



Club of Calgary
at Stampede Park

BULLETIN FOR APRIL 2ND, 2020
VOLUME 65, ISSUE 36



MESSAGE FROM PRESIDENT CHAS

My fellow Rotarians:

Welcome to the April 2nd 2020 Rotary Club of Calgary at Stampede Park Bulletin. I hope this finds all of you and your loved ones healthy and adjusting to “things” I don’t mean to unnecessarily alarm anyone - but I’ve been thinking.....”

Not long ago our world looked very different than it does today. The shift has been so rapid that it feels as if the ground beneath us has given way. It is disorienting as if normal life is over there, but just out of reach.

The human brain is not wired to tolerate uncertainty, but it is wired to be alert to any threat. So - if you are feeling panic, it is natural. Blame your brain! For some of us, life has never felt more uncertain. According to a 2016 study by Neuroscientists at University College London, uncertainty is a more stressful state than actually knowing that something bad will happen.

The study pointed out that when we are anxious, we tend to equate uncertainty with the worst possible outcome. For example, after the 9/11 attacks, it was widely feared that another major attack was inevitable and might even be a nuclear one. Remember the “suitcase bomb theory”? That NEVER happened. When we’re anxious, we tend to treat the uncertainty as a bad outcome - when in fact - uncertainty is neutral - we don’t know what will happen.

We should look to what has happened in other countries with understandable dread, but we can also hold on to the fact that measures such as social distancing, quarantining, and travel restrictions are having an effect and at some point, there will be a successful vaccination. Without question, Canada and the United States have the best collection of medical minds on the planet. The most effective vaccine will be developed here.

Now, I do not underplay the seriousness of this virus, but the point is, nobody knows what will happen - least of all the media talking heads who have amazingly obtained their medical degrees in the last two months.

We need to come to terms with such uncertainty. We already live with plenty of it - albeit on a much smaller scale. Driving a car, being a passenger on a plane. Many of our day-to-day actions are not 100% risk free. We cannot totally control events no matter how much we try. And we certainly cannot prevent problems by simply worrying about them. In the end, listen to medical professionals and follow their protocols. If you must listen to the news, bear in mind that what they seek is eyeballs. Nobody watches when the news forecasts a beautiful warm, sunny day. Change that to a Category 5 hurricane on the horizon, and you’ve got eyeballs aplenty.

Please enjoy the bulletin. Continue to reach out to fellow members, be prudent with your health and most of all - be positive!

“If you can keep your head when all about you are losing theirs....”

♦ ***Rudyard Kipling***

***Chas Filipski, President
Rotary Club of Calgary at Stampede Park***

Some “Tongue in Cheek” Comments

What’s Really Happening Here?

Thankfully I do not have anyone in my circle who has become ill with the COVID virus. So with that expression of gratitude, and with full respect, I feel I should confess, that from time to time during the last couple of weeks, I have asked myself “***What’s Going On? What’s Really Happening Here?***”

In those moments, and with no direct evidence to the contrary, the only answer I have been able to come up with is that the GEEKS are finally taking over the world. For years now, they have said it would happen. It seems to me that all the introverts who just want to stay at home, and only interact through technology, have conspired together to make the rest of us retreat into our houses, with no personal interaction, and with our only connection being via computers, phones, etc.

I hereby declare that us flamboyant extroverts will not go quietly into the night.

I have been making plans. I am prepared to lead the rebel army of extroverts. We will be known as **RISE – Army of Rebel Insurgent Surprising Extroverts.**

Please help me spread the word. We will start to gather towards the end of April. It will appear like we are meeting to discuss income tax returns, but really, we will be plotting our rebellion, and on May 1st (you know, as in “Hurray Hurray it’s the first of May, Outdoor Activities Begin Today”), we will mount up and we will ride! For those of you who don’t have a horse, I have been telling other like-minded extroverts to contact Al Johnson, because he always has an extra horse on hand...

On May 1st, we will recognize each other, because **our uniform will be the ugly green Hawaiian shirt.** When I told this to **Bill LeClair**, he commented we should take the fight to the Foothills where the green leaves on the shirt would act well as camouflage... I hope Bill isn’t trying to take over my role as leader of the rebel army... Anyways, because there may be some of you extroverts who would like to join the rebel army, and will require a uniform, but haven’t had a chance to order the ugly green Hawaiian shirt, we have extended the date for ordering ugly green Hawaiian shirts. You can order until midnight on Monday, April 6th, by contacting me at penny@taxtherapist.ca or **Eve McGuire** at eve.mcguire@taxtherapist.ca

Since all the horses will be at **Al Johnson’s**, we should gather near there. It’s convenient he lives in the Foothills, see Bill LeClair’s comment above... I think Priddis Greens Golf Course might be a good meeting place, if it is open. Stay tuned.

ANNND, for anyone wearing an ugly green Hawaiian shirt, official extrovert uniform, to the Stay in School Golf tournament, I promise **free coffee and Baileys.**

Further, if you have ordered an ugly green Hawaiian shirt, and receive an email that says, “**We RISE**”, you should open it, because it will contain hints about the plan for the rebellion. In the meantime, start practicing our battle cry, “**ALOHYAHOHA**”

Penny Leckie, President-Elect
Rotary Club of Calgary at Stampede Park



Hello from Dorothea Schaab, Dave Read and The Health and Wellness Committee!!

WE ARE STRONGER WHEN WE ARE TOGETHER

Dave Read and committee have checked in with both Murray Flegel and Paul Brick. Paul is home from the hospital and promises to share some stories of "Isolation in Isolation" for the bulletin next week. Murray is having some tests done and remains in hospital for now. Both have tested negative for COVID-19 and we wish them speedy recoveries.

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

schaabd@telus.net

David Read: 403 271 5856

nread@telusplanet.net

Kathynn Reginato: 403 244 9788

kathynn@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, 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.

A song of inspiration: **It Is Well With My Soul by Ten Two Six Nashville** has been included in the playlist here: [Quarantina With Friends Playlist](#)

Here are two Ted Talks by Bill Gates on Pandemics. The first was presented in 2015; the second, in March, 2020.

https://www.ted.com/talks/bill_gates_the_next_outbreak_we_re_not_ready?referrer=playlist-the_fight_against_viruses

https://www.ted.com/talks/bill_gates_how_we_must_respond_to_the_coronavirus_pandemic

A Prayer for Today

God who made us all,

Our healers are exhausted, God. Give rest to those who care for the sick.

Our children are bored, God. Grant extra creativity to their caregivers.

Our friends are lonely, God. Help us reach out.

Our pastors are doing the best they can, God. Help them to know it is enough.

Our workers are jobless, God. Grant us the collective will to take care of them.

Our fellow parents are losing their minds, God. Bring unexpected play and joy and dance parties to all in need.

Our grocery workers are absorbing everyone's anxiety, God. Protect them from us.

Our elderly are even more isolated, God. Comfort them.

We haven't done this before and we are scared, God.

I don't even know what else to pray for.

Amen



STAYING CONNECTED ... WITH MUSIC



“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

Kathyann 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](#)

Here are a few of the Contributor's comments and links:

From Chas. This song was big in the 90's while I dated my now (thank you God!) wife Terri. Always makes me feel good! They were the days!! As are these... <https://youtu.be/jdFVbwtQ91Y> (10,000 Maniacs: *These Were the Days*) check it out



These are my uplifting contributions for the playlist (The Lion Sleeps Tonight) and What the World Needs Now,— Tony Ng:

Here Comes the Sun— Submitted by Bryan Walton

The attached video is in my opinion, a beautiful piece of music. Please share with our Club. I think many of them would appreciate it: Keith Davis The D-Day Girls-Britain's Got Talent; <https://youtu.be/A54jr8cb6AM> . One Moment in Time by Dana Winner on the playlist is a favourite

To all my Rotarian connections I say, “Don’t Stop Thinking About Tomorrow, Don’t Stop, It’ll Soon Be Here”. I hope this brings you some joy. Crank it UP! Penny Leckie:

Corinne Wilkson's Contributions: Sugar Pie Honey Bunch - Kid Rock, Wae Yer Family – Glass Tiger and Johnny Reid, Hand's Up - Ottawan, Dreams – The Cranberries, Belong – Cary Brothers, I Lived – OneRepublic, Only You – Yazoo, Rise Up – Kelsea Johnson and Who Knows How to Make Love Stay – Doug and the Slugs

Annie's Song by John Denver is dedicated to Jim and Maureen Hutchens. It was their wedding song.

The Hockey Song by Stompin' Tom Connors is dedicated to Corinne Wilkinson

STAYING CONNECTED ... WITH MUSIC AND BOOKS

Does anyone remember the TV show Ally McBeal? It was popular about 20 years ago. Anyways, on that show, they often talked about their Theme Song. Each character had their own theme song. It got me to thinking about what my Theme Song is.

My theme song is “Don’t Stop”, by Fleetwood Mac.

I think right from the first time I ever heard this song, it would cure me of anything bad that might be happening. In those days, I didn’t have air conditioning in my little red Dodge Colt. If I had a bad day, I could get in my car, put in this cassette, (ha ha) fast forward to this song, roll down the windows, crank up the volume, and put the pedal to the metal... I was invincible when I did that.

To this day, when I hear this song, I crank it up, and blow out the carbon... Even if you don’t want to watch the video with the link, I have copied the lyrics below, because I think they are appropriate for what we are all dealing with right now.

So, to all my Rotarian connections, I say, “Don’t Stop Thinking About Tomorrow, Don’t Stop, It’ll Soon Be Here”. I hope this brings you some joy. Crank it UP...

<https://www.youtube.com/watch?v=QV9JJmSCiI8>

Here’s a little giggle for the day: <https://youtu.be/MMBh-eo3tvE>

SUBMITTED BY: PENNY LECKIE

Brenda McKinley is on her 4th Book ...

Sales Bible by Jeffery Gitomer

Origin by Dan Brown

A Boy and his Dog and the End of the World by C A Fletcher

A spark of Light by Jodi Picoult

Brenda also submitted a great song by Johnny Reid “Change The World”

This link which is provided by Dorothea Schaab is a Doctor in the epicentre of New York. It is about an hour long so sit back and enjoy There are some nuggets right at the end.

<https://vimeo.com/399733860?ref=em-share>

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

Don't Stop Fleetwood Mac

If you wake up and don't want to smile
If it takes just a little while
Open your eyes and look at the day
You'll see things in a different way

Don't stop thinking about tomorrow
Don't stop, it'll soon be here
It'll be, better than before
Yesterday's gone, yesterday's gone

Why not think about times to come?
And not about the things that you've done

If your life was bad to you
Just think what tomorrow will do

(Chorus)

All I want is to see you smile
If it takes just a little while
I know you don't believe that it's true
I never meant any harm to you

Don't stop thinking about tomorrow
Don't stop, it'll soon be here
It'll be, better than before
Yesterday's gone, yesterday's gone

SUBMITTED BY JOHN SHIELD

THANK YOU

**DOCTORS & NURSES
SCIENTISTS
RESEARCHERS
HEALTHCARE PROFESSIONALS
FIRST RESPONDERS
POLICE OFFICERS
TRUCK DRIVERS
POSTAL WORKERS
GROCERY STORE CLERKS
WAREHOUSE OPERATORS
DELIVERY DRIVERS
TRANSPORTATION WORKERS
REMOTE TEACHERS
PARENTS
VOLUNTEERS
& MORE!**

Good Morning ... I hope you are keeping well and staying safe out there!

As the first quarter of the year comes to an end, we find ourselves in a materially changed world and financial markets than the ones we observed at the onset of 2020. Although we continue to work on our portfolios constantly to position them appropriately to the new reality, there are too many variables that need yet to play out to provide clear visibility of how and when things will start to revert to a more normal pattern. In that sense, I thought it important to also provide another type of information pieces that could help our clients draw their own conclusions and find reliable well put together material in this environment dominated by information overload that is not always sincere, accurate or constructive.

Over the last few weeks all of us have been bombarded with all kinds of noise, speculation, and potentially misinformation around COVID-19.

I wanted to provide you with some valuable **COVID-19 Resources:**

[How Coronaviruses Work](#)

Educational scrolling infographic by SCMP

[The Math Behind Social Distancing](#)

Infographic on how social distancing can be a first line of defense

[The History of Pandemics](#)

Infographic on the history of pandemics and how COVID-19 compares

[Real Time COVID-19 Map](#)

Dashboard by Johns Hopkins University – updates in real-time so you always have the latest numbers

[Tracking the Corona Virus: The Latest Figures](#)

Various charts and tables on countries affected, as well as ongoing assessments on economic damage caused by the virus. Usually a subscription based site, but is now accessible to everyone.

[COVID-19 Stats and Research](#)

Tons of stats, citations, and data for those who want to dive deeper into the situation – updated regularly

[Video: The Coronavirus Explained, And What You Should Do](#)

Animated video provides a handy explainer of how the virus works. About 8 minutes long, but it might help fill you in on other knowledge gaps

The impact of COVID-19 will be felt over the coming weeks & months and we hope the above resources can help shine some light for our clients, friends, & families.

We want to make sure you are getting everything you need so let's stay connected.

Regards and stay safe.

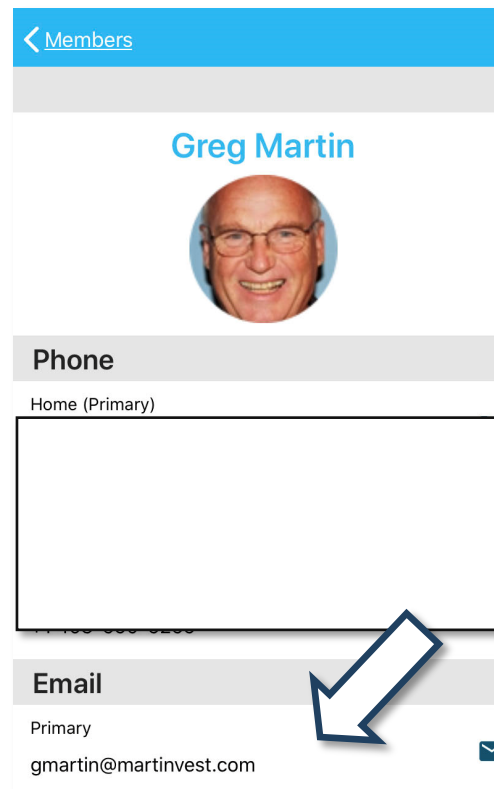
Walter Flores, B-Comm, CIM, FMA, FCSI | Portfolio Manager, Director – Wealth Management



GREG MARTIN NEW EMAIL:

Please note: Greg Martin has a new email address
gmartin@martinvest.com

The image to the right is a screenshot of Greg Martin's information on the ClubRunner Mobile app. Go to the App Store or GooglePlay and search "clubrunner" to get this app. You must have your login and password from Kathyann to do this if you don't know this information. You will always have updated information without having to update your own Personal Directory.



See What the ClubRunner App has to Offer



Member Directory

Immediately view the most up to date member directory, upon login. You can browse your member profiles which give you the necessary contact information you need to connect with just one click. Make a call or text, email them directly from your device, or even add them to your contacts list.



Club & District Executives and Directors

View and contact your club/district executives and directors from current, past and future years. You can browse their profiles and connect with one tap.



View Posts on Your Website

View the latest feed of home page stories that are on your own website and your district's site, directly on your phone, so you never miss any information!



Explore upcoming events and speakers

Access all of your upcoming events and calendar items, and view event details, including associated links, download files and venue map. View who the latest speakers are and learn more about their presentation topic - both for your club and district.



Club Details

View your meeting day, time and venue, complete with a Google map for directions through the new Club Info page right from your phone. Even get quick access to contact your club President, Area Governor and District Governor.

INFORMATION FROM JOHN HOPKINS UNIVERSITY

The following is from Irene Ken, physician, whose daughter is an Asst. Prof. in infectious diseases at Johns Hopkins University. Quite informative. Maybe the best information I've seen to date.

The virus is not a living organism, but a protein molecule (DNA) covered by a protective layer of lipid (fat), which, when absorbed by the cells of the ocular, nasal or buccal mucosa, changes their genetic code. (mutation) and convert them into aggressor and multiplier cells.

Since the virus is not a living organism but a protein molecule, it is not killed, but decays on its own. The disintegration time depends on the temperature, humidity and type of material where it lies.

The virus is very fragile; the only thing that protects it is a thin outer layer of fat. That is why any soap or detergent is the best remedy, because the foam CUTS the FAT (that is why you have to rub so much: for 20 seconds or more, to make a lot of foam). By dissolving the fat layer, the protein molecule disperses and breaks down on its own.

HEAT melts fat; this is why it is so good to use water above 77 degrees Fahrenheit for washing hands, clothes and everything. In addition, hot water makes more foam and that makes it even more useful.

Alcohol or any mixture with alcohol over 65% DISSOLVES ANY FAT, especially the external lipid layer of the virus. Any mix with 1 part bleach and 5 parts water directly dissolves the protein, breaks it down from the inside.

Oxygenated water helps long after soap, alcohol and chlorine, because peroxide dissolves the virus protein, but you have to use it pure and it hurts your skin.

NO BACTERICIDE OR ANTIBIOTIC SERVES. The virus is not a living organism like bacteria; antibodies cannot kill what is not alive.

NEVER shake used or unused clothing, sheets or cloth. While it is glued to a porous surface, it is very inert and disintegrates only between 3 hours (fabric and porous), 4 hours (copper and wood), 24 hours (cardboard), 42 hours (metal) and 72 hours (plastic).

But if you shake it or use a feather duster, the virus molecules float in the air for up to 3 hours, and can lodge in your nose.

* The virus molecules remain very stable in external cold, or artificial as air conditioners in houses and cars.

They also need moisture to stay stable, and especially darkness. Therefore, dehumidified, dry, warm and bright environments will degrade it faster.

* UV LIGHT on any object that may contain it breaks down the virus protein. For example, to disinfect and reuse a mask is perfect. Be careful, it also breaks down collagen (which is protein) in the skin.

* The virus CANNOT go through healthy skin.

* Vinegar is NOT useful because it does not break down the protective layer of fat.* NO SPIRITS, NOR VODKA, serve. The strongest vodka is 40% alcohol, and you need 65%.* LISTERINE IF IT SERVES! It is 65% alcohol.

* The more confined the space, the more concentration of the virus there can be. The more open or naturally ventilated, the less.

* You have to wash your hands before and after touching mucosa, food, locks, knobs, switches, remote control, cell phone, watches, computers, desks, TV, etc. And when using the bathroom.

* You have to Moisturize dry hands from so much washing them, because the molecules can hide in the micro cracks. The thicker the moisturizer, the better. * Also keep your NAILS SHORT so that the virus does not hide there.

-John Hopkins

(SUBMITTED BY SHERRY AUSTIN)

Beautiful message from Bill Gates - Submitted by Don Mintz

What is the Corona/ Covid-19 Virus Really Teaching us?

I'm a strong believer that there is a spiritual purpose behind everything that happens, whether that is what we perceive as being good or being bad.

As I meditate upon this, I want to share with you what I feel the Corona/ Covid-19 virus is really doing to us:

1) It is reminding us that we are all equal, regardless of our culture, religion, occupation, financial situation or how famous we are. This disease treats us all equally, perhaps we should to. If you don't believe me, just ask Tom Hanks.

2) It is reminding us that we are all connected and something that affects one person has an effect on another. It is reminding us that the false borders that we have put up have little value as this virus does not need a passport. It is reminding us, by oppressing us for a short time, of those in this world whose whole life is spent in oppression.

3) It is reminding us of how precious our health is and how we have moved to neglect it through eating nutrient poor manufactured food and drinking water that is contaminated with chemicals upon chemicals. If we don't look after our health, we will, of course, get sick.

4) It is reminding us of the shortness of life and of what is most important for us to do, which is to help each other, especially those who are old or sick. Our purpose is not to buy toilet roll.

5) It is reminding us of how materialistic our society has become and how, when in times of difficulty, we remember that it's the essentials that we need (food, water, medicine) as opposed to the luxuries that we sometimes unnecessarily give value to.

6) It is reminding us of how important our family and home life is and how much we have neglected this. It is forcing us back into our houses so we can rebuild them into our home and to strengthen our family unit.

7) It is reminding us that our true work is not our job, that is what we do, not what we were created to do. Our true work is to look after each other, to protect each other and to be of benefit to one another.

8) It is reminding us to keep our egos in check. It is reminding us that no matter how great we think we are or how great others think we are, a virus can bring our world to a standstill.

9) It is reminding us that the power of freewill is in our hands. We can choose to cooperate and help each other, to share, to give, to help and to support each other or we can choose to be selfish, to hoard, to look after

only our self. Indeed, it is difficulties that bring out our true colors.

10) It is reminding us that we can be patient, or we can panic. We can either understand that this type of situation has happened many times before in history and will pass, or we can panic and see it as the end of the world and, consequently, cause ourselves more harm than good.

11) It is reminding us that this can either be an end or a new beginning. This can be a time of reflection and understanding, where we learn from our mistakes, or it can be the start of a cycle which will continue until we finally learn the lesson we are meant to.

12) It is reminding us that this Earth is sick. It is reminding us that we need to look at the rate of deforestation just as urgently as we look at the speed at which toilet rolls are disappearing off of shelves. We are sick because our home is sick.

13) It is reminding us that after every difficulty, there is always ease. Life is cyclical, and this is just a phase in this great cycle. We do not need to panic; this too shall pass.

14) Whereas many see the Corona/ Covid-19 virus as a great disaster, I prefer to see it as a *great corrector*

It is sent to remind us of the important lessons that we seem to have forgotten and it is up to us if we will learn them or not.



ANNOUNCEMENT FROM THE STAY IN SCHOOL STEERING COMMITTEE

The Stay In School Steering Committee has **postponed interviews** at Sherwood and Falconridge that were scheduled for April 15th. The reason is obvious; we have no choice. It is not likely that schools will not re open until September 2020. **The Annual Stay In School Luncheon on May 21st 2020 has been postponed.** The Steering Committee will meet in May to come up with a plan on how to proceed from here.

It is our intention have the interviews in the fall and possibly have the luncheon at that time as well. Or we could postpone the luncheon until till May 2021, and honor the students for 2020 **AND** 2021. We intend to proceed with our program once the situation improves. I received an email from Keith Bekker yesterday stating that our charity is well situated to cover all student expenses for 2020 and 2021. If you have any concerns, please do not hesitate to contact me.

SUBMITTED BY: BILL SUMNER

Rotary
District 5360



rotary
youth
exchange

Adventures in Citizenship April 26-29 (Ottawa)
CANCELLED
RYLA: Will reconsider in the Fall 2020
POSTPONED
St. Mary's 4-Way Test Speech Competition
POSTPONED

THE MUSTARD SEED

Ken Farn arranged to provide volunteers and money to support the dinner at The Mustard Seed on Friday April 24th. In light of COVID-19 safety issues The Mustard Seed is no longer allowing volunteers on site. They do however still need support for the meal. The Rotary Club of Calgary at Stampede Park will provide \$1,300. for the meal. We typically feed 300-500 guests. Hopefully by fall we will be back to normal and provide both volunteers and financial support. See the email excerpt below from them.



Harry Pelton Cell: (403) 585 - 2625 Home: (403) 244 - 9140

From: Camille Minvielle <CamilleMinvielle@theseed.ca>

Date: March 28, 2020 at 10:41:36 AM MDT

To: Harry Pelton <Harryrpelton@gmail.com>

Cc: Ken Farn <kgfarn@telusplanet.net>

Subject: Re: April Shelter Kitchen Volunteer Cancellation

Morning Harry and Ken,

Thank you for your continued financial support at this time. We very much hope to have your group scheduled in to volunteer as soon as it is appropriate to open back up to volunteers. We very much appreciate your support at this time and always.

Many Blessings,
Camille Minvielle
Volunteer Coordinator

LARGE GRANTS

Dear Friends in Rotary:

I hope you are all managing and staying well during this trying time. Today's Bulletin had wonderful stories, comments and thoughts to share as we weather the storm.

I am pleased to tell you our recommendations to the Board for the two recipients of our Large Grant Committee were approved:

- ⇒ University of Calgary: Cumming School of Medicine, Health Informatics and Education Innovation Fund for \$100,000
- ⇒ Father Lacombe Care Foundation for funding toward the purchase of a customized accessible bus for \$35,000.

Both organizations are thrilled. **Bill LeClair** informed the University of Calgary and **Dorothea Schaab** informed Father Lacombe. Thank you to Dorothea and Bill for your good champion work.

I have written to both organizations expressing our gratitude for the difference that they make in our community. Talk about timely and relevant, I received the following response from Dr. Tyler Williamson of the University of Calgary, Centre for Health Informatics:

"Thank you very much Myrna. It was our privilege to host you at the CHI and I look forward to being able to do that again when life gets back to normal."

To validate your decision, I am very proud to report that the CHI is directly informing Alberta Health and Alberta Health Services on what is happening in Alberta around COVID-19. Because we have the CHI, in the span of a little more than a week we were able to build a website that compares where AB is relative to the rest of the world, including other provinces in Canada and we are actively working with AH and AHS to give information directly to Deena Hinshaw and Mayor Nenshi.

Once this crisis is over I would be glad to show you what that has looked like but this public health crisis is showing us all what you already know - data is essential to making good decisions!

Stay safe and thank you again!!

Tyler

Don Mintz, Club Treasurer will mail them directly once he secures signatures. I have also discussed with the organization our desire to issue a press release and hopefully have both organizations attend a Rotary meeting, when things normalize.

I was pleased to receive notes of appreciation from the four other organizations in response to letters I sent notifying them they were not successful this year. All of them state they will apply again next year.

Lastly, and most importantly for me, it is so great to have all of you on this Committee. We are privileged to have the resources we had this year to forward to our community. Making the tough decisions with so much need requires so many good minds, all of you. Thank you and God Bless.

Myrna Dube-Thompson,
Chair: Large Grants Committee



A Few Special Food Deliveries from Christine Kyte took place this week on behalf of the Health and Wellness Committee and they wanted to send a thank you out. See the notes below:

"I just got a Christine Kyte Care package that said: "Sending you big hugs, love and treats from your friends at Rotary". Enjoyed the nutritious soup and want to send out a blanket thanks to fellow Rotarians".

Love,
Rod Bower

Please pass along our sincere gratitude for the yummy "care package" that was dropped off this morning! Gui, who loves food! just had a cup of the mushroom soup!! "Delicious" was his response. Thank you to all who organized this kind thought!! Cheers, in isolation

Kate and Gui Salazar

No-Contact Delivery Comfort Food

Delivery Date: Saturday, April 11

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.



This week's offer:

1L (4 cups) Cream of Tomato Basil Sop
Chicken & Black Bean Enchiladas (contains cheese)
Small loaf of fresh baked bread
\$25 (includes delivery)

Order cutoff is Wednesday, April 8 12pm - limited availability so order ASAP

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



Due to the COVID-19 circumstances we have made the smart decision to **cancel** the **Spring Luncheon on April 22nd**. We are keeping positive that we might be able to hold the Book Sale and Jewelry Raffle at our June Dinner. I will be sending out information on April 20th regarding Board and Chair positions that are still vacant.

Thank you to all my Executive and those on the Social Committee for all their continued support and assistance

Take care AND Stay safe

Hello Everyone:

I came across an article that described "The 7 C's of Resilience" and I think it describes our Rotary Club very fittingly.

Control : *We have made smart decisions to control how we handle this virus for ourselves and our families.*

Competence: *We are all very competent in understanding the risks and how we are making a difference in fighting further outbreak.*

Coping: *We are all finding our own way to cope with not interacting with the Rotary family we love so much.*

Confidence: *I am confident that we will make it through this by continuing with social distancing and keeping healthy.*

Connection: *We are keeping our connection to Rotary and to each other strong and positive. Sharing is a huge part of connection.*

Character: *Rotary members have amazing character. In happiness and in sadness. We are there for each other because we are genuine and full of kindness.*

Contribution: *The contribution that Rotary members continue to give is as strong as ever. We don't hesitate to provide assistance wherever needed.*

I am very proud to be part of this Club. I will continue to connect with as many of you as I can. I wish you all happy days and continued good health.

Hugs to all

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



On our daily walks through Willow Park, we have noted these comments written in chalk on driveways and sidewalks by children.

- *Don't let this get you down*
- *We still have hope*
- *If we stand together we can get through this*



This is Good advice for all of us ...

Submitted by: Bev and Dianne Ostermann

How To Plant Your Garden:

Submitted by Carol Rosdobutko

Since spring is coming soon I thought we could all use a little direction on planting a garden that will reap great rewards in 2020! First you come to the garden alone while the dew is still on the roses...



FOR THE GARDEN OF YOUR DAILY LIVING, PLANT THREE ROWS OF PEAS:

1. Peace of mind
2. Peace of heart
3. Peace of soul

PLANT FOUR ROWS OF SQUASH:

1. Squash gossip
2. Squash indifference
3. Squash grumbling
4. Squash selfishness

PLANT FOUR ROWS OF LETTUCE:

1. Lettuce be faithful
2. Lettuce be kind
3. Lettuce be patient
4. Lettuce really love one another

NO GARDEN IS WITHOUT TURNIPS:

1. Turnip for meetings
2. Turnip for service
3. Turnip to help one another

TO CONCLUDE OUR GARDEN WE MUST HAVE THYME:

1. Thyme for each other
2. Thyme for family
3. Thyme for friends
4. Thyme for prayer

WATER FREELY WITH PATIENCE AND CULTIVATE WITH LOVE

STAYING CONNECTED ... WITH OUR FRIENDS

SUBMITTED BY CRAIG STOKKE



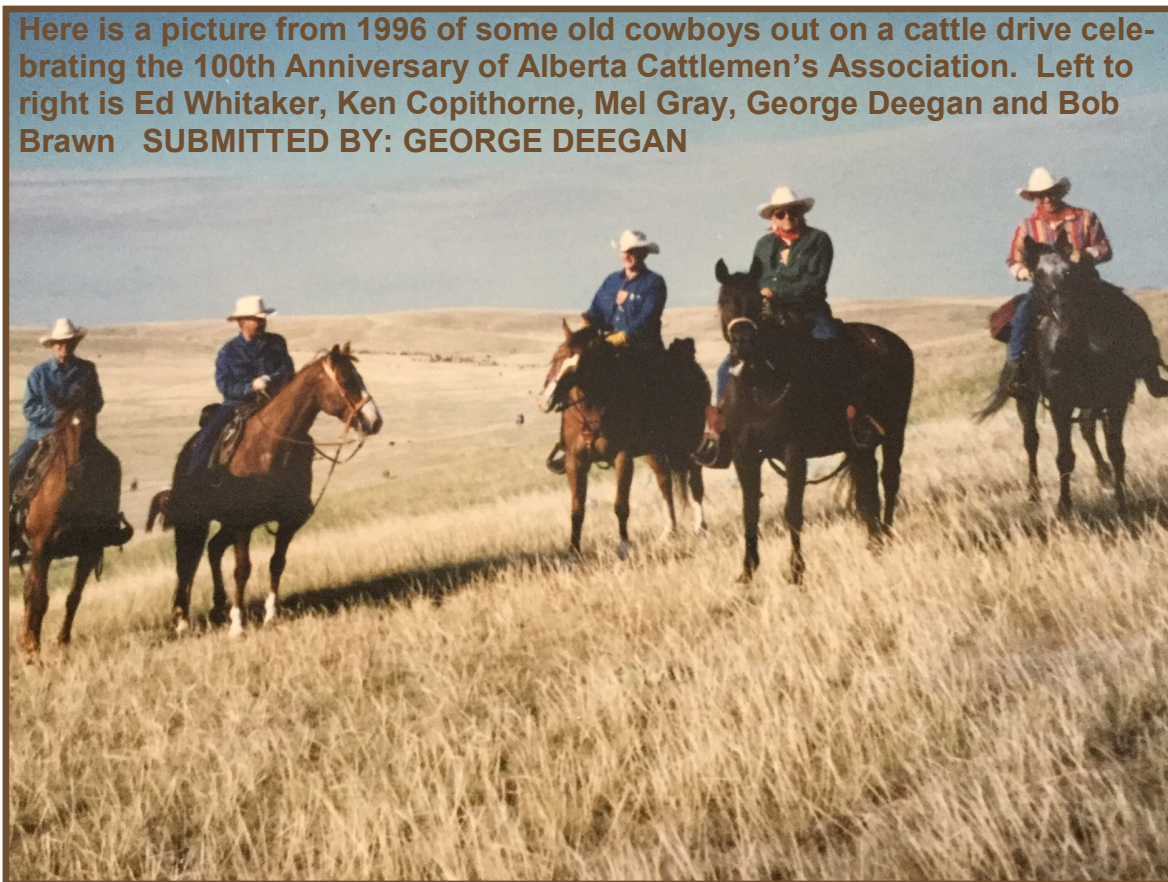
JUST A HAPPY PICTURE FROM ROSELYN JACK

Zoom meeting,
audio only

Zoom meeting
with video



Here is a picture from 1996 of some old cowboys out on a cattle drive celebrating the 100th Anniversary of Alberta Cattlemen's Association. Left to right is Ed Whitaker, Ken Copithorne, Mel Gray, George Deegan and Bob Brawn SUBMITTED BY: GEORGE DEEGAN



STAYING CONNECTED ... WITH OUR FRIENDS

There are many things to be thankful for while living through a global pandemic.

- I am healthy. What a gift!
- I have access to technology that keeps me connected to friends and loved ones
- I have groceries in my home
- I am in a lovely home filled with my own treasures

I honestly feel the Universe was looking into our worlds and seeing so much rushing, so much pain, so much anger and decided to show us all who is really in charge here! And, I am ok with it! Through forcing us to isolate in order to kill the COVID – 19 virus we have learned to:

- Appreciate our peace
- Appreciate our health
- Appreciate others
- Learn to relax
- Learn to entertain ourselves
- Learn to communicate in new and different ways

We will make it through this time – just like we did through wars, floods, famines, droughts and more. Each of these events has been a defining time in our history and I believe that COVID – 19 will be forever in the history books. We are going to be fine. You will be fine. I will be fine. We will support each other and together we will be stronger. All the best to you all as we journey to the NEW NORMAL together. If I can help you in any way, please reach out to me! 403-243-7587

SUBMITTED BY LUANNE WHITMARSH

Submitted by Christine Martin



When was the last time you said thank you to your friends for being your friends? Good friends are a gift. It's just polite to say thank you.

- Simon Sinek

Me behave? Seriously? As a child I saw Tarzan almost naked, Cinderella arrived home after midnight, Pinocchio told lies, Aladdin was a thief, Batman drove over 200 miles an hour, Snow White lived in a house with 7 men, Popeye smoked a pipe and had tattoos, Pac Man ran around to digital music while eating pills that enhanced his performance, and Shaggy and Scooby were mystery solving hippies that always had the munchies. The fault is not mine! [REDACTED]

Submitted by John Shield



Club of Calgary
at Stampede Park

STAYING CONNECTED ... WITH CORINNE WILKINSON'S ADVENTURES: "STAYING AT HOME" WEEK 3



Hmm ok now, settling in to this new routine at home is one thing. But did someone change the Canada Food Guide to say that five meals a day is part of it? Is anyone else eating two and a half days of food in one? Why on earth am I so hungry when I am barely moving? I see appointments with a nutritionist, daily visits to the YMCA, Weight Watchers and maybe even the last-ditch effort with a hypnotist when this is all over.

It's not like I needed to gain an ounce in the first place, but this is ridiculous. I am thankful for the walks in Carburn Park, but I am quite certain the walks are not keeping up with the calorie intake these days.

And who ordered -19 degree "feel" weather right out of nowhere? Last week I was sitting outside in the sun waving at my neighbours and their dogs. This week for two days I barely stuck my foot out the door. I know every single call centre, for every single company, in every single country, *"is experiencing significant delays due to the effects of COVID-19 so please be patient and we will address your concerns with the next available operator because your call is important to us"*but who do I register my complaint with on the weather? Is it just irony that -19 is in the name of the virus that's keeping us all indoors?

Another Puzzle! I had so much fun creating the word search puzzle, I decided this week to do one for all of our Rotary Partners. This time it is a good old-fashioned crossword puzzle. But, because a crossword puzzle takes way more room – I have Part One for you this week. It took 3 crossword puzzles to build all the names so I'll spread them out over the coming weeks. You should NOT refer to your member roster this time. See how many of our partners (first names) you know. Look at the list of our club members at the bottom of the puzzle, and fill in the name of their partner. If you really get stuck, go ahead, sneak a peak, and look up the roster. It's the same kind of "sneak a snack" I am doing on my Canada Food Guide – the kind that doesn't count in these crazy times.

But, I had one glitch. When I downloaded our Rotary Partner directory from our website I realized there are many wonderful people in the Partners group who are not in our Member directory. Since this challenge was beyond what I could figure out how to do in a crossword puzzle, those Partner names are a word scramble puzzle. I'll hold off sending that so we actually have four puzzles to do through our four April bulletins. This week's puzzle is Rotary Partners Part 1.

Do You Own a Magic Bullet Blender? Hooray for finding my Magic Bullet Blender! Did anyone else follow the craze of the *Bullet* when they were first introduced in 2012? (I researched that date for you). I am trying to replace a few of these extra meals with a healthy smoothie – and by healthy what I really mean is I am tossing all my leftovers together, ignoring the colour of the concoction, and enjoying getting all my healthy goodness in one mug. BUT – if you are like me and tend to gag on a warm smoothie (it's a texture thing), make sure you are using frozen fruit to give it a nice cold malt sensation. Today was frozen blueberries, frozen banana, vanilla Greek yoghurt, hands full of spinach, and chocolate milk as the liquid. While they are NOT the malts one gets at the Saddledome, which are a staple of mine at every Flames game, frozen smoothies have curbed the desire for yet another fully loaded sandwich. Or worse.

We are Zooming Along! While I am learning many things about my own habits and what happens when I am confined to my home, I am also learning great new things from all of you. I would like to extend a MASSIVE thank you to Kathyann who has been leading us through Committee meetings using Zoom. It's been so helpful in the work that we are trying to continue on committees, but also a god-sent that we can finally see each other again, if only on a computer screen. I will admit to being challenged with my mute button at first, but I did love GR's reaction when we decided on Tuesday that he has graduated from his white berry to running Zoom meetings. I love it!

A Few Moments of Comic Relief: For a brief moment this week, I needed to watch something funny so Youtube to the rescue. I searched some commercials online which have literally woven themselves into Joanne's (my sister) and my lives for years. You know the commercials, no matter how old they are, that have phrases you keep forever in your vernacular? For Joanne and I, these are some of our absolute favourites we grew up with: **Where's the Beef?** This is our standing joke when one of us serves up a quinoa salad with a side of kale, topped with beans and seeds and other healthy stuff of all sorts. https://www.youtube.com/watch?v=fx5rp5IG9_A

Whaaaaatz Up? Our phone greeting when we haven't connected for awhile. This is especially a fond memory because if you can believe it – even my mom and dad got into this one! <https://www.youtube.com/watch?v=P3jJGDCczL4>

Mike Mike Mike – What Day is It? While we love the content of all the Geico commercials, especially the camel hump day, this first one has special meaning. Joanne is a manager at the Calgary Zoo, and actually STARTED shouting the Mike Mike Mike rendition for real - with real Zoo guests (complete strangers), at the camel enclosure. Her staff stood beside her, mortified with the apparent loss of mind of their supervisor. It's a story we've told over and over again.

<https://www.youtube.com/watch?v=Pi9eTOqqTMs> & another fave: https://www.youtube.com/watch?v=G2s0RPrdB_8

Start the Car! The infamous IKEA commercial phrase Joanne & I use for multiple purposes. Yes, when we get a great deal on a purchase but also when we embark on any road trip, when our clubs are loaded in the trunk & we are headed to the golf course, or when we are escaping chores for the day together. <https://www.youtube.com/watch?v=NIWCLw75XnE>

And just for the pure giggles these bring - on any day you need it:

The Windex Naughty Birds: <https://www.youtube.com/watch?v=CX4WupiSvCk>

Maple Leaf kids are too funny: <https://www.youtube.com/watch?v=GctCie3nQlo>

<https://www.youtube.com/watch?v=nmLTKu0Wtpw>

Then I looked at one of my favourite old movie scenes which if you have not seen "Saving Grace", we think it is a pretty funny one. Thinking about it now, the content is so relevant to what we are going thru with COVID – a middle aged woman who is left with a massive ton of debt decides to get into the growing cannabis market at a time when it was illegal. This scene is the Corn Flakes scene - when two of her friends mistakenly prepare afternoon tea with her prize plants, believing it to be a new type of tea leaf.....they are of course higher than a kite in their little store when a customer comes in.....

<https://www.youtube.com/watch?v=kYGnmVAD2fQ>

What to Do with Your Lonely Flames Mug: Missing my hockey games like you would not believe, I have finally found a new use for my Calgary Flames glass that is usually filled with a delicious beverage while perched in front of my TV for the game. With the new fascination in my kitchen, I prepared an avocado for a smoothie and had this overwhelming need to find out how those massive seeds germinate. Maybe I could grow my own avocado plant as a reminder of these days at home? Is that getting too domesticated? Some quick research on the internet told me to put three toothpicks through the seed and place the broad end of the seed in water – using the toothpicks to suspend it. Flames glass to the rescue. My poor glass is probably bored out of its mind – going from serving a beverage to accompany an exciting hockey game, to trying to sprout an avocado seed. My Flames glass and all it symbolizes has moved from a frenzy atmosphere of me cheering at my TV, to a zen state of *"place in sun, but not in direct sun, for 2 – 6 weeks."*



This is the Year of the Rat – right?

Just out of curiosity in these crazy times, I researched briefly what the Year of the Rat means for 2020. The Rat is the Chinese zodiac sign known for being inquisitive, shrewd, and resourceful. The Rat is also the first in the rotation of the 12 zodiac signs, meaning that a Rat year is a year of renewal. Well isn't that interesting – **Inquisitive**? Could that be our health professional heroes world-wide who are trying to figure out what the heck COVID-19 is? **Shrewd** – is that us as Rotarians looking for the silver lining of hidden opportunities this unprecedented time presents. **Resourceful** – isn't that the entire world finding new ways to do pretty much everything in our lives? Especially conserve toilet paper?

A year of renewal? Are you kidding me? Everything is new and through all this we are renewing our very basic beliefs in what is important to us in life. Not to mention the drastic renewal of cleaning and de-cluttering that is happening in our homes, garages, offices, and even our minds. Good thing the Rat also symbolizes strong vitality. We'll get through this! Not only through it, but with finding unprecedented hidden opportunities. (I am tired of saying we are in unprecedented times, let's look at the unprecedented opportunities.)

Big HUGS everyone! Corinne

Lube Town

Your Automotive Superhero

AN IMPORTANT NOTE FROM ROTARY CLUB OF CALGARY AT STAMPEDE PARK MEMBER AMY GIANG

I have direct access to hand sanitizer in bulk and bottles from my supplier. We buy a lot of various fluids so that we get the following discount rates. I'll be happy to offer it to any Rotarian at my cost. I could imagine that a number of businesses can use the bulk. Let me know and I will place the order for you. Feel free to forward my email to anyone you know might need this: info@lubetown.com or Mobile # : 403-630-9771

24 x 235 ml =
\$192/cs (\$8.00ea)

4 x 4L = \$200/cs
(\$3.12 per 235 ml)
including 4 empty
refill bottles

1 x 20L = \$145
each (\$1.81 per
235 ml) including
4 empty refill
bottles

*Best Regards,
Amy Giang*



PRODUCT INFORMATION



HAND SANITIZER

PART #	SIZE
• 5559-235	235ml
• 5559-4	4l
• 5559-20	20L

DESCRIPTION:

GAP Hand Sanitizer quickly and effectively kills 99.9% of germs on hand without the use of water. This non-sticky formula will leave hands dry and free of residue.

200+ Applications per bottle.

HOW TO USE:

Apply small amount of sanitizer to hands and rub together briskly until dry. This product should be used as part of a daily cleaning routine.

DATE	EVENT	LOCATION
<ul style="list-style-type: none"> NOTE: ALL APRIL, 2020 MEETINGS ARE CANCELLED <u>MAY 14TH ANNUAL ST. MARY'S 4 WAY TEST IS POSTPONED</u> <u>MAY 21ST ANNUAL STAY IN SCHOOL LUNCHEON ON MAY 21ST IS POSTPONED</u> <p>STUDENTS AREN'T IN SCHOOL SO THIS IS NECESSARY TO FACILITATE THESE 2 DATES</p> <p>WE WILL UPDATE YOU AS THINGS EVOLVE</p>		
May 7	Stuart Cullum: Olds College	Rotary House
May 14	Annual St. Mary's 4 Way Test POSTPONED	Rotary House
May 22	President Chas' Cocktail Social	Lazy S: Grandstand
May 21	Annual Stay In School Luncheon POSTPONED	Rotary House
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	

RCCSP 2019 2020 Officers and Directors

President
 Past President
 President-Elect
 Club Secretary
 Treasurer
 Partners President
 Club Service Operations
 Club Service Membership and Social
 Club Service Ways & Means
 Community Service Local
 Community Service Ways and Means

E. Chas Filipski, Jr.
 Ron Prokosch
 Penny Leckie
 Larry Stein
 Don Mintz
 Denise MacLeod
 Bryan Walton
 Gena Rotstein
 David Young
 Michael Ruttan
 Ted Stack