

Rotary Club of Winnipeg



ROTARY NEWS, and MORE....

March 30, 2020

COVID – 19:

COVID 19 'is threatening to us': Past epidemic leaves survivors at risk. Polio survivors with post-polio syndrome fear history could repeat itself. By Donna Carreiro, CBC News Manitoba, March 29, 2020.

<https://www.cbc.ca/news/canada/manitoba/covid-19-is-threatening-to-us-past-epidemic-leaves-survivors-at-risk-1.5510947>



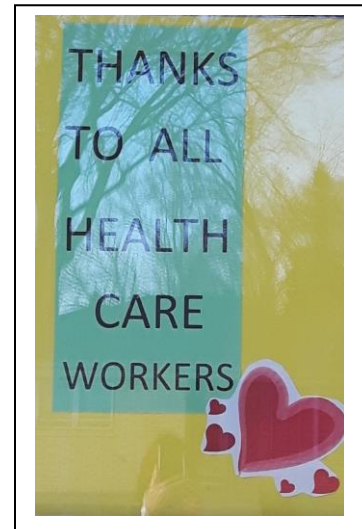
Donna's father suffered from Post Polio Syndrome. Some of you may recall that Donna spoke to our Club on World Polio Day, a couple of years ago. https://www.marchofdimes.ca/EN/programs/PolioCanada/Documents/Polio-Canada_FallWinter-2017_EN.pdf

For more information Google:

- Polio & COVID (for comparisons of the two diseases)
- Polio COVID & Pakistan (how COVID is impacting Polio eradication)

Responding to COVID 19:

Thanking Our Health Care Workers – The new Super Heros: Nancy Cosway posted the following sign in our window last week. A neighbour who receives daily Home Care services called to say that her Home Care worker came in beaming that morning after seeing the sign in our window. Such a small gesture can mean so much to these dedicated Health Care workers. We quickly realized that we were surrounded by two Home Care workers, a Doctor, and a Lab tech.



The Schools are Closed to minimize gatherings of young people and to practice physical distancing. **Big Daddy Tazz (Tazz Norris)** quickly stepped-up to provide a daily book reading program for young children on Facebook. Tazz is a very active member of the Rotary Club of Winnipeg East AM. He organizes their Annual Comedy Night with Friends Fundraiser at The Met. Tazz also talks about his Dyslexia and having ADHD.



<https://globalnews.ca/news/6689470/coronavirus-winnipeg-comedian/>

To catch some of his book readings for kids Google: "Tazzy Reads".

**Rotary Grant Options for responding to COVID 19:
The DEADLINE for District Grants is April 15, 2020**

<https://www.rotary.org/en/rotary-monitors-coronavirus-outbreak>

OUR ROTARY CLUB IS GOING VIRAL:

District 5550 District Conference is going viral (DG Fred Wright)

Our District Board and District Conference 2020 Committee have reached the disappointing decision to cancel our in-person District Conference that was scheduled for May 21 to 24, 2020. **We are excited to advise you that we will provide an online District Conference on May 23, 2020 from 9 AM CDT to noon and from 1 PM CDT to 5 PM** (Times may be varied as we finalise details)



Distinguished speakers include: **Past RI President Barry Rassin, RI Director Jeffry Cadorette, Kevin Lamoureux and Kevin Chief.** There will be brief presentations from World Peace Partners, ShelterBox, Ripple Effect, Literacy Awards, Foundation Awards and recognition of those who have passed in the last year. There will also be an address from our District Governor, maybe even a short story. 😊

Registration cost will be \$50 CDN for the conference. (A portion of this will go to the Nutrition On Weekends program) Please wait for notification before you try to register as the forms need to be changed. If you have already registered for the in-person conference, a refund will be forthcoming in the next week or so. If you have

reserved hotel rooms in Kenora, please cancel them unless you still plan to come visit us.

A separate online offering will take place for our Interact, Rotaract and Exchange Students. You will hear more from our conference organising committee soon. Please be patient as we reboot.

I hope that you will consider supporting our online offering and take advantage of some great learning opportunities and participate in the future of Rotary. This is still a great time to be part of Rotary!

District Governor, Fred Wright

Introducing “Zoom Video Conferencing”:

In this age of COVID-19 and “**Physical Distancing**” and “**Staying at home**” and cancelled events to help “**Flatten the Curve**” the Zoom video conferencing service allows Rotary Committees, and Rotary Club Boards to hold virtual meetings through your computer and the internet. The RIBFEST 2020 Planning Committee has already held one Zoom meeting. MUNA has also been using Zoom for some of its recent meetings. <https://zoom.us/>

To set up a Zoom Committee Meeting, contact Eva Vida at: eva.vida@icloud.com Eva has access to District 5550 Zoom video conferencing services.

Up-Coming Zoom virtual meetings will include:

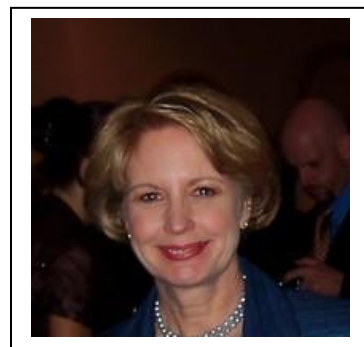
- **Rotary Club of Winnipeg, Special Board meeting**, on April 1, 2020 at 12:15 PM.
- **Virtual Rotary Club of Winnipeg meeting** on April 8, 2020 at 12:15 PM.
Location: your computer terminal.
Speaker will be **Nancy Cosway, with an update on RIBFEST 2020**

MESSAGES FROM OUR MEMBERS & ALUMNI:

Jane Markesteyn:

So here are some of the things we are doing:

1. Peter is baking a lot of bread, then we go for a drive and drop it off on the doorstep of the 4 homes of our adult children.
2. I am learning to Zoom. So far, I have had a Zoom coffee party with some friends and a Zoom book club meeting with



6 other bookies. We also use Zoom for our MUNA meetings which we are still having to wrap things up.

3. I have been continuing to consult with my clients over the telephone.

4. Like everyone else, we are doing a lot of walking; thankfully the weather is cooperating. I have just joined a 10 day “walk” challenge with colleagues from my workplace. The idea is to post what distance or “steps” you have achieved in a day. It is not a competition but a way to motivate ourselves to keep physically and mentally healthy.

5. I practice some Yoga with my free Yoga Studio app. Peter does NOT join me in this experience!

6. Once a week we order from Skip the Dishes in order to support the restaurant industry.

Verna Hryhorchuk:

I have been in Oshawa for a month now and will be staying for a unknown amount of time. I am not sure what to expect as it has been a long time since I was back in Manitoba, I left October 28 so exactly 5 months ago now. It is amazing how the world can change in such a short amount of time!



We have stocked up a 2 week supply of groceries as it takes almost that amount of time to get an order in online and ready to pick up from the store, they are so backed up. We try not to go to the store ourselves.

My son and daughter in law have been off work for the last 2 weeks but he will be going in occasionally as jobs come up. He runs a crane so is normally limited from contact with people anyway. Hayley works in a school so is off work.

I have lived alone for many years so this is different to once again be living with anyone!! Lol

We are all doing well as we all have projects to work on. We also find ourselves in separate rooms for the most part and then gather for meals and/or evening of watching a movie. We take turns in the kitchen preparing meals and cleaning up.

I am grateful to have the company while isolating myself from the outside world! We did have a BBQ yesterday, the 27th of March, as the weather here was very nice. No snow left, yet most of the days are still cool and windy.

I have ordered items to make myself comfortable so I can do my yoga, meditate and filling my time with online courses and reading. I also have my photos on the computer

to make up albums so this is a good opportunity to catch up on some of those things too.

John Melnick:

My wife and I are "culling" out things we will give to the Diabetes and / or Big Brothers Big Sisters. Both organizations come right to your door to pick bags/ boxes of clothing and housewares. We also go on a car ride together every afternoon. This give us exposure to fresh air and it is a nice sunny day.

Dave Johnson:

I will forward you an email that I received from Volunteer Manitoba announcing volunteer awards. <https://www.volunteermanitoba.ca/winners-and-nominees> I flipped through the recipients and noted two names:



- **Angela Taylor**, Founder & Executive Director Of Inspire Community Outreach. Our Club supported INSPIRE in 2018 & 2019 through RIBFEST <https://inspirecommunityoutreach.ca/>
- **Doug Mackie**, Founder of Men Shed in Winnipeg. Doug was a former member of our club. <http://menssheds.ca/woodhaven/> <http://menssheds.ca/about-mens-sheds/>

Rob Tisdale: “If the virus cannot find you, it dies.”

David Newman:

David sent along a link to the extensive **COVID-19 Resource Centre at Pitblado Law**. This is a great example of the many impacts that COVID-19 will have on business life. For more information, go to: <https://www.pitblado.com/covid-19>

Ron Hore (Rotary Alumni):

Just Barb and I at home. Stocked with groceries. Children keep in contact and offer to deliver anything we run short of.

Trying very hard not to spend too much time at any one thing. Reading, TV, computer. We have started digging out old board games. I always lose at scrabble.



Trying to resist the temptation to start writing another novel and overload my poor publisher.

Simone Cohen Scott:

Simone sent the following link which compares the race to find a vaccine for Polio and COVID-19.

<https://www.nysun.com/editorials/coronavirus-waiting-for-the-vaccine/91060/> Very interesting.



Peggy Maycher (Rotary Alumni):

(Nancy received the following message from Peggy this morning.)

Colton (Peggy's son) got home from Nigeria and he and his roommate have about a week to go in their quarantine. We were happy to have him at home in Winnipeg.



The Governor of Kano State is in Quarantine and was out yesterday for a photo op spraying sanitizer around town. So status quo here! 😊

We suspended all our training in the field until April 13th but suspect it will be longer. As for us, just working away as per usual.

Hi to all with air hugs to everyone at Rotary!! Thanks Peg

Peggy Maycher, Vice President, WNL Development Solutions Ltd.

Jeannette Brigit

How is Home Instead responding to CORVID19

As a private Home Care business we find ourselves creatively finding ways to support our amazing CAREGivers, clients and their families. It is a challenging time as we navigate through the changing landscape that is home care. The WRHA's implementation of "No Visitors" has left some of our clients without the one-on-one care they require. For example, feeding, bathing and incontinence care not to



mention the companionship that occurs during these visits. This policy has left our client's families with a seemingly impossible dilemma on how to care for their parents.

Last week one of my tasks was to assemble Activity Kits for our CAREGivers to share with their clients. CAREGivers who could not stop into the office to pick up a kit I delivered to their client's home. After a half dozen deliveries it occurred to me I was reliving one of my childhood games "knock on doors". Upon arrival at the client's home I'd jump out the car, put the kit on the doorknob, ring the bell and run before anyone answer.... it was quite hilarious (to me).

I get to play again this week when I deliver Cleaning Supplies to some of our CAREGivers.

Our on-call staff are regularly having to respond to families concerns in a caring, compassionate manner while not being able to schedule CAREGivers to go to PCH's (Personal Care Homes). As you can imagine this situation, while absolutely necessary, is a huge strain on families.

Our CAREGivers are amazing! They continue to care for our clients in the midst of so much uncertainty.

I would welcome your suggestions as to how else we might support our CAREGivers, clients and their families.

I trust you are well and, as social isolation is proving to be a wonderful restorative tonic for Mother nature, that you are finding our much slowed down living to be restorative as well.

Regards,
Jeannette C Brigit
Community Outreach Coordinator
Home Instead Senior Care

Patricia Kumbakisaka (Rotary Alumni)

I have some news to share with the Rotary Club in Winnipeg. I've been selected as one of **Canada's 100 Accomplished Black Canadian woman for 2020**. As you probably know I now live and work in Ottawa and I moved here since 2018. I work for a Federal Government Union as an Assistant to Labour Relation officers and I also help with some international development/foreign policy projects with



United Nations Association -Canada and Canadian Council for International Cooperation so I basically have two jobs.

It is nice to see the Winnipeg Rotary continuing to be so active, please pass my greeting over there to everybody!

Best regards, Patricia

Patricia Kumbakisaka pat.kumbakisaka@gmail.com

LINKS:

Honouring Indigenous Peoples (HIP) Circle Newsletter

<https://drive.google.com/file/d/1AsskDB49jHG1awUyzKFjykedthhfPsT7/view>

Honouring Indigenous Peoples (HIP) 2019 Annual Report. We are proud of our accomplishments and look forward to building on our successes.

https://drive.google.com/a/hipally.com/file/d/1yBiNQBM4NED9TaWK38_tkC7MjMmrzY83/view?usp=sharing

Economic Development Winnipeg – Quarterly Report Q4 - 2019

https://www.economicdevelopmentwinnipeg.com/uploads/document/03544_edw_community_report_q4_19_fin_1.t1580248616.pdf

Resolving Disputes Within Adversarial Systems. Member Spotlight; David G.

Newman, Q.C. I was honoured to have this article published about me today pursuant to an interview. A few typos in my quote about Disruptors but it is otherwise pretty accurate. It is sent to you to better understand why and how I see mainstream civil justice legal systems improving by integrating Indigenous Peoples' restorative justice and other Indigenous peace making methodologies in appropriate cases in Court Systems. I am encouraging this in all countries as part of the evolving decolonization process for a more just and equitable world of empowered peoples. Mediators Beyond Borders International ("MBBI") recently became a strategic ally of Rotary International. The synergy of this to lead to implementation of change is remarkable.

<https://mediatorsbeyondborders.org/resolving-disputes-within-adversarial-systems-member-spotlight-david-g-newman-q-c/>

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