

## MESSAGE FROM PRESIDENT CHAS

### My Fellow Rotarians:

Dare I say, "Another first!"? Obviously, I do because that's just where my thoughts are and what I have written here.

As your President, I have given some deliberate thought as to what I may say that might in some small way contribute to the success of this weeks bulletin for our members.

It is not lost on me that mine will be the opening passage that could well set the tone for our endeavor.

As it tends to do, my mind recalled the words of long favored orators like Demosthenes, Lincoln, Churchill, and Elizabeth 1. I found much to quote among them but suddenly that gave me pause.

It occurs to me that we need no such expressions of courage, of continued perseverance. We face no peril that compares with what those learned people spoke. No. Not here. Ours is another cause.

Instead of Demosthenes, Lincoln, Churchill and Elizabeth we have **Shaw, Shield, Kyte, Schaab and Spence. We have Sands, Reginato, MacLeod and Zacharki. And Bladon, Austin, Hutchens, Hamm, Thompson, Jarvis, Deegan, Martin and Richardson.** I trust you see where I'm going here.

We have our fellow Rotarians - our fellow friends - and that is all we need to buoy our spirits and weather this "inconvenience". I can now truly understand the meaning of :  
**"KEEP CALM AND CARRY ON!"**

My fellow members, please enjoy the bulletin and all that it can bring you.

***I have never been more proud to be your President!***

***E. Chas. Filipski, Jr.***

***Rotary Club of Calgary at Stampede Park***

## Fellow Rotarians, and really, Dear Friends;

As we pause and slow things down, we have a unique opportunity to reflect on family, health, and other matters important to us.

When asked to submit suggestions for favourite books, I thought of a book I often give to my clients. As a Family Enterprise Advisor, one of my roles is to assist families enhance and align family values with financial values. So, at this time, when we are reflecting on family, health and other matters, the book **“Strangers in Paradise – How Families Adapt to Wealth Across Generations”**, written by **James Grubman, Ph.D.** might be interesting reading, and might prompt or assist conversations between family members.

One of the conversations families should have regarding finances, is how the family finances will be allocated. When working with my clients on family/financial planning and family/wealth transition matters, I refer to three “pots” of money. The three pots I refer to are:

1. Personal and Lifestyle (to be used during an individual’s lifetime to maintain life-style)
2. Family and Friends (to be gifted during life or on death)
3. Charity and Community (to be gifted during life or on death)

Once the “pot” for charity and community is determined, I encourage my clients to involve their whole family in decisions around disbursement of these funds. These conversations can build and strengthen family relationships. I also encourage my clients to **“Live a Legacy”** rather than **“Leave a Legacy”**. Why not experience the satisfaction and joy, during their lifetime, of knowing the difference their gift will make.

While the future is very uncertain, it is obvious there will be tremendous need in our society. I encourage you to take this time to have conversations with your family, friends and fellow Rotarians about how you might **Live a Legacy**, contribute and make a difference in our community.

Not all gifts are financial. The gift of time is just as valuable, and the time spent giving with family, friends and fellow Rotarians can create stories that are shared for decades.

Wishing all of you well. Please take care of your friends and loved ones. I look forward to **Living a Legacy** with you, hopefully, very soon.

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

**Dear Rotarians:**

***And this too shall pass...***

As many of you are aware, our family is well into our second week of self-isolation (as a result of Emily's recent return from Milan Italy).

While Coronavirus is relatively new to Canada, Emily has been dealing with this for some time - but on a much larger scale - during her trip to Milan. Suffice to say, quarantine is not new to her.

While she was away, Emily went through times when she was (rightfully) quite frustrated. What was supposed to be the trip of a lifetime turned into a lockdown of sorts. The best advice I could give her at that time was to "make the best of it" and not to sit and stew in her own "crap". The fact is; there are certain things we can control and things we can't control, and, as they say, it's easy to spot a yellow car when you're always thinking of a yellow car, and it's easy to spot reasons to be mad when you're always thinking about being mad. Now I find myself having to take that same advice myself.

So what have I learned about self-isolation over the past few weeks? It's really not that bad if you have the right attitude. Since our quarantine began I've completed a major kitchen renovation project, worked on my taxes, worked remotely and been able to spend a ton of time with Teresa and Emily. Imagine having an 18-year-old daughter that can't leave the house!!! It's actually a parent's dream come true!!!

While we can't control what happens around the world, we can definitely control what happens inside our home (and our perception of our situation). So "make the best of it" and remember that this too shall pass. And don't hesitate to reach out if you need anything.

***President Elect Nominee Craig Stokke,***

***Rotary Club of Calgary at Stampede Park***



**During this time of self isolation and reflection it becomes important to stay connected to the world and the ones that you love. The Club has decided to produce a bulletin this week to do just that ... We thank everyone that submitted stories and information to keep us "CONNECTED"**



**Lisa Fernandes** is the Pianist at each weekly meeting and Lisa went out of her way to record **O'Canada** and **Rotary Grace** for us so that we would feel like we are connected again. What a great gesture Lisa!! Here are links to her recordings:

[O'Canada by Lisa Fernandes](#)

[Rotary Grace by Lisa Fernandes](#)



Please submit any request for "Help Needed" to Kathyann Reginato at: 403 618 5598 or: [kathyann@rotarycs.org](mailto:kathyann@rotarycs.org)  
We will and want to reach out and assist any members, family or friends that we can.

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

On that note we want to make you aware that two of our newer Club Members, Nancy Spence and Spencer Tonkinson would like to offer any Rotarians over the age of 70 or those who are at high risk and self isolating to send a shopping list, errand list or name of pharmacy to pick up medications along with your address so that they can deliver your items to you so that you do not need to leave your house and put yourself at risk.

Please contact Nancy at: [nspence@green-harvest.ca](mailto:nspence@green-harvest.ca) or her cell (403) 862-1013

Please contact Spencer at: [stonkinson86@gmail.com](mailto:stonkinson86@gmail.com) or his cell (403) 991 0177



Please contact **Dorothea Schaab** at: [schaabd@telus.net](mailto:schaabd@telus.net) or: **403 660 6232** or David Read: **403 271 5856** with health updates for the months of March and April. If you need help with information or assistance with groceries, errands or medications please see the "Help Needed" section on Page 2

We extend our sympathy to **Peggy and Keith Davis** on the death of Peggy's sister, Pat Martell on March 16<sup>th</sup>. More information will be available later.

### **A Pandemic ... The Covid-19 virus** **By Dorothea Schaab**

Your Health, Wellness and Transportation committee is here to assist you. Please keep us informed of any change in your health. There are a number of resources available to you through the club for assistance. Please contact either **myself, Dave Read or Kathyann Reginato** to advise us if you require someone to shop for you, provide transportation or food. Nancy Spence and Spencer Tonkinson have also offered to shop, run errands or pick up medication etc...

Remember our members who are housebound and alone. Pick up the phone and call them or email them. I hesitate to say mail a card or letter due to possible transfer of the virus via the mail. We have new phrases in our daily language ... self isolating, social distance and Covid-19 or the Coronavirus pandemic. And the constant updates in the media become overwhelming.

So, what is a pandemic? *Medical Definition of Pandemic. An epidemic (a sudden outbreak) that becomes very widespread and affects a whole region, a continent, or the world due to a susceptible population. An epidemic affects more than the expected number of cases of disease occurring in a community or region during a given period of time.*

Information changes by the hour. Here are links to stay current on this health emergency in the attempt to slow down the curve of this virus:

#### **Health Canada**

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

#### **Alberta Health**

<https://www.alberta.ca/coronavirus-info-for-albertans.aspx>

#### **Self Assessment**

<https://myhealth.alberta.ca/journey/covid-19/Pages/COVID-Self-Assessment.aspx>

Here are a few more websites that may be helpful to you:

**Shoppers Drug Mart** opens early for a short time frame every day for those aged 55 and over to assist seniors and vulnerable persons get products and medication. It also provides a 20% discount on its merchandise during this time period. <https://www1.shoppersdrugmart.ca/en/home>

It is my understanding that Sobeys is offering this early-shopping service.

The Calgary Co-op has just announced that effective Monday, March 23, their grocery stores will open from 8 am to 9 pm for seniors and people living with disabilities.

**Calgary Library** website to reserve and borrow e-books and audio-books. <https://calgary.overdrive.com/>

**Eating Well** has many immunity boosting recipes on their website <http://www.eatingwell.com/recipes/18047/lifestyle-diets/healthy-immunity/>

**Gas Buddy** provides up to the minute gasoline pricing. At time of writing prices ranged from 68.9 cents/litre to 78.4 cents/litre.

<https://www.gasbuddy.com/>

So with this extra time, I find I am knitting and crocheting more. My Christmas gifts will include scarves and afghans this year. It is also necessary to shut off the tv and shut down the computer to have some time for peace and reflection.



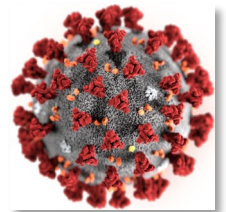
Yes, there is fear. Yes, there is isolation. Yes, there is panic buying. Yes, there is sickness. Yes, there is even death. But, They say that in Wuhan after so many years of noise you can hear the birds again. They say that after a few weeks of quiet, the sky is no longer thick with fumes but blue & grey & clear



They say that in the streets of Assisi people are singing to each other across the empty squares; keeping their windows open so that those who be alone may hear the sounds of family around them. They say that a hotel in the West of Ireland is offering free meals and delivery to the housebound. Today, a young woman I know is busy spreading fliers with her number through the neighbourhood so that the elders may have someone to call on. Today, Churches, Synagogues, Mosques and Temples are preparing to welcome and shelter the homeless, the sick, the weary. All over the world people are slowing down and reflecting. All over the world people are looking at their neighbours in a new way. All over the world people are waking up to a new reality. To how big we really are. To how little control we really have. To what really matters. To Love. So we pray and we remember that yes there is fear. But there does not have be hate. Yes, there is isolation but there does not have be loneliness. Yes, there is panic buying but there does not have to be meanness. Yes, there is sickness but there does not have to be disease of the soul. Yes, there is even death. But there can always be a rebirth of love. Wake to the choices you make as to how to live now. Today, breathe. Listen, behind the factory noises of your panic. The birds are singing again. The sky is clearing. Spring is coming. And we are always encompassed by Love. Open the windows of your soul And though you may not be able to touch across the empty square, Sing.

**By Fr. Richard Hendrick, OFM**

## A HISTORY OF COVID19



- On March 11, 2020, the World Health Organization declares the global outbreak of COVID-19 a pandemic.
- On March 9, 2020, Canada confirms its first death related to COVID-19.
- On February 20, 2020, Canada confirms its first case related to travel outside mainland China.
- On February 9, 2020, Canada expands COVID-19 screening requirements for travellers returning from affected areas to 10 airports across 6 provinces.
- On January 30, 2020, the World Health Organization declares the outbreak of COVID-19 a public health event of international concern.
- On January 25, 2020, Canada confirms its first case of COVID-19 related to travel in Wuhan, China.
- On January 22, 2020, Canada implements screening requirements related to COVID-19 for travellers returning from China to major airports in Montréal, Toronto and Vancouver.
- On January 15, 2020, the Public Health Agency of Canada activates the Emergency Operation Centre to support Canada's response to COVID-19.
- On January 7, 2020, China confirmed COVID-19.
- On December 31, 2019, the World Health Organization was alerted to several cases of pneumonia in Wuhan, China. The virus did not match any other known virus.

## List of Productive Things to Do While Self-Isolating During The Coronavirus Outbreak: Submitted by Dorothea Schaab



**Family Time:** Times to pull out those games and puzzles or just sit and talk.

**Take up a hobby:** Knit, crochet, wood work, scrapbook.

**Plan for spring gardening.**

**Take an online course:** There are so many websites with FREE and paid options, or you can simply go on YouTube and find tutorials for free. So many possibilities.

**Get some extra sleep.**

**Prepare a new recipe.**

**Reach out to family, neighbors, friends.** Email, Facetime, Skype to stay in touch.

**Spring Declutter.**

**Organize your closets.**

**Create a photo book and organize your photos.**

**Learn a new language.**

**Deep clean your kitchen.**

**Work on your taxes.**

**Start a new book.** Borrow an e-book or audio book from your local library or buy new books or e-books online.

**Meal plan for the next two weeks.**

**Start a YouTube workout challenge ...** start a free YouTube workout challenge.

**Sort, clean and delete photos from your phone.**

**Organize your computer's desktop and files.**

**Descalcify your coffee makers.**

**Vacuum your vehicles.**

**Give yourself a mani-pedi.**

**Do a face and hair mask.**

**Clear your inbox.**

**Bake and make pasta sauces, jams and things you can store/preserve long term.**

**Work on your Will and other important documents you have been waiting to get to.**

**Create detailed playlists of your favourite music.**

**Optimize your desk and workspace.**

**Write letters to catch up with family and friends.**

**Vacuum the inside of your clothes dryer lint filter.**

**Check your medicine cabinets for expired products.**

**Go outside for a walk or go on a hike.**

Look at the positives of this situation and the fact that you have some extra free time at home to do things you have not had time to do. Try to live a normal life as much as you can within our new "normal".

**THANK YOU SO MUCH TO DOROTHEA SCHAAB ON BEHALF OF ALL OF US FOR THE COMPREHENSIVE AND PRACTICAL INFORMATION TO READ DURING THIS TIME OF UNCERTAINTY**

## WHEN YOU ARE HAVING TO SELF ISOLATE BUT LOVE VISITORS, REMEMBER NATURE

Check out this video captured on my Ring device: <https://ring.com/share/6805315941823543291>

Submitted by: Michael and Anna Zacharki



## TAKE CARE OF YOUR MIND AS WELL AS YOUR BODY ...

We are in interesting times Rotary Family. I hope that all of you are healthy and that you are all tightly following the directions of the Chief Medical Officer of Alberta. Everything Dr. Hinshaw is asking of us matches Rotary principles and behaviours. It can and will be difficult, more for some than others. The key to mental health at ALL times is hope, connection and belonging and we must continue to do ALL of these things virtually when possible.

### Some important tips:

- Take some breaks from the news
- shut down your social media at least an hour before bedtime
- Calm your thoughts by practicing self-care. Take walks. Take naps. Listen to music. Whatever slows you down.



Here is a great resource for some meditation and calming practices free of charge:

[https://www.calm.com/blog/take-a-deep-breath?utm\\_source=lifecycle&utm\\_medium=email&utm\\_campaign=difficult\\_times\\_subs\\_031720](https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_subs_031720)

Stay connected with each other and be well!

Submitted by:

Karen Gallagher-Burt, MSW

Canadian Mental Health Association AND Rotary Partner

## TRAVELLERS AND SNOWBIRDS

We are happy to advise you that almost every Traveler and Snowbird has been "connected" with and almost all of them will be home by the end of the weekend by plane or car. We are here to assist as they self isolate and we ask that they reach out to all of us. Nancy Spence and Spencer Tonkinson have offered to deliver groceries, medication and run errands. Please know that they are sincere in this offer and we would encourage you to reach out to them.





*"My fellow Rotarians I would like to suggest that should you be thinking of ordering food and/or meals during this time of self seclusion, you consider calling Christine Kyte.*

*For all of us who have sampled her fare - it is incomparable.*

*If this is something that you feel you need please reach out to Christine at the contact information listed below:"* President Chas

## MEAL DELIVERY SERVICE by CHRISTINE KYTE

The food service and delivery that I will be providing will be **during the week of March 30th, 2020**

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 daily tasks. Some of us are not well, and others are caring for 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 and healthy comforting food to your doorstep.

1Litre (4 cups) Beef Chili

1Litre (4 cups) Creamy Mushroom Soup

Small loaf of fresh baked bread

**\$20 with delivery included**

Please email: [info@reflectivecatering.com](mailto:info@reflectivecatering.com) if this is something you would like to do

Christine Kyte,  
Head Chef and Proprietor  
403.831.4498

Email: [info@reflectivecatering.com](mailto:info@reflectivecatering.com)

Website: [www.reflectivecatering.com](http://www.reflectivecatering.com)



WHAT IF THEY CLOSE THE  
GROCERY STORES? WE'LL  
HAVE TO HUNT FOR OUR  
FOOD.

I DON'T EVEN KNOW WHERE  
DORITOS LIVE



SUBMITTED BY: PENNY LECKIE

Conversations will not be  
cancelled.

Relationships will not be  
cancelled.

Love will not be cancelled.

Songs will not be cancelled.

Reading will not be cancelled.

Self-care will not be cancelled.

Hope will not be cancelled.

May we lean into the good stuff  
that remains.

SUBMITTED BY: JOHN SHIELD

## WHAT ROTARIANS DO WHEN PLANS CHANGE ...

The Rotary Club of Calgary Downtown put together a trip to Lake Louise for Saturday, March 14<sup>th</sup> called Ski, Skate, Stroll. The cost was \$30.00 per person. The bus was leaving at 7:00 am. It was to be a fun day in the mountains with the skiers being dropped off first and the rest of us heading up the Lake and the Chateau for a "skate or a stroll" and then lunch at the Chateau.

Darlene Whitmore, Carol Rosdobutko and myself (Deb Sands) were all attending from RCCSP. As events unfolded, March 14<sup>th</sup> was moved to March 21<sup>st</sup>. Then it was cancelled altogether.

Madelaine King (Downtown Club) said she would return the \$30. to each of us and we all said... *No, find a good cause for it.* Madelaine King spoke to her friend Jan Damery at the new YWCA in Inglewood and Jan Damery was very grateful for the donation.

Here is the email response from Jan Damery at the YWCA In Inglewood

*Hello generous folk and Rotarians! Thank you for thinking of us at this unprecedented time. I hope you and your families are doing ok under these circumstances As you can imagine, we at YW Calgary are experiencing great challenges in keeping up with the evolving state of the COVID-19 pandemic and its impact on our clients and employees. Many of our programs have now been closed until further notice including our daycare and we are working hard to protect the safety and basic needs of the vulnerable women and children in our housing and shelter programs. Your gesture and donation are significant. Thank you. We are grateful! Warmest Regards, Jan*

Jan Damery, Vice President, External Relations and Engagement YW Calgary

SUBMITTED BY: DEB SANDS





**You can count always count on Jim and Maureen Hutchens to keep us laughing. Please click here for Pluto the Dog addressing the internet for a good belly laugh**

<https://youtu.be/EPJ5xrJpBvg>



SUBMITTED BY: KAREN GRANT



## WINE CLUB:

Terri to Chas: You are the only one in this pic who has a goofy look on his face. I don't understand why you can't just smile like the rest of us?





**GOOD NEWS STORIES** Shared on Facebook by Skal USA Members  
SUBMITTED BY: CORINNE WILKINSON

## *How about some good news?*

- China has closed down its last coronavirus hospital. Not enough new cases to support them.
- Doctors in India have been successful in treating Coronavirus. Combination of drugs used: Lopinavir, Retonovir, Oseltamivir along with Chlorphenamine. They are going to suggest same medicine, globally.
- Researchers of the Erasmus Medical Center claim to have found an antibody against coronavirus.
- A 103-year-old Chinese grandmother has made a full recovery from COVID-19 after being treated for 6 days in Wuhan, China.
- Apple reopens all 42 china stores,
- Cleveland Clinic developed a COVID-19 test that gives results in hours, not days.
- Good news from South Korea, where the number of new cases is declining.
- Italy is hit hard, experts say, only because they have the oldest population in Europe.
- Scientists in Israel likely to announce the development of a coronavirus vaccine.
- 3 Maryland coronavirus patients fully recovered; able to return to everyday life.
- A network of Canadian scientists are making excellent progress in Covid-19 research.
- A San Diego biotech company is developing a Covid-19 vaccine in collaboration with Duke University and National University of Singapore.
- Tulsa County's first positive COVID-19 case has recovered. This individual has had two negative tests, which is the indicator of recovery.
- All 7 patients who were getting treated for at Safdarjung hospital in New Delhi have recovered.
- Plasma from newly recovered patients from COVID -19 can treat others infected by Covid-19.e.

Compiled from Bloomberg news. And the first Filipino COVID Patient was released from the hospital today

## DISTRICT PROJECT GRANT

Our Club Committees may be eligible for a District Project Grant to provide goods and/or services to non-Rotary beneficiaries.

The District will contribute \$7,500 if your committee puts up \$2,500.00.

Applications must be submitted by May 1<sup>st</sup> 2020. In order to coordinate and prioritize our applications, please speak with Bob Wiens: [rwwiens@gmail.com](mailto:rwwiens@gmail.com) or (403) 922-9723 or Christine Kyte: [Christine.e.kyte@gmail.com](mailto:Christine.e.kyte@gmail.com) or (403) -831-4498 before April 1<sup>st</sup> 2020.

Projects must be completed within 2 years with a Final Report and receipts.

### World Water Day is MARCH 22ND 2020

Of the 6 areas of focus funded by grants from The Rotary Foundation in 2018-2019, Water, Sanitation and Hygiene is the second most popular type of project. The Rotary Foundation funded 284 projects with a total contribution of \$20,941,849 USD.

This weekend is World Water Day and The Rotary Club of Calgary at Stampede Park has reason to be proud of our accomplishments.

The **World Community Service Committee (WCS)** has contributed towards many water related projects via Global Grants and direct contributions in many countries.

Globally, since the late 1990's the WCS has leveraged our club funds to finance Water Projects in Haiti, Dominican Republic, Honduras, Peru, Colombia, Uganda, Kenya, Ethiopia, Malawi, Indonesia and Cambodia.

Since 2007 as an example of leveraging, our contributions of approximately \$100,000.

USD to Colombian Rotary Clubs have resulted

in projects worth well in excess of \$1,000,000 USD. These projects have included rainwater capture, wells, spring protection and piping, hygiene training, large water tanks and of course household water treatment using BioSand filters.

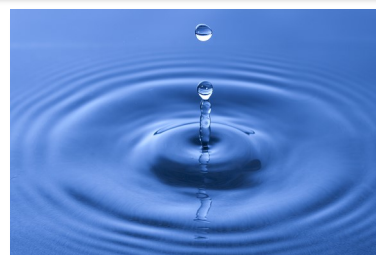


Photo shows a Colombian Rotarian during a followup visit in the Colombian state of la Guajira

**SUBMITTED BY: BOB WIENS**



## HERE IS A QUOTE WORTH SHARING

Hi Penny: That is the ugliest shirt I have ever seen!! I will take one! ... Neil Fraser



## AloYahooooHa!

Do you wish you had something green to wear for St. Patrick's Day? Then you are in luck!!

*(for next year ...)*

See the shirt President-Elect Penny Leckie, has designed for representatives of the Rotary Club of Calgary at Stampede Park to wear at the Rotary International Conference in Honolulu on June 6<sup>th</sup> to June 10<sup>th</sup>, 2020.

It may be purchased by anyone in any quantities

**ORDERS MUST BE PLACED BY FRIDAY, March 27<sup>th</sup>** to ensure delivery by May 31<sup>st</sup>.

See order form, Price is \$90.00 per shirt CAD

Join the fun. Wear your shirt at the RI Conference or on your patio at home!



T-shirt represents sample set-up only.  
Design pattern is approximate scale to t-shirt size.

## Hawaiian Shirts for Rotary International Conference Honolulu: June 6<sup>th</sup> to 10<sup>th</sup> 2020

MEMBER NAME:			CONTACT DETAILS:	
			PHONE #:	
			EMAIL:	
QUANTITY	MENS √	LADIES √	SIZE	TOTAL PRICE

NOTE: this is an arrangement by Penny Leckie, not the Club. Contact Penny Leckie at: [penny@taxtherapist.ca](mailto:penny@taxtherapist.ca) or Eve McGuire at: [eve.mcguire@taxtherapist.ca](mailto:eve.mcguire@taxtherapist.ca) with any questions. Payment arrangements will be made at a later date

For many years I have worked from home, that whole concept along with not having to face Calgary's commutes is not new. So that part I've got nailed in the grips of COVID-19. But.....

Inheriting my parents' TV a few years ago was the first time I introduced a television into my home. Never watching anything but the Flames games (which even those are gone) I don't know anything, about any show, and quickly fall out of any conversation that starts with "did you see (*insert any show's name here*) last night?" I didn't know what "binge watching" meant, as Sis had to show me last week where to find the free streaming TV channels. Heck, I didn't even know what free streaming was! I stumbled on "*A Million Little Things*" and watching three shows in a row last night, I guess I am now an official binge watcher. If you are looking for what I think is a good show, try this one. Then again, may be the ONLY Rotarian who isn't watching it and this is not a helpful tip for you.



NOT inheriting my parents' amazing skills of cooking, nor any smidge of my Dad's talent as an award-winning Pastry Chef trained in Europe, re-introducing myself to my kitchen has been most entertaining. Not wanting to horde groceries at my local Sobeys or Co-Op, I have purchased small quantities, and broken them down into even smaller quantities for one person. I decided to study the instructions on my Crock Pot and will make some stews, chili's and chicken dishes. If you need any recipes, I also dusted off my Crock Pot recipe book and am more than happy to scan some to you. Let me know your favourite ingredients.



A few months ago as my contracts started to dwindle (and now as you can guess working in tourism have completely disappeared altogether) I re-introduced myself to my knitting needles – a craft that both my Mom and Grandma taught me before I hit grade one. If there is such a thing as binge watching TV, I have decided there is also such a thing as binge knitting. I am the proud owner of, so far, half a dozen wool hats, and about 20 wool scarves. I am very hopeful scarves are still in style next winter as I have enough wool to knit another 20. I am hoping to find a small craft fair in November to sell these heirlooms when "social distancing" is a thing of the past, and craft fairs reappear. If anyone would like some easy knit patterns, I have scoured a few internet sites. I am happy to share what I found in making up some comfy woolens for your head and neck.



Then there are the graphic design courses I was REALLY enjoying at MRU – until those too disappeared this week. I can proudly add to my resume "part one" of Illustrator, "part one and a half" of Photoshop, and "part one-quarter" InDesign knowledge. BUT – I did (now I think I am so smart) purchase the "Classroom in a Book" version for each course, and am trying to teach myself how to be a graphic artist sitting at home by myself in front of my computer. I have to keep asking myself for my own opinion on if something I designed "looks cool" or not. I might have to buy a fishbowl to place on my desk and ask my new-found swimming friend for her opinion. If anyone has an easy project I can practice on (maybe a poster, a birthday card, an invitation if you are having a gathering for less than the current day's legal allowance for social interaction) I would love to give it a go. I can't promise it will look presentable since I didn't actually have the chance to complete ANY of the courses, but I can certainly give it a try for you. It could make for some good giggles and a dozen drafts to get it right, maybe even over a glass of wine.



Along with the graphic design courses, I can also say I have a “three-quarter completion” on the business of photography. We had just shared some of our favourite photos as a small class and getting feedback on how to build a professional portfolio when that course too came to a screeching halt this week. I have THOUSANDS of photos from around the world and was contemplating a revenue stream from online sales to stock photography agencies – but with a “three-quarter completion mark” in the course, that might have to wait a bit. BUT - if anyone needs a photo for a project you might be working on – let me know. I probably have one for you and happy to just see it being used somewhere. The cool thing is I was also going to learn how to compile and create a coffee table book of YOUR favourite photos. If you would like me to take a stab at building you your own photo book, again, just let me know! All I need are your photos - I will use your book as practice time if and when my class ever resumes. I am tired of looking at my photos – yours will be much more engaging I am sure!



Of course, there's the never-ending chore of cleaning up the basement and the garage but I couldn't possibly find the time to address those chores. I am blaming part of it on the weather – it's too cold to be in the garage, and well, there's simply no interest in sorting out the basement. But if COVID-19 goes on much longer, both of these locations might turn into show home quality out of pure boredom. If I nail it at my house, I could always come and help you at your house!



Then, there's also the work that I could do be doing on my income tax. Enough said. I guess the long and the short of it is I am using this time to explore new things simply because I don't have any work to work on from home, and the tourism industry will be a while before it comes back.



But in keeping an ever-positive attitude, maybe we could all look at this unprecedented time of chaos, if you are in the same situation I am, to learn a new skill, pick up an old hobby, take some online courses, and well, learn how to operate a TV remote control.

If anyone is totally bored and wants to go for a coffee, we could always arrange to meet at a Starbucks or Tim Horton's drive thru and **walk** thru the line together! Wouldn't that be fun! I am totally in if you are.

**Take care everyone – I miss all of you! I am quite serious about all of the above – I am so happy to hear from you if I can help in any way, and also if you can help me in any way with my new “at home” adventures. Big virtual hugs – at least those are still allowed last I checked.**



*Corinne*

## ROTARY CALGARY DISTRICT 5360 DISCON 2020 RESCHEDULED

**DISTRICT 5360 EMAIL EXCERPT SENT OUT ON MONDAY MARCH 16<sup>TH</sup> 2020**

**Dear Rotary Friends and Family:**

Not surprisingly under this unprecedented crisis, the DisCon 2020 Committee has decided to postpone the District Conference to the first weekend in **October 2020**. At this time we are considering a scaled-down conference, likely to one day.

Be patient with the DisCon 2020 Committee as they work diligently to coordinate rescheduling with the hotel, speakers, sponsors, entertainment, and registrants. All will be contacted over the next few days.

The spread of the CO-VID 19 virus has led to drastic measures that most have not experienced in a lifetime. Please follow the recommendations and instructions from our municipal, provincial and federal governments to ensure that your family and friends are not at undue risk.

***Take care and be safe.***

***In Rotary Spirit,***

***District Governor Christine***



## *To the Partners and the Members of The Rotary Club of Calgary at Stampede:*

This is a scary, uncertain time for all of us. For a social butterfly like myself, it is hard to stay home and be away from the family and friends I enjoy being around so much. I am spending time with my daughters and the ever-busy Granddaughter, Eloise. I am doing my best to stay connected to my circle of friends and let them know that I am here if they need anything. I'm keeping a watchful eye on my parents and taking care of things for them.

Today I am going to through a few bags of books that need to go on my bookshelf that I have not read yet. I keep telling Kevin that I only have enough books to fill a box. He tells me to stop calling our house a box. If you need some books to read – I'm here!!

I am thinking of you all and wishing you to stay in good health. I love hearing how some of you are spending your self-isolation or social distancing. I'm always here to talk and if you need assistance with anything, please reach out.

Stay positive and pray that this will be behind us soon. Here's something I saw posted and wanted to share..

*When this is over,  
may we never again  
take for granted  
A handshake with a stranger  
Full shelves at the store  
Conversations with neighbors  
A crowded theatre  
Friday night out  
A routine checkup  
Coffee with a friend  
The stadium roaring  
Each deep breath  
A boring Tuesday  
Life itself.*

*When this ends,  
may we find  
that we have become  
more like the people  
we wanted to be  
we were called to be  
we hoped to be  
and may we stay  
that way - better  
for each other  
because of the worst.*

*Take care of yourself and your family*

**Denise MacLeod,  
RCCSP Partners President**



DATE	EVENT	LOCATION
<b><u>IMPORTANT NOTICE: MARCH 19TH AND MARCH 26TH MEETINGS HAVE BEEN CANCELLED DUE TO THE COVID-19 SITUATION.</u></b>		
<b>WE WILL BE ADVISING YOU SOON REGARDING APRIL 2ND MEETING</b>		
<b>MRU PEACE DAY EVENT ON APRIL 9TH HAS BEEN CANCELLED</b>		
<b>THERE WILL BE A POSSIBLE RESCHEDULE FOR APRIL 30TH AS THE BETHANY ATRIUM TOUR IS CANCELLED.</b>		
March 26	<del>Bob Wiens: Colombia Projects Update</del>	<del>Rotary House</del>
Apr 2	Gus Yaki: Alberta Southern Prairie Orthinology	Rotary House
Apr 9	Tom Leppard: Field of Crosses	Rotary House
Apr 16	Alberta Health Minister: Tyler Shandro	Rotary House
Apr 22	Partners Spring Luncheon	
Apr 23	Calgary Philharmonic (CPO) Presentation	BLUE ROOM
Apr 27	Wine Club: Brett Albers	Brett's House
Apr 30	<del>CANCELLED: Bethany Atrium Tour</del>	<del>Bethany Riverview</del>
May 7	Stuart Cullum: Olds College	Rotary House
May 14	Annual St. Mary's 4 Way Test	Rotary House
May 22	President Chas' Cocktail Social	Lazy S: Grandstand
May 21	Annual Stay In School Luncheon	TBA
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**  
**International and Vocational Service**  
**Youth Service**

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

### **ROTARY CLUB OF CALGARY AT STAMPEDE PARK**

**WEBSITE:** [www.rotarycs.org](http://www.rotarycs.org)

#### **OFFICE ADDRESS:**

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**PHONE:** 403 244 9788

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