Rotary Club of Camrose Daybreak

EyeOpener May 26, 2020 We Are Rotary

May is Youth Service Month

June is Rotary Fellowship Month

14 members joined us for our online meeting

Alan offered **Food for Thought** on the history of previous owners of his house. Built in 1905 by a clothing merchant, multiple deeds indicate struggles to pay the bills on time. September 1914 saw the birth of Adair Young, likely in the house. Time on town council and Rotary Club president for 1939-1940 are on his resume. Adair and May had a son, John Campbell Young, who joined the fledging RCAF in 1941. He survived many Spitfire missions in Europe before being shot down in Belgium close to VE Day in 1944. His grave marker in Belgium has the inscription *Beloved son of Adair and May, age 29*.

Carol will offer **Food for Thought** next week.

Chris shared **Food for Thought** about the various foods she is sampling and including in her diet during the coronavirus. Tapping into the urban farming trend she is sourcing seeds for microgreens and sprouts from Mom’s Seeds. They are producing well and adding extra nutrition to salads. Ezekial (sprouted) bread is a healthy mixture of lentils, spelt, barley and more – gluten-free. Kefir milk, a buttermilk-like milk, is made by adding kefir grains to milk and letting it work for about 24 hours. Strain the grains and reuse them virtually indefinitely. Share the added grains that develop with friends. The CLBI bakery has delectable offerings. Craft butchers, such as the Hutterites (online), offer protein choices.

Many members shared cooking, baking and eating adventures. There are more gardeners this year as well.

**Happy Bucks**

* Wonderful trip to see sweetheart
* Birthday celebration
* Daughter visit from Calgary (too good a crib player)
* Grandchildren visiting in the neighbourhood
* Great rain for the garden
* Biking and walking weather
* Wife called to see about hair appointment – *Does today at one work?*
* Amazing and interesting to see how 3” of rain disperses and re-collects at the Battle River headlands
* Patrice has elastic, call if you want to replace ribbons on masks

**Next Meeting**

Tuesday June 2nd at 7:00 am Odell will send Zoom invitation

Lesley Binning and Lou Henderson will describe AHS Advisory Councils

Morris

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