

THE STANDARD

March 20, 2020

President:
Brad Sewall

Editor:
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FOUR WAY TEST

In all things we think, say or do

1. Is it the TRUTH ?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?



In the beginning:

March 20th Rotary Standard

25 Participants braved the internet to join us online!



Brad Sewall Opened our meeting at 7:00am.

Experimenting with Zoom to see the function for our meetings.

Asking club members to type questions into the chat function during our meeting.

First hiccup was discovering Brad sounded like a robot underwater due to connectivity – Asked everyone to turn off their videos to help with connectivity issues

Sunshine Report by Bill Hope – Sent in Separate Email

Brad – checking in, many of our club members are in self isolation due to travel.

Ask to help other members of the club if they need support – please reach out.

Speaker Jim Coyle – COVID-19, Isolation, and Coping.

Different stressors people feel during this time – financial, family, etc.

Jim had an open discussion with multiple coaches to see how people are coping, highlighting that individuals are still needing support, and how they are sharing their best practices to stay connected.

Put ask out to club – how are you coping and staying connected?

Matt: Regular Meetings with Family online each week – similar to zoom

Brad: Kim and Kids put together a WhatsApp group – text messages to whole group.

Alissa: Been using these platforms due to work – a lot of services, different gyms offering online at home workouts, individuals

Our meeting.

joining online. So still able to do a workout during the day.

Challenges – Individuals having a tough time. Here are some thoughts to help:

Bill Skinner: Networking process – using Skype (Hit or Miss), Facetime, Messenger. Utilizes WhatsApp quite a bit to connect with Rotarians in USA – works well. Finding Zoom is quite useful – having a bit of video, works very well one on one.

Concerns with people not self isolating - Reminding people it's a serious Issue

Alissa: Suggesting that we can't be nice with reminders – need to share the severity

Sheila: People starting to use the term “Physical Isolation” rather than “Social Isolation” since we can still connect with each other in other ways. Need to focus on mental health, still get fresh air – just ensuring to stay 2 meters away from people.

Darryl: Sharing retirement wisdom – not necessary to always to go out, finding ways to build a new schedule in doors (television, books, etc.) build the time in.

Sheila: Has anyone heard from Christine and Peter?

They were on their way home.

Docking for refueling and supplies, but nothing imminent to head home.

Don't know when they'll be able to leave the ship. No cases on board, they seem upbeat. (As long as there is wine!)

Jaime: Struggling with Kids on Netflix all day although mostly independent. Challenges with Kids School – unsure what they're going to do. CBE planning on delivering curriculum online – will end up being a new reality.

Q for Jaime: What general advice are you giving Clients financially with the Crisis?

A: Everyone's got options – Adjust monthly payments (giving more units/shares to recover), Federal government reducing RFF minimums (Can reduce required payments to let money recover.). Another option to take advantage of buying opportunities, we will see a recovery.

Brian Gentles: Happy to chat with individuals RE: what banks are doing/lending.

Bill Skinner: Daughter sent a concise email with what to do for safety – Will send out to club through club runner.

Jim Coyle: Wanting to Ensure that everyone knows he is happy to connect, feel free to reach out, keep connected!

Phil: Some closing thoughts – good news around the corner. Two Links were posted into group chat.

Velma: Reminder regarding for Mental Health – Don't take it for granted, we don't talk a lot about it. All of Velma's sessions with clients moving online, or phone session. Please know these stress levels are unprecedented – taking care of your mental health is going to take work. Make sure to check in on your families, avoiding crisis mode by prevention.

Graham: Got back March 9th – Rotary members are retired, or older. Families with children have pressure building up. Graham and Holly to split up assignments to help with Kids of families. Q: How can we help each other? Are there innovative ways we can entertain the kids? Opportunity to leverage each other in Rotary – how can we find new ways to help?



Our meeting.

Velma: Excellent time to teach life skills to children – teach changing tires, cooking, taxes, etc. FOCUS on opportunities rather than just problems or concerns.

Bill: Suggesting Teenagers could be focused on helping neighbours – get them out shovelling the walk!
Also – Able to help if anyone needs help (in South side of Calgary.) Groceries, Errands, etc.

Martin: Have a friend in France, with full lockdown – at 8pm having a cheer for Healthcare workers. Demonstrating solidarity.

ROTARY MINUTES:

Youth Exchange:

Valentina: Has spent the last few days watching Netflix, doing puzzles and math homework. Couple days ago went to clean out locker. Going to start building dream catchers! There is a discussion about the exchange students going home – 4 are returning. Valentina is planning on staying until this all settles down.

Lynda: When its safe to do so and are out of Quarantine. Can reach out to Val for activities.

Sheila: We're wanting to ensure that Val can avoid public transportation.

Q: What is the district doing regarding youth exchange?

A: Updating communications with expectations. Sent out email to families, counsellors à giving overview of situation, reality check of where we are. What it means for students to stay rather than going home. The decision to stay or go is left up to families.

Lynda: Most students heading home except for Italy, Spain, Hungary, Argentina.

Q: What about our outbound Students? A: Most coming back except for countries in full quarantine.

SIDE NOTE: Graham: What are the guidelines around quarantine when you're done isolating and not infected? We're hearing a lot of what we shouldn't do? What can we do?

A: Do what we can, we can follow guidelines best to our ability but its an evolving situation
 For groceries - wash fruits and vegetables well – keep surfaces clean, wash your hands.
 Do your best.
 Remember this is NEW – what the virus does, doesn't do is an evolving process.

GUESS Who's coming to Dinner:

Next scheduled dinner is April 18th. Individuals feeling hesitant to get together – Phil able to still organize and get together if people are okay. Sending out a survey for club. Please send a note if interested in participating.

Matt: Suggestion to take dinner online – Cook meal at home, pour yourself a glass of wine, and still connect online. It can still be a surprise without the possibility of spreading infection.



Our meeting.

Happy Bucks:

Phil – Just getting back from PV, great week with all the family together siblings and father.

Sheila – Last night had book club online on Zoom. Great innovative ways to connect.

Ted – For birthday out ski-dooing – spending time researching what we can do in the business world – daily meeting for YCC chamber of commerce at 11am. (discuss different options, payment plans, etc.)

Brad – Happy to be back for Rotary meetings – still taking some time to figure out the meeting process.

Closing:

Brad - If anyone has any comments for things to add/delete from the agenda. Thoughts to reach back out to speakers to do Online meetings.

Great time for everyone to think about patience: “Patience is not the ability to wait, but the ability to keep a good attitude while waiting.”

Notes from Chat:

CALL TO ACTION: Ginny Murphy: If you’re healthy Canadian Blood Services needs blood donations badly. You can look at setting up a donation appt on their mobile app.

Graham: Check out Bill Gates Ted talk on Infection Diseases - https://www.youtube.com/watch?v=6Af6b_wyiwl



☞ March 27, 2020

☞ Greeter Leigh, Peter

☞ Door sales

☞ 50/50 McArthur, Don

☞ Grace and Sunshine report Mihailedes, Christine

☞ Introduce and Thank Speaker Matthews, Rob

☞ Standard reporter Murphy, Ginny

☞ April 3, 2020

☞ Greeter Hochhausen, Fran

☞ Door Sales

☞ 50/50 Kelly, Lorne

☞ Grace and Sunshine report Christmas, Stan

☞ Introduce and Thank speaker Campbell, Lynda

☞ Standard Reporter Hood, Doug

**THE ROTARY CLUB OF CALGARY
HERITAGE PARK**

**P.O. BOX 30261
CHINOOK RPO**

**WEAR YOUR
ROTARY PIN**



The Rotary Club of Calgary Heritage Park Announcements

March 27	Online meeting!
April 3	Online meeting TBD
April 10	No meeting—Good Friday
April 17	Toastmasters—presentation by Regional leadership

