longer collecting used spectacles for use overseas.

It appears that such collections are no longer sought, unless you know better.

**Do you collect items for a charity or good cause?
If so, send the details to the Newsletter Editor Alan Forsdike
and he'll advertise it here.**

Twinning visit to Rotary Club of Ipswich, Massachusetts

While the twinning is still quite a few months off, both Martha (U.S.-side organiser) and I have started putting some thoughts down. Our U.S. cousins need to know who and how many are committed to take part in joining the exchange.

Please let me know now if you would like to go. We currently have 16 signed up and it would be nice to be nearer 20.

If you've never participated in the US twinning you might like to know that, in theory, it happens every two years meaning that we host every four years.

The event itself lasts a week and we are accommodated in Rotarians' homes and vice versa. This arrangement works well and keeps the cost down when you are visiting but it does imply that one would reciprocate in two years time. Usually hosts and guests form good relationships which develop such as in our case, where we have become extremely good friends with our hosts, Bob and Kathy Gravino. We recognise that sometimes the pairings don't quite work so we change it for next time with no fuss.

When we travel to Ipswich Massachusetts, most of us tack on an additional holiday having already committed to the expense of airfares. In 2022, I understand that some Rotarians are traveling to the US on the Queen Mary II.

We do hope you will consider joining and I look forward to answering and questions you may have in the meantime. *George McLellan*

RESPONSES ARE NEEDED NOW - PLEASE CONTACT GEORGE

Ipswich Borough Council are running wildlife events at various parks around Ipswich.

They started on 14th February and run until 26th so may be good ideas for bored half-termers.

All events are free to attend.

Full details are on the next page.



LUNCHTIME MENU

22nd February - Minted Lamb

1st March - Marinated Pork Schnitzel
topped with a creamy mushroom sauce

8th March - Fresh Salmon
infused with soya sauce and honey, served with a lime and coriander crab cake and an Asian slaw.

15th March - Trio of Suffolk Sausages
on a root vegetable mash topped with crispy onions

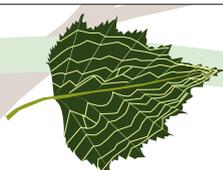
22nd March - Shepherd's Pie
topped with cheesy mash

Alternatives are available but must be notified in advance unless you have a 'standing order'.

WILDLIFE EVENTS FOR FEBRUARY 2022



DATE	EVENT	LOCATION	TIME
Monday 14th February 2022	Ipswich Loves Trees Day – Commemorative tree planting and bird box making and painting	Christchurch Park (By the Reg Driver Centre)	10:00 – 12:00
Tuesday 15th February 2022	National Bird Box Week make and paint bird boxes	Braziers Meadow (At the bottom of the Tump by the Pickett Hamilton Fort)	11:00 – 14:00
Wednesday 16th February 2022	Tree planting	Ellenbrook Open Space (meet by the play area)	10:00 – 12:00
Wednesday 16th February 2022	Wildflower planting	Gippeswyk Park (Meet by the Ancaster Road Entrance)	13:00 – 14:30
Thursday 17th February 2022	Bird Box making and painting Event	Chantry Park (meet by the play area)	12:00 – 14:00
Friday 18th February 2022	Tree planting	Birkfield Drive (meet on corner of Birkfield Drive and Stonelodge Lane)	10:30 – 12:30
Sunday 20th February 2022	Bird box making and painting event	Alexandra Park (by the play area)	10:00 – 12:00
Monday 21st February 2022	Woodland planting	Chantry Green	10:00 – 13:00
Tuesday 22nd February 2022	Ravenswood Wildlife Group Community orchard planting and Skylark awareness event	Braziers Wood Road Entrance to Braziers Meadow/Wood	10:00 – 12:00
Tuesday 22nd February 2022	Tree planting	Entrance to Gainsborough Sports Centre, Braziers Wood Road	12:30 – 14:00
Tuesday 22nd February 2022	Tree planting	Ravenswood Estate, Downham Boulevard, Ravenswood Avenue End	14:30 – 15:30
Wednesday 23rd February 2022	Miyawaki woodland planting and related crafts	Sherrington Road Rec	10:00 – 14:00
Thursday 24th February 2022	Tree planting	Cherry Lane Rec, by the play area	13:00 – 14:00
Friday 25th February 2022	Miyawaki woodland planting	St Augustines Rec, Cobham Road	10:00 – 14:00
Saturday 26th February 2022	Miyawaki woodland and related crafts	Castle Hill Rec	10:00 – 12:00





Inner Wheel Club of Ipswich East



President: Catherine Forsdike
Secretary: Margaret Woodward
Treasurer: Rosey Watson

Club Correspondent: Anne Riches - International Service Organiser: Monica Pipe
Membership and Welfare: Ruth Goodship - Social: VACANT
Fund Raising: Judi Walters - Community Service: Anne NG

PROGRAMME

(All subject to change)

Friday 25th February - Trivia Quiz - Tuddenham Village Hall
WE HAVE 8 FULL TABLE - THERE IS SPACE FOR TWO MORE TEAMS OF SIX
(contact Judi Walters: judiwalters95@gmail.com)

Tuesday 1st March 12:15pm - Frugal Lunch at Hill House, 2 Henley Road

Wednesday 16th March - District Committee Meeting: Honington and Sapiston Village Hall

Tuesday 5th April 12:15 - Speaker Meeting (tba)

5th - 7th April - Inner Wheel Conference Bournemouth - CANCELLED

Tuesday 3rd May 7:15pm - AGM and District Chairman's Visit

Wednesday 18th May - District International Rally - Ely

Tuesday 7th June 7:15pm - Speaker Meeting (tba)

Tuesday 21st June - District Committee Meeting and AGM - Brome Grange

Tuesday 5th July 7:15pm - Handover meeting - Prosecco and Strawberries



raising funds for President Catherine's charity, 'Suffolk Headway'.

Tuddenham Village Hall
Friday 25th February 2022

We are starting 7.30pm sharp but please arrive from 7pm to make your menu choices for food which will be served at your table.

Chilli or Chicken Curry (vegetarian option) with rice followed by fresh fruit - £10 per person - 10 teams of 6 people max

Happy (90th) Birthday Zena

Inner Wheel President Catherine Forsdike delivered a card and flowers to member Zena Steward on behalf of the club to help celebrate her 90th Birthday.

(Editor's apology - even though I took the photograph I forgot to include it in the last newsletter - sorry!)



Duty Rotarians

It was decided at our Business Meeting on 25th January to revamp the arrangements for organising Duty Rotarians at our meetings.

All club members, including those on Leave of Absence and Permanent Apologies, will be included in the list. The list will be prepared by our Newsletter Editor and will be published in the Newsletter so that adequate notice is given.

The meeting decided that it was appropriate that once a year, each club member should undertake the duty, or to make arrangements for a swap with another club member.

It was also decided that in very exceptional circumstances, club members could be omitted from the list.

If you are unable to be the Duty Rotarian for the week shown, please arrange your own swaps and notify the Hon Secretary and the Newsletter Editor.

As a reminder, when you receive your invitation-to-attend email, the information is repeated.

22nd February - Steph Mackentyre & George McLellan

1st March - Peter Moss & Mark Murphy

8th March - Ed Nicholls & Bob Parker

15th March - Bill Pipe & Toby Pound

22nd March - Bill Robinson & Steve Runnacles

5th April - Peter Shepherd & Clifford Smith

12th April - Lucy Trenchard & Lewis Tyler

19th April - Ray Walters & Geoff Watson

26th April - Martin Whitworth & Russell Wiles

3rd May - George Woodward & Juliet Adams