

ZOOM Meeting Minutes

September 1st, 2020

Scribe: Rae Campbell

In This Issue

1 ZOOM Meeting Minutes September 1st

Speaker September 1st
Suze Casey
'Navigating This New Normal'

2 ZOOM Meeting Minutes September 1st cont'd

Christmas Shoe Boxes

Pizza in the Park

3 ZOOM Meeting Minutes September 22nd

Speaker September 22nd
Dee Mago
'COVID Essentials'

4 What's Up !!

ZOOM Meeting Minutes September 22nd cont'd

ZOOM Meeting Access

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

This was a zoom meeting. Upon arrival, we were admitted to a chat room with about 3 others until noon hour. Discussion in the chat room included last week at the meeting in the park, and how we are spending our time during this time while at home.

Then we moved into the main meeting room where there were about 25 people. A major topic was to help get proper lighting for some of our attendees who were otherwise in the dark.

The meeting started with a bilingual video of 'O Canada'. We noted the screen instruction "copying or sharing of the video is prohibited"

Navigating This New Normal Suze Casey, Motivation Speaker and Author

The speaker today was Suze Casey. She gave us electronic copies of her presentation. During her comments we heard from someone's dog. My dog replied but Rob had us muted!

Suze emphasized technology in being Proactive, Productive, and Positive. Think positively even when times are tough. Use the seven step process.

Wink occasionally.
You are the deciding factor.

Suze provided us with some examples to work with. She described a 5 day business course in September.

Rob described our work to eliminate polio and said Suze would soon receive a memento and gave her the club's thanks.



cont'd on page 2 ...

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Bev Tonkinson presented birthdays and anniversaries for September. She also presented several pictures of club members at a much earlier stage. But we think the Stemp picture was taken only a week ago.

Member birthdays are: Paul Gaudet, Ron May, Arthur Campbell, Wayne Wiebe, Janet Popoff, Alex Soutar and Bill Stemp.

Anniversaries are: Fred & May Jesse (72), Harry & Verna Nazarchuk (59), Paul & Connie Hussey (60), Herb & Madalene Imler (15), Dean & Eeva White (2), Dave & Ruth Wylie (55), Pat & Joan Hutchinson (61), Alex & Nancy Soutar (52), and Bob & Edith Montgomery (61).



The Carriage House is expecting to keep the large rooms closed until the end of October, or possibly longer.

Our President's Dinner has unfortunately been deferred to sometime in 2021.



Christmas Shoe Boxes

Bart Dailley will be distributing the empty Christmas Shoe Boxes again this year. Should you wish to contribute to the project, you can receive one (or more) by emailing him with your address.

bartdailley@shaw.ca

When filled they can be delivered, by November 15th, to:
First Evangelical Free Church
732 - 55th Avenue SW (corner of Elbow Dr and 55 Ave)
or

Samaritans Purse
30 Hopewell Way NE (close to Rotary Challenger Park)

Bart is also working on arranging for our club to provide volunteers for their annual packing of the boxes, and will provide further details on dates as he hears further on it.

In Service of Rotary, Dale

Pizza in the Park, Hull's Wood, Fish Creek Park, Friday September 18th



Photos courtesy Rob Wolfson

September 22nd, 2020

Scribe: Paul Gaudet

For those who check in early, the use of “Break-out Rooms” allows members to visit and chat, as trying to do so in the larger format is difficult. Then at noon we are all transferred into the larger meeting area.

President Rob opened our meeting at 12:05 by welcoming everyone and introducing a video of “O Canada”, another inspiring version. We had 23 participants which included 5 guests. We welcomed our guests with our standard “welcome song”.

Rob then proceeded to introduce today’s speaker, Dee Mago, who is a Personal Trainer, Author, Healer and Coach.











COVID Essentials

Dee Mago, Health Coach and Author

Dee immigrated to Canada 20 years ago from Venezuela (she says that due to her Spanish accent everyone assumes she is from Mexico, but she reminds us that there are other Spanish speaking countries in the Americas). She is the founder of her own business “Dee Health n’ Fitness” and brings an interesting message to us today on steps to improve our health and quality of life.



SYMPTOM CHART: WHAT TO WATCH FOR

Symptoms	Coronavirus (Symptoms range from mild to severe)	Cold (Actual onset of symptoms)	Flu (Abrupt onset of symptoms)
 Fever	Common	Rare	Common
 Fatigue	Sometimes	Sometimes	Common
 Cough	Common* (usually dry)	Mild	Common* (usually dry)
 Sneezing	No	Common	No
 Aches and pains	Sometimes	Common	Common
 Runny or stuffy nose	Rare	Common	Sometimes
 Sore throat	Sometimes	Common	Sometimes
 Diarrhea	Rare	No	Sometimes for children
 Headaches	Sometimes	Rare	Common
 Shortness of breath	Sometimes	No	No

Sources: World Health Organization, Centers for Disease Control and Prevention

Dee’s presentation style was enthusiastic and friendly with lots of audience participation through questions regarding our own situations and challenges. Her message can be summarized by highlighting seven points of interest:

- Exercise according to your own level (keep heart rate up)

- Use Essential Oils (mix with water and spray on your mask)
- 100% Nose Breathing (avoid mouth breathing)
- Use supplements (mentioned Cordyceps, mushroom from Tibet/China)
- Take extra vitamin C and D
- Practice Meditation, it can really help
- Social / Family time is essential (as much as possible during Covid)

Dee can be reached at 403-619-7037; emailed at info@deehealthnfitness.com and her website can be seen at www.nakedfit.online/home

Rob thanked Dee for her presentation and advised her about our standard donation to Polio Plus in appreciation for her presenting to us today.



Rob began the business part of the meeting. He thanked our Strategic Planning Committee for their work on developing a new approach for our Club, and also thanked all our members who took the time to participate in our meetings during the summer.



He also thanked Bev and Anthony for organizing our “Pizza in the Park” evening in Hull’s Wood last Friday. Over 30 members, family and friends attended. It was a relatively warm evening with a big fire (complete with smores thanks to Moe), games, music (President Rob brought his guitar), and wonderful (and rare) fellowship! A great evening for sure!

Also thanks to the 24 players who are signed up for our 2020 NFL Losers Pool. We are already down to 17 survivors after two weeks.

Bev will be arranging “Birthdays and Anniversaries” for our next meeting (October 6th) so if you have a birthday in October, please send her a baby or child picture of yourself, and if your wedding anniversary is in October, please send her a wedding picture.



Rob highlighted a fund raising project being held by our friends at the Rotary Club of Calgary Olympic on Saturday, September 26th — Community Shred Day. Anyone can bring their paper shredding to be done and make a donation at the same time. The event is taking place from 10am to 2pm at the Italian Cultural Centre (east parking lot) 416 - 1st Street NE.

We are now in a position (thanks to Treasurer Al) to report how we made out at our “Movie Night” which was held at McMahon Stadium in late July with our partners, the Centennial Rotary Club. The weather threatened but came around in the end and our event was sold out. Thanks to our great volunteers and the public’s support, we made \$4,703, to be split

cont'd on page 4 ...

Basic Education and Literacy Month

September 29th

Networking evening — Dixon's Public House, 15425 Bannister Rd SE #24
Guest Speaker: Spencer Tonkinson — "Today's Calgary Realty Market"
and Bill Stemp — "Legal Aspects of the Realty Business"

Economic and Community Development Month

October 6th

ZOOM meeting at noon ... be sure to join in!
Steve Vickers, 264 Somerset Bridlewood Scout Group

October 13th

Off-site activity — Common Crown Tap Room if open?

October 20th

ZOOM meeting at noon ... be sure to join in!
Club Assembly — Strategic Plan and Membership

October 24th

World Polio Day — ZOOM fundraising activity TBD

October 27th

Limericks Networking evening
Guest Speaker: Mark Stephens, Stampeders Broadcaster



Rotary Foundation Month

November 11th

Rotary Remembers — Guest Speaker: Dr. Stéphane Guevremont

Events/Happenings

May 14th - 16th, 2021

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

ZOOM Meeting Minutes

... cont'd from page 3

with our partner Club. An outstanding result given that we were trying to earn some publicity for Rotary, and would have been happy to break even.

Secretary Dale is organizing a mask purchase through a Rotary supplier and will be seeking payment shortly from all who ordered.

World Polio Day is on October 24th and we expect to be taking part in some type of ZOOM fundraising activity, to be organized by Rob and Marlene Doherty ... the details are yet to be determined.

Bart took the floor to talk about Operation Christmas Child.

Starting October 1st they are planning to commence volunteer events to check their donated Christmas shoeboxes (similar to the events we have done in the past, but with smaller groups to accommodate social distancing). Bart suggested that we limit our volunteers to members and family so more can participate. He will let us know when a date and time are arranged. With regard to filling shoeboxes ourselves, Bart asks that anyone interested to please email him and he will drop the boxes off at your home. After filling them you will have to deliver them to specific collection sites as noted on the instructions.



Rob then presented several comedic videos provided to him by Sergeant at Arms Jim Thompson. Not sure of Jim's source but they do bring a smile, which is appreciated!

Rob asked for any "Good News / Bad News" stories, however none were offered.

He asked our members in attendance for any information about the health of our Club, however there were no new items to report.

In closing, Rob noted that there will be no regular lunch time meeting next Tuesday (September 29th), but there will be an evening meeting "in-person" at Dixon's Public House in Midnapore, from 5:30 to 7 or 7:15pm. This location has a large room available for a gathering of our size which will allow social distancing and (with masks) a safe meeting. This is our first "in-person" get together indoors, and we understand if you are not yet comfortable in attending such meetings. However, it appears to be a safe location so if you are comfortable, please join us by calling Rob and letting him know you plan on attending. This event is a follow-up to our previously held "Limericks Networking" evenings which are very popular and informative. At this meeting we will be having Spencer Tonkinson speak to us about today's realty market in Calgary, and Bill Stemp will speak about the legal side of the real estate business. Those in attendance will have an opportunity (on a voluntary basis) to say a few words about their own industry/business.

Our next regular zoom meeting will be held at noon on October 6th when Steve Vickers will bring us up to date on the Scouting Troop which we sponsor.

Have a great Rotary week!
Our meeting was adjourned at 1:15pm.



ZOOM Meeting Access

I had to create a new Zoom link for September and October meetings.

Join Zoom Meeting
<https://us02web.zoom.us/j/83273006058?pwd=NGhUMDEyK045L2NnVTlZWU9KaGI5UT09>
Meeting ID: 832 7300 6058
Passcode: 654420

Yours in Rotary, Rob Wolfson