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RI President-Elect

2019-2020 Officers and Directors

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Al Holt, Treasurer

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George Van Schaick, Community Service
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District 5360 Governor Christine Rendell
Rotary Club of Calgary East

May 19th, 2020

Scribe: Paul Gaudet

President Elect Rob hosted our fourth zoom regular meeting, and while we waited for the meeting to begin, we enjoyed visiting with our Rotary friends and those who we haven't seen in a while.

Rob started our meeting at 12:05 by introducing our video of "O Canada". We had 31 participants which included a number of guests. He announced that Paul would be acting as Scribe for this meeting, so if anyone wished to have something noted in the minutes to kindly contact him.



Rob called for any news on the **health of the Club**. Paul advised that Herb Imler was not doing very well. He has an infection which is being treated and we hope he feels better soon. Bart has heard from Lise Ladd that Gary has been hospitalized. Further details are not known at this point. Ian reports that Gwen is recovering well from her fall.

Announcements:

- Rob reminded up of our **next Limericks Networking event** which is planned for **Thursday, May 28th from 7pm to 8pm**. Everyone is welcome and Rob will be forwarding further details soon.
- We will also be hosting our second **Happy Hour zoom get together** on **Friday, May 29th, also at 7pm**. This will be a great chance to visit with your Rotary friends and hear what is new in their lives.
- Rob advised that we are almost ready to finalize our plans to organize a "RibFest Drive By" food event which, if approved by AHS, will take place between July 10th to 12th at McMahon Stadium. Further details to come.
- Lastly, Rob reminded us of our virtual District Conference which is scheduled for June 6th, from 1pm to 5pm. It will be packed with interesting information and we encourage everyone to participate. This may be the only time you will be able enjoy such an event from the comfort of your favourite chair.
- Dale reported that Globalfest is planning a food truck event on Saturday, May 23rd and Sunday the 24th. Times are from 11am to 9pm, and volunteers are being sought to help out. The event is being held at Genesis Centre (#10, 7555 Falconridge Blvd NE). Please contact Dale if you can help.
- Tammy did some exhaustive searching and reported that she has been able to locate three of Bart's "favourite snacks from the past" ... Tang, Thrills gum and Kool Aid, and she is sending them to him right away. Enjoy your trip into history Bart!

Stress Management and Healthy Coping Kimberley Feist

Paul was called on to introduce our **Guest Speaker, Kimberley Feist** from the Canadian Mental Health Association. She has an educational background in psychology with an emphasis on crisis and trauma. She has worked

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in a variety of settings from law enforcement and National Defense, to working with youth with severe, persistent mental illness. She has been with CMHA now for 15 years as a teaching specialist. She is making a presentation about stress during social isolation and how best to deal with it.

Kimberley began by explaining that stress is basically a normal reaction to the demands of life. In situations where the tasks we face outweigh our ability to cope, we feel threatened. When this happens, our bodies release a burst of hormones to fuel a 'fight or flight response'. When the threat is gone, the body returns to normal.

There is a type of stress that is beneficial, called Eustress or positive stress. It empowers growth emotionally (inspires, motivates), psychologically (builds resilience) and physically (building strength through workouts).

We are encouraged to see tasks as challenges rather than threats. Threats tend to elicit a greater stress response and create greater levels of anxiety, whereas challenges can be seen as exciting and even be enjoyable to overcome.

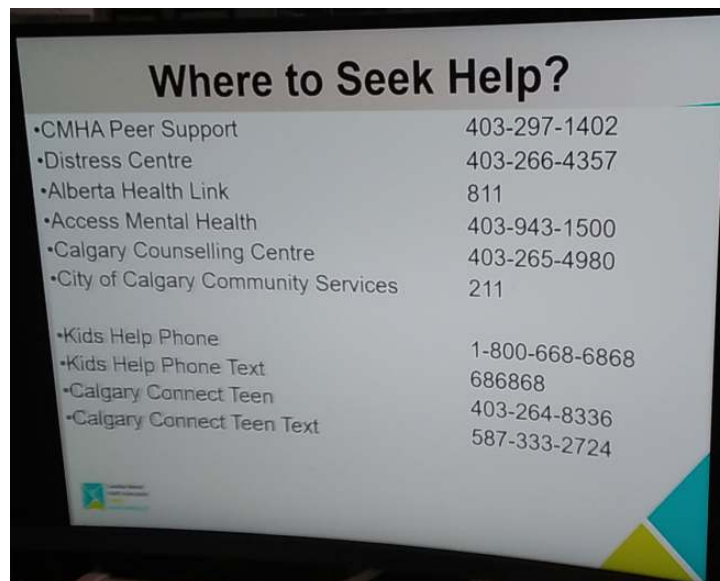
Kimberley spent the balance of her presentation outlining firstly the effects of the four categories of stress (Mental, Emotional, Behavioral and Physical), and then outlining healthy coping strategies for each area. Some examples are noted below:

Category	Effects of stress.	Coping Strategy
Mental	No concentration Indecisiveness Confusion	Distraction tools Write it down Advice to friend
Emotional	Anxiety Sadness Anger Worry	Listen to music Talk to a friend Pets, nature Keep a journal
Behavioral	Change in eating Aggressiveness Use of alcohol, drugs Social Withdrawal	Stay connected Learn a new skill Don't use them Favourite activity
Physical	Fatigue Headaches Sleep issues Muscle Aches	Eat healthy, drink water Fresh air Workout, walking Hot shower/bath

Kimberley wrapped up her presentation with a Q & A session.

Rob thanked Kimberley for speaking to our Club and advised her that, in appreciation, a donation would be made to Rotary's Polio Plus campaign.

You can contact Kimberley at educatio@smha.calgary.ab.ca if you know of any other group that might like to have her make her presentation to them.



Rob introduced our Sgt at Arms segment with a comedic video of Steve Harvey to lighten the mood. He then reminded us of his prior recommendation for members to consider donating the cost of missed Rotary lunches to one of our Rotary Foundations, or other worthy charities of your choice. Paul noted that the federal government recently announced a \$300 payment to all recipients of the OAS, which might also provide a source for such a donation?



Our meeting ended with Rob reminding us all of the importance of new membership, and suggesting we invite friends to join in one of our zoom meetings. It doesn't cost anything and it's easy to participate.

Our meeting was adjourned at 1:05pm. Our next regular meeting will be held by zoom on Tuesday, June 2nd. The Speaker will be announced soon.



Calgary Rotary Clubs Foundation

There is now an easy way to support The Calgary Rotary Clubs Foundation. Donate Now! Once or Monthly ...in just a few minutes, you can make a difference.

I went on the site and set up to donate monthly. Donating is easy!

Check my email via ClubRunner for the hyperlink, or:

- search for 'Canada Helps'
- click on 'donate'
- 'get started' ... search by charity name:
The Calgary Rotary Clubs Foundation
- click on The Calgary Rotary Clubs Foundation
- click on 'Donate Now' or 'Donate Monthly'
- add amount
- 'include a message for this Charity'
— type in Rotary Club of Chinook
- click 'Continue with My Donation'
- under 'View Details' you will see Rotary Club of Chinook
- you will now need to fill in your Donor and Tax receipt info
- click on your 'Tax Receipt Preference'
- click on 'Anonymity Preference' (I chose to provide my name and email address)
- create your password (must contain numbers and letters) to be able to access your tax receipts (*I'm not sure if you will automatically get emailed a tax receipt*)
- complete registration

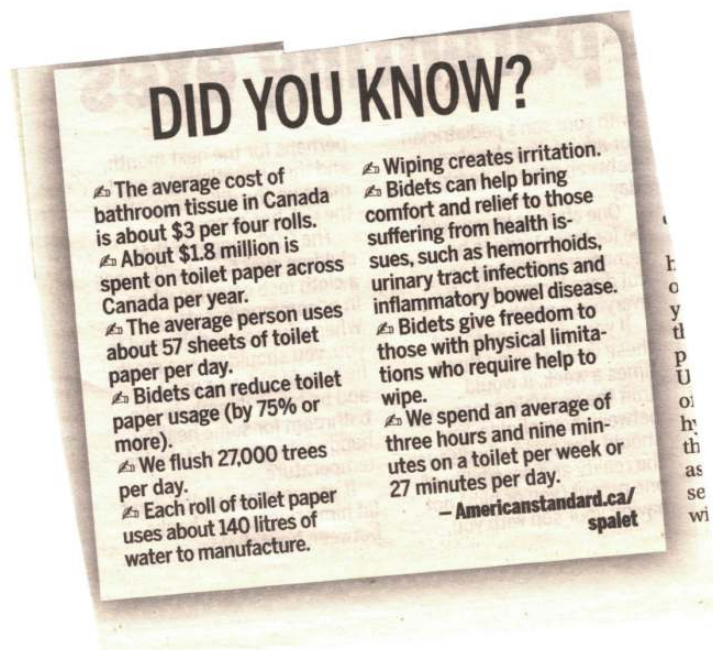
VOILA!! YOU DID IT!!

Of course, I will be more than happy to accept donations the old fashioned way ... a hand written cheque. Please make it out to 'The Calgary Rotary Clubs Foundation', and remember to write Chinook in the memo.

Bev Tonkinson

bevtontkrotary@gmail.com • 403-875-2127 • 403-271-4026

Just For Fun



Rotary Foundation

We (the Board) are trying to make it easier for members to make a donation to the Rotary Foundation.

Go to:

www.rotary.org/en/donate

Click on it and make a donation! It's that simple!

Anthony Tonkinson



It's Easy to Donate!!

Garth's Garden

Hello all of you gardening fanatics that are itching to get out into the yard! Hopefully this is a bit of up-lift for you from being house bound!

This rose is named after our famous horticultural college, Olds College. A tidbit of info is they chose this new rose to commemorate their 100 year anniversary because of its toughness, beauty, and it matches the school colours of orange and purple ... the flowers normally have a purple tinge on the outer petals when opened.

This rose is a very beautiful rose with healthy leaves. It is a hardy rose that anyone can grow here in their garden, no different than any other local shrub. It is bred here in Canada to survive our nasty winters. I have 3 of them in my yard. It grows to about 2ft high and about 3ft wide. It's available at most nurseries.

Plant with some good soil and compost, water when needed, and enjoy!!

Garth Sabirsh



Sunshine Report



Remember to contact Pat Hutchinson with any updates and information on the health of the Club!

pnhutchinson@shaw.ca

Ruth's Diner

When Stephen asked me to consider doing a cooking column I hesitated as I've never done something like this before. But one of my unfulfilled dreams is to do some writing, so I accepted the challenge. Here is my first attempt.

Remember When?

Remember when life was normal and the Club was preparing to do the parking at Spruce Meadows, starting in June every year? The schedule was being filled in, and the conversation was about what the weather would be, rain, snow, wind, hot and sunny or a combination of any or all of them. Some looked forward to it and some didn't, but everyone did their share, regardless of the weather.

After Tom and Vera retired from sandwich making, I tried to think of a snack that was less work than sandwiches, but gave everyone a semi-nutritious bite to have on their shift. My solution was muffins, a variety of flavours and enough for 2-3 per day per person. I loved looking for new recipes to try as well as including some old favourites of mine.

Mandarin Orange Muffins

1 ½ cup flour	½ cup sugar
1 ¾ tps baking powder	1/3 cup margarine
½ tsp salt	1 egg, slightly beaten
¼ tsp allspice	¼ cup milk
½ tsp nutmeg	1-8 oz (for us oldies) tin mandarin oranges, drained

Topping:

¼ c melted butter
¼ cup sugar
½ tsp cinnamon

Sift flour with other dry ingredients. Cut in margarine. Combine egg and milk and add all at once to dry ingredients, mixing only until moistened. Fold in oranges. Fill greased muffin tins ¾ full and bake at 350 for 20-25 minutes. Remove from muffin tins while still warm. Dip the tops in melted butter, then sugar-cinnamon mixture.

Makes 12 large muffins



A weekend of muffins, July 2016, made with the help of Annette Barratt

Did You Know? ... A Re-Run

Jim Thompson, Charter Member, Club Historian

Did you know? Fred James, CFL star of the 60s was once a member of this Rotary club? In the early 80s our club supported the SOS (Save Our Stampers) program of the Stampers by buying 1,000 shares of the then publicly owned CFL franchise. The SOS program was a huge success.

Did you Know? Our club banner reached its highest point of land when former charter member, George Raham, (now of the Canmore club) placed it at the Mt Everest base camp. We're pretty sure it hasn't been placed any higher on land, nor have any other club banners ... as far as we know.

Did you know? 2012 will mark the 10th anniversary since we officially opened and dedicated our marvelous Nature Park. If you haven't been by lately, you haven't seen the latest modification, as a result of the City's stormwater system, another separate pond connected now to the 2 previous existing ponds. There goes our scale drawings all to hell! The changes cost us nothing, and do provide even more settlement of storm waters before entering the river system. In 2012, we will see the installation of the 2nd wildlife recognition kiosk, budgeted for in 2010 but delayed because of road revisions on 22X. Also we have plans for 4 permanent precast benches near the mail gazebo, funded by private donors, 2 of which are already spoken for. This is in keeping with trimming the budget to reduce club costs. These will provide vandal-proof seating near the gazebo, similar to those in place throughout the pathway system. Our spring cleanup will take place in late May ... new committee members always welcomed!

Did you know? In the 80s our club took on a fund raising initiative that really got us all involved ... our Book Sales. Jaffe's Book Store in the east end of downtown shut down after many, many years and offered us all their remaining inventory ... it was HUGE! We were younger then, and needed to be, as the weight of books, hauling them up stairs and loading them into trucks was something else! We bought a transport trailer unit, painted it Rotary blue, added our logo and 'Book Sale' decals in full living colour, then set about selling books to raise money for other club projects. It was very successful, despite charity and professional competition. All club members and many family members filled shifts at our displays over several years, in various malls, establishing high profile identity for Rotary and our club.

When we finished with the book sale initiative, we donated our remaining inventory and set about using the transport trailer to collect corn from Taber, and ran a corn sale for a number of years. Storage of the trailer was an annual issue and we eventually sold it, to focus our manpower completely on the multiple Spruce Meadows parking programs.

The Book Sale and Corn Sale projects were great bonding programs, pulling members together, both in the cause of fund raising and fellowship.

Meetings

Tuesday, June 2nd
Tuesday, June 16th
Tuesday, July 7th
Tuesday, August TBA

ZOOM meeting at noon ... be sure to join in!
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ZOOM meeting at noon ... be sure to join in!
Annual Picnic in the Nature Park

Conference / Convention

Saturday, June 6th

2020 District Conference "Rotary Crushes the Curve" — 1pm - 5pm
"Covid-9 Facts and Fiction" "People of Action Crushing the Curve"
"Happy Hour" — Screech and Kiss the Cod

Saturday, June 22nd
and Sunday, June 21st
Monday, June 22nd
through Friday, June 26th

2020 RI Virtual Convention General Session — 8am CST for 60-75 mins
2020 RI Virtual Convention Breakout Sessions — 8am, 12pm, 6pm CST



Networking Meetings

Thursday, May 28th
Thursday, June 25th

ZOOM e-Networking Meeting, 7-8(ish) pm
ZOOM e-Networking Meeting, 7-8(ish) pm

Happy Hour on ZOOM

Friday, May 29th

7pm — join the fellowship!

President's Dinner

Saturday, September 19th

@ MacKenzie Meadows Golf Club
— contact George Kimura



RI President-Elect

Holger Knaack

President 2020-21
Rotary Club of Herzogtum Lauenburg-Mölln, Germany

Holger Knaack is the CEO of Knaack KG, a real estate company. He was previously a partner and general manager of Knaack Enterprises, a 125-year-old family business.

He is a founding member of the Civic Foundation of the City of Ratzeburg, and served as president of the Golf-Club Gut Grambek. Knaack is also the founder and chair of the Karl Adam Foundation.

A Rotary member since 1992, Knaack has served Rotary as treasurer, director, moderator, member and chair of several committees, representative for the Council on Legislation, zone coordinator, training leader, and district governor.

He is an endowment/major gifts adviser and was co-chair of the Host Organization Committee for the 2019 Rotary International Convention in Hamburg.

Knaack and his wife, Susanne, are Major Donors to The Rotary Foundation and members of the Bequest Society.RI

President-elect Holger Knaack's theme for 2020-21, 'Rotary Opens Opportunities', asks Rotarians to create opportunities that strengthen their leadership, help put service ideas into action, and improve the lives of those in need.

