



Club of Calgary
at Stampede Park

BULLETIN FOR APRIL 16TH, 2020 VOLUME 65, ISSUE 38



MESSAGE FROM PRESIDENT CHAS

HELLO EVERYONE

This week we will reinstate speakers for our Program. **Bob Wiens** has bravely agreed to be our “test case” as we attempt to bring this part of our program to the viral presentation. We look forward to presenting most of the speakers originally scheduled with the addition of a few interesting new ones so please join us over the next while!

Your Board will meet again on Monday the 20th of April. While there are several items on the agenda one prominent and likely reoccurring element of discussion will be our ongoing planning for next year’s fundraising and - in turn - distribution of those funds.

This will be a priority of your Board and the importance of this task is obvious to all. We will have much to discuss around alternatives as to how we do things and where our funding goes and/or should go. Undoubtedly this will need to be reviewed and updated as we progress through this time of uncertainty.

I continue to be encouraged by the outpouring of concern and care between the members of our Club. Please continue to do so. Many of our members need it and really - that goes for everyone. We are all effected by these events in unique ways and all of us are strengthened knowing we are part of a support group. We are fortunate to be a members of this Club during this time so let’s take advantage of it!

In this most unusual year of a Presidency, I again want to thank all of you for the continued support you’ve shown me through the great work that has been accomplished this year. I look forward to - at some point - standing at the podium at least one more time before my year ends and looking out at the faces of all of you knowing we played a major part in helping each other get through this.

Enjoy this weeks bulletin and be well everyone.

E. Chas. Filipski, Jr.
President

Rotary 
Club of Calgary at Stampede Park



Club of Calgary
at Stampede Park

MESSAGE FROM PRESIDENT ELECT PENNY LECKIE



Many of you are aware that one of the goals during my year as President of the Rotary Club of Calgary at Stampede Park is to revitalize our participation in the Waterton Glacier Peace Park Assembly.

Even before I was in the President “stream”, when I was a participant at the Assembly, I hoped we would be able to bring speakers to our weekly Rotary meeting, who could inform our Members about the history of our Club’s involvement in the Assembly, and inform our Members about the Assembly, itself.

One of the challenges in making this happen is the fact that some of the speakers would have to travel from Waterton or Glacier to Rotary House. For these individuals, it is not easy to justify this travel.

As we all know, every challenge creates an opportunity.

Because we are hosting our weekly meetings via Zoom, individuals from Waterton and Glacier are able to participate in the meeting, without having to travel.

I am extremely excited that during this past week, efforts have been made to create a meeting about the Waterton Glacier Peace Park Assembly, for our weekly Rotary meeting on May 21st.

Thank you so much to **Bryan Walton and Terry Allen** for working on the coordination of the meeting and the speakers. I hope everyone will plan to join the meeting, and will take advantage of the opportunity to learn about the Waterton Glacier Peace Park Assembly.

More importantly, I hope as many as possible will plan to attend the Assembly, scheduled for Glacier National Park, in mid-September this year.

Let’s be honest. When we get through this isolation period, there are a lot of us who are going to be thinking and saying “Road Trip”.

Time in the beautiful National Parks would be very therapeutic for all of us.

Each time I participate in the Assembly, I feel so privileged to be a Rotarian and to be part of a worldwide organization that is focused on doing good in the world and focused on service above self. By attending the Assembly and meeting Rotarians from other parts of our region and Rotarians from our neighbour to the South, we learn ways to share our Fellowship and bring goodwill into the world.

By holding hands with an American Rotarian, across our International Border, and pausing for a moment to look into each others eyes and to swear we will never raise arms against one another, I am reminded of the importance of the relationship between our two countries, but more importantly of the huge difference each of us can make in our daily lives, with small acts.

At this time, more than ever, we need to feel connected, and what better way than to connect with fellow Rotarians at the Waterton Glacier Peace Park Assembly.

As a sidebar, it should be noted I brought home one of the golf trophies from last year’s Assembly. I am embarrassed to say I was the only Canadian golfer in the tournament. When they gave the trophy to my American golf partner and I, I proclaimed that if they let me take the trophy home, I would bring it back in 2020, and would bring back a number of Canadian golfers.

So, here we go, Buckle Up, Road Trip, help me bring back the trophy again this year.

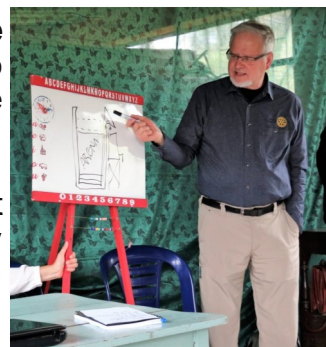
Plan to attend, all the spirit of Fellowship, Peace and Connecting.

Penny Leckie,
President Elect

President Chas welcomed everyone to the Rotary Club of Calgary at Stampede Park for April 16th, 2020. **“Dr. Pepper” (AKA President Chas)** complete with a hospital background and surgical scrubs welcomed everyone to the Zoom meeting and indicated that attitude makes a difference and wanting to have a little fun. He also advised that **John Fitzsimmons** was due for his invasive appointment in a few hours!

He went on to thank Kathyann for setting this Zoom meeting up, **Jamie Moorhouse** and **Steve Mason** for recording it and a special shout out to **Corinne Wilkinson** and **Dorothea Schaab** for stepping up to keep up the spirits of the Club membership.

President Chas thanked our Speaker **Bob Wiens** for being the test pilot as the first speaker to participate in our Zoom meetings. He asked that any questions to the speaker after the presentation be sent to Kathyann who would read them out and ask Bob to answer.



Stampede Park: President Chas advised that all May 2020 Meetings will be online and no word on June meetings as yet. The Stampede Grounds are closed until June 30 and we cannot meet at Rotary House. As far as Calgary Stampede 2020 goes the Stampede is planning for every eventuality. **President-Elect Craig Stokke** advised that a decision may be coming as early as next week. The President's Cocktail party planned for May is cancelled and other events are being reviewed by the various Committees to make a recommendation to the Board.

The Board of Directors will meet via Zoom on **Monday April 20th** to discuss fundraising and allocation of funds and how it will affect our **incoming President Penny Leckie's** year.

Health and Wellness:

- President Chas reported that Jeff Burns, son of Jim and Pat Burns is battling pancreatic cancer and not doing well. Our thoughts and prayers are with the Burns family.
- Our thoughts and prayers also go out to **Marianne Jost** who experienced a slight heart attack.



Sergeant-At-Arms: John Fitzsimmons:

John instructed the membership to take a Dr. Pepper can or any beer can and place a Rotary emblem on it and amend it to be able to put coin and paper money inside as fines are assigned. You maintain this can with the various fines you have incurred until you can return in person to the Club and formally pay your fines. Remember the Four Way Test!

John then commenced with his selected victims du jour: **Bill LeClair** for being “rough” on **President Chas** last week: \$20 to his favourite charity and a personal apology to President Chas (Editor's note: I think he should do this at our next meeting so there are witnesses!); **Benno Nigg** for a comment about hairdressers: \$2; **Stan Cichon** for inadvertent advertising during the Zoom business meeting: \$5; **Jack Thompson** for still having Christmas Lights on the house: \$2; and finally, anyone not wearing pants: \$1-no evidence required, honour system!

Christine Kyte began by saying that **Bob Wiens** is instrumental in ensuring the projects are correct in the execution, sustainable and continue to improve lives. Today we will hear about Bob's projects.

Bob Wiens addressed everyone today: President Chas, Fellow Rotarians and Guests: Most of you know I spend a lot of time in Colombia working on BioSand Filter projects among other things. Since 2000, I have made more than 30 trips to Colombia and have been involved in projects that exceed 1 million US dollars. Today I want to give you some insight into only one aspect of my activities and projects. Most of these have involved Rotarians and Rotary funding but not all have been directed to Household Water Treatment. These logos represent some recent key collaborators and I'll explain them in a few minutes

To make sense of my activities you should be aware that I represent not only our club but also a Calgary based charity when I am in Colombia. Many of you know that Marlene and I are founding members of a charity focused on projects in Colombia. We started in 2000, the year before I joined Rotary. In fact it was **Peter Penner's** suggestion that Rotary finance a container of wheelchairs and the demonstrated tenacity of **Dan Dunlop and Dave Marchant** that attracted me to join Rotary and in particular this club.

Our charity has 3 programs and Marlene stays quite busy managing the educational assistance program supporting 750 rural kids with uniforms and shoes so they can attend school.

In addition to being a coach for two disability associations she has a pet project working with 2 Rotary clubs in delivery of custom wheelchairs for rural kids with cerebral palsy. You can imagine the smiles when they actually get to sit and look around.

And of course, my role is to motivate, train, find financing for HWTS Household Water Treatment & Storage using the BioSand filter. I was one of the first students to take attend a filter construction workshop sponsored by CAWST and have made it my mission to bring safe water to families in Colombia. Thankfully, CAPD has paid my travel costs in the last ten years.

Why focus on safe water? In most developing countries, rural and peri-urban families will never have treated water in their homes, even though they might have piped water. Untreated water is a major cause of diarrhea and parasites, particularly among vulnerable populations.

Colombia is no different. There are 2 instances of unsafe water – a home with piped in water untreated and a more basic system where kids collect water in Jerry cans from an open pond frequented by farm animals.

Families do attempt to improve their water quality, usually by boiling, but get quite excited when offered the opportunity to have a BioSand filter. The issues are ease and cost of use, cost and availability of spares, sense of ownership and longevity of the technology.

Our club has a long history with David Manz and the Biosand filter. Before I joined the club, people like **Al King** and others were supporting projects in Haiti and Ethiopia in the late 90s. Samaritan's Purse and its partners in Ethiopia are still producing thousands of filters per year and have demonstrated the effectiveness and longevity of this technology.. But back to Colombia

This map shows the many filter projects that you and I have initiated in Colombia since 2007. The little red dots indicate various training courses that CAPD has sponsored. The distribution of filters in Colombia looks haphazard and it is. I go where I find energetic, committed groups, most of them Rotary clubs (shown in red). Most of these involve Global grants – approx. 10 Global Grants over the years.. So word gets around and slowly but surely, today, more than 7500 families have safe water to drink.



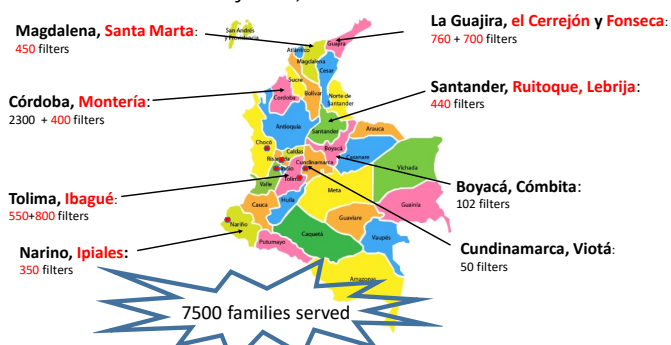
An update on filter projects in Colombia



- Registered with CRA in 2001
- Bob & Marlene Wiens - co-founders
- Three programs
 - Supporting disability associations
 - Supporting rural education
 - Supporting safe water projects



BioSand Filter Projects, Colombia 2007-2019



So how does this happen. Most importantly, the generosity and support of our club Calgary at Stampede Park and District 5360 have helped make Global Grants for water projects a sure thing, at least so far. The Colombian club is expected to conduct a “needs assessment”, write the application to The Rotary Foundation, contribute several thousand dollars, prepare the training plan and manage the project to a successful conclusion. They have lots of skin in the game. The saying goes-80% of success is showing up, so some years I visit all these places to encourage them and coach or train them.

Some may ask why did you only start in 2007. The short answer is that security in the countryside improved to the point where Rotary clubs felt comfortable in doing project in rural areas, areas that were previously insecure. Some of these areas still exist but thankfully much reduced.

Collaboration is the key since I am only in country 4 months of the year. In the last 5 years I have counted on a couple, Ivan and Rocio to carry on training, managing small projects and organizing logistics when I am not there. More recently CAWST has invested a lot of time and energy in raising the profile of household water treatment (filters) and dramatically improving the quality of the projects that you and I finance via Global Grants. Rotarians put in a lot of volunteer hours with this type of project so we work hard in encouraging them. Many have become leaders in their district for projects involving filters and have some success attracting Colombian collaborators such as the Coffee Growers Association.

Training is a key component of a successful project for sustainability and in the last 5 years the Rotary Foundation has helped formalize this for Rotary projects. I, personally, spent the first 7 years delivering training to groups. This involved all aspects from grant application writing to preparing filter media to how to train families to use and maintain the filter. Since Ivan and Rocio and Eva from CAWST have come along, I am content to sponsor the training costs if needed and basically act as cheer leader.

The Rotary Foundation now requires that each project include training for Rotarians, Community Coordinators and the beneficiary families. Very few people have experience or know how to deliver lessons in an organized approach so about 6 years ago, CAPD and some Rotary clubs sponsored a 6 day workshop on improving facilitation skills and developing lesson plans. Fortunately the CAWST trainer Eva Manzano had the energy to keep us all motivated over 6 days. Imagine taking 6 days to attend a course – a number of the attendees were Rotarians, highly motivated to making filter projects a success.

There is significant competition in the Household Water Treatment sector and a lot of false promotion about benefits of one technology versus another. CAWST has become one of a very few entities to publish real experiences of each of these technologies. Most of the technologies are commercial products which last 1-3 years before failing in a mode that does not alert the user –so they end up drinking contaminated water. Most NGOs and civil servants with responsibilities in this sector did not know what was available and how one technology stacked up against another.

CAWST developed the program and CAPD bought the hardware and sponsored a few of these 3 day workshops, where groups got to pour dirty water into each type of filter and discuss the strengths and weaknesses of each. Participants also got hands-on experience using different approaches to reducing turbidity and disinfecting water

TRAINING



Demonstrating
Technology Comparisons



What does this workshop have to do with filter projects? Educating participants really helps them see the strengths of the BioSand filter in comparison to all the rest. Many Rotarians attended and became more knowledgeable as to why they were implementing BioSand filters instead of another type. Coincidentally, civil servants were working on regulations to help municipalities make appropriate choices when financing safe water solutions in their rural areas. There may come a day when NGOs will not have to finance water projects because municipal leaders will have confidence in financing them.

Some of the implementing groups (Rotary clubs) will do one project over 2-4 years, other groups are more organized and enthusiastic and develop a system to do projects sequentially. Monteria is working on phase 5. A key component is the steel mold needed to construct the concrete boxes. CAPD now owns 40 molds and circulates them to groups as they are needed. A large project is most efficiently done with 16 molds since that will keep a contracted team working full time, every day.

When communities see the effect of the filter, as shown in the upper left, they all want to take one home right now. Here you see a number of Rotary Club initiatives using Global Grant funding. The club producing the white filter has been very successful in obtaining local funding to extend their Global Grant. The structured approach that the Rotary Foundation requires in the planning and implementation has helped local clubs demonstrate their competence and knowledge in their communities and in front of NGOs and government ministries.

The concrete box for the Biosand filter can weigh about 60 kilos. Handling and delivery is largely the responsibility of the family, who are highly motivated to carry this thing up a mountain trail, on their backs or slung on a pole. However, depending on rainfall and availability of construction materials, some areas are impossible to serve.

A few years ago Ivan worked with a local manufacturer to build a plastic version using Rota forming techniques. CAWST helped with measurements and Parex Resources from Calgary paid for the mold.

Lighter is not better, since filter media will compact more easily. It happens to be more expensive than the concrete version so we try to limit its use.

Some key items that can make projects difficult are the molds, the diffuser and the filter media. We have worked hard to make projects less daunting for implementing groups who are mostly volunteers, like Rotarians.

Rotarians found a couple fabricators for the steel molds, CAPD paid for the mold to make diffusers so clubs would not have to learn how to import stuff and finally, the Rotary Club of Nuevo Ibague found the right supplier for consistent high quality filter media. No one was happier than I was since I spent 8 years teaching people to make filter media and it always turned out as a weak point of the project and a LOT of work.

So we come to the end of the beginning of the story of Biosand Filters in Colombia. CAPD and Rotary, including our club were the only organizations working in this area till 2014, These days a number of other NGOs have their own equipment and financing so hopefully more families will enjoy safe water. Thank You for all your support and encouragement over the years.

Questions for the Speaker: Kathyann then fielded a number of questions such as :

How many filters are installed each year? (A: Highly variable depending on the global grants-it can be a few hundred to a couple thousand);

The cost of a filter and how many is it intended to serve? (A: \$100 US per filter and it is intended to serve a family of 10;

Does the sand remove the parasites? (A: It will remove 100% of the parasites, 98% of the bacteria & 90% of the viruses);

Do you test the water for cleanliness? (A: They don't test every filter but do a sampling);

Can Rotarians join you on your next trip? (A: My next trip is in October-November and happy to meet you there and introduce you to some of the Clubs)

Sandy Dougall expressed gratitude for a great story and quality of the presentation with excellent voice by Bob and clear slides. On behalf of the Club many thanks. Sandy then stood and said if you were speaking from the podium we would all clap our appreciation. Many joined Sandy to clap our appreciation.

Here is a link to a video on Bob's CAPD organization:

https://www.youtube.com/watch?v=jg_rofPnltQ&feature=youtu.be

IMPLEMENTING PROJECTS with Rotary Clubs



COLOMBIAN SUPPLY CHAIN



Steel molds- made in Monteria
Ibague and Piedecuesta



Plastic Diffuser -made in Bogota



Filter media- ready to install
Made in Tolima



**Hello from Dorothea Schaab, Dave Read,
Bonar Irving and everyone involved with
The Health and Wellness Committee!!**

WE ARE STRONGER WHEN WE ARE TOGETHER

Many of us could use a hand, many of us want to offer a hand ... It's okay to reach out and ask ... Is there anything that our Health, Wellness and Transportation committee can assist you with? Please reach out to us if you are in need of assistance.

**Dorothea Schaab: 403 660 6232
David Read: 403 271 5856
Kathyann Reginato: 403 244 9788**

schaabd@telus.net
nread@telusplanet.net
kathyann@rotarcycs.org

Maybe you need information, groceries or medication. Maybe you just need to talk to someone. We are here to help you.

There are several volunteers from the Club just waiting to assist you or anyone that you know that might be struggling , no questions asked ... Items can be dropped at your door if you can't see anyone right now

Do you need a break from cooking? We can help there as well.



Rod Bower: In dire need of suggestions of what to watch on Netflix....he's OK now;

Susan and Paul Brick: both doing well - Susan with a lot of discomfort in her back - but other than that and having to put up with Paul being back home, she's OK. Paul has nothing to complain about!

Murray Flegel: just out of the hospital with pulmonary problems. He's at home now - another 90%er;

Marianne Jost: Had a heart attack on Sunday. Marianne is in the Foothills but had a stent put in one of her veins and hopefully will be home by Friday

Larry and Donna Koper: Larry was doing what 90% of the Club was doing that afternoon - snoozing. Donna reports he is doing pretty well. She was getting a little (LITTLE?) fed up with the boredom, as are 90%....

Garth and Mary Nicholl: Mary was saying it is quite hard with Garth sequestered behind locked doors. Garth is having a tough time with the inability of Mary to visit, but Mary is in good form, and expressing interest in almost everyone in the Club. Amazing the contacts she maintains.

Bev and Dianne Osterman: are doing just fine. They seem to have maintained sanity the best of anyone I talked to this week - they seem to be doing the same things Sharon and I are doing -you know, the coping 10% of the Club.

Dorothea Schaab: took a fall on some ice. Stiff and sore but nothing is broken.

Dick Shaw: is finding the days rather long as he is confined to one floor at Amica. Other than that, Dick seems in good health, so let's just hope he stays that way!

- Update on everyone is from Bonar Irving and Dave Read—

On April 7th I stopped by AgeCare Midnapore to drop off a card and bottle of wine for our 95-year-old Peter Penner. Justina met me at the front door of the complex and was most appreciative that we have been reaching out to Peter today through our emails remembering his birthday. She said the Fire Department came by to do a salute to him as the Penners stood out on their balcony. They have many happy memories of the day.

A Few days after this Justina Penner was taken to Rockyview Hospital by ambulance. She woke up suffering severe pain in her right leg and couldn't even walk on it. After, speaking with 8-1-1, it was suggested that she call 9-1-1.

She had recently fallen and after a thorough all-day examination and x-rays it was determined that she has severe sciatica in her right leg. She was released and sent home yesterday.

Peter reached out to me last night to ask if I could assist in getting some Advil for Justina as they are now in 3 days quarantine at AgeCare Midnapore since Justina was outside the complex. I was able to deliver the Advil and a little Easter treat to them this morning and Justina phoned this afternoon to express her appreciation, saying she is feeling a little better.

From Dorothea Schaab

Hello Fellow Rotarians:

I want to thank President Chas for singling me out, the 95-year-old, for honorable mention in the Bulletin two weeks ago.

From my membership in Sackville, New Brunswick in 1978, I joined Calgary South in early 1995. I am so grateful for 25 enjoyable years with Calgary South and especially for the friendships I have made.

I was presented with the Four Avenues of Service Citation from Rotary International in President Wilkinson's year, I merely want to mention one Avenue in which I stood out from the rest: the writing and publication of our history, *Manchester to Calgary South, 1955-2005, Rotary Fellowship in Action* (Friesen Printers, 385 pages).

Of course, there are key members without whom I could not have done this. I can only hope that in 2055 this Club will find another person; whether a historian like me or a journalist who will be willing and have the time to devote years to the second 50-year period of The Rotary Club of Calgary at Stampede Park.

The other more notable thing I did was to sponsor Robert (Bob) Wiens for membership in 2001. Everyone will agree with me that that was a good call.

I am particularly glad on this Thursday when we Zoom together it will be Bob Wens who is our chosen speaker.

Sincerely,

Peter Penner

(403) 873-2803

justpen315@gmail.com



Kathy D: thank you very much for the food delivery today. I was watching for you but was cut out of seeing you because my 2 room-mates were out on the porch. The woman on the porch was Tracy who co-owns the house with me and the guy was Kevin, Tracy's partner. We usually have one package for ourselves and one for Tracy's parents who REALLY appreciate the service and are 1 1/2 blocks away. Other weeks we have given packages to a few neighbours who live alone or cannot shop themselves. Your team of volunteers, including Christine of course, are doing an amazing service, supplying great food, and fill a big void to those of us that don't cook much and usually make use of restaurants. Thank you all very much.

Don Taylor

No-Contact Delivery of Comfort Food Delivery Date: Saturday, April 25

We are facing a difficult time during the COVID-19 pandemic and everyday tasks can suddenly become overwhelming, especially if we're trying to manage remote working, care of school age children and many other tasks. Some are not well, and others are caring for their loved ones.

Eating well and staying healthy is critical but it's not always easy or possible to leave the house, shop and prepare food. As a chef and caterer, I am offering to deliver hearty, healthy and comforting food to your doorstep.



Please note: Delivery dates are dependent on the availability of my commercial kitchen so please double check dates posted.

This week's offer:

1L (4 cups) Beef Chili
1L (4 cups) Broccoli Cheddar Soup
Whole Wheat Rustic Loaf
\$25 (includes delivery)

Please order by Thursday, April 23 for Saturday, April 25 Delivery.

Please email: info@reflectivecatering.com if this is something you would like to do.

Christine Kyte,
Head Chef and Proprietor
403.831.4498

Website: www.reflectivecatering.com

**AMY GIANG RECENTLY OFFERED US HAND SANITIZER AT COST
UNFORTUNATELY HER SUPPLIER IS NOW COMPLETELY SOLD OUT**

"Please note that we are out of hand sanitizers. The supplier has run out of raw materials. They do have a disinfectant. I get them for \$129.95+GST for 20L pail and \$3.95+GST for the empty spray bottles" ... Amy Thank you to Amy for offering this to us:

Amy made an incredible Video on surviving the CoronaVirus as a business:

<https://www.facebook.com/LubeTown/videos/528880211364359/>

Please email Amy at: info@lubetown.com if you are interested





PRODUCT INFORMATION



READY 2 USE DISINFECTANT CLEANER

| PART # | SIZE |
|-----------|------|
| • 5588-20 | 20L |



DESCRIPTION:

GAP Ready 2 Use cleans, disinfects and deodorizes all at once. This ready-to-use disinfectant cleaner is highly efficient in destroying a broad range of bacteria, viruses, fungi and other microorganisms from hard surfaces. Ready 2 Use will also inhibit the growth of odour-causing mold and mildew.

HOW TO USE:

1. Apply using a mop, sponge, cloth or trigger sprayer.
2. Thoroughly apply product to surface.
3. For disinfection, allow surface to remain wet for 10 minutes, then remove excess liquid.
4. For mold and mildew, apply product and allow to dry on treated surface.

**Note: Heavily soiled areas must be cleaned prior to disinfection.*



Hi everyone! I have been part of the Healthy, Wealthy and Wise group for over a year and I am delighted they have asked me to present at the April virtual meeting. If you wish you can watch - the tickets are free! Hope you are all well!! Let me know if you need any help! **Luanne Whitmarsh**

Thursday April 30, 2020

**BASED ON ADVICE FROM PUBLIC HEALTH OFFICIALS AROUND
COVID-19, we are excited to host our
[HWW Business Connect Online!](#)**

Hello Luanne: I have been thinking about how you are navigating through these unprecedented times. Be encouraged, as we are all doing the best we can. It is important to stay socially connected while following the recommendations of being physically distant.

Our coming April Healthy Wealthy and Wise Business Connect will be a great platform to plug in and be inspired.

Theme: Finding Another Gear

[For details and to Register](#)

Location: *(Please disregard the location on the poster)*

Online via Zoom

Time: Starts at 7:00pm - 8:30pm

Date: Thursday April 30, 2020

* Bring your pen, paper

* Invite Friends and Family

Please register for free with the button above or via link below:

<https://hwwbizconnectapril2020.eventbrite.com>

See you there!

Abe Brown, MBA President of the Certified Coaches Federation



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CELEBRITY EDITION

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Presented by:
Express Employment Professionals
Calgary South
(403) 255-3350
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Featuring **SIMON SINEK**

Optimist, Best-Selling Author, and Leadership Expert

As the award-winning author of the leadership book *"The Infinite Game,"* Simon will journey through an infinite mindset and unlock a new way to perceive business success. "The only true competitor in an infinite game is ourselves."

PRESENCE: BRING YOUR BOLDEST SELF TO YOUR BIGGEST CHALLENGES

Featuring **DR. AMY CUDDY**

Social Psychologist, Best-Selling Author, and Award-Winning Harvard Lecturer

Known for coining the phrase "fake it 'til you become it," Dr. Cuddy uses cutting-edge science to reveal that if we adopt behaviours reflecting power and strength, we free ourselves to be our best.

A Complimentary Online Event
Wednesday, April 22, 2020
9:30 A.M. MDT

Register at: www.expresspros.com/expresstalks/



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“When words fail music *speaks*. ”

— Irena Huang

“Music can lift us out of depression or move us to tears – it is a remedy, a tonic, orange juice for the ear. But for many of my neurological patients, music is even more – it can provide access, even when no medication can, to movement, to speech, to life. For them, music is not a luxury, but a necessity.”

- Oliver Sacks, Author & Professor of Neurology: NYU School Of Medicine

[Quarantina With Friends Playlist](#)

Quarantina with Rotary Friends

Quarantina with Rotary Friends

Kathryn Reginato

Rotary Club of Calgary at Stampede Park friends and family are connecting together through these trying times through Music

96 videos · Sort

In My Room (1990 Digital Remaster) (Stereo)
Beach Boys

Simon & Garfunkel - The Sounds of Silence (Audio)
Simon & Garfunkel

Today Is Your Day
Shania Twain

Rocky Mountain High
John Denver

Don't Worry Be Happy
The Real Bobby McFerrin

Don't Stand So Close To Me
The Police

John Denver - Annie's Song (Live from The Wildlife Concert)
John Denver

President Chas asked for quotes, music and thoughts ...

We have created a Music Playlist on youtube that can be listened to by clicking the link below.

Remember you can skip ads, go to next song, pause or listen later if you want to):



[Quarantina With Friends Playlist](#)

PLEASE NOTE: mp3 / mp4 files do not convert well with the Bulletin. For those of you that submitted these types of files they can not be included. If you can see the clip on youtube and copy the link that will work.

Here is a really amazing piece of work that **Lisa Fernandes** has been working on. She was kind enough to share with us. It is called: **I Will Praise You In The Storm** ... This has been added to the **Quarantina With Rotary Friends Playlist**

<https://youtu.be/6XbINjvBMUA>

This is a submission from Roselyn Jack regarding the Food Industry: Pushing Boundaries in Agriculture: Rob Saik

<https://www.youtube.com/watch?v=xvFD6DRn0Cg>

Corona Episode: Hydroxychloroquine, Politics, and the Media

By Chris Centeno, MD / April 13, 2020

It's bizarre when politics enter medicine, especially when they enter into the debate over which treatments are best for COVID-19. No medical treatment on earth has become more politicalized in the last few weeks than the drug Hydroxychloroquine. So let's try to push aside all of the red vs. blue stuff and see if doctors on the front-line should be using this drug or not.

Red, Blue, or Purple?

First, the novel coronavirus doesn't know if you're a Democrat, Republican, or Independent. It doesn't care that you watch Fox News or MSNBC or read The Blaze or The Atlantic. If you've got the wrong genes or are the wrong age or have a pre-existing condition, it will take you just the same long before you can vote in November. In addition, everyone is for more clinical trials until it's a loved one who is dying from COVID and then it's "pull out all the stops" Doc. I've had that conversation with families more times than I can count.

What Is Hydroxychloroquine?

This is a drug called Plaquenil. It's been around for decades and is a cheap generic drug first used for Malaria in 1955 and also more recently used to treat Rheumatoid Arthritis and Lupus patients. The generic version of the drug should run about \$15 here. In Africa, to treat Malaria, it's 8 cents a dose. Compare that to the expensive antiviral drugs being used now to treat COVID-19 that are thousands of dollars for a course of treatment.

The Trump Pump?

President Trump discussed Hydroxychloroquine a few weeks back as a possible treatment for COVID-19 that was showing good results. Since then the FDA has provided an Emergency Use Authorization (EUA) for the drug to treat the novel coronavirus (5). However, because this advice was uttered by the President, whether you love or hate the guy, it's clear that the use of this drug for COVID patients has become political. That furor has led to academics writing in the British Medical Journal to claim that there just isn't enough evidence and attack the idea that this old and cheap drug should be used (6). In addition, Michigan like other states had threatened regulatory action against doctors using this drug for COVID-19 patients until that order was later rescinded (10).

Does This Stuff Work?

The answer is that we have some evidence. Viewing this as a physician and without politics, it sure looks interesting. In addition, not caring whether a pharma company will make big bucks off of COVID-19 or not, let's review what we know.

A group of French doctors published a small uncontrolled trial looking at whether Hydroxychloroquine would work for coronavirus patients with early and mild disease (2). The study showed good clearance of the virus.

The same group has now conducted a similar trial on 1,061 mild COVID-19 patients who were treated for at least three days with Hydroxychloroquine and Azithromycin (HCQ-AZ) (1). This was a retrospective case review and not the gold standard randomized trial. The mean age of patients was 44 years old and 92% of the patients recovered by 10 days. 4% of the patients needed to go to the ICU and half a percent died. Fewer patients died when treated with HCQ-AZ versus other regimens. There were no serious side effects of the medications. Interestingly, poor outcomes were observed in patients who were on two different types of blood pressure medications. One of these I have reported on before, which are ACE inhibitors. However, the other medication, beta-blockers, was a surprise.

A small randomized controlled trial of 61 patients using Hydroxychloroquine was placed on a prepublication site by Chinese physicians just a few days ago (4). The results were impressive after 5 days of Hydroxychloroquine treatment (HCQ). There was a better resolution of high temperatures and cough in the HCQ group and more patients showed imaging findings of improved pneumonia. In addition, only those patients who didn't get HCQ progressed to severe disease. There were two patients out of 31 who had mild adverse reactions to the drug.

The NIH has just begun a trial here in the US using Hydroxychloroquine (3). Hence, hopefully, we'll have some data in the next 2 months or so. However, this trial won't be completed when physicians on the front-line are treating the most COVID-19 patients.

Why the Push Back by Academics?

While I get that more high-level research is always better than less, in a scenario like this one, to try to save lives, decisions about efficacy can ONLY be made by doctors on the frontlines. If they see that Hydroxychloroquine works, given a reasonable side effect profile versus doing nothing, they should be using it. Academics in Ivory Towers should NOT be driving this conversation. As a society, we can let the academics run the clinical trials and if those don't pan out, then the frontline doctors can stop using it.

Why wouldn't academics be on board here? One thought is that this is not something they're used to doing these days, putting clinicians in the driver's seat. The other is that you MUST realize that universities are big businesses and many will make big bucks by creating new drugs and therapies for COVID. Hence, in my opinion, there is a big inherent conflict of interest here.

Shortages?

This drug supply is now being managed by the Department of Health and Human Services (HHS) to make sure that enough is available for both COVID-19 and the other diseases for which it's used (7). For example, HHS recently received 30 million doses as a donation from the pharma company Sandoz to the national stockpile (8). Novartis is donating up to 130 million doses of Hydroxychloroquine (9).

The upshot? While the data on using Hydroxychloroquine is NOT perfect, if I were a physician treating these patients in the hospital, I wouldn't hesitate to use it in a high-risk patient. Hence, it makes no medical sense that there's been such a media uproar about this drug. Again, the novel coronavirus doesn't care how you vote, it's just looking for a way to make more of itself, which is how viruses work. Republicans or Democrats are equally good viral hosts.

References:

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- (3) The National Institutes of Health. NIH clinical trial of hydroxychloroquine, a potential therapy for COVID-19, begins. <https://www.nih.gov/news-events/news-releases/nih-clinical-trial-hydroxychloroquine-potential-therapy-covid-19-begins>. Accessed 4/12/20.
- (4) Chen Z, Hu J, Zhang Z, et al. Efficacy of hydroxychloroquine in patients with COVID-19: results of a randomized clinical trial. Version 2. medRxiv 2020.03.22.20040758. [Preprint.] doi: 10.1101/2020.03.22.20040758
- (5) Lenzer J. Covid-19: US gives emergency approval to hydroxychloroquine despite lack of evidence. *BMJ* 2020;369:m1335. doi: 10.1136/bmj.m1335 pmid:32238355
- (6) Ferner RE, Aronson JK. Chloroquine and hydroxychloroquine in covid-19. *BMJ*. 2020 Apr 8;369:m1432. doi: 10.1136/bmj.m1432.
- (7) Arthritis Foundation. Hydroxychloroquine (Plaquenil) Shortage Causing Concern. <https://www.arthritis.org/drug-guide/medication-topics/plaquenil-shortage>. Accessed 4/12/20.
- (8) Department of Health and Human Services. HHS accepts donations of medicine to Strategic National Stockpile as possible treatments for COVID-19 patients. <https://www.hhs.gov/about/news/2020/03/29/hhs-accepts-donations-of-medicine-to-strategic-national-stockpile-as-possible-treatments-for-covid-19-patients.html> Accessed 4/12/20.
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- (10) Detroit Metro Times. Gov. Whitmer reverses course on coronavirus drugs, is now asking feds for hydroxychloroquine and chloroquine. <https://www.metrotimes.com/news-hits/archives/2020/03/31/gov-whitmer-reverses-course-on-coronavirus-drugs-is-now-asking-feds-for-hydroxychloroquine-and-chloroquine>. Accessed 4/13/20.

It is a relief to be with my family now. I have settled in and started my quarantine routine. I have been trying to speak Spanish to my dogs so I can retain as much of the language as I can, since I am back home now. My self isolation went okay and it's nice being able to hug my family now.

Kaylee Quinney



We are all safe and healthy back home and everything is good but boring. Since we need to quarantine at home I sent you pictures from things we cooked:

The first picture is called Fideua is similar to the Paella, the second one is a typical cake you make for Easter called: Mona de Pascua and the last one is one of my favorite dishes called: Huevos Revueltos made with eggs, Spanish ham and French fries.

I miss Canada and y'all a lot :(Big hugs to everyone!!! Carlota Figueres





It's a tough time for all of us right now. It's scary and frustrating. Some days the uncertainty leaves me feeling a little lost. We are a strong bunch. We are smart, determined Rotary Partners. We do what needs to be done. I'm proud to be a part of this group.

As most of you know, I am a big social butterfly. Staying at home (I don't say stuck at home - I say safe at home) has been interesting. We have been playing card games, dice games and we have pulled out some old board games. The only board game that I will not play is Monopoly. Someone....Kevin...not mentioning any names....Kevin.....is ruthless at the game!

Our older daughter, Nikole, her husband Joshua and our sweet Eloise have been staying with us for over a month and a half now. Eloise loves dance parties. We have taught her about washing hands and she makes the hand signals to show washing hands. Splashing the water everywhere is a big hit.

Like most of you, I've been doing some reading and watching movies. Some of the ones I have watched (are re-watched) are The Post; Our Souls at Night; Hachi; The Terminal; Wish Man. If you have any good suggestions, please pass them onto me.

I was sad to have to cancel the Spring Luncheon but our main priority is keeping everyone safe and healthy. I am crossing my fingers and staying positive that we will be able to hold the June dinner. If we can, the Book Sale and jewelry raffle to be held at that time.

Easter will be very different for us this year. I am going to miss the special time with the family. Especially my parents. I am blessed that we are safe and healthy. I am grateful that I have not heard of anyone in our Club who has been infected.

Executive News

The Executive is continuing to discuss the duties and responsibilities for operating with a Modified Board for the 2020-2021 term. We have been making some changes and we will share the final positions very soon. We want to make sure that the Partners Club can continue to run smoothly and produce great events. What is best for the membership is at the top of our list.

Watch for my email around the 19th where I will introduce the new Executive/Board that we have so far and positions that are still vacant.

Keep your positive thoughts and prayers that there will be good news for our June Dinner event.

I am considering hosting a virtual zoom meeting in the next few weeks. I hope that we can connect.

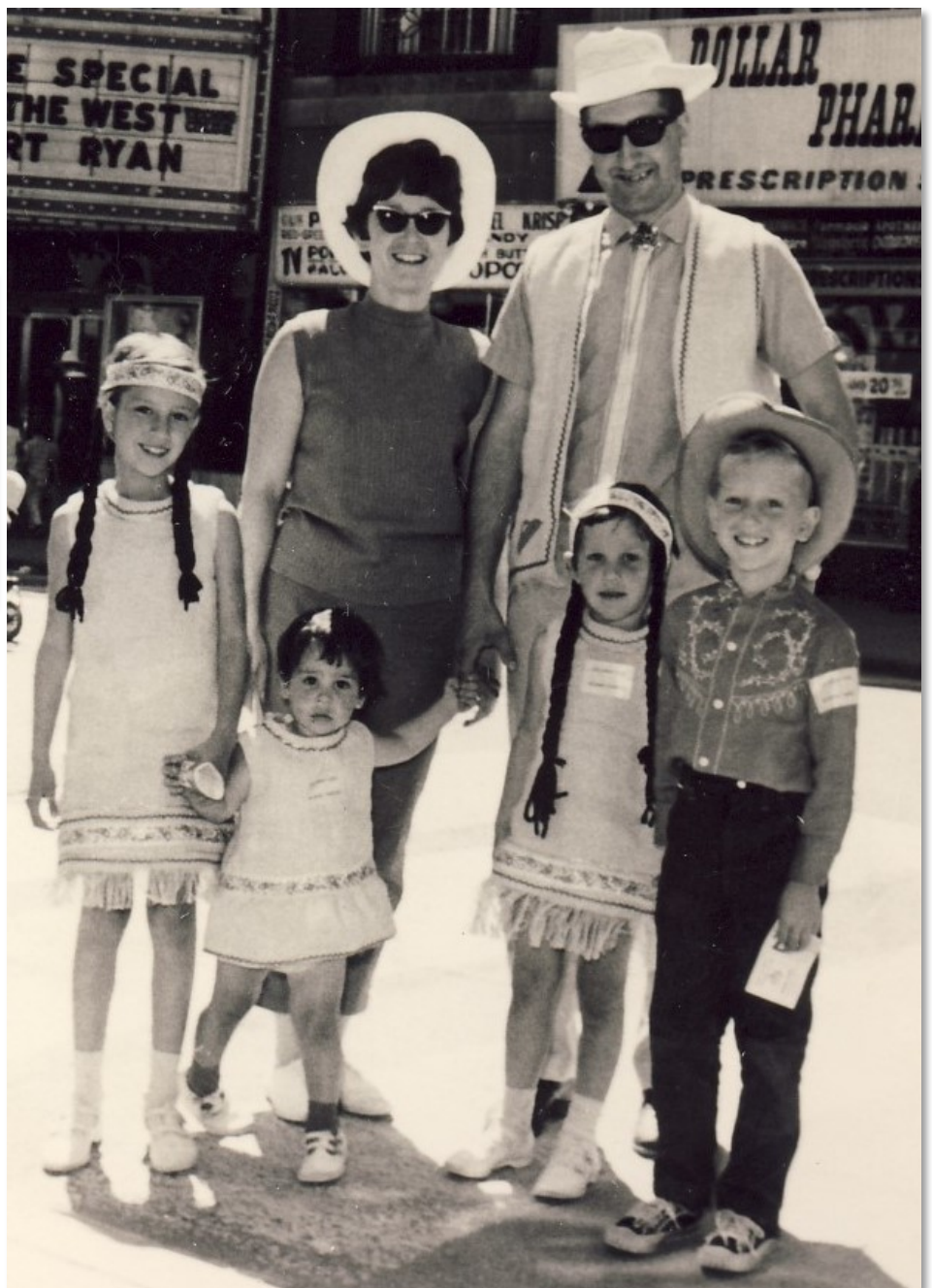
Denise MacLeod,
Rotary Club of Calgary at Stampede Park Partners President



THEN ... & ... NOW



These photos were submitted for the Then and Now Game started by Penny Leckie.
Guess who?



- Day 1:** I Can Do This!! Got enough food and wine to last a month!
- Day 2:** Opening my 8th bottle of Wine. I fear wine supplies might not last!
- Day 3:** Strawberries: Some have 210 seeds, some have 235 seeds. Who Knew??
- Day 4:** 8:00pm. Removed my Day Pajamas and put on my Night Pajamas.
- Day 5:** Today, I tried to make Hand Sanitizer. It came out as Jello Shots!!
- Day 6:** I get to take the Garbage out. I'm So excited, I can't decide what to wear.
- Day 7:** Laughing way too much at my own jokes!!
- Day 8:** Went to a new restaurant called "The Kitchen". You have to gather all the ingredients and make your own meal. I have No clue how this place is still in business.
- Day 9:** I put liquor bottles in every room. Tonight, I'm getting all dressed up and going Bar hopping.
- Day 10:** Struck up a conversation with a Spider today. Seems nice. He's a Web Designer.
- Day 11:** Isolation is hard. I swear my fridge just said, "What the hell do you want now?"
- Day 12:** I realized why dogs get so excited about something moving outside, Going for walks or car rides. I think I just barked at a squirrel.
- Day 13:** If you keep a glass of wine in each hand, you can't accidentally Your face.
- Day 14:** Watched the birds fight over a worm. The Cardinals lead the Blue Jays 3-1.
- Day 15:** Anybody else feel like they've cooked dinner about 395 times this Month? IS THIS YOU, yet?

It started innocently enough on a Tuesday at 12:15pm. I was doing emails at my computer at the time. I felt a trickle of acid/bile into my stomach. Ah, a little acid indigestion maybe? I will finish this email and go find the Tums. Within fifteen minutes I had a full blown tummy ache that even a dozen Tums could not touch. I lay down for a while, but no relief. The ache progressed into waves of intense pain through the next few hours. At 3:30pm I called 811 for advice from the Alberta Nurse.

After twenty minutes of describing the symptoms, answering the nurse's questions, nurse conferring with a doctor, she recommended that I get to Emergency asap. Susan rounded up our son while I gathered my wits and changed out of my sweats – I was going out in public now! Our son, Ian, roars up our driveway in his Toyota Tundra (GR would be proud!). This beast is about three feet off the ground, not a challenge I want to face when bent over in pain. Between pulling on the hand grips on the inside of the door frame and Ian pushing from behind, I plop into the front seat and collapse. Susan remains at home as she is immune compromised.

I tell Ian that I am to go to Emergency at South Health Campus. He thinks I mean Urgent Care in Sundance. At least it is in the right direction, but there is a river in between these two location!! Words were exchanged over how to get to where I needed to be. Because of our "stay at home" community isolation now in effect, there is no traffic and Ian's flying Toyota arrives at SHC Emerge in under 13 minutes – no cops were seen in our wake!

The gestapo (three interns wrapped in blankets to keep warm) is wanting for us at the front door to Emerge. They take one look at me and waive me through, but not before I have sanitized my hands. BUT Ian is not allowed to accompany me. So now I am on my own. Fortunately, there was only one gal with her young baby ahead of me, so the wait is tolerable. I get through triage, but not before they give me an EKG – a technician is called in with the portable machine and I am wired up right beside the triage nurse. Never did make it to "Admitting" as the nurse in admitting came to me with my "dog tag" to be worn on my wrist. I checked the name to confirm that it was me and that I was still in this world.

Next followed several hours of poking, prodding, lots of noise, ultrasound of my abdomen, morphine to deal with the pain, dropped bed pans all around me, a CT scan at 10:30 that night, general bedlam – but I am told this is a quiet night as Emerge was less than half full as everyone was staying home – except dumb ass me! I must admit the attention I received was remarkable. As I am returning from the CT scan, my Emerge Dr comes by to inform me that the blood results are back and that I have pancreatitis. She explains that my pancreas has been severely irritated by something, but they can't tell me what. By this point my pancreas is rejecting me and wants to leave me and the hospital. More morphine to settle me down.

Two internal medicine residents come by and interview me. They inform me the treatment is to not eat anything for a period of time. For the non-medically trained like me, when we put food in our stomachs, the pancreas goes to work to produce insulin and digestive enzymes. NO FOOD = NO PRODUCTION in the pancreas and it has a chance to rest and recover. Unfortunately, they do not have a room available for me "upstairs" and I will have to wait. It is now 2:00am Wednesday. I get to recline in the olive green "lazy-boy". Note, "recline", no sleep, the bedpans are still dropping. At six am I see one of the internal med residents and call him over. Tell him I need to get out of Emerge, but they still do not have a bed for me. He says he will enquire with another unit for a bed. Ten minutes later I have "Dr Edge" from the Rapid Access Unit (RAU) asking lots of questions. She assures me that they are very capable of handling pancreatitis patients in their unit – not sure if she is vetting me re COVID 19 exposure, or recruiting patients for her unit. Don't care, I sign on and am transferred to room #17 in RAU. This unit is supposed to be for 2-3 days of observation and recovery. Since my treatment was to be rest and no food, except clear broths, it sounded like the right place for me. Two years ago, Susan was admitted to RAU for 3 days, I retrieved her 13 days later! So figured I was in for the long haul, but hopefully not setting a new record beyond Susan's.

Now a word of advice to everyone. While this community wide self-imposed isolation is in practice, **DO NOT WAKE UP IN RAU WITH A SORE THROAT**, as I stupidly did at 5:00am the next day, Thursday. On the way back from the bathroom, I motioned to the nurse to visit my room and informed her of the start of a sore throat. Well, all hell descended, and rightly so!! Within 10 minutes, I was confined to the room, there are three yellow bananas with cloth and plastic masks present asking a million questions. The quarantine signs are up, a table of PPE's is placed outside of the room, and a "throne" is delivered. Let me tell you about the "throne" – aka a "commode". It is a white metal frame with a black back and seat that has a hole in it with a white "potty" suspended below. It takes up half the small cell which is about 8X12 ft. So my choice is lie in bed or seat on the commode as there is no floor space for anything else!. I CANNOT LEAVE THE ROOM FOR ANYTHING! I point out to the medical staff a small problem with the commode – like the rest of the city there is **NO TOILET PAPER!** One nurse says to use the Kleenex because she really doesn't recommend the number 8 GRIT paper that they would supply. I shut up! I am now in "isolation in isolation" – very lonely.

Now I have to be tested for COVID-19. Another "banana" arrives 20 minutes later to "wiggle a swifter duster" up my nose – a really strange feeling when she tickles my brain, or what remains of it. It takes 36 hours to get the results, so at 11:00pm Friday I am told the results are negative and there is a collective sigh of relief. All the signs and the PPE table are gone within 5 minutes.

I am kept over the weekend as my blood pressure is very high and they order an ECHO – an ultrasound of the heart. But there is no appointment for me until early Tuesday AM and the ECHO is successful. When I enter RAU upon return from ECHO, I see my attending Dr – by this time I have had three Dr's, all of which thoroughly impressed me with their knowledge and great bedside manner. The one common problem they had, besides me personally, was they could not find any concrete reason for the pancreatic attack. I ask the Dr if they now have some idea, but no. She does not see any reason to keep me in hospital and she discusses with the unit clerk my possible release under a new program called the "Complex Care Hub"(CCH). My ears perk up as I get to go home and finish my recovery, but I will be monitored by Community Paramedics and remotely by a doctor during the paramedic's visit. See a copy of the SHC pamphlet attached – this is the future of medicine in our Community.

I am visited by more Dr's so I can be released under this program. But my white blood count is very high which is usually a sign of infection, but the Dr's have covered every test they can think of re identifying an infection, but one. I am to be tested for C-Difficile. Nurses now hate me because as soon as this test is ordered, I go back into isolation (if the test is ordered, then there is a possibility of C-D in my room) – the bananas are back!! "Isolation in Isolation" again!!

We have all had to pee "on command" when a urine sample is required. Now I was required to "poop on demand" to get my freedom. I couldn't walk around the floor as I couldn't leave the room. Suffice to say that with some time, some Netflix, and the oatmeal porridge that I had for breakfast I gained my freedom and was home with Susan for dinner.

I have had the privilege of two paramedic visits since my return. They were non-invasive (except for some blood draws), comforting in the fact that these paramedics each had 15+ years of training, and the doctor joined us by phone to review the results openly in front of me. Under this program, you are not discharged from the hospital but remain an "inpatient" until the CCH doctor discharges you. The real advantage of this is that if I have another severe pancreatic attack I would go directly into the hospital with no need to revisit and be processed through Emergency. Hallelujah!! Fortunately, or unfortunately, mixed feelings here, I was discharged last Monday and am now just like any other victim on the street.

To this day, the Dr's still cannot tell me the cause of the attack and thus I have no medical advice re how to avoid such in the future. I may have the great opportunity to go through this all over again !

May we never again take for granted
Friday nights with friends
birthday celebrations
the roar of a stadium
mornings at the gym
packed dance floors
coffee with a friend
crowded concerts
happy hours
life itself

I want to acknowledge that living through this pandemic is a trauma.

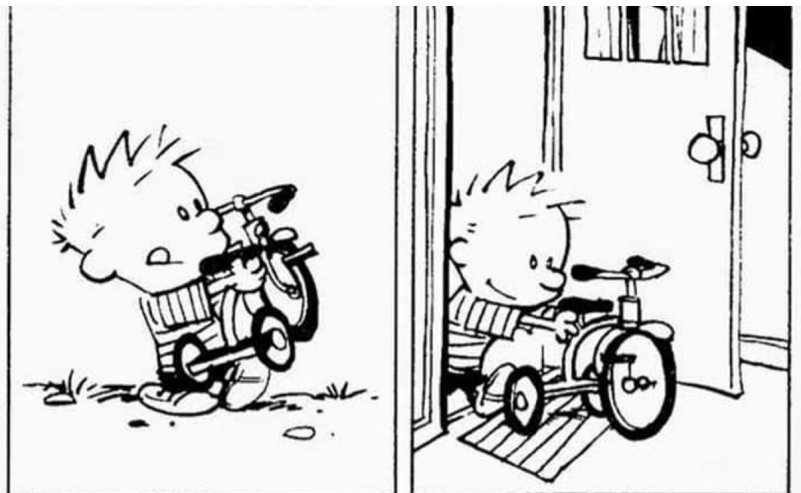
As a trauma specialist, I think there are a few things that are helpful to know:

- Parts of our brain have shut down in order for us to survive
- As a result, we are not able to fully process a lot of what is going on around us
- Feeling somewhat numb and out of touch with our emotions is normal, especially if you have lived through trauma before
- Some people are also more apt to feel hypervigilant or anxious, while others become hypoactive or depressed. Neither means anything other than indicating your predisposition to dealing with extreme stress
- In-depth processing of trauma happens years later, when we feel emotionally safe to deal with it.
- When in the midst of trauma, just getting by emotionally and functionally is okay. Lowering expectations and being kind to yourself and others is vital.

-Jennifer Yaeger, LPC

Until further notice the
days of the week are
now called,
thisday,thatday,otherday,
someday,yesterday,
today and nextday!

WE'RE LIVING IN TWO STEPHEN
KING NOVELS RIGHT NOW
THE DEAD ZONE AND THE STAND
IF CLOWNS SHOW UP, I'M DONE.
I'M JUST DONE.





SUBMITTED BY JOHN SHIELD

"It seems that we fell asleep in one world, and woke up in another... Suddenly Disney is out of its magic, Paris is no longer romantic, New York is no longer awake, the Chinese wall is no longer a fortress, and Mecca is empty.

Hugs and kisses are unwelcome. Not visiting parents and friends has become an act of love.

Suddenly you realize that power, beauty and money mean nothing, and that you can't even guarantee the oxygen you breathe.

The world continues its life and it is beautiful. Only humans are in cages. Mother Earth appears to be sending us a clear message: "You are not necessary. The air, earth, water and sky are all fine without you. When you come back, remember that you are not the masters, but my guests."

This poem was written in 1869 & then reprinted during 1919 Pandemic.

It is Timeless....

It was written in 1869 by Kathleen O'Mara:

And people stayed at home
And read books
And listened
And they rested
And did exercises
And made art and played
And learned new ways of being
And stopped and listened
More deeply
Someone meditated, someone prayed
Someone met their shadow
And people began to think differently
And people healed.
And in the absence of people who
Lived in ignorant ways
Dangerous, meaningless and heartless,
The earth also began to heal
And when the danger ended and
People found themselves
They grieved for the dead
And made new choices
And dreamed of new visions
And created new ways of living
And completely healed the earth
Just as they were healed.

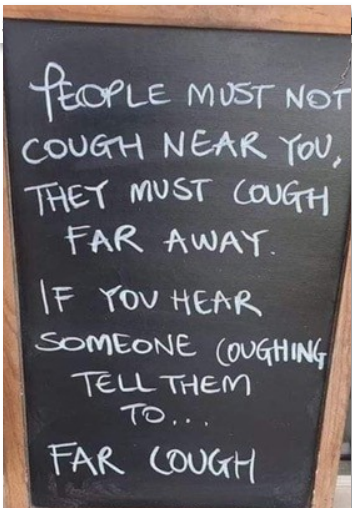
Reprinted during Spanish flu
Pandemic 1919

SUBMITTED BY NEIL FRASER

**You know if you keep
a glass of wine in
each hand you can't
accidentally touch
your face**

**DOES ANYONE KNOW
IF WE CAN TAKE
SHOWERS YET OR
DO WE JUST KEEP
WASHING OUR
HANDS??
(asking for a friend ...)**

- Neil Fraser



SUBMITTED BY NEIL FRASER

NEVER IN MY WILDEST
DREAMS DID I IMAGINE I'D GO
UP TO A BANK TELLER WITH
A MASK ON AND ASK FOR
MONEY.



SUBMITTED BY BEV OSTERMANN



SUBMITTED BY CORINNE WILKINSON

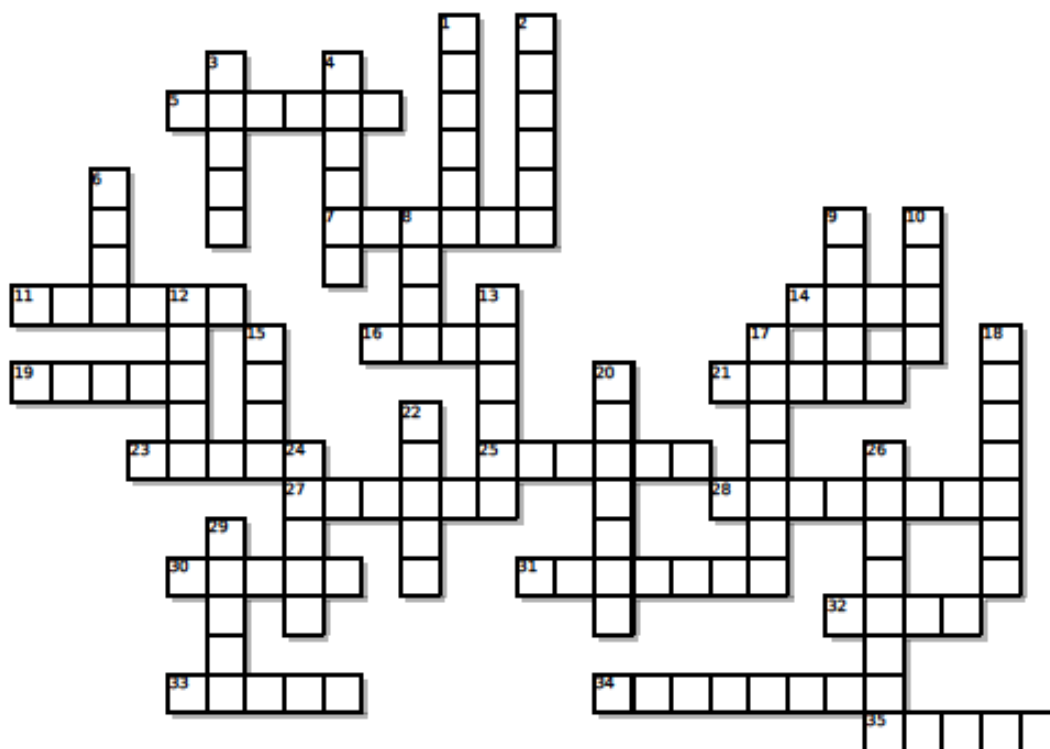


What's happening?
Why are all the humans
wearing muzzles?



ROTARY CLUB OF CALGARY AT STAMPEDE PARK

ROTARY PARTNERS - FIRST NAMES Part Three



ACROSS

- 5 LINDA TATTERSALL
- 7 BEV OSTERMANN
- 11 DAVE READ
- 14 GLENN POTTER
- 16 GUI SALAZAR
- 19 DAVID YOUNG
- 21 MIKE RUTTAN
- 23 MICHAEL VANDEZANDE
- 25 DILAN PERERA
- 27 ERNIE YASKOWICH
- 28 TOM WALTON
- 30 HARRY PELTON
- 31 BEN STEBLECKI
- 32 HANS TIEDEMANN
- 33 TED ROWSELL
- 34 MANPRIT RAI
- 35 JIM SMITH

DOWN

- 1 BLAKE PELHAM
- 2 RICHARD SCOTT
- 3 TED STACK
- 4 LARRY STEIN
- 6 LYNN TOPP
- 8 MICHAEL ZACHARKI
- 9 JACK THOMPSON
- 10 BRYAN WALTON
- 12 GORD WEICKER
- 13 CRAIG STOKKE
- 15 BENNO NIGG
- 17 PETER PENNER
- 18 NANCY SPENCE
- 20 BOB WIENS
- 22 CLIVE PRINGLE
- 24 TOBY OSWALD-FELKER
- 26 GLEN RICHARDSON
- 29 JOHN PRICE

Corinne Wilkinson: Biggest hugs everyone, love and miss you. If you ever feel like connecting or need anything

403.471.2101 corinne@whitehathospitality.com



Zoom Tips for Participants



Before a videoconference:

1. You will need a computer, tablet, or smartphone with speaker or headphones. You will have the opportunity to check your audio immediately upon joining a meeting.
2. You will receive a link / password to "register on Zoom." This simply means to sign in to Zoom to access the meeting. Once you sign in to Zoom you will receive a message with a link to "Join via computer" as well as phone numbers for a phone call option. You can also join a meeting by opening Zoom and typing in the password.

To join the videoconference:

At the start time of your meeting, click on the link in your invitation to **join via computer**. You may be instructed to download the Zoom application if you have not used it before. You may also join a meeting without clicking on the invitation link by going to join.zoom.us on any browser and entering the password. You will have an opportunity to test your audio at this point by clicking on "Test Computer Audio." Once you are satisfied that your audio works, click on "Join with computer audio."

Participant controls in the lower left corner of the Zoom screen:

Using the icons in the lower left corner of the Zoom screen, you can:

Mute/Unmute your microphone (far left)

View Participant list

Change your screen name that is seen in the participant list and video window

Somewhere on your Zoom screen you will also see a choice to toggle between "speaker" and "gallery" view. "Speaker view" shows the active speaker. "Gallery view" tiles all of the meeting participants.



| DATE | EVENT | LOCATION |
|--|--|----------------|
| - WE WILL UPDATE YOU AS THINGS EVOLVE - | | |
| April 23 | ZOOM MEETING: Calgary Philharmonic | ONLINE MEETING |
| April 30 | ZOOM MEETING: University of Calgary / Large Grants Pres. | ONLINE MEETING |
| May 7 | ZOOM MEETING: Stuart Cullum: Olds College | ONLINE MEETING |
| May 14 | ZOOM MEETING: To Be Determined | ONLINE MEETING |
| May 21 | ZOOM MEETING: Rotary Peace Park Presentation | ONLINE MEETING |
| May 28 | Annual Dream Home Kick off? | Rotary House? |
| May 29 | Invermere Golf and Social Weekend (May 29-31)? | Invermere? |
| June 4 | Annual Stampede Board Presentation | BLUE ROOM |
| June 11 | U of C Vet School Offsite Tour | U of C |
| June 18 | Annual Charity Day Presentations | Rotary House |
| June 25 | Changing of the Guard, Large Grants and WCS | Rotary House |
| July 2 | Annual Dream Home Kickoff Party | Heritage Park |
| July 9 | NO MEETING: ON PARK WITH DREAM HOME | |
| July 16 | NO MEETING: ON PARK WITH DREAM HOME | |
| July 23 | NO MEETING: STAY IN SCHOOL GOLF TOURNAMENT | |

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Past President
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Treasurer
Partners President
Club Service Operations
Club Service Membership and Social
Club Service Ways & Means
Community Service Local
Community Service Ways and Means
International and Vocational Service
Youth Service

E. Chas Filipski, Jr.
Ron Prokosch
Penny Leckie
Larry Stein
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David Young
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