

LOOKS EAST

The Newsletter of The Rotary Club of Ipswich East
Edition 06-2022 : 5th April 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



April

Neill Keveren
Bob Parker
Janet Dillaway
Michelle Bevan-
Margetts

Club Lunchtime Meeting at 'Venue 16' Tuesday 5th April 2022 at 12.55pm Fellowship & Business Meeting

Duty Rotarians: Peter Shepherd & Clifford Smith

**7am Breakfast Fellowship meeting Costa Coffee, Futura Park
no need to book.**

Ipswich Central Update

Our lunchtime speaker Paul Clement, Chief Executive of Ipswich Central gave an interesting and polished talk on what Ipswich Central have done in the past and their aspirations for the future.

Ipswich has a long history in that it is the oldest Anglo-Saxon town in England and has grown from its prominence as a major port and merchant trading town linked to the one of its famous sons in Cardinal Wolsey into what we see today.

The programme overseen by Paul at Ipswich Central is to develop the town focusing on People, Place & Purpose. The original layout of the town's road system was developed for the merchants about 500 years ago and the whole of the road and communication layout has and continues to be developed to meet the needs of the local population and visitors to the town. The original road layout focused on all road leading north with later being linked across with roads crossing these. Over the years these road routes have been modernised for cars and commercial traffic and now days with an emphasis on pedestrians as we try to go greener.

As to future plans, Ipswich Central would like to make more of some of the historic features of the town together with encouraging people to return to the town centre as over the years people have moved out with the trend towards urbanisation in recent years. Surveys have identified that many of the shops in Ipswich have empty 1st floors as retailers have only been interested the shop floors of the buildings they occupy, so a great deal of ready-made accommodation is available today. Other plans include making more of the bridge over Stoke as that was the original bridge and the 1st settlement which has a historical significance. A route is being devised and developed taking in the historical aspects of Ipswich especially Cardinal Wolsey, his life and the part he played in the history of this country as we are coming up to celebrating 550 years since his existence. This will also feature "Wolsey's Gate".

Being an "Incomer" to Ipswich in 1975 and born in Boston, Lincs I have always wondered why Wolsey's heritage has in my opinion been neglected when the smaller town of Boston with many parallel historical factors including the starting point for the Pilgrim Fathers has always made this an historical feature which has emphasised its significance in history and attracted many tourists especially from the US.

Paul's plans for the future are very ambitious and I wish him well on this next part of this on-going and never ending project. *Bob Parker*





Welcome New Member Michael Rudkin

President Jo inducted Michael Rudkin on 22nd March.

Please do all you can to make Michael feel welcome as a member of our club.

Hon Sec Tony Baker sent out Michael's contact details in an email dated 22nd March (they are not repeated here for data security reasons as this newsletter is posted on the Internet.

Stop the War

Bröckedde is located in the heart of Germany - where the Rhine and Danube flow into the beautiful Bröckeddeesee. This is where RC Bröckedde meets in the Bröckedder Hof - every Wednesday at 1 pm in the Salon Hindenburg.

Alexander Hoffmann 01.04.2022
Against the background of the dreadful war in Ukraine, the author of the Bröckedde stories obviously felt that his normal humour would be inappropriate. As a result, the illustrator, Marcus Schäfer, has stepped up rather effectively.

Quite exceptionally, and due to Russia's invasion of Ukraine, President Pröpke and his Rotarians have decided to hold vigils rather than meetings for the month of April. Hopefully, normal club life will return when some form of normality also returns for our friends in Ukraine.



Fellowship Walk

The Hidden Delights of Landseer and Holywells Parks Saturday 9th April, 9.30am

*Meet - Landseer Park car park
(Landseer Rd, opposite Holbrook
Rd junction)*

*Duration - approx 3 miles, 1 hr-
ish*

*Terrain - undulating, likely to be
muddy in places*

*Dogs and well-behaved owners
welcome*

*Refreshments in Holywells Park
Stable Block Cafe from approx
10.30 am*

*No need to book; pay as you go
for refreshments*



If you just want to meet for refreshments then disabled parking only in Holywells Park (Cliff Lane entrance). Limited roadside parking along Dereham Ave and Severn Road.

New research insight: when to take LFTs

With access to free lateral flow tests ending from the 1st April in England, here are some valuable insights from recent research by ZOE to help you make the most of testing. Their scientists recently analysed the length of time it took for people to test negative, following their first positive test. ZOE found that, on average, it took 8 days after the first positive test to log a negative test.



What can we learn from these findings?

Have some LFTs at home ready so you can test as soon as symptoms start. You don't want to be out and about looking for test kits while symptomatic

Use a LFT on the day that you start experiencing symptoms

If you log a positive test, wait 6 days to retest as it's unlikely that you'll test negative before then

Those aged 75 and over could wait up to 10 days to retest as our research suggests that those in this age bracket may take longer to recover

If your test is negative, test again the next day

Keep logging your test results (positive and negative) in the app so we can continue to track COVID.

Based on information at <https://covid.joinzoe.com>

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.

12th April - Lucy Trenchard & Lewis Tyler

19th April - Ray Walters & Geoff Watson

26th April - Martin Whitworth & Russell Wiles

3rd May - George Woodward & Juliet Adams

10th May - Eva Alcerreca & Brian Annis

17th May - Alison Baldry & Chris Banham

24th May - John Barbour & Eric Barnett

What's On

12th April

Steve Runnacles on the app!

19th April - TBC

26th April - TBC

10th May

Jeremy Doncaster My Job talk.



LUNCHTIME MENU

5th April - Beef and Ale Pie

12th April - Chicken in a tomato, white wine and tarragon sauce

19th April - Honey Roast Gammon, Colcannon, cabbage and carrots

26th April - Chunky Beef Lasagne with Garlic Bread and salad

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

How to Download the Wild Apricot App onto a Smart Phone or Tablet (iPad)

Introduction

As well as being able to access the Wild Apricot database from your browser using a PC or a laptop, you can also access from your Smart Phone or Tablet/iPad.

These instructions are divided into two sections:

1) Android Smart Phones and Tablet (anything other than an Apple device)

On your phone or tablet go to the Play Store - the icon will be on your Smart Phone or Tablet and will look like this:



Click on this icon and in the box that has a magnifying glass and says, “Search for apps...” Type Wild Apricot for Members” and press return.

The device will ask you if want to install the App and you will click the Install button. Once it has installed, press the open button, type you email address into the email box and your password into the password box. Your password has been set as “ipswicheast” All lower case, all one word and please omit the speech marks!

The App will open with your profile information which you will be able to edit. You will also be able to see other members details as you would in the Club Directory and be able to book onto forthcoming events.

2) How to Download the Wild Apricot App onto an Apple iPhone or Apple iPad

On your phone or tablet go to the App Store - the icon will be on your Smart Phone or Tablet and will look like this:



Click on this icon and in the box that has a magnifying glass and says, “Search for apps...” Type Wild Apricot for Members” and press return.

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The App will open with your profile information which you will be able to edit. You will also be able to see other members details as you would in the Club Directory and be able to book onto forthcoming events.

Instructions on how to use the Wild Apricot website

Introduction

The Club uses software which belongs to a Company called *Wild Apricot*. This software allows us to schedule meetings and send emails to all members that can be responded to by clicking on the email responses boxes.

The software has many more features and this instruction sheet sets out to show you how you can log on to your member section of the website and see your own details and forthcoming events and lunches. The website shows you if you have registered for an event and allows you to make your booking from the website.

How do you log onto the website?

All you have to do is to type this into your web browser:

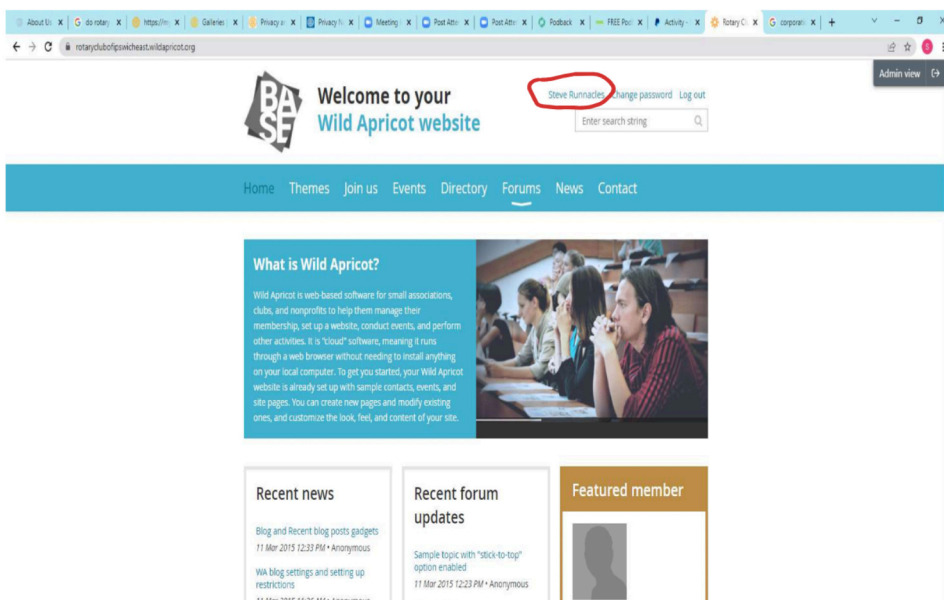
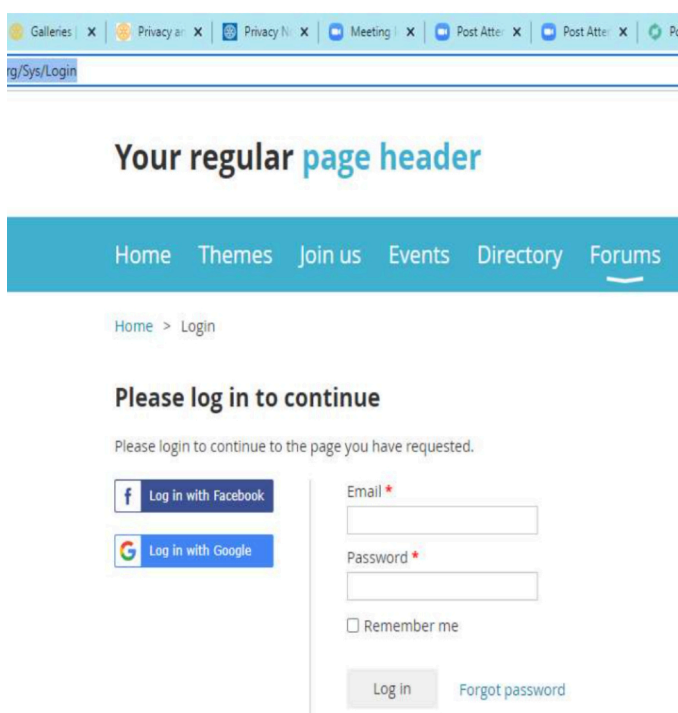
<https://rotaryclubofipswicheast.wildapricot.org/Sys/Login>

This will bring a screen that looks like this one...

Just type your usual email address into the box marked “Email” followed by a password of your choosing into the box marked “Password”- also make sure you click in the box that says “Remember me”

(REMEMBER TO MAKE A NOTE OF YOUR PASSWORD SOMEWHERE SAFE!)

Click ‘Login’ and you will be taken to your home screen which will look like the one below:



If you click on your name as shown circled in red you will be taken to view your own details and events you have booked in to. If there is an upcoming event that you haven't registered for and registration is open, then it will allow you to register for the event.

What happens if I receive an event invitation email and I click either “Yes” or “No” and it takes me to the website?

Some of you will always be directed to the website if you click “yes” or “No” when you receive an email event invitation. This is not a problem and the screen you will see will look like this:

Just Log in as before (see previous page if you have forgotten) and you will see a message saying either that your registration has been accepted if you were trying to register, or that you have been marked as not attending if you were recording that you did not wish to attend.

You don't have to do anything else.

If you had previously logged into the website, the email and password boxes should already be filled in for you and all you have to do is press “Log in”.

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, Dave Atkins: atcofam@ntlworld.com

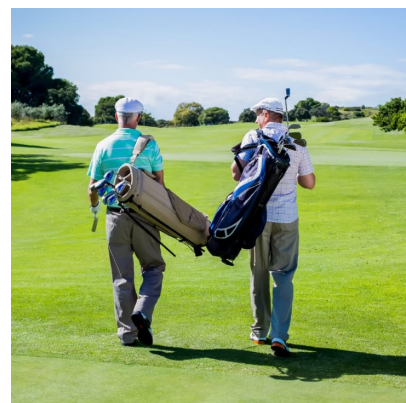
Ipswich East Rotary Club Annual Golf Day - Ipswich Golf Club, Purdis Heath, Wednesday 18th May 2022.

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?

All lunches are now 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 NOW 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 have moved 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, Dave Atkins: atcofam@ntlworld.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.

The screenshot shows an email from the Rotary Club of Ipswich East to Alan Forsdike. The subject is 'Event Announcement: Fellowship and Committee Meeting, 1 Mar 2022'. The email body includes a greeting 'Dear Alan Forsdike,' and an invitation to an event. The event details are: 'Fellowship and Committee Meeting' on '1 Mar 2022 12:30 PM, GST' at 'Venue 16 Tuddenham Road Ipswich'. Below the details, there is a question 'Will you be attending?' with three buttons: 'Yes' (highlighted in green), 'Maybe', and 'No'. At the bottom, under 'EVENT DETAILS:', it says 'First Tuesday Meeting of the'.

*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, Dave Atkins: atcofam@ntlworld.com

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.***



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)

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



Inner Wheel Birthday Tea

Inner Wheel certainly knows how to put on Afternoon Tea! A team led by Ruth Goodship prepared a sumptuous spread for the club's celebration of the 50th Anniversary of our foundation in Tuddenham Village Hall on Sunday 3rd April.

Beginning with Prosecco (or 'Nosecco'!) members and guests sat down at beautifully dressed tables and were served with their tea. It was a very pleasant way to spend a relaxed afternoon with friends and guests. Annie Atkins, President of Ipswich Wolsey IW Club lit the Fellowship Candle.

New Role for Catherine

President Catherine was commissioned as Diocesan Chaplain to the Mothers' Union by Hon Assistant Bishop Tim Stevens on 25th March in a service for Lady Day at St Edmundsbury Cathedral. Diocesan President of MU Linda Ginn is pictured on the left.

