



In This Issue

1 ZOOM Meeting Minutes July 28th

Speaker July 28th

Gail Urquhart, Executive Director
Bethany Care Foundation

2 ZOOM Meeting Minutes July 28th cont'd

3 ZOOM Meeting Minutes July 28th cont'd

Access Joy

Sunshine Report

4 The Rotary Learning Center

5 What's Up !!

Member News

Calling All Scribes !!

August Birthdays & Anniversaries

2020-2021 Officers and Directors

Rob Wolfson, President
President Elect — vacant
Paul Gaudet, Past President
Dale Perret, Secretary
Al Holt, Treasurer

Bev Tonkinson, International Service
Dean White, Youth Service
George Van Schaick, Community Service
Michael Spears, Club Service
Bill Stemp, Club Operations
Bob Gentles, Club Financial

RI President Holger Knaack
Rotary Club of Herzogtum Lauenburg-Mölln, Germany

District 5360 Governor Mary Turner
Rotary Club of Olds

Our meeting is on ZOOM ... Join in today at noon!



ZOOM Meeting Minutes

July 28th, 2020

Scribe: Bob Montgomery



Prez Rob opened the meeting with an interesting version of 'O Canada' for the benefit of 27 members and 4 guests, as follows: Gail Urquhart speaker, Darlene Langridge, Maureen Osis, and Nora ?.

Bev recognized member Birthdays and

Anniversaries for August. Birthdays: Tammy, Anthony, and Neil. Anniversaries: Ron H, Sandy.

Sunshine Report:

- Joe is laying low for a while. He has a blood infection, discovered after several hours in hospital emergency.
- Former member, George Raham and his wife, Marion, were in a car accident with a truck in Canmore. In their little retro sports car, they got the worst of the deal and were hospitalized with multiple injuries. They can be contacted at email rahamgeorge@gmail.com.



Bethany Care Foundation Update Gail Urquhart, Executive Director



Our speaker this week was Gail Urquhart, Executive director, Bethany Care Foundation. Bethany is one of Western Canada's largest, not-for-profit providers of care and housing for seniors and adults with disabilities. 2020 is the 75th year of operation.

They operate 8 continuing care centres — 3 in Calgary, as well as Cochrane, Airdrie, Didsbury, Red Deer, and Sylvan Lake. They also own and operate seniors' independent living suites, and manage independent living properties. They serve about 2,000 clients yearly, with 1,200 of those in continuing care centres. They have over 1,800 employees. Their residents are among the most medically complex in a continuing care setting — average age of 80, with 70% *cont'd on page 2 ...*

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Calgary, Alberta T2J 7A6
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www.ChinookRotary.org



having some form of cognitive decline. The Riverview facility operates the only complex dementia care program in Calgary Health zone.



Gail explained "Care West" journey through the pandemic, so far. Alberta's first positive COVID case was announced March 5th. "We operationalized our pandemic response plan the next day, which saw a cross-discipline response plan team formed and huddling 7 days a week, new protocols around infection control, daily operational procedures rapidly deployed, and expanded supply chain measures re our PPE inventories."

The city and provincial States of Emergency were called March 15th - 17th, and since then, Care West has been operating under Provincial Health Orders governing all aspects of care operations — system screening, visitation, and PPE requirements. Key actions included modifications to resident activities, employee screening, increasing staff absences; restricted visitations, and planning for work from home.

Bethany moved to a single site employer (restricting employees from working at other locations) on March 31st. We implemented a Heroes Program, which recognized the need to support staff, as they began to experience increasing stress at home and at work.

Bethany's first positive case was a frontline employee on April 14th, who subsequently recovered. The first resident was diagnosed on April 15th, and passed away on the 18th. That has been the only death. Since that time, there have been 17 cases, and all are now COVID free.

"We often get asked about the differences in some care centres in Ontario and Quebec, where there have been tragic outcomes and severe interventions taken by government and military. In Alberta, the continuing care operator environments are highly regulated and heavily audited. In Ontario and Quebec, this level of audit oversight was relaxed several years ago as cost savings measure."

Some specific challenges at Bethany:

- over 19,000 shifts filled by scheduling team in last 144 days, due to staff absences
- typically 30% of work force absent daily
- lost 328 employees due to single site/child care/ financial
- 202 new hires since March
- resident loneliness
- PPE

Key actions they believe helped them:

- early activation of Pandemic Response Plan/Team
- PPE management plan early
- restricted visitation early
- early decision on single site (union discord)
- regular communication with various governments

Issues:

- Old buildings are the biggest problem; it's not private vs public operator
- Funding model doesn't allow for flexibility — specific dollars for certain types of caregiver doing that specific types of care. If you don't use it that way, give it back. Doesn't allow for person centred approach.

Gail summarized the situation and ended with the following comment: "We are in this together, and we're so grateful to have had Rotary join our Bethany family several years ago. It's been really good to know you're out there, wondering how we're doing, supporting us from afar, and joining us in creating caring communities. We thank you for that."

Announcements:

- Prez Rob asked that Directors have their committees finalized for August 12th board meeting.
- Rob reminded us of the \$20 hockey pool. Entry must be in by July 31st.
- Rob commented on the success of the Drive-In Movie venture. He thanked all who helped, with special mention to George K, Joe, Garth P, Anthony and Bev, Al H, and Michael S.



- Bev un-muted to thank Rob for his leadership and active involvement throughout the planning and activation. She also noted that the \$9,000 committed by sponsors, contributed greatly to the financial success.
- George K added that McMahon Stadium folks were also very helpful.



- Dale advised of 2 volunteer opportunities for members. One to assist the City of Calgary, in assembling masks to provide to citizens. The other, to deliver hampers for a Bowness charity. Details will be sent to members via ClubRunner.



There will be another Strategic Plan meeting on Tuesday, August 4th, 7 - 8:30 pm. Topics are: identify a signature project led by Paul G, and emphasizing our club strengths by Peter B.



cont'd on page 3 ...

Rob recognized one of our great members **Ron May**. His impressive Rotary accomplishments are as follows:

- Ron was introduced to Chinook Rotary by Keith Hansen in April 1997, and holds the classification of Education/Principal – Retired
- His term as President of our club exceeded a year as he was called to the chair about 6 months earlier than scheduled to fill in for the then ill President Bart Dailey; he then completed his full term as president in 2003-04.
- Founding Father of the continuing partnership with Fairview School
- Committee Chair of District Youth Exchange for 8 years
- played a huge role in the development of a Youth Protection Policy for the District, which served as a model for the policy later adopted by Rotary International; this included a trip to Evanston
- served as an Outbound Counsellor to several exchange students, and billeted in-bound students while they were in transition from one host family to another
- represented our District at the Student Exchange Conferences held at various locations throughout North America
- a dedicated supporter of the Rotary Foundation holding a status of PHF+6
- honoured with the Club's Distinguished Rotarian of the Year Award in 2012-13

- attended a number of District Conferences, as well as International conventions in Copenhagen, Montreal, Los Angeles, Salt Lake City, and Chicago

Outside of Rotary:

- Ron has volunteered on Calgary Stampede Committee for 40 years in several different areas, and led the development of an abuse prevention program for vulnerable persons
- He has ably assisted his wife, Lise, for the past 15 years on her activities with the French Immersion program which involves 11-week student exchanges between Canada and Europe
- He has been on the Board and is President of Silent Sirloin, an organization devoted to the management of a 320-acre private land area. You'll need to speak to Ron to learn more about Silent Sirloin.

Our hats off today to a man who has done, and continues to do, much good work both inside and outside of Rotary.

Our speaker on August 11th will be Cory Trekiak, Calgary West, who is a member of District 5360 New Development Committee.



Access Joy

submitted by Rhea Graham



You might be experiencing feelings like hopelessness, despair, fear, anxiety, anger, grief, loneliness, and more right now. And you're not alone. We are all in a moment of trauma right now. Those feelings are real. There's no denying that. But here's the good news: the troubles plaguing the world do not have to infect your mind or bring sickness to your heart. Joy is the

antidote! Each moment of joy you experience is like a spark, bringing light to your darkness and illuminating the way to transformation.

Here are five simple activities that support joy in daily life.

1. Dance

Dancing allows you to let the music flow through you, move your body intuitively, feel your pulse race and your breath coursing through you. It can be such a tremendous release and can help you drop into your heart and uncover joy.

2. Meditation

Whether you spend 5 or 50 minutes in meditation, it's an act of self-love that pays off in dividends. You'll de-clutter your mind, connect to your heart, and enjoy tremendous benefits that enhance your resilience during hard times—tapping into your wellspring of joy.

3. Journal

Journaling is another efficient, elegant way to change your relationship to the noise in your mind and become more self-aware of the harmful thought patterns that may be holding you

back. Journaling about what you are grateful for can help you engage with joy.

4. Service

Whenever you feel really disconnected, try doing something for someone else to get back in touch with your heart. Acts of service can be tiny or huge, free or expensive. Try to offer them without expectation of anything in return except for the feelings it generates within you.

5. Connection

The human experience is incredibly powerful. You can find joy in even the smallest interactions with others. When you give people your full attention, actively listen to them, and provide support and inspiration, you are connecting to your heart (and theirs too!).

This pandemic experience is most likely challenging you to transform your life, and by extension, the world around you. Use your endless well of joy to create the world you want. How do you want your life and the world around you to look a week from now, next month, next year?

Sunshine Report

I received a call on July 28th from Herb Imler. He is now in Southwood Nursing Home. Currently he is in isolation, so no visitors are allowed. He said he will let me know when that changes. Current rules however at Southwood for any resident, means you have to call first and make a timed appointment to visit with strict rules. Herb said his room is 10x10 so he takes many laps inside his room.


Continue to keep Herb in your thoughts and prayers.

Yours in Rotary, Tammy

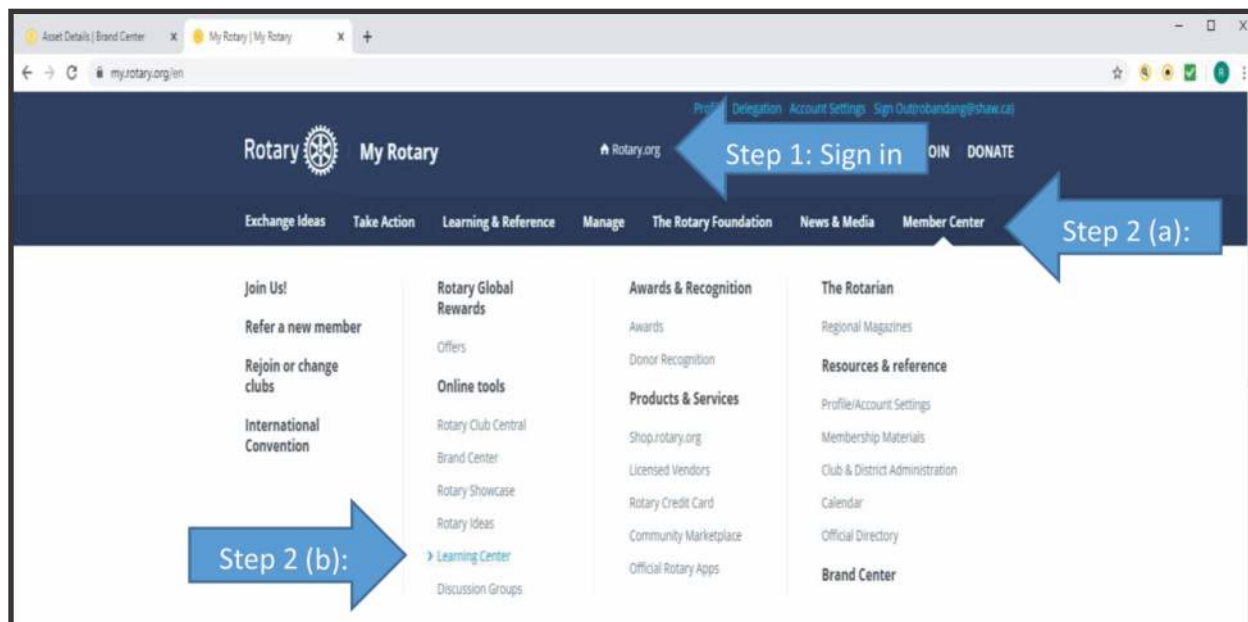
The Rotary Learning Center

Need something to do while you are practicing social distancing while you cannot go to your regular Rotary meeting?

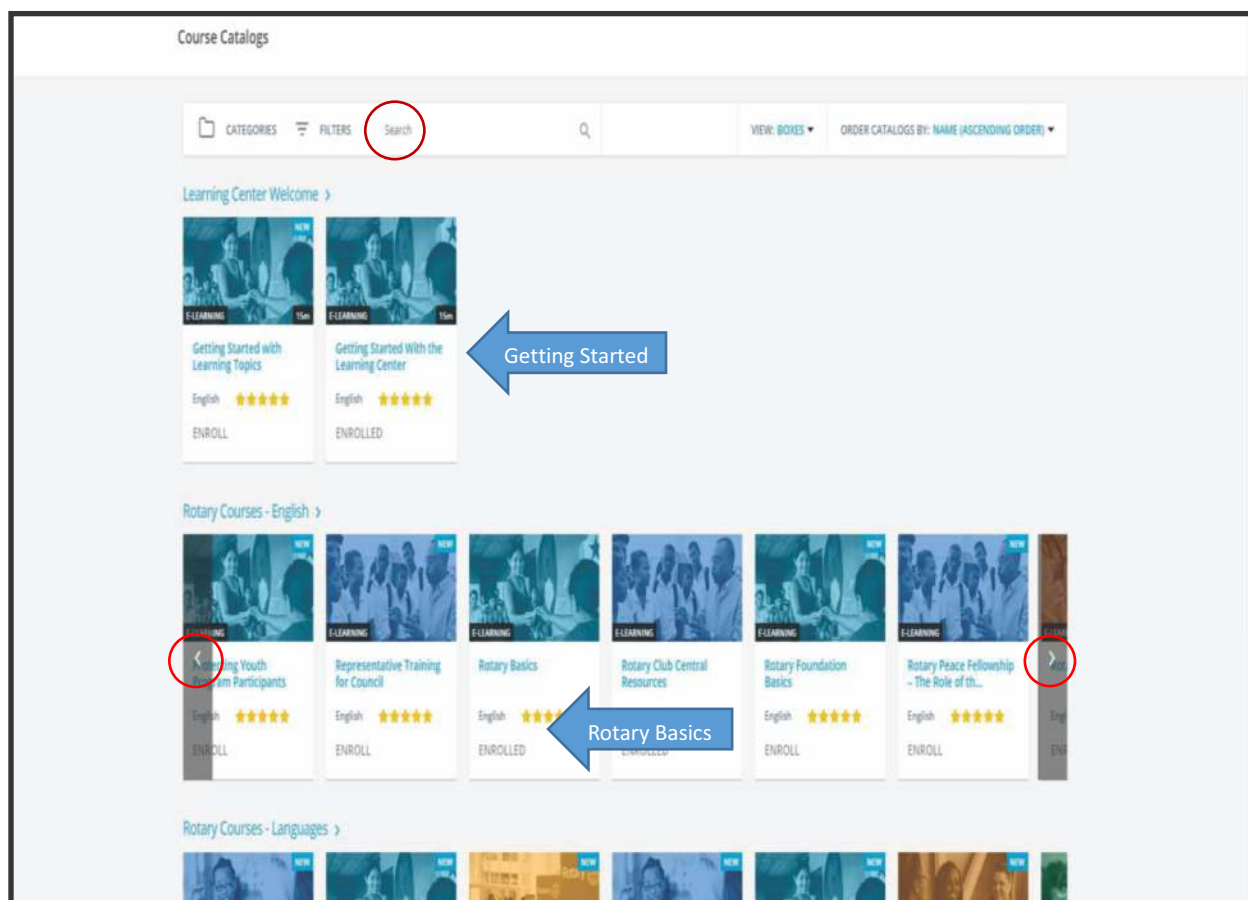
Why Not take 'The Rotary Basics' Course to test your Knowledge and see how much you know about Rotary!! It's just like going to an E-Rotary Meeting in 3 EASY Steps!!!

Step 1: Go to www.rotary.org and sign to your  **My Rotary** account (If you don't have a My Rotary account you will need to create one).

Step 2: Once logged in find the Member Center Drop-down Menu (Step 2a) and under Online Tools you will find The Learning Center link (Step 2b).



Step 3: Use the **arrows** to scroll through the Course Catalogue (or type in the Search field) to find "Rotary Basics". A simple 45 minute tutorial to remind us why we are Rotarians. There is also a quick (10 minute) tutorial on how to use the Learning Center called "Getting Started With the Learning Center" to learn how to navigate through the website.



There are many other great courses and tutorials based on your area of service or interest in your club. Happy E-Learning!!!

Meetings

Tuesday, August 11th
Tuesday, August 18th

Cory Trekiak, Calgary West, a member of District 5360 New Development Committee
Annual Picnic in the Nature Park

Events/Happenings

May 14th - 16th, 2021

DisCon 2021 in Drumheller — Mark your calendar and plan on attending

Networking Meetings

Summer break

Stay tuned for potential impromptu get-togethers

President's Dinner

Saturday, September 19th

@ MacKenzie Meadows Golf Club — contact George Kimura



Member News

Syed Ahmed

We are doing well and keeping safe too. Thank you for the updated e-Arch with pics of the great movie night. We certainly missed the wonderful event.

A Good News Item: The Rotary Club of Islamabad Metropolitan, District 3272, has honoured Farkhanda and myself with Paul Harris Fellowship award in recognition of our services to the hearing impaired children in Pakistan!

Best wishes, Syed & Faari

Calling All Scribes !!

Scribes needed!!

We have the job covered for
July, August and September!

We are looking for help from
October through the balance
of the Rotary year.

Please help!!

Contact Paul Gaudet to volunteer.



August Birthdays and Anniversaries

To our August Birthdays...

Paul, John, George and Ringo
would like to say.....

Tammy Truman - Aug 10th

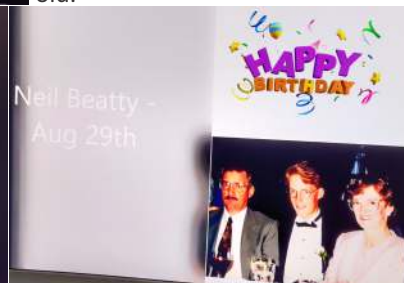


I was 7 years old in this photo.
That's my dad who cut my bangs.
He was our hairdresser as no
money growing up.

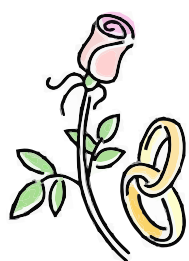
My hair was in ringlets as every
Saturday after the weekly bath,
mom would curl my hair with
socks 😊. It was very long as the
first time, other than the bangs, it
was cut was when I was 8 years
old.



Anthony Tonkinson - Aug 19th



Neil Beatty -
Aug 29th



"Marriage is the bond between a person who never
remembers anniversaries and another who never
forgets them."

-Ogden Nash

Just ask these two amazing Rotarian couples...

Congratulations and may
you enjoy your special days
of celebration filled with
love, family and hopefully
a little wine!!

Ron & Martha Hardie
48 years
Aug 12, 1972



Jim & Sandy
Swan
39 years
Aug 26, 1981