

CLUB NEWS

Good afternoon Rotarians and guests and welcome to the September 16th 2021 meeting of the Rotary Club of Calgary at Stampede Park. I am the Club's President, Craig Stokke.

To open the meeting, I thought I would take a moment and consider some of the benefits this pandemic has created. We always hear about the bad news, but there has been some good that has come as a result and I jotted down a few of them:

Disruption Equals Opportunity: a time of disruption can be the best time to implement change that's been overdue. Churchill once said "Never let a good crisis go to waste" and I believe, as a Club, we need to move forward with that mindset. Adversity can, and should, be turned into an opportunity;

Working together: In business, working online has led to collaboration beyond one's own physical office, even working with colleagues internationally. Organizations that accelerated the adoption of new ways to work have created tremendous gains in productivity, new ideas, and new leadership. In many ways, our Club has become much more efficient and stronger during Covid; we have been able to access amazing speakers, and we've had productive committee meetings thanks to zoom;

Advances in medicine and science: we are much smarter society than we were two years ago. The world can now map viruses, there is greater investment in hospitals and science. Thanks to technological advances our world is much more prepared to fight the next illness or world crisis;

In terms of innovation, look no further than doctor visits via computer or smartphone that were quickly established and/or escalated once the scale of the outbreak became apparent;

A dramatic increase in remote work has led to a reduction of CO2 and other polluting emissions. We've seen clean water in the canals of Venice for the first time in decades, and for those driving through cities, congestion eased;

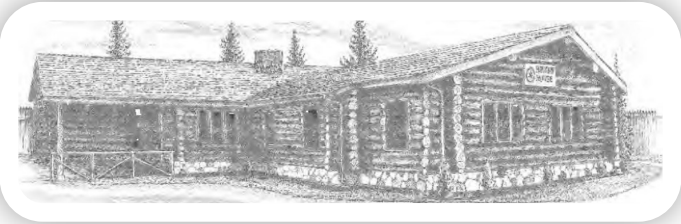
Increased punctuality and inclusiveness;

A reduction in crime (including the homicide rate) and road accidents;

Closer to home, our added emphasis on selling Dream Home tickets online has led to new innovations that will help our fundraising moving forward;

Family togetherness: stay-at-home orders created new opportunities for bonding within families. A Harvard study showed 68% of dads reported they felt closer or much closer to their kids while only 1.4% said they felt less close;

This of course is just a sample. As a Club, we have an amazing opportunity as we move forward, and I am encouraging our Board and committees to think differently and leverage these opportunities to make our Club and community stronger.



CLUB NEWS

Please join me in the singing of O Canada followed by Rotary Grace.

HEAD TABLE: Sandy Dougall, Brad Brewster, Lynn Topp, Tony Fisher, Ted Rowsell



VISITORS/GUESTS: Sandy Dougall: introduced our guests and led us in the Welcome Song

Vaccine Announcement: We couldn't have asked for a more timely speaker. In the days leading up to the Government announcement last night, our Board implemented our COVID vaccine policy. We are a Club of big ideas, big projects, and we get big stuff done. The cornerstone of our Club is the fellowship, camaraderie & ideas that happen as a result of our Club meeting in person. As a Board, we are absolutely committed to continue meeting in person and will do whatever we can to ensure that happens, while keeping our members safe. Coming through this pandemic, our City needs our Club to remain strong and keep doing what we do - and that is making our community stronger.

50/50: Bill Sumner awarded \$80 to Gail McDougall

Rock 'em Sock 'em Event: Len Hamm announced that in light of the re-imposing of COVID restrictions this event has been **cancelled** and will be rescheduled for some time in 2022

Virtual Waterton Peace Park: Waterton Peace Park has gone virtual. The event is being held the afternoon of Saturday September 18th. Here is the Registration Link:

<https://www.crsadmin.com/EventPortal/Registrations/PublicFill/EventPublicFill.aspx?evtid=f0df386b-677e-48c0-87f6-dc7fc60a2f2d>

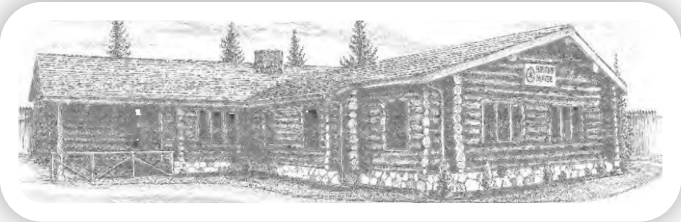
ZOOM ACCOUNTS: If anyone has a corporate Zoom account and is willing to set up the occasional Zoom meeting for our committees, please let Kathyann know.

Sergeant-At-Arms: Rudy Roberto: collected from most of those attending. Staying away from politics, COVID and business he concentrated on Education with questions on attendance at last week's meeting, homework (reading the bulletin) and where the Hiking Club saw a famous rock formation.

Health and Wellness: Report from Dorothea

- We offer our condolences on the passing of **John Fitzsimmons'** Father, here is the link to the Obituary: <https://www.simplycremations.ca/obituary/William-Fitzsimmons>
- **Roger Jarvis** spent a few days in the Rocky View Hospital. He's not been feeling well and Marie suggested he get himself checked out. He's home now & happy to be back in the care of Marie.
- **Dan Dunlop** was in Halifax helping register his grandson in university when he fell ... he says just his pride was hurt. So we're glad to hear he's OK.

Club Champion for Polio: We are still looking for a Club champion to assist with DG Martin's move for Polio initiative. The goal will be to encourage members to stay active; golfing, running, swimming, walking while raising money for Polio eradication. Please let me know if you can help..



CLUB NEWS

Next Week's meeting: we are back in Rotary House. Ali Velshi, NBC Economics and Business Correspondent is our guest, so once again, we have an amazing meeting you won't want to miss. If you have a friend who might be interested in this speaker, please consider inviting them... if they are double vaxxed :)

Ali Velshi brings his sharp analysis and point-of-view to the weekend morning show, "Velshi," airing from 8 a.m. to 10 a.m. ET on Saturdays and Sundays on MSNBC. Velshi has covered a wide range of domestic, global and economic issues throughout his career, including climate change, the spread and defeat of ISIS, the refugee crisis, the Iran nuclear deal, tensions between Russia and the west, the Greek debt crisis and the global financial crisis.

REMINDER: To attend next week's meeting and order a meal **You must register by tomorrow (Sept. 17th) at 9:00 am.** Here is the link to register:
<https://rotarycs.org/event/september-23-2021-luncheon/>



If you don't register in advance, come to the meeting anyways. We order a few extra meals each week that are available on a first come-first served basis. If you can't commit until last minute it's likely you will still be able to have a meal with us or at least coffee and friendship.

Closing Remarks: President Stokke

Final words:

"Funny how the quality of your life improves dramatically when you surround yourself with good, intelligent, kind-hearted, positive, loving people."

Again, I finish by asking you to think about something as you leave Rotary House today ...

What do you need from our Rotary Club this week? What does our Club and Community need from you this week? With that, our meeting is adjourned

THIS WEEK'S MEETING LINK: <https://youtu.be/WZFuPBLp4Fk>

Here is a photo of **Glen Godlonton** and **Glen Richardson** at the Steel Dreamz Car Show from the weekend which was held at Charlesglen Toyota. Glen Godlonton won Best Classic Car.





Dr. Raj Bhardwaj: CBC Radio Calgary Morning Medical Commentator



Speaker Introduction: Stan Cichon introduced our guest speaker, Dr. Raj Bhardwaj.

In the Calgary Herald yesterday morning 2 front page headlines came screaming at me:

- ♦ HINSHAW ADMITS COVID PLAN FAILED...and
- ♦ ALBERTA DOCTORS URGE NEW COVID HEALTH RESTRICTIONS
- ♦ And this morning ALBERTA IN CRISIS

As our province and our world teeters on the brink of disaster thanks to this Covid crisis, Rotarians everywhere gather together to gain understanding. Each of us brings our own values and beliefs to this challenge. Today we are most fortunate to have with us a recognized medical specialist to share his thoughts on this crisis. Dr. Raj is a Family Physician and Urgent Care doctor working in downtown Calgary. He is also a Clinical Assistant Professor with the Department of Family Medicine at the Cumming School of Medicine at the University of Calgary.

Dr. Raj started in the Science Communication realm early, when he worked at the Edmonton Space & Science Centre in the 1990s, and he has refined his common-sense approach to explaining complex medical topics ever since. He has been the "House Doctor" for CBC Radio Syndication since 2013. It is a privilege and personal honour to introduce to the Rotary Club at Stampede Park a distinguished Albertan, a notable Canadian please welcome **Dr. Raj Bhardwaj**



Dr Bhardwaj, speaking via ZOOM, gave us some vital and very informative facts about where we stand in the current COVID pandemic. For the full view of this very timely address you are urged to view the meeting record. There are some important facts therein that increase our understanding of the crisis we are currently in. MEETING LINK: <https://youtu.be/WZFuPBLp4Fk>

The changes made by the province last night are not understandable yet, but the details will probably not bend the curve. The Delta variant is the second most contagious virus now known, only behind measles. Measles has been controlled by a vaccine, but is still present in some areas. Vaccinated people can still get Delta, and can spread it, so precautions are still required. Delta is transmitted through the air, but it is more analogous to cigarette smoke than moisture droplets, so social distancing is not as effective in preventing contagion as the original variant. The Delta wave is practically a new pandemic and the curve shows no sign of bending. Hospitals are full, so avoid anything that could put you in the hospital if you can.

Dr. Bhardwaj then took questions from the audience. Rather than try to capture his answers, your Editor refers you to the meeting record, so as to avoid any misunderstandings.

⇒How do you fight the naysayers?

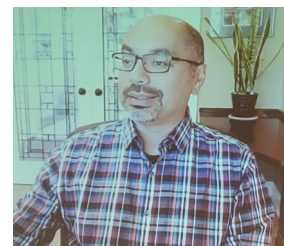
⇒How does triage work?

⇒What do you say to the antivaxxers?

⇒Can antivaxxers legally be treated differently than vaccinated patients?

⇒What is the history behind the vaccines and how were they developed so quickly?

⇒Are there any over-the-counter remedies that can be used to treat COVID?



Speaker Thanks: Gail McDougall thanked Dr. Bhardwaj for sharing his time, knowledge and thoughts. We respect and appreciate the work and dedication of Dr. Raj and his colleagues. His presentation was painful and scary, but thank you for reminding us "to be kind".

President Craig: This has been incredibly timely and insightful. We are grateful for the time you spent with us today. I am sure we could've taken your entire afternoon with questions. In recognition of your time today, our Club will make a \$100 donation to the Calgary Rotary Clubs Foundation. This gift will help support our community. Thank you.



STAMPEDE PARK AND FOOD REQUIREMENTS

A member contacted me regarding the meal situation at Stampede Park. I thought emailing a (slightly modified) excerpt of my response to all Club members might be of benefit, to help members understand. Here it is:

If someone would have told me that (by far) the biggest frustration I'd have as President was the meals at lunch I wouldn't have believed it... but guess what :(

We (and when I say "we" I mean Kathyann, Murray, and myself...) have spent many an hour speaking to the Stampede about how to mitigate our member's concerns about having to order their meals so far in advance. I even went so far as to contact the manager in charge of catering at the Stampede, whom I know personally.

Ultimately, the challenge we face is that we still need to order the meals six days in advance! Unfortunately, there is NO getting around this in the future. It will NOT happen. This is because the Stampede has to (for lack of a better term) go "grocery shopping" from their suppliers to purchase ingredients to make the meals. The Stampede does not maintain a food storage facility on site where they keep fresh ingredients around (like a restaurant would).

So, that causes problems for someone like me who (except for this year) doesn't usually know until 10:00 am the day of the meeting whether or not I will attend Rotary. It would also cause problems when visiting Rotarians drop in for a makeup, etc.

The obvious solution is to order extra meals each week, which we do. But if we order too many (and end up with unused meals) the Club has to pay for them. If we order too few, people leave hungry. The same issue presents itself when someone registers to attend and then doesn't show up (and didn't pay in advance).

In non-Covid times it is likely we would be a lot more accurate when guessing how many people will attend - but this year we can't. One meeting to the next could be a swing of 10+ people. And, as you know, we are on a VERY tight budget this year. A solution was to offer a cheaper option (like a sandwich) for people who didn't register early - so at least there is "something" if someone shows up as a drop-in. The sandwiches do cost us less, so there is less financial "risk" to the Club if they are un-sold. It also allows for a slightly lower cost meal option.

We have approached the Stampede with EVERY possible scenario. Everything from asking if we could offer a buffet, to asking how much would it cost to "rent" the room and bring in our own food... unfortunately none of the other options are financially viable. So, here we are. If we want to maintain our meetings at Rotary House (or on Park for that matter) - which we do, we need to get used to the new normal. But please be assured we will continue to work hard to improve the processes as we move forward. We understand how important it is to offer our members a great experience.

Regards,

President Craig



PARTNERS IN PRINT



"PARTNERING IN THESE CHANGING TIMES"



SEPTEMBER FALL LUNCHEON:

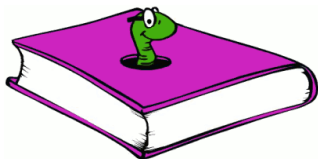
A big **THANK YOU** to all of those who attended our Fall Membership Luncheon. It was lovely to see everyone and we welcomed several guests: Jim Smith, Michael Zacharki, Bruce MacDonald and his daughter Dawn Marie. We also welcomed Ellen Smith's daughter Sharon Gibson who generously had donated "Tea Cups" of her mom's. There was a special prize draw and these lovely mementos were taken home by several of the Partners.

Two other guests were with us as well, **Gayle Diemert**, a former Partner and **Monica Stack**. So happy to welcome you both! **Teresa Stokke**, our Honorary President, was with us. She has joined our group this year and brings with her a ton of ideas.

There will be pics of the luncheon next week.

Side note: **Donna and Rick Jakubec** are celebrating their "50th wedding anniversary"! Congratulations you two!

Rhonda Yaskowich,
Rotary Partners of Calgary at Stampede Park President



BOOK CLUB: Cancelled until further notice



RCCSP CLUB CALENDER OF MEETINGS AND EVENTS

SEPTEMBER 17TH-19TH: Waterton Peace Park Assembly Virtual Event

Registration Link:

<https://www.crsadmin.com/EventPortal/Registrations/PublicFill/EventPublicFill.aspx?evtid=f0df386b-677e-48c0-87f6-dc7fc60a2f2d>

SEPTEMBER 23rd: ROTARY HOUSE

Ali Velshi (VIA ZOOM): NBC Economics and Business Correspondent

Registration Link: <https://rotarycs.org/event/september-23-2021-luncheon/>

SEPTEMBER 30th: ROTARY HOUSE

Patrick Lor: High Tech In Alberta

OCTOBER 7th: ROTARY HOUSE To Be Announced

OCTOBER 14th: ROTARY HOUSE To be Announced

OCTOBER 20th: Rock 'em Sock 'em Event

www.rotarystampedepark.com to register

OCTOBER 21st: ROTARY HOUSE To be Announced

OCTOBER 28th: ROTARY HOUSE: CRCF and RI Foundation Presentations

NOVEMBER 4th: ROTARY HOUSE To be Announced

NOVEMBER 11th: CARRIAGE HOUSE: REMEMBRANCE DAY

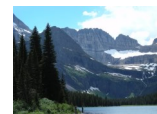
NOVEMBER 18th: ROTARY HOUSE: To Be Announced

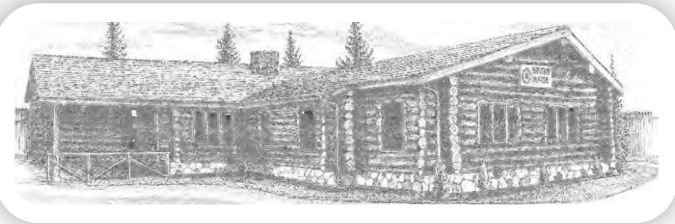
NOVEMBER 25th: ROTARY HOUSE:

Rotary Profile: Hans Tiedemann

DECEMBER 2nd: ROTARY HOUSE: To Be Announced

DECEMBER 10th: ROTARY HOUSE:





CLUBRUNNER MOBILE APP

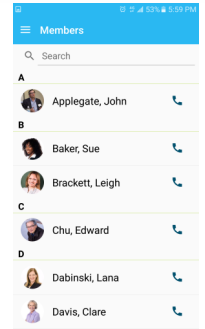
- ◆ If you have an iPhone or an android it is recommended that you go to the app store or google and search using the words "ClubRunner".
- ◆ Download the app and use your username and password that you have for the ClubRunner desktop version.
- ◆ This app gives you the ability to see all Club Members. You can Call, Text or email right within the app.

Here are a couple of links to view so you can see what this app can do for you as a Rotarian.

<https://site.clubrunner.ca/page/clubrunner-mobile-app-now-available>

<https://www.youtube.com/watch?v=PFLu08meAHl>

Check it out I am sure you will find it useful - Kathyann Reginato



BUSINESS ZOOM ACCOUNT

Is there anyone in the Club that has a Zoom Account that is not the "Basic" Account? If so, please contact Kathyann Reginato at: 403-618-5598
OR: kathyann@rotarycs.org

COMMUNITY KITCHEN VOLUNTEERING



We are looking for volunteers to assist Community Kitchens to support their Good Food Box program. There are shifts available in October to December. This is an important community program located at: **Community Kitchens: 3751 - 21 Street NE** Volunteers must be 18 years and older . We need **two volunteers** per shift. The specific dates and times are as follows.

- October 4th: 5:00 pm: 2 volunteers needed
- October 26th: 1:00 pm: 2 volunteers needed
- November 30th: 5:00 pm: 2 volunteers needed
- December 6th: 5:00 pm: 2 volunteers needed

2021/2022 RCCSP OFFICERS AND DIRECTORS

President
President-Elect
Past President
Club Secretary
Treasurer
Partners President
Community Service Local/Int'l Director
Fundraising Director
Member Experience Director
Meeting and Events Director
Meeting and Recruitment Director
Operations Director
Youth Service

Craig Stokke
Jim Fitzowich
Penny Leckie
Luanne Whitmarsh
Don Mintz
Rhonda Yaskowich
Don Taylor
Mark Ambrose
Wendy Giuffre
Myrna Dube-Thompson
Tony Fisher
Stan Cichon
Walter Flores