

MESSAGE FROM PRESIDENT CHAS

To My Fellow Rotarians:

This week we will begun our Online Meetings. For the foreseeable future we will continue in this mode.

I have been the recipient of many positive phone calls and emails regarding the effectiveness of our bulletins. Again, I play a minor role in that. The thanks goes to all who participate with thoughts of encouragement, articles and well wishes.

I want to acknowledge our Club Administrator, Kathyann Reginato, who has taken on coordinating and producing our expanded bulletin. The mere size of our publication (last week 22 pages) is an indication of the extra work that she is happy to do without additional compensation.

As your President, let's all reach out and do what we can to remind each other that we are Albertans, Rotarians and above all else; we are Friends!

As Albertans - whether we were born here or came from somewhere else. - we choose to live here - and NOT for the weather! We choose the people. We are innately drawn to be around people with a "can do" spirit. As a Province and a people, we have had more than our fair share of adversity as of late. I only state that so that I can remind you of a fact we all know but in my view, can't say enough:



"There is no place I'd rather be and no other people I'd rather stand with during this time. We succeed together."

Enjoy this week's bulletin, everyone. Continued good health to all.

E. Chas. Filipski, Jr.

President

Fellow Rotarians:

In the spring of 2019, I received the prestigious designation as a Fellow of the Institute of Chartered Professional Accountants. In order to obtain this designation, some very prominent individuals wrote letters to the Institute of Chartered Professional Accountants, describing why I was deserving of this recognition. They had to speak to how I had distinguished myself and the profession. Most of the examples given related to efforts in the community, including the following:

- saving the last standing grain elevator in High River by selling bonds to raise funds to purchase the land. (when the elevator burned to the ground, we were able to sell the land for a substantial profit and donate the profits to a number of charities in the community.
- chairing the sponsorship committee of the Men's Provincial Curling Playdowns in High River, and raising sufficient funds to make a substantial donation to STARS Air Ambulance. (the first and only time funds have been raised and donated to charity from the Men's Provincial Curling Playdowns)
- creating the Accomplished Angels Endowment Fund to provide scholarships to single mothers graduating from Louise Dean School (in 2019, the balance in this endowment fund was over \$1 million – I am sure it has taken a recent hit, but am confident it will recover over time)
- named by the YWCA as 1 of 150 women who have made an impact on Calgary during its first 150 years, as part of Canada's 150th birthday celebration
- serving on numerous other not for profit and professional Boards

I am providing this by way of background. Below is an email I sent to the prominent individuals who wrote on my behalf for the FCPA nomination. I have considered it, and wanted to share this email with each of you. I hope you will read it, and when you are through, I hope you will be ready to "Buckle Up".

Together, we will continue to make a difference in our community.

Penny

Good evening. On March 18, 2019 (about a year ago) I wrote to each of you, informing you I would be receiving recognition as a Fellow of the Chartered Professional Accountants of Alberta and to thank each of you for the letter you had written in support of my FCPA nomination. At the time, I shared with you that I had not read any of the letters you had written, because I was afraid of "jinxing" the nomination process, but that I looked forward to reading them in the future.

My assistant, Eve, compiled all the letters and other mementos from the FCPA recognition process, and compiled them in a binder for me. I put the binder in a safe place, knowing I would read it some day when I had time on my hands to properly savour and enjoy them.

Not entirely sure why, but my life has been crazy busy since I wrote you last year, and I have never found nor taken the time to open the binder and read the letters.

Like everyone else, with the impact of the COVID-19 virus, I have a bit of extra time on my hands right now. As a sidebar, it should be noted I have been an accountant my entire adult life, and I cannot ever recall being at home on the evening of March 25th, let alone considering tidying up my home office on that date. We definitely are living in strange times. Anyways, as I was working at tidying up my home office this evening, I came across the binder Eve had assembled with your letters.

Before I go further I think you should know that while I am physically healthy, the last couple of weeks have been a strain for me both mentally and emotionally. (as I am sure they have been for everyone reading this email) I find myself feeling tired and exhausted, and although I strive to be positive and upbeat for those around me, I confess the news media and overall uncertainty have taken their toll on me. Just today, I commented to a couple of people that if the virus didn't get me, then the experience itself was going to "suck the life out of me." I haven't had much energy for anything the last week. I find myself just kind of plodding through the days.

When I saw the binder, I thought to myself, "this might be the time for you to read those letters, and perhaps it will cheer you up and give you a boost." So, I made a cup of tea, put on my reading glasses, sat down in my favourite chair, made room for my cat, Licorice, to settle in with me, and opened the binder, looking forward to savouring the letters...



Club of Calgary
at Stampede Park

MESSAGE FROM PRESIDENT ELECT PENNY LECKIE



But before I go further, I also want to tell those of you who may not know that I will become President of the Rotary Club of Calgary at Stampede Park on July 1 this year. I was nominated to this role in October, 2018 and have spent the last 16 months formulating plans for a dynamic year for the Rotary Club as its President. Our Rotary Club collaborates with the Calgary Stampede on its Dream Home Lottery project and typically generates about \$650,000 each year in funds that we invest in the Calgary community. We have other fundraising initiatives, as well. I was looking forward to leading our Club through that investment process, I mean, let's face it, one thing I do know is how to spend money... I had lots of ideas, energy and enthusiasm. I was going to ROCK our Rotary club... I was excited about attending the District Conference in Calgary where curling icon Brad Gushue was going to be one of the keynote speakers... Cancelled due to Covid Virus. I was excited about attending the International Rotary Conference in Honolulu in June. I was thrilled my partner, Darren and I were going a week early with his mother and daughter to enjoy a great family vacation... Conference cancelled due to Covid Virus. (We still have our tickets to Honolulu, but aren't really very hopeful) and, I have been sitting on pins and needles, like everyone else, waiting for the word that the Calgary Stampede will be cancelled this year due to Covid Virus... meaning our Rotary Club would be severely limited in its funds, and its ability to put money back into the community, at a time, when I know it is going to need it likely just about more than ever.

For full disclosure, I shared with a very dear and close friend the other day, that I had to confess I had lost a lot of my enthusiasm about being President of our Rotary Club, and really, right now, wasn't looking forward to it at all. If we don't have our typical funds raised through the Dream Home, I know it will be a challenge for the Club, and it just won't be the same as I had envisioned. (I also have to confess, that when I was thinking this, I had needling at the back of my mind, some quote that I heard somewhere that goes something like "God brings the right leaders at the right time", or something like "If was going to be easy, everyone could do it") you know, those quotes that are meant to inspire, but really just keep you hanging on. Anyways, back to the chair and the tea and the cat and the letters...

So, as I sat there reading the letters, all the compliments and beautiful things that were said, and being reminded of all that I had achieved, with nothing really to start with, I couldn't help but smile and think to myself, "when did I get so old and lazy?" "We never had any money any other time I tried to achieve something, why should it be different this time?" "Anytime I have accomplished anything, it was because I was innovative and resourceful. That is what I am going to have to be as President of our Rotary Club". And then, I smiled even more, because even though we didn't have money when we started our projects, we always had fun generating it, and we always managed to generate it.

It would be very easy to invest and make spending decisions about money that is expected to come into our Rotary Club, but you know what, it will be much more exciting to be innovative, resourceful and create the money for our projects, not to mention the fun and excitement we will have on the way.

Because of your letters, written for a totally different purpose, I am inspired and recharged. It truly was the right time to read the letters, and I wanted to send this email to thank you for the energy you have given me.

When I was proclaimed incoming President in the fall of 2018, I was out of town. I asked the President making the announcement to thank the Members on my behalf for the honour, the privilege and the opportunity. (because I was raised right and I knew that is what should be done) However, I also asked him to pass along a message for me. I asked him to tell the members to, "Buckle Up!!!"

Thanks so much to each of you for all you have done for me in so many ways, but as I send this email, it is mostly for getting me back to "Buckle Up". I know we are living in challenging and stressful times, with much uncertainty, and none of us knows what lies ahead. That said, I am confident there are better days ahead, and the resiliency of the people in our community will take us there. Each of you are leaders, respectively, and I know you will play your part in the recovery, in some manner.

I hope each of you and your loved ones are safe, healthy, and able to find peace as we cope with this crisis.

In closing, I want to say I have tremendous gratitude for each of you, and thank you again for your support last year and the kick in the butt this year. Thank you.

Penny Leckie, FCPA, TEP, FEA



Dear Volunteers and Employees,

You may have heard in the news this past week that The City of Calgary has cancelled all City-organized events, as well as permits for gatherings in the city until June 30. Many of you may be wondering what this means for the Stampede and Stampede 2020.

This is a difficult time, and like all of our community members and partners, the Stampede is focusing on how to navigate through this evolving global concern.

Stampede 2020 planning has been on hold since restrictions were placed on mass gatherings. We will continue to be paused until we receive further direction from our government partners.

The Stampede is a not-for-profit organization and this decision is bigger than us, as there are many implications for the entire community. That is why we are working closely with our government partners and awaiting further direction.

As you are aware, the Calgary Stampede hosts year-round community events including the annual Stampede celebration, and the organization continues to assess what may be probable, possible and not possible with respect to all programming in the coming months given that the full impact of COVID-19 on the community remains unknown.

We know the last month has not been an easy time for our Stampede family and we appreciate your patience and understanding. We will continue to provide more information as it comes available.

Please take care of yourselves and continue to support each other.

Sincerely,

Dana Peers
President & Chairman of the Board

Warren Connell
Chief Executive Officer



**Hello from Dorothea Schaab, Dave
Read, Ron Prokosch and everyone in-
volved with
The Health and Wellness Committee!!**

WE ARE STRONGER WHEN WE ARE TOGETHER

Paul Brick and Murray Flegel are home from the hospital now

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

Kathyann Reginato: 403 244 9788

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.

Dorothea Schaab has done an amazing job of keeping in touch with everyone and advising us of how you are all doing. We thank her for her tireless efforts and time. She is an amazing woman

THANK YOU DOROTHEA

“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

Kathrynn 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.

This funny clip of an older lady with Jay Leno was submitted by Chas Filipski

<https://youtu.be/Mz04FEBv8pY>

Submitted by Bryan Walton - a few F bombs here but this video is informative.

<https://youtu.be/4J0d59dd-qM>

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 ...

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

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



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

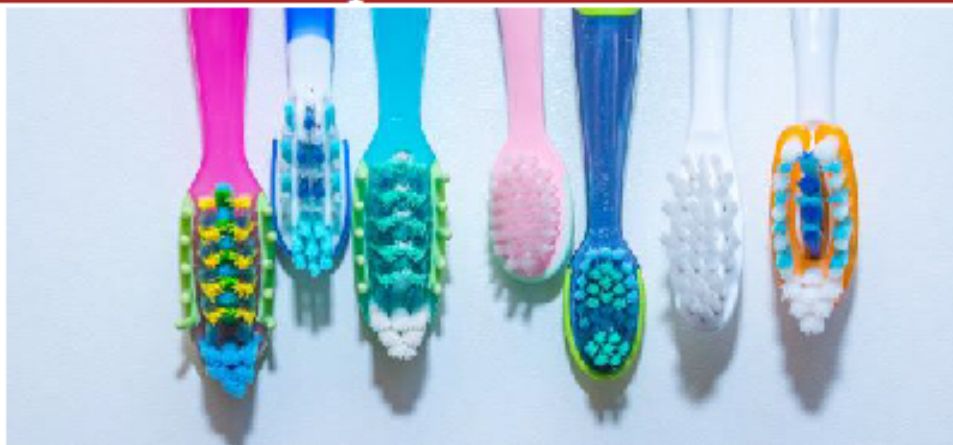
Morning Harry and Ken,

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

Stan Cichon's son, David has put this out to his clients. The video is being used in an Albany NY conference.
Cheers from Stan Cichon

Southport Dental Care



Despite dental offices being closed to all but the most urgent dental emergencies, there is still a significant role that dentistry plays in the health of our population and healthcare management of the COVID-19 pandemic.

When it comes to maintaining dental health, there is no substitute for good homecare, especially during times when access to care becomes challenging. Whether it's brushing twice a day with a fluoridated toothpaste, using daily fluoride rinses to slow the progression of existing cavities (and preventing new ones from occurring), rinsing and gargling daily with antibacterial/antiviral agents like 3% hydrogen peroxide (which also lifts stain from teeth and has the potential to whiten them), or using a simple home remedy oral rinse of 100mls water and 3 small drops of bleach from an eye dropper (swish for 30-60 seconds and spit), you can do a lot to keep your teeth feeling healthy, your gums feeling happy and your head smiling!

Please enjoy our video - it's designed to give you a few great oral hygiene tips and put a smile on your face as you find new and creative ways to spend time indoors and away from others!

In health, Dr. Dave Cichon
-clean hands, clear heads, open hearts! #flattenthecurve

Oral Hygiene Tips

Southport Dental Care

117-10333 Southport Rd. SW
Calgary T2W 3X6

(403) 255-3202

THIS INFORMATION HAS BEEN SHARED TO THE CLUB FROM GENA ROTSTEIN

I thought I would share something more positive at a time when we could all use a little boost. We were able to partner with a few other Foundations and Alberta Health Services to offer a supportive mental health platform to Albertans called **Text4Hope**. As of today, more than 32,800 Albertans have already signed up since the program launched on Monday, March 23. The program can be explored further in the link below.

Joanne Weninger
Chief Operating Officer
Alberta Children's Hospital Foundation
E: jweninger@achf.com

Mental health support for families



In these unprecedented times, many Albertans are understandably feeling unsettled. Now more than ever, children and teenagers need the support of their parents, grandparents, extended family and loved ones to help them build resilience and work through the challenges of the weeks and months ahead.

That's why the Alberta Children's Hospital Foundation is partnering with Alberta Health Services and other like-minded charities across the province to launch Text4Hope – an evidence-based text messaging service to reduce stress and anxiety.

LEARN MORE

[http:// www.childrenshospital.ab.ca/site/R?i=1YIVC5NmFUjck6FkGdGU6Q](http://www.childrenshospital.ab.ca/site/R?i=1YIVC5NmFUjck6FkGdGU6Q)

SUBMITTED BY: SHERRY AUSTIN APRIL 3, 2020

Troubling headlines have been cropping up across Asia: Some patients in China, Japan and South Korea who were diagnosed with COVID-19 and seemingly recovered have been readmitted to the hospital after testing positive for the virus again.

Because SARS-CoV-2, the novel coronavirus that causes COVID-19, was only discovered a few months ago scientists are still trying to answer many big questions related to the virus & the disease it causes. Among them is whether patients can be reinfected after they seem to recover from the symptoms.

With other coronavirus strains, experts say the antibodies that patients produce during infection give them immunity to the specific virus for months or even years, but researchers are still figuring out if and how that works with COVID-19.

The answer has huge implications for the spread of the disease, since researchers believe it will continue to crash across the world in waves, hitting the same country multiple times.

Can you get re-infected after recovering from COVID-19?

There remains a lot of uncertainty, but experts TIME spoke with say that it's likely the reports of patients who seemed to have recovered but then tested positive again were not examples of re-infection, but were cases where lingering infection was not detected by tests for a period of time.

Instead, testing positive after recovery could just mean the tests resulted in a false negative and that the patient is still infected. "It may be because of the quality of the specimen that they took and may be because the test was not so sensitive," explains David Hui, a respiratory medicine expert at the Chinese University of Hong Kong who also studied the 2002-2003 outbreak of severe acute respiratory syndrome (SARS), which is caused by a coronavirus in the same family as SARS-CoV-2.

A positive test after recovery could also be detecting the residual viral RNA that has remained in the body, but not in high enough amounts to cause disease, says Menachery. "Viral RNA can last a long time even after the actual virus has been stopped."

BY HILLARY LEUNG

SUBMITTED BY: SHERRY AUSTIN FRIDAY, April 3, 2020

Even if your takeout dinner was prepared by a cook who has COVID-19, there's little need to worry about your risk of infection, according to an expert in viruses.

"Restaurant kitchens can be one of the safest places in this coronavirus outbreak because they already practice strict hygiene protocols to avoid foodborne illness," said Paula Cannon, a professor of molecular microbiology and immunology at Keck School of Medicine of the University of Southern California, in Los Angeles.

"Owners are taking this extremely seriously and monitoring their staff for symptoms, and encouraging the strictest adherence to all food hygiene procedures," Cannon said in a university news release.

Even if a sick chef was preparing your pizza, burger or lo mien and they coughed onto the food -- "which I think is extraordinarily unlikely to happen," Cannon said -- there are also easy, additional safeguards you can adopt at home.

For example, she pointed out that it's easy to kill the new coronavirus with heat. So rewarming your meal when you get it home, or making sure that it's hot, should provide extra reassurance, Cannon said.

If you're still uneasy, buy food to eat the next day and store it in the fridge or the freezer, she suggested. Time, as well as heat, kills the new coronavirus.

Concerned that the virus may be lingering on the outside of delivery containers? Then transfer your food to a clean container of your own -- and be sure to wash your hands before eating, Cannon advised.

-- Robert Preidt MedicalNews

THIS INFORMATION CAME FROM BRYAN WALTON'S I.T. PERSON AND BRYAN WANTED TO FORWARD ON TO US ...

With the world grappling with a health pandemic, scams are shocking. Regrettably, bad actors are everywhere, always looking for opportunities, and they're seeing one in the coronavirus. This article outlines what you need to watch out for and how to stay cyber safe.

The last thing you want to read right now is that there's another threat out there – sorry, but it's true. Cybercriminals take advantage of fear. They take timely concerns and use them to target victims. Using the anxiety and upheaval around coronavirus is their mission.

So far, several coronavirus-related attempts to cyberscam people have been reported. There are examples of:

- emails that appear to come from government health departments;
- offering a tax refund to get people to click on malicious links;
- memos to staff that appear to come from large employers;
- COVID-19 test offerings from private companies;
- fake websites promising to sell face masks or hand sanitizer;
- soliciting donations to help fund a vaccine.

What to Watch Out For

Another concern is the number of bogus websites registered with names relating to COVID-19. The site can look legit but is set up to steal information or infect the victim's computer with malware.

You may get an email promising the attached information offers coronavirus safety measures, or information shared by the World Health Organization (WHO) if you click on the link, or a similar email pretending to be from a reputable news source, such as the Wall Street Journal (WSJ).

In another example, an email impersonating a healthcare company's IT team asked people to register for a seminar "about this deadly virus." Anyone who didn't question why IT was organizing the meeting clicked to register. By filling out the form, they gave their details to hackers.

What to Do

Be cautious. It's understandable that you're anxious, but don't let that stop you from taking cyber precautions. You should still:

- be wary of anything that tries to play on your emotions and urges immediate action;
- question where emails are coming from – remain vigilant even if the communication appears to come from a reliable source;
- hover over links before clicking them to see where they will take you – for example, in the WSJ example, the Web address was for the "worldstreetjournal";
- avoid downloading anything you didn't ask for;
- doubt any deals that sound too good to be true ("a mask that stops the virus 99.7% of the time!");
- ignore any communications requesting your personal information;
- don't be suckered by fraudulent pleas for charity.

Global health organizations generally do not send out emails with advice. Instead, navigate directly to that reputable health institution for real news.

If you're still not sure about the validity of the communication, check it out. Do so by calling or using another medium to get in touch with the "source" of the received message.

Here is an excerpt of an email to the Health and Wellness Committee

Hi Christine & Spencer; I had "Spencer-on-the Run" at my door a short while ago. This "care" package was very timely as I was in the process of deciding what we were going to have for dinner – now it is a "no brainer"!! After a week in hospital I arrived home Tuesday evening. Last Sunday was the worst day, but come Monday AM I had turned the corner. Many thanks to everyone for your kind thoughts and efforts, they are very much appreciated. Yes, I know that you are doing this on behalf of all Rotarians in the club, but it does take an extra effort on the part of special people like yourselves to make this happen. I am sure glad that the two of you have joined the Club as I know we will be in great hands in the future. Many thanks again and best regards, Susan & Paul Brick

No-Contact Delivery Comfort Food Delivery Date: Sunday, April 19

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) Roasted Cauliflower Coconut Soup (gluten and dairy friendly)

2 Hearty Portions Chicken Stew (gluten friendly)

Biscuits

\$25 (includes delivery)

Order cutoff is Friday, April 17 - 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



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.



STAYING CONNECTED ... WITH LUANNE WHITMARSH



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

CHRISTINE MARTIN WANTS TO INVITE YOU TO A FREE ONLINE MOTIVATIONAL EVENT

EXPRESSTALKS

CELEBRITY EDITION

JOIN US FOR A MOTIVATIONAL BUSINESS LEADERSHIP EVENT

Express Employment Professionals is excited to host a business leader event that will bring business insight, motivation, and leadership advice to help organisations cultivate better leaders. This is an event you won't want to miss!

Presented by:
Express Employment Professionals
Calgary South
(403) 255-3350
Christine.Martin@expresspros.com

ACHIEVE SUCCESS BY THINKING OF LIFE AND BUSINESS AS AN INFINITE GAME

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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Respecting People. Impacting Business.®



This weekend, Spark is preparing to put a banner on the side of the science centre that says, Thank you scientists. Since you are homebound and may not see it, I would like to share the salute to science below (it contains a handy tip as well).



We are seeing a picture of our species that is as powerful as seeing Earth from space

Here is a list of homemade masks compared to surgical masks in order of effectiveness, courtesy of Stanford Medicine:

- Surgical mask
- Vacuum cleaner bag*
- Tea towel
- Cotton mix
- Antimicrobial pillowcase
- Linen
- Cotton t-shirt
- Pillowcase
- Silk
- Scarf

You just can't tell by looking at a tea towel that it would be better than a t-shirt. But science can. Also note the asterisk: while effective, the vacuum cleaner bag makes it hard to breathe. Science takes itself very seriously, and that is one of its strengths. The fact this list holds true in China, Italy or Iran, whether you are Buddhist, Christian or Muslim, is another key characteristic of science.

That we even know how to isolate the bacteriophages used in this study is where I start to bow my head in homage to the scientific enterprise. It's mind-boggling, what we now know through science.

The tea towel in this study makes science feel life-sized, but it's not. The tools of science – think particle accelerators or large array telescopes – are mind-bending inventions in themselves. If we relied on what we know without scientific tools, we would still think the earth was flat.

Through epidemiology, we have just been given a picture that is as powerful as seeing Earth from space. Our planet is round, and we are all interconnected.

Scientists express what's going on in amperes, nanometers, degrees. Very very slowly, what we know through science makes its way into what we do as society. But it takes a long time. When, as in the case of COVID-19, what's going on is measured in units of human bodies, it doesn't take as long.

So right now, I join millions around the world to say thank you scientists. And if scientists do ask us to wear a mask, while the scarf would look better, I'll go for the tea towel, because science says so.

- ⇒ Oldtimer's T-Shirt: I am not 77 years old ... I am Sweet 16 with 61 years of experience!
- ⇒ Half of us are going to come out of this quarantine as amazing cooks. The other half will come out with a drinking problem.
- ⇒ I used to spin that toilet paper like I was on Wheel of Fortune. Now I turn it like I'm cracking a safe.
- ⇒ I need to practice social-distancing from the refrigerator.
- ⇒ Still haven't decided where to go for Easter ----- The Living Room or The Bedroom?
- ⇒ BTW: every few days try your jeans on just to make sure they fit. Pajamas will have you believe all is well in the kingdom.
- ⇒ Homeschooling is going well. 2 students suspended for fighting and 1 teacher fired for drinking on the job.
- ⇒ I don't think anyone expected that when we changed the clocks we'd go from Standard Time to the Twilight Zone.
- ⇒ This morning I saw a neighbor talking to her cat. It was obvious she thought her cat understood her. I came into my house, told my dog..... we laughed a lot.
- ⇒ So ... after this quarantine ... will the producers of My 600 Pound Life just find me or do I find them?
- ⇒ Quarantine Day 5: Went to this 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.
- ⇒ My body has absorbed so much soap & disinfectant lately that when I pee it cleans the toilet.
- ⇒ Day 5 of Homeschooling: One of these little monsters called in a bomb threat.
- ⇒ I'm so excited --- it's time to take out the garbage. What should I wear?
- ⇒ I hope the weather is good tomorrow for my trip to Puerto Backyarda. I'm getting tired of Los Livingroom.
- ⇒ Classified Ad: Single man w/ toilet paper seeks woman with hand sanitizer for good clean fun.
- ⇒ Day 6 of Homeschooling: My child just said "I hope I don't have the same teacher next year" I'm offended.
- ⇒ Better 6 feet apart than 6 feet under



THEN ... & ... NOW

Penny Leckie would like to start a photo game of THEN ... & NOW. Just send a phot of yourself or a friend or loved one from back in the day and also a current photo.

The first photo is
Penny at 4 years old
sitting on a horse.



The second photo is
from a few weeks ago
at 58 years old (Penny
said I could put her
age in)



SUBMITTED BY JOHN SHIELD

THE FIRST WORD YOU SEE IS WHERE YOU ARE GOING IN APRIL

N O W H E R E N O W H E R E
O W H E R E N O W H E R E N
W H E R E N O W H E R E N O
H E R A B S O L U T E Y O W
E R E N O W H E R E N O W H
R E N O W H E R E N O W H E
E N O W H E R E N O W H E R
N O W H E R E N O W H E R E
O W H E R E N O W H E R E N
W H E R E N O W H E R E N O
H E R E N O W H E R E N O W
E R E N O W H E R E N O W H

'We are one day closer
to everything being
back to normal again'.
Thats a good thought
to wake up to every
morning ❤️

THE 20 THINGS THE COVID 19 VIRUS CLARIFIES FOR ME. SUBMITTED BY BEV OSTERMANN

- The United States is no longer the world leader.
- China won World War III without shooting a missile and no one noticed it.
- We only turn to God when we need it.
- Prevention saves more lives than acting at the last moment.
- Health care workers are worth more than a CEO with a starting bonus.
- Oil is worthless in a society without consumption.
- Death does not distinguish race, color or social status.
- Social media brings us closer, but it's also a way to create a panic.
- We now know how animals feel in zoos.
- We begin to appreciate the great gesture of confidence that means shaking hands.
- The planet is rapidly regenerating without humans.
- We're not ready for a pandemic.
- We need to invest more in health rather than invest in failed banks.
- Vatican money stays in the Vatican.
- Alcohol (on hands) saves lives
- A consumer product can quickly move from " prohibited " to " essential " (ex: cannabis).
- It's better to buy a house with a yard rather than an apartment
- Our elders need us.
- At the end of this pandemic, the world will change.
- Digital is not real life, human contact is necessary.

SUBMITTED BY KEITH DAVIS

I was in a long line at 7:45 am today at [Superstore](#) that opens at 7 for seniors only. A young man came from the parking lot and tried to cut in at the front of the line, but an old lady beat him back into the parking lot with her cane. He returned and tried to cut in again but an old man punched him in the gut, then kicked him to the ground and rolled him away. As he approached the line for the 3rd time he said, "If you old bastards don't let me unlock the door, you'll never get in there."

SOCIAL DISTANCING



SUBMITTED BY PENNY LECKIE

This is Wilson. He is now
working from home 😊



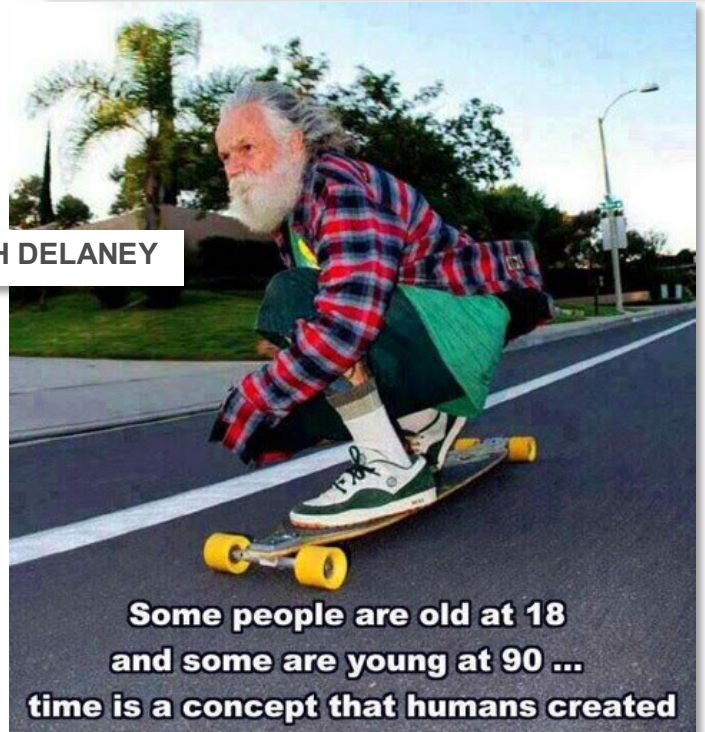
SUBMITTED BY BILL LECLAIR

YOU CAN'T CONTROL EVERYTHING



SUBMITTED BY HUGH DELANEY

YOUR HAIR WAS PUT ON YOUR HEAD
TO REMIND YOU OF THAT!



Some people are old at 18
and some are young at 90 ...
time is a concept that humans created



HAPPY BUCKS

Darren arrived home safely on Friday April 3rd. He flew in from Dallas. There were 9 people on the flight. This is us on the Riverwalk in San Antonio last Christmas



SUBMITTED BY WENDY MILES

"I SEE YOU. I HEAR YOU. I SENSE YOU.

FILL YOUR CUP WITH WONDER, SILENCE, AND MAGIC.

BE THE LIGHT CARRIER.

BE THE WEAVER OF YOUR COMMUNITY WEB.

TOUCH HEARTS, LIVE EACH DAY WITH A DEEPER UNDERSTANDING OF COMPASSION, CREATIVITY, TRUTH, AND KINDNESS.

BOW TO YOUR OWN PRAYERS, SPEAK YOUR GRATITUDES, AND GENERATE JOY.

TRANSFORM YOUR FEARS AND LIFE'S DRAMA INTO MAKING YOUR LOVE CHANNELS BRIGHTER.

FEEL THE GRIEF AS YOU SOFTEN YOUR GRIP.

TRUST THAT THIS TIME TOO SHALL PASS.

WHAT WILL EMERGE IS A NEW UNDERSTANDING OF PURPOSE, PERSONAL AND COLLECTIVE AWAKENING OF HOW INTER-CONNECTED AND INTER-DEPENDENT WE ARE WITH ONE OTHER.

THE POWER OVER MENTALITY IS TRANSMUTING.

THE DIVINE FEMININE BECKONS US TO LEAD WITH LOVE, BALANCE, HONESTY, AND REVERENCE FOR THE EARTH AND ALL HER RESOURCES.

I SEE YOU. I HEAR YOU. I SENSE YOU."

50 WAYS TO BEAT THIS VIRUS: SUBMITTED BY BRAD BREWSTER

Stay away from the pack, Jack

Don't visit your Gran, Stan

Wipe down every toy, Roy

To keep virus-free

Don't hop on the bus, Gus

Don't listen to Don, Ron

Don't hoard the TP, Lee

Just stay virus free

Sneeze into your sleeve, Steve

Stop touching your face, Grace

Keep back to six feet, Pete

Heed the CDC

Just use the Purell, Mel

Keep wipes in your purse, Nurse

Take care of your stock, Doc

You need PPE

This isn't Spring Break, Jake

Stay home if you're sick, Dick

As COVID leaps, peeps

Just follow the rules, fools

And stay virus-free

SUBMITTED BY JESSICA REGINATO

Well, thank goodness the virus
can't move sideways.



SUBMITTED BY CHAS FILIPSKI



Quarantine day 15. Fixed the coffee maker. See More

SUBMITTED BY JOHN SHIELD



**Trim bangs
straight...**

with "SCOTCH" Cellophane Tape. Fasten bangs to forehead, cut across top of tape. Hair trimmings stick to tape—won't fall in eyes. "SCOTCH" Brand Tape is your handiest household helper. For quality, insist on the original . . .

Reg. U.S. Pat. Off.
SCOTCH
BRAND
CELLOPHANE TAPE



The term "SCOTCH" and the plaid design are registered trademarks of Minnesota Mining and Manufacturing Co., St. Paul 6, Minn.

I think I may have hit a wall – the wall called introspection. It happened when I typed the title to my Rotary Bulletin submission for this week – explicitly when I typed “Week 4”. WHHHAAATTT? While I have been feeling sad that I can’t get out to do things, and progressively laughing harder at myself as I learn what I am made of, (and not made of) I can’t for a moment believe that a month has gone by. Maybe I am the only person feeling this way, but to me that is scarier than COVID-19.

Have we seriously been locked up for a month? When you always say “I wish I just had a week to get my house organized or my garage cleaned out” – have you done it? I sure haven’t finished – where does the day go? My palms get sweaty just thinking about how much I COULD be doing and haven’t yet since my work vanished. It caused me to think about everything that has happened to me this past month.

- My hair is getting longer, my posture is getting shorter.
- The contents in my fridge and pantry are reducing, the contents around my waist are expanding.
- My make-up is going stale, my laundry and dish soap can’t keep up.
- My hand sanitizer is diminishing, my hand cream is saying “what the heck?”
- Conversations with my plants are increasing, strange looks from my neighbours are decreasing.
- I regularly talk to my appliances, I regularly ignore my chores.
- My patience is growing stronger, my tolerance for news reporting is growing weaker.
- My gratitude grows every day for the things I took for granted, my appreciation for our heroes can’t be measured.
- My car is lonely, my neighborhood pub is lonelier.
- Who decided that “social” and “distancing” could go together in the same phrase?
- The best treat in all of North America, literally, is a coffee drive thru line.
- Zoom zoom to me used to mean a family drive for a MacKay’s Cochrane ice-cream. Not a Zoom business meeting or a party with best of friends via a computer screen.
- When a 5-minute phone call was an annoyance, now a 30-minute phone call is a gift.
- My knitting needles have flames rocketing off the ends.
- My camera is bored silly of taking the 97th photo of a snowflake on my front yard tree.
- My sewing machine needs the dust bunnies scraped off with a metal gardening tool.
- My jigsaw puzzle causes tremendous guilt when it calls to me at 2:14 on a Tuesday afternoon.
- The playgrounds are locked down with caution tape, the grocery store aisles have turned into one-way shopping.
- I can get the best spot EVER in any parking lot, yet have no reason to get out of the car.
- My friends are feeling closer, but our physical distance is farther.
- The dancing by myself is way too much fun, the singing to myself is another story.
- I stare down at the grocery floor to find my spot to stand, I stare up at the sky asking when the spots will go away.
- I fumble my groceries, Airmiles card, and debit card through the new plexi-glass shield. The store clerk, very pleasant and bless them all, hopes I don’t touch anything in a ten-foot radius.
- I wait by my front door, excited for my new-found shut-in shopping to arrive. I dread my mailbox for the new-found shut-in shopping VISA bills to arrive.
- I can’t wait to say hi to a real-live delivery person who is my personal essential service. Even if I am hollering it as they run away from me to the safety of their truck.
- I love the extension on filing my tax return, I pray for even further extensions on paying for my tax return.

- I refuse to open my RRSP statements for fear of smelling burnt toast (the apparent warnings of a heart attack).
- I am a wizard now on "live chats" with every creditor who owns a piece of me, spilling my heart out to my computer and never having to speak a word to a human.
- The geese are squawking, the seagulls like a choir, the ducks laughing, even the first pelican has arrived. Seeing them, but more importantly hearing them, gives me reason to smile for their therapeutic song. Seeing them, but more importantly hearing them, gives me reason to smile for their therapeutic song.
- The birds in my yard are either singing louder, or my hearing is now impeccable following four weeks of silence.
- My front step and tiny back yard have never felt so amazing to simply sit and listen.
- The sun on my face never feeling better – sunscreen, sanitizer, moisturizer, and all.
- I am tired of "sparing a square" of toilet paper everyday. But then, recall the horror of the seemingly impossible "one per person limit" chaos.
- Curb-side pick-up (who would have guessed) might be a concept that survives COVID.
- But what will happen to our people watching? I guess people-watch yourself in your rear view mirror.

But here's what else I figured out at Week 4:

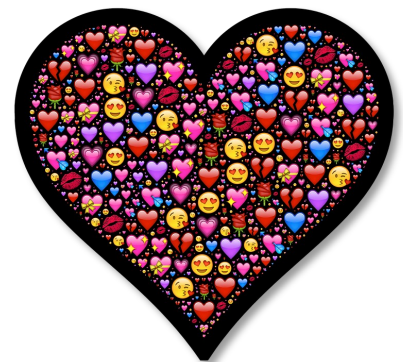
- My life as I knew it vanished overnight but it's only the PAUSE button, thankfully it is not the STOP button.
- My summer patio celebrations with friends offer a glimmer of hope.
- While everyone is systematically shutting down, I am systematically revving up.
- Walmart, Save-on-Foods, Loblaw, Sobeys, Amazon, Co-Op, Michael's, Insta-Cart and other warehouses have not yet hired me, but the Food Bank thankfully accepted my capable volunteer hands and I have finally enlisted in this war.
- While many choose to dwell in the negativity, Rotarians and Partners are looking for unprecedented opportunity.
- While the naysayers will feel thick dust settle on them, Rotarians and Partners will be the ones kicking up that dust.
- Our lives are "crazy good". Our attitude is "crazy positive". Our belief is "crazy strong". Our friends are "crazy true". Our families are "crazy supportive".
- I think we are doing great, we have come a month already, and we have a further gift of time and introspection.
- I can only stand back, applaud, and bang my pots and pans for all of you who are going night and day so hard thru COVID. Worried about how to stay safe yourselves if you are on the front lines, figuring out how to work from home off your kitchen table with the entire family and pets at your side, launching new technology, offering products and services to clients who are also isolating, carrying the burden of delivering challenging news, and tossing through sleepless nights. I love hearing some of the new ideas like setting up your child's desk beside your desk so you can keep them engaged (Michael Ruttan!). If I could help, I absolutely would, as I know all this talk of how to use abundant free time is completely unfair to you – our army of heroes. Accept everyone's sincere appreciation for keeping our world, and that of your clients and customers, bravely marching forward.
- You can do it every one, we all can. Before you know it, our little log cabin that is Rotary House will welcome us home with open arms. And we will be allowed to walk straight into those arms....
- I will never forget what six feet *looks* like.
- I hope I never have to remember what six feet *feels* like.

Biggest hugs everyone, love and miss you

Corinne Wilkinson

If you ever feel like connecting or need anything:

403.471.2101 corinne@whitehathospitality.com





Zoom Tips for Participants



zoom

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.

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.

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	

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