



Club of Calgary  
at Stampede Park

**BULLETIN FOR MARCH 26TH, 2020**  
**VOLUME 65, ISSUE 35**



## **MESSAGE FROM PRESIDENT CHAS**

**Good Thursday my fellow Rotarians,**

I pray this finds all of you and yours healthy and managing as best as possible.

As most of you have likely anticipated, your Board has recently been informed that Stampede Park will remain closed for the month of April. Due to that news, I have suspended our weekly meetings through the month of April. I remain extremely hopeful that we will return to Rotary House for our May 7th regular meeting. I will continue to inform members as I and your Board receive additional information.

With that news, during these stressing times, we all need a reason to smile – I am suggesting we take a break in transmission from the global negativity and allow a little ray of positivity and happiness into your day.

With the world on lockdown and dealing with a global pandemic, the news is far from inspirational. It's a very common feeling to feel overpowered and frightened by all the waves of the coronavirus (COVID-19) news at this moment.

Of course, we understand why this is, but there is a substantial need for some motivation to be positive even if it is in small quantities.

Regardless of the present conditions, people have chosen to benefit as much as possible by discovering prudent and safe approaches to remain engaged, instructed, and satisfied, both physically and intellectually. You may even find some ideas in this bulletin!!

While this coronavirus is around, the greatest healing therapy we have is friendship and love.

Think outside the box. Do things you've not done in a while. Here's a thought - actually call and speak with a fellow member!!

Positive words and thoughts will point towards a light at the end of the tunnel for all of us in this current quarantine and confinement that has the majority of the world in lockdown.

Coronavirus will not last forever. Life itself is ahead.

If you go looking for negativity, or allow yourself to be in the presence of something or someone that upsets you, makes you anxious or gives you negative feelings, it stands to reason you will in turn be affected by that.

However, it does make you aware of your thoughts and allows you a chance to try and alter the negative ones that might be creeping in.

Any time we are faced with a stressful situation, or something that has made us worry, sit down and think about the last time you felt this way and how you survived!

Sometimes, we need to sit back and reflect on how far we have come and all that we have managed to deal with in our lives. It can be the wake-up call you need to remind yourself that you are strong enough to cope and to kickstart those positive thoughts again. We tend to be quick to forget how great we are at overcoming difficulties in our lives.

So, let's all remember to breathe, wash our hands, wash our hands, wash our hands, and enjoy a glass of wine! This too shall pass!

**President Chas**

## Some Observations and Musings During the Last Week

### On coping

Living through the 2013 flood in High River has provided me with valuable coping skills for the current circumstances. I understand **the world can stop and it will restart again.**

Things are different this time, though. The house has electricity, hot water and a furnace. The windows and door in my walkout basement are intact. The police have not kicked in my door and traipsed through my home in muddy boots. The grocery stores and other essential services are open...

Things were different last time, though. I didn't have to worry about the health of family members.

**Health is the most important thing. Everything else can be fixed or solved. Please stay healthy.**

### On teachers

My 9 year old nephew adored his school teacher this year. When they closed the schools, he wrote a poem to his teacher that included, "You were my favourite teacher of all time, but I had you for the shortest time..."

### On restaurants

I have been feeling so bad for the restaurants having to change their operations and often close, so that every time I pass a restaurant or drive thru that is open, I feel a moral obligation to stop and order something to eat. I have gained a couple of pounds. When I told this to my partner, Darren, he said, "Don't take this the wrong way, honey, but I don't think you should try to save the world by eating everything you see. Perhaps you should consider making some donations instead..."

### On books

Check out "*The First Stampede of Flores LaDue: The True Love Story of Florence and Guy Weadick and the Beginning of the Calgary Stampede*" by Wendy Bryden.

### On "The Green Shirt"

So, we know we are not going to Honolulu for the Rotary International Conference, but I want everyone to know that I still see a Luau and a Tiki Bar in my future, even if it happens in my own backyard. So, c'mon, buy one of these green shirts that Neil Fraser has described as "the ugliest shirt" he has ever seen and join in the fun. I don't have a date, a time or a place, but I promise, there will be an occasion to wear one of the ugly green shirts, and the cool kids and their partners will all have them. See the order form later in the Bulletin. We will be cutting off the order on Monday, March 23, so get your order in. You know the lyrics, "If I had a Million Dollars, I'd Buy a Green Shirt, but not a Real Green Shirt, That's Cruel" or something like that.

### Are you ready to get your Hillbilly On?

In connection with Denise Macleod, President of the Partners, I have asked the Social Committee to organize a Sadie Hawkins event rather than Oktoberfest this fall. The Social Committee is "on it", but we need a band. While you are at home, consider practicing playing the spoons, the washboard, the moonshine jug, and whatever instruments you have handy. Work on your hillbilly costumes. Ladies, give some thought to who you want to invite to the party, and start working on corsages...

### And Finally

If everyone is working on their taxes, will there be any taxes left for accountants to work on?

**President-Elect Penny**

## MESSAGE FROM P.E. NOMINEE CRAIG STOKKE

### Fellow Rotarians

Our home is complete again as our daughter **Megan Stokke** returned home from Chile yesterday where she was enjoying her Rotary exchange.

As you can see from the pictures, we are SO excited to have both the girls back home and we look forward to being locked down with them for the next couple weeks hearing about respective adventures (**Emily Stokke** recently returned from Milan Italy).

We are so proud of them both.

Wishing everyone the very best.

Stay safe!



From our Family to Yours ...

**Craig, Teresa, Emily and  
Megan Stokke**



**STAYING CONNECTED** During this time of self isolation and reflection is more important now than ever

**We thank everyone that is submitted stories and information to help keep us all "CONNECTED"**



**WE ARE STRONGER WHEN WE ARE TOGETHER**  
Many of us could use a hand, many of us want to offer a hand ... It's okay to reach out and ask ...



Please contact Kathyann Reginato at: 403 618 5598  
or: [kathyann@rotarycs.org](mailto:kathyann@rotarycs.org) if you need ANYTHING

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

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

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



**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](#)







Fellow Rotarians,

Apparently the scammers are out again, this time sending emails pretending to be Chas and asking Club members for your ‘help’ or to ‘inform” you about a charity that is deserving of funding. No doubt this ‘help’ will eventually include requests for you to send gift cards or bitcoin.

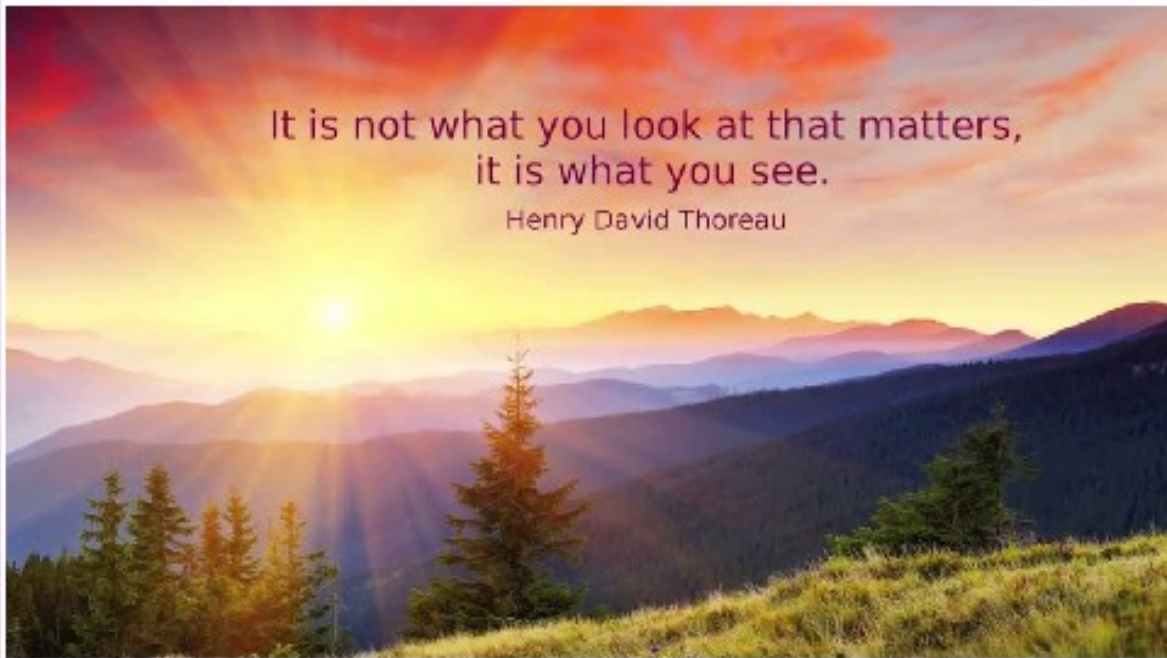
No, Chas’ email has NOT been hacked (his personal information and Club information are both safe), but if you receive an email message that looks somewhat suspicious, please be on guard before responding.

As you are aware, requests for funding and charitable spends should come through committees, not the direct request of the President.

Neither Chas nor our Club have been specifically targeted... These scammers just go from industry to industry, and company to company sending out thousands, and thousands of emails each day. By the time you read this bulletin the scammers are already on to the next charity or company... unless of course someone replies to them, so please don’t. Simply ignore all of these messages and If you have any questions, pick up the phone (or send a separate email directly to Chas asking if he initiated the first email).

Thanks again for being cautious and diligent online,

Craig Stokke



It is not what you look at that matters,  
it is what you see.

Henry David Thoreau

March 23, 2020

Hello

I am entering my second week of self-distancing ... not full isolation ... and it's an interesting time for self-reflection. It's also a time that my to-do list is getting longer as is my books-to-read list. And it is also a time of concern for what is to affect our country, province and people through the next 60 to 90 days.

**I am checking in to see how you and your family are doing?**

**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. Contact information is below.

**Dorothea Schaab 403 660 6232**

[schaabd@telus.net](mailto:schaabd@telus.net)

**David Read 403 271 5856**

[nread@telusplanet.net](mailto:nread@telusplanet.net)

**Kathyann Reginato**

[kathyann@rotarcycs.org](mailto:kathyann@rotarcycs.org)

### **F-E-A-R**

Has two meanings

**FORGET EVERYTHING AND RUN**

Or

**FACE EVERYTHING AND RISE.**

Your Choice

Life is all about Balance  
You don't always need  
to be getting stuff done.  
Sometimes it's perfectly okay,  
And absolutely necessary,  
To shut down, kick back,  
And do nothing.

***Have a Healthy and Safe Week.***

## Updates from some of our Rotary family as of March 25, 2020

### **Terry and Sharon Allen**

Because we returned from a cruise on March 11<sup>th</sup> and have colds we were tested this AM. We think we are OK but don't want to take any chances. Our son delivered groceries, so we are supplied for a while. If we can be of any help after our isolation period is over please let me know.

### **Bill Sumner**

I am doing just fine - up in Canmore with my daughter for a while.

### **Wendy Giuffre**

My family and I are well, albeit missing our weekly parent visits. I'm busier than usual in my field of HR while so many of our clients and others are rushing to lay off. Sad but also happy I am there to assist.

### **Harry Pelton**

He is in a chemo treatment program at the moment and is scheduled for a CT scan toward the end of April. He is well supported by Nadia and local family.

### **Rod Bower**

Rod has received treatment for pancreatic cancer. He is at home and one of his sons lives with him and another son and daughter-in-law are also in Calgary. So he is getting good family support. Please keep him in our prayers and offer support as he needs it.

### **Rick and Donna Jakubek**

Arrived home late Sunday March 22. We are in self quarantine for 14 days to be safe to ourselves and others. Take care to all.

### **Bob and Marlene Wiens**

We are doing well. No one is away from the fold.

### **Bonar and Sharon Irving**

Sharon and I are doing just grand. We aren't getting around as much, but we do go for drives, and lots of walks. I have been trying to keep an eye on my friends - especially the ones that I think need contacting, and everyone seems pretty well hunkered down, and just plain pretty well.

### **Bryan Walton**

I've been Driving "Miss Daisy" (my mother), back and forth to the Glenrose Rehabilitation Hospital, Edmonton, every day for the last month so she can visit my Dad. I hope to be home after April 2nd when my sister spells me off after her self-quarantine. Then I come home to my own bed. Hopefully our actions will prevent a spike in illness here. Stay well.

### **Betty Stein**

All's well here with me. I am quite enjoying my 2-week quarantine after returning from the desert on March 19th. So kind of you & your Committee to reach out to help those in need.

### **Gail and Alex McDougall**

Thanks for thinking of all of us. We are all good here.

## Bob and Carole Brawn

We're still good so far. Everything is looked after. Thanks for the thoughts though.

## Pat and Ken Farn

Thank you, Dorothea, and your team of dedicated kind Rotarians for reaching out. Pat & I continue into our second week of self-isolation following our two week vacation in California. We are feeling good so far and have learned how to order all of the groceries needed on the web... a service that just might catch on! We look forward to a return to Rotary House Meetings soon!

## Dana Hunter

My crew is healthy and actively working to stay that way, wiping down counters, handles, phones and switches twice a day and limiting physical contact as much as possible. Best to all of you, please stay safe!

## Jeanette King

How lucky we all are to belong to the caring family of our Rotary Club! Thank you for reaching out.

## Marianne Jost

Thank you thank you for your nice words of encouragement. I am fine here out in Priddis. Especially when the sun is out like today. We all will get over this!!!

## Lisa Fernandes

Tony and I are in good health. Hope everyone else is keeping healthy too. Take care everyone.

## Larry and Glenda Stein

We are fine, thanks for asking. It's hard for people not to have those freedoms many of us have taken for granted but I can assure you many of us will cherish them even more once we get them back.

If any of you would like to let the Club know how you are doing please feel free to email Kathyann Reginato or Dorothea Schaab and we will include you in the next Bulletin

## RECENT ROTARIAN BIRTHDAYS



Bonar Irving	March 19th
Neill Magee	March 19th
Norm Devitt	March 22nd
Len Hamm	March 24th
Corinne Wilkinson	March 28th
Joe Connelly	March 31st
Tony Fisher	March 31st





### ***Excerpts from the Hutterian Safety Council & COVID-19 Bulletin #1 March 21, 2020*** **Courtesy of Stan Cichon**

#### **What is COVID-19?**

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, or cancer are more likely to develop serious, life threatening illness.

#### **Should we be concerned?**

We need to be responsible and informed, but resist giving in to panic. The people most at risk in our communities are the elderly and those already living with illness. Our main concern must be protecting the vulnerable. Therefore, even if we may not become ill ourselves, our duty is to respond in ways that protect the elderly and the sick.

#### **How does COVID-19 spread?**

The virus is spread through close contact (within 2 metres/6 feet) with an infected person who is coughing or sneezing. You can also get COVID-19 by touching objects contaminated with the virus and then touching your mouth, eyes or nose.

#### **How do we hope to stop or slow the virus from spreading?**

At this time, there is no cure for COVID-19. However, as a community and as individuals, there are many ways to prevent or slow the spread of COVID-19. The most effective preventative measures are:

- Frequent washing of hands with soap and water. This should be done after coughing or sneezing, when caring for a sick person, before, during or after you prepare food, before eating, after toilet use, or when hands are visibly dirty. When soap and water is not available use an alcohol-based hand sanitizer.
- **Cover your mouth and nose with a tissue** when coughing or sneezing and dispose of tissues after single use. A cupped elbow also is effective.
- **Observe physical distancing** (6 feet is currently recommended) while intentionally seeking other ways to connect with people. Physical isolation can be lonely and depressing, so we must be creative in showing our love and support in other ways.
- **Observe government guidance** on gathering size limits to properly align with provincial/federal public health orders. Keep in mind, this may change.
- **Stress is very hard on the immune system.** Moderating your media and information intake regarding COVID-19 is important. Getting enough sleep, maintaining a healthy diet, and exercising are all vital to strengthening your body's ability to respond to the virus.
- **Avoid sharing household and personal care items** (i.e., dishes, towels, pillows, toothbrushes, etc.). After use of these items, wash them thoroughly with soap and the hottest water possible, place them in the dishwasher for cleaning, or wash them in your washing machine.

#### **Turn to these websites for the latest updates on Covid-19**

**Government of Canada** <https://www.canada.ca/en.html>

**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>

**City of Calgary** <https://www.calgary.ca/CSPS/cema/Pages/Response-to-Coronavirus.aspx>

**Rockyview County** <https://www.rockyview.ca/>

## HELPING HEALTH CARE WORKERS

On Tuesday, March 24th a small group of volunteers led by **Gena Rotstein and Christine Kyte**, made 200 sandwiches for distribution to our health care workers. 100 sandwiches were delivered to the Peter Lougheed Hospital and 100 to the Foothills Hospital. Our health care workers need to know that we support them and are grateful for what they do. They put themselves in danger so we can all stay safe.



The delivery was planned with Dr. Raj Bardwaj, RN Sharleen Luzny and Dr. Shawn Dowling; all healthcare workers on the front-line at the two hospitals. We wanted to make sure every aspect of the delivery would be an asset and not a burden.

## No-Contact Delivery Comfort Food

**Delivery Date: Friday, April 3**

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) Carrot Ginger Soup**  
**2 Hearty Portions of Shepard's Pie**  
**Small loaf of fresh baked bread**  
**\$25 (includes delivery)**

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)

# Lube Town

## Your Automotive Superhero

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

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

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

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

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

*Best Regards,  
Amy Giang*



## PRODUCT INFORMATION



### HAND SANITIZER

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

**DESCRIPTION:**

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

200+ Applications per bottle.

**HOW TO USE:**

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



## STAY CONNECTED ...



### What You Can Do To Help Address COVID-19

Submitted by Gena Rotstein

Greetings!

#### *A note to the closest people to us...*

These are crazy, unprecedented times for many North Americans. At [Karma & Cents](#) and Place2Give Foundation we have taken steps to continue supporting the families and businesses during the social distancing and regulated lock-downs. *What can you do to help during the Pandemic?*



It is human nature to want to reach out and help people when crisis strikes. Helping others makes us less scared. This week's [60'ish Seconds of Philanthropy](#) talks about some of the things you can do that does not require direct contact with people. We have also posted some more ideas on [our blog](#).

There are four stages to crisis management - Respond, Recover, Rebuild and Resiliency. Mirroring these four stages are four types of philanthropic responses that you can undertake. The first two are short-term and the last two have a longer-term outlook.

1. **Initial Response.** For the organizations you support regularly, reach out to them. Let their leadership team know that you are support them. On top of the Pandemic there is a economic crash. The charitable sector will be hit especially hard because of an increased demand of services on top of their own investment portfolio shrinkage. *If you think that some of your financial pledges may be challenged, please set up a virtual meeting with those agencies so that, together, you can plan how best to weather the immediate storm.*
2. **Second Stage Recovery.** After we all get through this, the philanthropic landscape will likely have changed. This might be in the size of your foundations and charitable trusts, this might be in the increased number of asks from organizations, this might be in the decreased number of organizations that are still operating. We just don't know yet. What we do know is that philanthropists can plan NOW for what may be coming down the pike. *This is a great time to have a family meeting to strategize on what different funding scenarios to charities to looks like.* If you need help thinking this through we have put a few tools on the [Resources](#) section of our website, or feel free to call or [drop us a line](#) with your questions. One of us would be happy to try to help.
3. **Rebuilding and Systems Change.** Philanthropic capital, whether financial or human, will be a corner stone of the long-term rebuilding of our community and social systems. It is our observation from supporting past crises that new ways of doing "business" will emerge. Whether that is changing policies that support our most vulnerable population, to how we design and build communities, to how we incentive certain behaviours. Right now is a GREAT time to start thinking big as a philanthropist. There likely are others who are thinking along the same lines as you. *Collective Impact might just be the way of the philanthropic future. Let other funders know what you are thinking and identify ways to work together.*
4. **Where can I give money?** There are a number of COVID19 funds that have come online in the past week. We are trying to keep up with all of them. Here are two that we have reviewed and trust - [CanadaHelps COVID19 response](#) and [Global Giving COVID19 Fund](#). Each of these organizations have different charities that are doing the front-line work on COVID19 Pandemic.

**Bonus: Building Resilient Communities Starts with Resilient People.** We are all in this together, so make sure you reach out to your neighbour or friend to let them know you are thinking about them. Make a point of handwriting a letter or dropping a card off in the mailbox of someone one your street. Mental resiliency leads to overall human resiliency and that in turn builds out stronger communities. So, stay connected.

Lastly, please stay safe and healthy. Follow the medical guidance from the medical authorities in your communities. We look forward to connecting with you now and into the future.



**Penny Leckie** designed a Hawaiian Shirt to be worn at the RI Conference which unfortunately was cancelled. **Don't let that stop the fun.** There will be a party in the future and you will want this shirt. It may be purchased by anyone in any quantities. This shirt has a Rotary Logo, Cowboy Hat and can be used to promote Rotary wherever you may go

From Penny:

I still see a Luau and a Tiki Bar in my future, even if it happens in my own backyard. Buy one of these green shirts that Neil Fraser has described as "the ugliest shirt" he has ever seen and join in the fun. I don't have a date, a time or a place, but I promise, there will be an occasion to wear one of the ugly green shirts, and the cool kids and their partners will all have them. You know the lyrics, "If I had a Million Dollars, I'd Buy a Green Shirt, but not a Real Green Shirt, That's Cruel" or something like that.



Orders can be placed up to **MARCH 31<sup>ST</sup>, 2020**

Price is CAD\$90.00 per shirt

JOIN IN ON THE FUN

Send your size and order to: [eve.mcguire@taxtherapist.ca](mailto:eve.mcguire@taxtherapist.ca)

This was kindly arranged by Penny Leckie, not the Club. Contact Penny Leckie or Eve McGuire: [penny@taxtherapist.ca](mailto:penny@taxtherapist.ca) / [eve.mcguire@taxtherapist.ca](mailto:eve.mcguire@taxtherapist.ca) Payment can be made later.

HERE IS A QUOTE WORTH SHARING

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

## Corinne's Adventures with "Staying Home" Week 2

OK, dare I say I am settling into this "stay home" thing – well - kinda. But like Spencer, Dana, Kathy and Nancy, I too am available and happy to run any errands – please call me at **403.471.2101**. Especially all you snowbirds - I am SO GLAD you are home! Some of you were cutting it a bit close I dare say. That border was hollering your name. I am guessing many of you are doing your 14-day self-isolation – call if you need any help.

In fact – please call if you need anything at all! So far I have applied to Walmart, Amazon, Save-On-Foods, Canada Post, Instacart, Loblaws, Shoppers Drug Mart, and Michael's. First, because I'd love to feel like I am contributing to this chaos by helping with the crazy crush on online purchasing, and second because I am getting that feeling of needing to lift boxes! Some good old-fashioned instant gratification of manual labour. There's nothing like it.

### Rotary Name Search Puzzle in the Bulletin

Are you missing Rotary and our amazing friendship as much as I am? Well, I made up a little game for you. It will require your 2019-2020 membership roster, and to print off the page in this bulletin called the "Rotary Name Word Search" puzzle. You will find every first name of every Rotarian, starting with George Adam. Instead of providing you a list of all our names, I am making you flip through every page of your roster so you see all the faces, of all our friends, and are reminded of what a very special group of amazing people we have at our Rotary Club. I made you work a bit – the first names you are searching for can be horizontal, vertical, or diagonal and go in ANY direction. Good luck! And two bonus names – our exchange student who we are missing already and our wonderful club administrator! Have fun and use this time to think about each person as you look for their name on the puzzle, and realize what a special person they are to you. Oh – and letters can be used more than once!



### So - what did week 2 bring Corinne and her adventures at home?

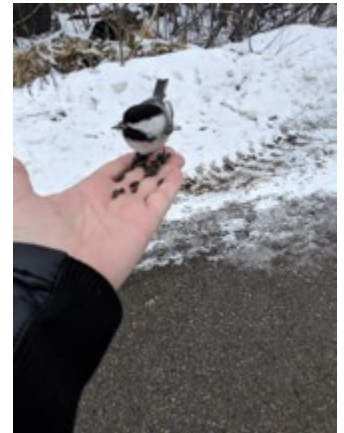
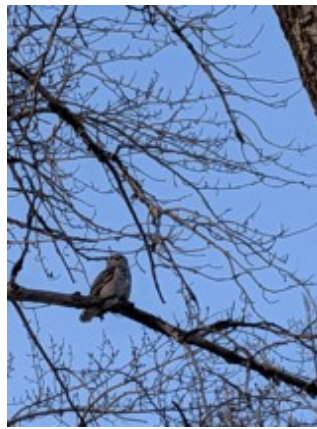
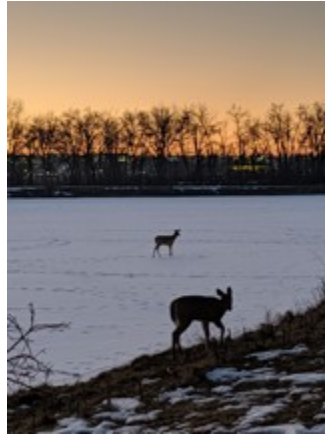
Well, got the Crock Pot going which is great, and don't you know it? Tucked WAY back in my kitchen cupboard I found my Phillips Hot Air Fryer – wow, it is like Christmas in my kitchen these days. Maybe I just need to take Dorothea's advice and sort out my cupboards. Roasted potatoes and a pork chop last night in my Air Fryer. Very tasty. And yes, I also found that cookbook too. Anyone else who discovered a long-lost Air Fryer and looking for recipes, please let me know if you would like some.



I have been sitting on my front porch with my laptop on any and all mornings that bring sunshine, moving to my backyard to chase the later day sun. I have to admit, I have been meeting neighbours I never knew I had which has been so fun! Then Sunday, doesn't the whole **Jim and Maureen Hutchens** clan walk by – we had a great chat, keeping our 2 meter distance – pretty hard for Rotarians to stay 2 meters apart when we are all huggers deep down, but we did it!

I decided, sitting outside, that the winners in all this are the dogs. Along with the neighbours I didn't know I had, are MANY dogs I didn't know lived on my street. It's so wonderful to see our four-legged friends, and I think it is because they are having the time of their lives. Imagine as a pup, your "best friend" at home 24/7! It's not just two quick walks a day to take a pee – one in the morning before work, and one in the evening after work. They are out on a dozen walks a day. Just the way the pups walk, jump around, play in the snow, and bark, I can tell they are SO excited and so happy to have their best friend home.

I know I say this to **Jim and Pat Burns**, constantly, but I'll share with the rest, I live in Quarry Park and very near Carburn Park. Much to my embarrassment, I did not realize this was the creation made possible by the **Clayton Carroll and Jim Burns families (CAR/BURN)**. But, if you haven't visited it, you are missing out, and you need to walk there if you can - especially these days. I have enjoyed it for six years, but I will say, it is bringing immense joy these days especially. The deer are out in droves, the other night two owls were hooting at each other and clearly visible (I even captured them on video), the geese are squawking, and the ducks quacking – it almost sounds like they are laughing. The chickadees are not practicing social distancing and are eating out of your hands. There is something so reassuring that all will be right with the world soon if you are able to get outside and enjoy nature. While I try to walk everyday, I have found dusk right now to be the most alive with the animals. If anyone would like to join me for a walk please do. And THANK YOU to the **Carroll's and the Burns'** for making this piece of heaven on earth possible. A few photos from Monday:

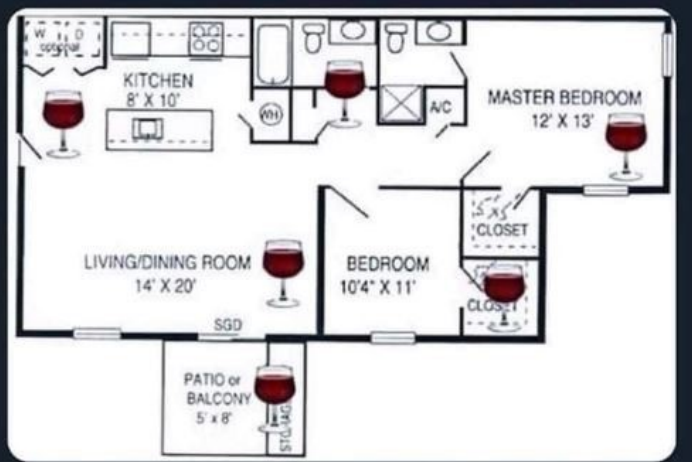


here's a great way to conserve your toilet paper for the month



For those of you missing the wine tastings, here's the best wine tour I have seen in a long time.

Planning your next wine tour made easy







### Calgary Zoo Daily Dose

I know many of you love our Calgary Zoo and you may have seen a few great clips on TV called "Calgary Zoo's Daily Dose" – including the Hippo getting her teeth brushed.



The Zoo is producing these everyday so we can keep close to our beloved animals. Go to Youtube.com In the search button type in **Calgary Zoo Daily Dose** and they will all come up for you to watch. Each is only a few minutes long and worth your time if you love our animals and learning a bit more about them behind the scenes. Here are a few sneak-peaks:

**The Red River Hogs:** <https://www.youtube.com/watch?v=3zAa53O3-7I>

**Giant Panda Snow Day:** <https://www.youtube.com/watch?v=OcMAa1RmGwA&t=3s>

In the meantime, chin up, stay positive, get outside, jump around with a dog – yours or your neighbour's, feed the birds, smile up at the sun, and enjoy your business work in a new way if you have work to do. Somehow I think we'll all learn not to take so many things for granted when we are through the back-end of this.

Support local, and thank our health care providers who are working around the clock and who are all heroes. Smile at the folks in front of you and behind you when you are standing on your 2-meter line at the grocery store waiting to pay for your toilet paper should you be so lucky. Realize that where you hang your hat is truly home - made of all the memories you have built and continue to build there. Start a new hobby, take lessons online, skype with your family and friends, have wine and chat calls over the phone, and meet your neighbours from your front porches.

There is always good to come out of every challenge. If there was ever a group of people to kick-start our lives after COVID-19, I know it is the members of the Rotary Club of Calgary at Stampede Park. The absolute best people I know.

I can't wait to see what we can do together – once we actually GET together.

Big hugs for week 2. Even bigger than the hugs in week 1.

**Corinne**





## ***Healthy Chicken Soup Recipe***

[thehealthychef.com/.../immune-boosting-chicken-soup](http://thehealthychef.com/.../immune-boosting-chicken-soup)



This **immune boosting soup** is crowded with fresh organic produce, cooked free range chicken, garlic, ginger and curry.

- 3 tablespoons extra virgin olive oil
- 1 small onion, diced
- 2 carrots, peeled and chopped
- 2 celery ribs, sliced
- 1 3-inch piece of fresh ginger, peeled and sliced into slivers
- 2 garlic cloves, minced
- 1-1/2 teaspoon curry
- 4 cups chicken stock
- 2 cups water
- 1 pound cooked chicken, shredded
- scallions for garnish
- fresh cilantro for garnish

This **easy chicken soup recipe** comes together in about 30 minutes start-to-finish.

1. Heat the olive oil in a large pot.
2. Add the onion, carrots, celery and ginger and cook for 6-7 minutes or until the onion is soft and translucent, stirring occasionally.
3. Toss in the garlic, and cook for an additional 1-2 minutes, until the garlic is fragrant, stirring occasionally.
4. Add the curry powder, chicken stock, and chicken and stir to combine.
5. Continue to cook until the soup reaches a simmer. Then reduce heat to medium-low, cover with a lid, and let it simmer for about 20 minutes.
6. Garnish with scallions and cilantro.

**SUBMITTED BY DOROTHEA SCHAAB**

## ROTARY SPONSORED YOUTH EVENTS UPDATE

<b>Inbound Youth Exchange Program:</b>	<b>CANCELLED March 20</b>
<b>Outbound Youth Exchange Program:</b>	<b>CANCELLED March 23</b>
<b>Adventures in Citizenship April 26-29 (Ottawa)</b>	<b>CANCELLED</b>
<b>RYLA: Will reconsider in the Fall 2020</b>	<b>POSTPONED</b>
<b>St. Mary's 4-Way Test Speech Competition</b>	<b>POSTPONED</b>



### Kaylee's home!

Submitted by: Kathy Demorest, Youth Exchange Outbound Counsellor

Well, Kaylee has had a crazy week! She's staying in Vigo, Spain; no she's not; oh wait, yes she is; oh no, no she's not and so on! It ended with a final word on Monday night (March 24<sup>th</sup>) "Yes, she is definitely coming home, & she'll be leaving Vigo in less the 24 hours!" Kaylee flew from Vigo to Madrid, then London, a stop in Toronto ..... then ... Home Sweet Home to Calgary. It was hard not being able to greet Kaylee at the airport upon her arrival, but we understand that there are extenuating circumstances. Kaylee's family was excited to greet her home Wednesday morning! All in all, I know that Kaylee and her family are relieved to be home together. Kaylee will be in quarantine for the next 14 days, so through the doorway many stories and memories will be shared. Kaylee has expressed her gratitude to our club for her exchange opportunity and she is excited to share it with us! As soon as we are able to meet again, Kaylee looks forward to joining us at Rotary House to give her presentation.



## Carlota Chats

Hi everyone,

as most of you know this Monday the 23rd I went back to Spain because of the COVID-19 Virus. Our Exchange Youth Program was over for all the exchange students from our District. I wanted to say thank you to everyone for making my exchange an unique and best experience of my life. I'm so glad to have had the chance to meet you and to made a friendship for ever. I have no words to describe how thankful I am to my favourite Rotary Club at Stampede Park! During this exchange I made really good friends from all over the world, improved my English and learned a bit of French too, did a presentation representing my country to all of you, met the best host families I could ever asked for, lived on a new culture, became an independant brave and a more responsible girl, enjoyed the wonderful and crazy -30 degrees from Calgary and more things which made me a new and a better version of me. I just want to say **THANK YOU** again and that for sure me and my family will come soon! Bye for Now ... Carlota



I'm happy to let you know that Carlota got home safe & sound and is now with her family. Her trip was uneventful & got to Spain in good spirits. Here is Carlota with her Mama.

Thank you for your hard work, concern & dedication to get students back with their families during these difficult times

**WALTER FLORES**





### PARTNERS PROJECT RESEARCH

Champion: Karen Grant  
Organization: Beads of Courage  
Cheque Amount: \$2,500.00  
Cheque presented to: Ashley Ethridge  
Use of Funds: Funding will provide beads to children coping with serious illness by helping them record, tell and own their own stories of courage through beads



Champion: Karen Grant  
Organization: Calgary Fiddlers Association  
Cheque Amount: \$1,000.00  
Cheque presented to: Josephine D., Sophia D., Alison H. (Intermediate Group)  
Use of Funds: Funding will provide 4 sessions of their "Healing Thru Music" program for seniors.



Due to the circumstances, we have made the smart decision to **cancel the Spring Luncheon on April 22nd.**

We are keeping positive that we might be able to hold the Book Sale and Jewelry Raffle at our June Dinner. I will be sending out information on April 20th regarding Board and Chair positions that are still vacant.

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

Take care. Stay safe.

Denise MacLeod, President  
Rotary Partners of Calgary at Stampede Park



**CORINNE WILKINSON** CREATED A WORD SEARCH GAME THAT WILL BE INCLUDED AS AN ATTACHMENT WITH THIS WEEK'S BULLETIN EMAIL.

USE YOUR 2019/2020 ROSTER STARTING WITH GEORGE ADAM

PLEASE ALSO FIND CARLOTA AND KATHYANN (BY LAST NAME)

YOU CAN CONTACT CORINNE FOR ASSISTANCE OR BRAGGING RIGHTS



ROTARY CLUB OF CALGARY AT STAMPEDE PARK FIRST NAME SEARCH																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																												</
---	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	----

### STELLA THE DOG LEAF JUMPS ...

Here is a very funny clip submitted by Penny Leckie for those of you that might need a good laugh ...

<https://www.youtube.com/watch?v=Tu3HN-MmJc4>



### NEED ONLINE SHOPPING IDEAS

Click this Link: [Quilted Northern Rustic Weave](#)  
Submitted by Penny Leckie



Kinda feeling like the  
Earth just sent us all to  
our rooms to think about  
what we've done.

It's in moments like now, that we should take this opportunity to learn we should slow down more, talk to family more, do more things with those we are going to be sheltered up with. I hope that as we get through this, we ALL learn to slow down, be grateful, not take things for granted, love a lil harder, be more kind and compassionate.

SUBMITTED BY: JOHN SHIELD

**FIRST TIME IN HISTORY**

**WE CAN SAVE THE  
HUMAN RACE BY LYING  
IN FRONT OF THE T.V.  
AND DOING NOTHING**

**LETS NOT  
SCREW THIS UP**

*Dear Friends in Rotary*

*A good friend sent us the following and we had a good laugh. Take good care of yourselves and be safe. We miss all of you*  
*Virtual Hugs, Myrna and Jack Thompson*

**Big Hug**



## THOUGHTS FOR THE DAY

If my body is ever found on a jogging trail just know that I was murdered somewhere else and dumped there.

Respect your elders, they graduated from school without the internet.

I've decided that I'm not old, I'm 25 plus shipping and handling

Why do I have to press "1" for English? Did America move?

We have enough gun control, what we need is idiot control

Behind every angry woman stands a man who has absolutely no idea what he did wrong

Let's stop sending money to other countries and let them hate us for free

Vegetarian: Ancient tribal name for the village idiot who can't hunt, fish or light a fire

I look at people and sometimes think "really? - that sperm won?"

In my defense I was left unsupervised

If guns kill people, then pencils misspell words, cars make people drive drunk and spoons make people fat

My decision-making skills closely resemble those of a squirrel when crossing the road.

Some things are just better left unsaid - and I usually realize that right after I say them

We owe our veterans everything

Camping: where you spend a small fortune to live like a homeless person

I thought getting old would take longer

A wise man once said; - Nothing

DATE	EVENT	LOCATION
<b>PLEASE NOTE THAT ALL APRIL, 2020 MEETINGS ARE CANCELLED AT THIS TIME. WE WILL UPDATE YOU AS THINGS EVOLVE</b>		
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