



UD5020

UNITE | DISTRICT 5020

APRIL 2020





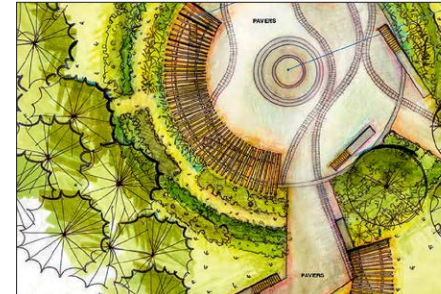
UD5020

UNITE | DISTRICT 5020

UNITE - It is all about serving

Highlighting inspirational news and successes to UNITE Rotarians with a common mission within District 5020.

Caleb Summerfelt
 NSB DESIGN
 Caleb Summerfelt
 Rotary of Kingston North Kitsap
UD5020 EDITOR



ON THE COVER

Landscape architect's rendering of the Peace and Contemplation Park celebrating 100 years of Rotary in Nanaimo. Estimated completion date late June, 2020.

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APRIL GOVERNORS MESSAGE

BY MO MAUREEN FRITZ-ROBERTS



Mo Maureen Fritz-Roberts

One day our life is fine and the next an unexpected change arrives at our door. Such is the case with the Coronavirus. Not one of us was looking for something like this to change our course of action in March. Yet it stopped us dead in our tracks. Suddenly we had to start carefully negotiating how we do things.

The care and concern I have witnessed from Rotarians throughout District 5020 is inspiring and heart warming.

You expressed ways to ensure Youth Exchange and RYLA students were kept safe and keep their parents calm.

You determined how to best go forward with your club events and meetings and many took ZOOM training.

“
**SOMETIMES OUR LIGHT GOES OUT BUT IS BROUGHT
 INTO FLAME BY ANOTHER HUMAN BEING. EACH OF
 US OWES DEEPEST THANKS TO THOSE WHO HAVE
 REKINDLED THIS LIGHT...**
ALBERT SCHWEITZER
 ”

You offered suggestions for increasing the safety of district events.

Your response was quick, effective and positive.

It is little wonder that Rotary has such a good reputation in the world. You put service above self and you do it because you really care. I cannot think of a time I am prouder to call myself a Rotarian.

You have given up so much. You have given up everything from your celebration events to your club fundraisers and yet you still have shared stories of what you have continued to help others in your community. You found ways to stay in touch with club members and you kept your sense of humour.

Your District has also found ways to continue to offer you the services you want and need. Look for the announcements coming your way for the District Training Zoom (either DT Zee or DT Zed depending on where you live).

District Governor Elect Greg has been working with District Trainer Marnee to line up a great training day on May 16th. It will all be presented via ZOOM and if you haven't signed up yet go to the District 5020 website now. There is even

going to be a virtual cocktail party at the end of the day.

But wait. There's more.

If you haven't heard, there is a new course available to you through Rotary. It allows Rotarians and your family or friends to take the Certified Nurse Assistant program for free. Yes, free (like really free). If you are interested in the content but not in becoming certified, there is a Rotary Fast Track that is shorter and gives you the skills to help in times of crisis. You can access it right now at theglobalimpactgroup.org.

If you are staying home right now it's a great opportunity to take the course. Jim Marggraff is a Rotarian from California who managed to put this together for Rotary. Jim is an interesting man. He invented the Leap Pad and went on to bring virtual reality to Rotary International.

So sign up for the DTZ and lets make sure that we help Rotary grow and thrive.

There is one request I have ... you will be attending from the comfort of your home ... but toss on your Hawaiian shirt and get into the ALOHA theme.



DISTRICT TRAINING & CONFERENCE
UNITING DISTRICT 5020
MAY 15 | 16 | 2020 VICTORIA, BC

CANCELED

...BUT WAIT
STAY TUNED FOR EXCITING NEWS...

2020 DISTRICT CONFERENCE AND TRAINING

BY MO MAUREEN FRITZ-ROBERTS

It is with a heavy heart that I must announce we have decided to cancel your May 15 and 16th District 5020 Training And Conference. The Government of BC has banned all events of more than 50 people until the 30th of May. Like us, they want you to be safe.

For those of you who have registered for DTAC, your registration fees will be refunded on the credit card you used. You will receive a confirming email via ClubRunner.

If you booked a hotel room at the Fairmont Empress using the DTAC Rotary code your room has been automatically cancelled.

If you booked a hotel room at the Hotel Grand Pacific please contact them now to cancel this reservation.

Despite this cancellation, the training sessions will still take place. You will be receiving information in the next while about how that is going to be accomplished. We are all going to help District Trainer Marnee Obendorf come up with creative ways to ensure the training goes forward.

I hope you all will utilize some electronic method of staying in touch, perhaps even meeting, while this medical situation proceeds. One of the joys of Rotary is the fellowship and friendships that come from meeting

together. While we may not meet face to face, we should still stay in touch with our Club members.

We have a Club in the District that has not met face to face since its inception - The E-Club of District 5020. Feel free to reach out to our E-Club for ideas, input and suggestions.

We Rotarians are people of action. We are the ones who see a challenge and make it an opportunity. We will always rise to serve our communities. We should ask ourselves what we can do for our communities right now. I know there are a couple of urgent needs: Food banks are short volunteers. Blood banks are being depleted.

Look at your community and see how we can help. Just because we are not meeting doesn't mean that we quit believing in Service Above Self.

I am so sad that we will not celebrate together in Victoria, but at the same time I am incredibly proud of the Training & Conference team. Do you know we had 280 people register in just three short weeks. That's a record! We didn't get to see the finished product but the work put into creating it has been exceptional.

Thank you to Joan Peggs and her incredible team. From everyone in District 5020, thank you for caring and taking the time to try to throw this party. It would have been awesome.

In the meantime, be safe, wash your hands, take part in the training as it becomes available and look forward to the Rotary Conference to end all conferences in 2021.

I am so proud to be your governor!

DTWZ

DISTRICT TRAINING via ZOOM

SAVE THE DATE

REGISTRATION

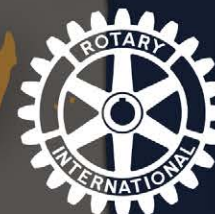
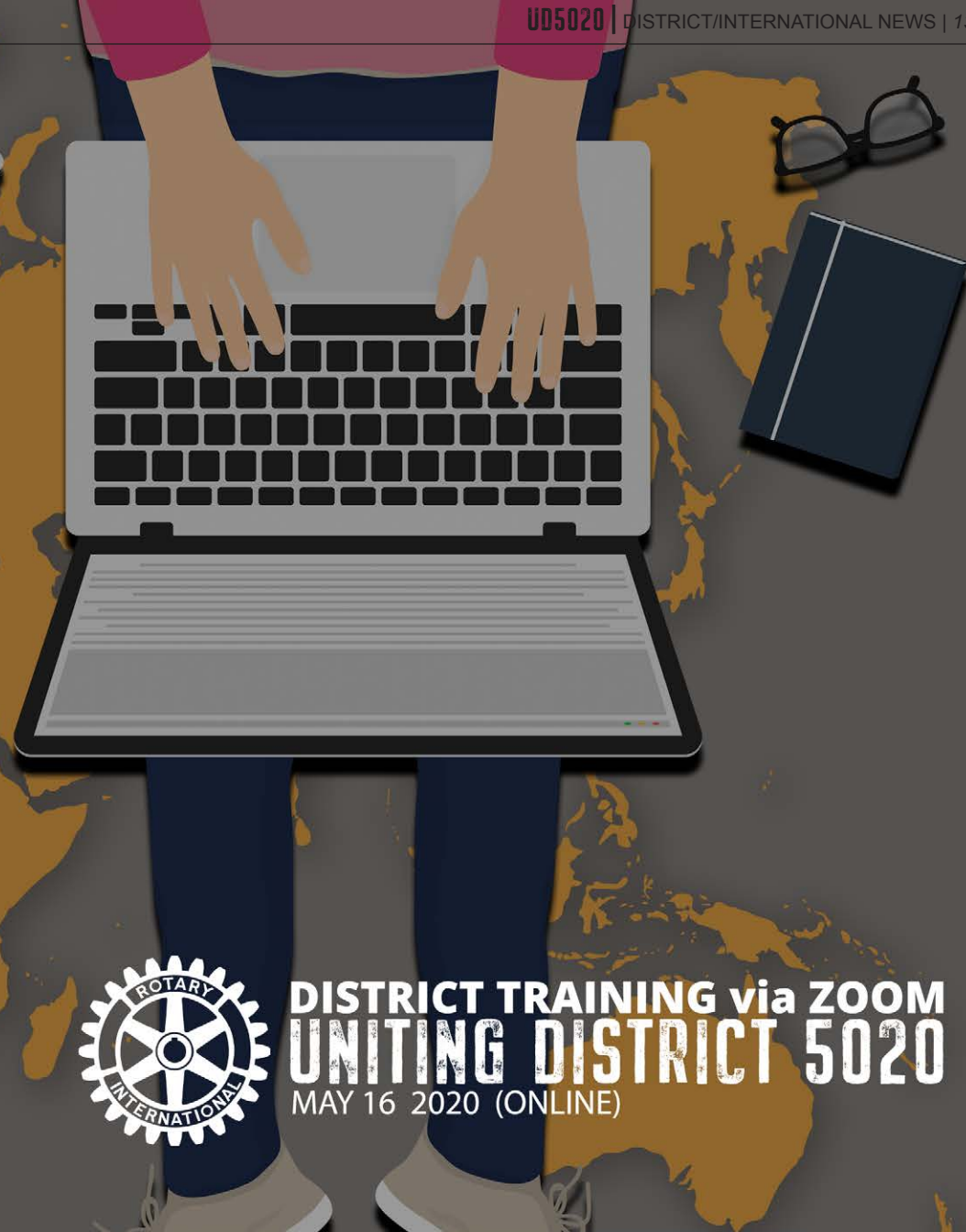
OPEN

JOIN

FROM ANYWHERE

MAY 16 2020

TRAINING: 10:00AM - 4:30PM
HAPPY HOUR: 5:00



DISTRICT TRAINING via ZOOM
UNITING DISTRICT 5020
MAY 16 2020 (ONLINE)

DTvZ? ... WHAT IS THAT?

Don't let it confuse you! It's not a secret society. It's not even one of those Rotary acronyms that you've ever seen before. However, it COULD be the NEW Rotary acronym – perhaps it's the wave of the future!

Here's the answer: It stands for District Training via Zoom!

District 5020 is providing our Rotarians an opportunity to take 5 one hour FREE training sessions on Saturday, May 16th!

Take a little time to peruse all 30 session descriptions, pick one session during each hour-long session, and sign up through the link on the District 5020 website!

All you need to do beforehand is get Zoom (that's free too!) loaded onto your computer, laptop, or iPad and take the easy Zoom tutorial, so you're comfortable using it.

You'll receive a link via your Rotary e-mail to get into the sessions you've chosen, log in on May 16th and learn more about your Rotary world!

Session #1: 10:00 am to 11:00 am	Membership & Public Image: Perfect Partners	How Could You Be of Service Beyond the Club Level?		Be a Champion for the Rotary Foundation	Tips & Tricks for Club Secretaries	Using Virtual Reality to Share the Power of Rotary	YEAH (Youth Exchange Administration Hub) for Club Youth Exchange Officers - Part 1 of 2
15 minute break							
Session #2 11:15 am to 12:15 pm	Change Your World by Getting Involved With Rotary Youth Exchange	The ABCs of Rotary		Fundraising in the Days of Social Distancing	Being the Peacemaker - Conflict Resolution	Rotary Foundation Grant Writing Q&A	YEAH (Youth Exchange Administration Hub) for Club Youth Exchange Officers Part 2 of 2
45 minute lunch break							
Session #3: 1:00 pm to 2:00 pm	Growing Membership - How to Have an Attractive Club	Digital Communication Strategies for Clubs		Navigating the Basics of Club Runner & Rotary Club Central	Is Club Leadership in YOUR Future?	Youth Exchange Counselor Training Part 1 of 2	Will You Be Club President in 2021? PENS: Start Planning Now!
15 minute break							
Session #4: 2:15 pm to 3:15 pm	Member Engagement Using Rotary's Five Areas of Service	Literacy Projects to Inspire		How to Have a Purposeful & Engaged Board	Strengthening Our Youth Clubs Through Collaboration	Youth Exchange Counselor Training Part 2 of 2	What Does It Take To Be Part of the District 5020 Training/Facilitation Team?
15 minute break							
Session #5: 3:30 pm - 4:30 pm	Finding Balance in the Midst of Chaos	Instagram 101		What More is There to Learn After Attending PETS? (for Presidents as of July, 2020)	Being an Effective Club Treasurer	Club Youth Protection Officer & Club Certification	Vocational Service: A Rotarian Legacy

5:00 p.m. VIRTUAL HAPPY HOUR CELEBRATION

2020 DTvZ - TRAINING SESSION DESCRIPTIONS

SESSION 1: 10:00 A.M TO 11:00 A.M.

MEMBERSHIP & PUBLIC IMAGE – PERFECT PARTNERS: Making Rotary more visible in our communities to educate non-members about the good work we do is not only a priority ~ it's a great opportunity to recruit new members at the same time! Discover how Membership and Public Image work side by side to strengthen your club.

HOW COULD YOU BE OF SERVICE BEYOND THE CLUB LEVEL? Are you interested in learning more about District 5020? Would you like to serve on a District committee, be a District Committee Chair, Assistant Governor or District Governor? If so, this session is for you! Come and meet the District Governor chain, ask questions and learn more about our District!

BE A CHAMPION FOR THE ROTARY FOUNDATION IN YOUR CLUB: As a club Rotary Foundation committee member, you will learn to inspire your club to give to The Rotary Foundation & participate in its activities. Learn how the Foundation works,

set achievable goals, and monitor progress toward reaching them. Conduct inspirational Foundation-focused club programs throughout the year. Learn the workings of Paul Harris points, Rotary Direct & club member contribution reporting. Understand the Paul Harris Society and Bequest Society. Exchange ideas on special fundraising ideas for the End Polio Now campaign. Share resources available to become a TRF champion. Bring your questions! **This is not a grant application class.**

TIPS AND TRICKS FOR CLUB SECRETARIES: Learn best practices for essential requirements of the very important position of Club Secretary. Information will be shared on mastering Club Runner to manage and view club records and documents, member information, reports, committees and calendars.

USING VIRTUAL REALITY TO SHARE THE POWER OF ROTARY: The power of Virtual Reality will be used as a tool to tell your club's story, to enhance your public image, build membership, and discuss VR as a

unique fundraiser. Learn how to show off the BEST of your Rotary Club.

YEAH (YOUTH EXCHANGE ADMINISTRATION HUB) FOR CLUB YOUTH EXCHANGE OFFICERS PART I OF 2: Come and learn how YEAH can make your life as the Club Youth Exchange Officer easier! You will learn some of the basics of the role and much more! **This training is required for all club YEOs for the 2020-21 year. Both Part 1 and Part 2 are required!**

SESSION #2: 11:15 A.M. TO 12:15 P.M.

CHANGE YOUR WORLD BY GETTING INVOLVED WITH ROTARY YOUTH EXCHANGE: "Life Changing" is what we hear so often from Youth Exchange students and host families. Join us to learn how your club can be involved with the vibrant and dynamic Youth Exchange program in our District. Hear first-hand from Youth Exchange students what a difference this program has made in their lives!

THE ABCS OF ROTARY: Find out how Rotary got started and how the core principles of Rotary were established and how those

principles are driving Rotary into the future. Topics will include Rotary's six areas of focus, the Avenues of Service and a simplified explanation of The Rotary Foundation and more! This is a great course for newer Rotarians!

FUNDRAISING IN THE DAYS OF SOCIAL DISTANCING: Now what? Rotary Clubs are struggling to determine how they will the money required for the ongoing and new programs so necessary in these challenging times. How do you run a golf tournament, auction, raffle or dance with "stay at home" orders? How do we replace that money? This will be an interactive session devoted to exploring ways to amend your existing fundraiser, finding new and profitable sources of funds and teaming up to increase your fundraising impact. Come prepared to share, to be open and to become excited about what your club could accomplish with the right fundraising effort.

BEING THE PEACEMAKER – CONFLICT RESOLUTION: Back by popular demand from DTAC 2019! Regardless of size or demographics, every club has controversies and personality conflicts. Learn proven techniques to implement

civil membership discussions and achieve resolution when conflict occurs.

ROTARY FOUNDATION GRANT

WRITING Q&A: This session is NOT a grant qualification session. Grant qualification for the 2020-2021 Rotary should be completed online at the Rotary Learning Center. This session by District 5020's Foundation leaders will have only a short general presentation and be primarily for participants to ask questions about both District Community Grants and Global Grants, and to learn from other Rotarians. Helpful hints will be shared. Participants are not required to complete the online qualification course before this session.

YEAH (Youth Exchange Administration Hub) for Club Youth Exchange Officers Par 2 of 2: Come and learn how YEAH can make your life as the Club Youth Exchange Officer easier! You will learn some of the basics of the role and much more! **This training is required for all club YEOs for the 2020-21 year. Participants must have completed Part 1 of this training.**

45 MINUTE MEAL BREAK - 12:15 TO 1:00 P.M.

SESSION #3: 1:00 P.M. TO 2:00 P.M.

GROWING MEMBERSHIP – HOW TO HAVE AN ATTRACTIVE CLUB:

Learn how to evaluate your club from the viewpoint of a perspective member, and what you can do to make your club more attractive to potential Rotarians.

DIGITAL COMMUNICATION

STRATEGIES FOR CLUBS: This session will focus on the new technologies available to clubs in order to broaden the reach to potential new members as well as increase engagement with current ones. This session will look at live streaming with several “out of the box” solutions to make it easier to broadcast your message further on various social media platforms. Use these tactics to grow awareness of local service projects and enhance your fundraising efforts.

NAVIGATING THE BASICS OF ROTARY CLUB CENTRAL AND CLUB RUNNER:

This course will be particularly enlightening for all club leaders in managing your club's goals as well as using these sites to light the path to the myriad of valuable resources available. Bring your questions!

IS CLUB LEADERSHIP IN YOUR FUTURE?

If you have been considering whether taking on a leadership role in your club is right for you, join us to discover more about the opportunities you might have and what resources are available to prepare you. We can help you get started on the right path to serve as a club leader.

YOUTH EXCHANGE COUNSELOR

TRAINING – PART 1 OF 2: What does it mean to be the Youth Exchange Counselor? Which students need them? Who needs to be kept in the loop on how the exchange student is doing? How do you enter reports? Come and learn all of this and more in this **two part** session.

WILL YOU BE CLUB PRESIDENT BEGINNING JULY, 2021? PRESIDENT ELECT NOMINEES: START PLANNING NOW! This session is designed for Rotarians who are currently PENs whose year as Club President will begin in July, 2021, as well as Assistant Governors who will begin serving in July 2021. More planning ahead means less work during your Presidential Year. Join the District Governor Nominee to learn how you can get a head start in organizing your year as President.

SESSION #4: 2:15 P.M. TO 3:15 P.M.

MEMBER ENGAGEMENT USING ROTARY'S FIVE AREAS OF SERVICE:

Learn how Rotary's five areas of service are key to engaging and retaining our members. Learn about helping members connect, network and get what they are looking for from their Rotary experience.

LITERACY PROJECTS TO INSPIRE:

Learn about practical and creative strategies and activities to be literacy supporters in your community and beyond. Did you know there are different TYPES of literacy? We'll be discussing the various types during this session!

HOW TO HAVE A PURPOSEFUL & ENGAGED CLUB BOARD:

The Club Board's responsibilities are varied and critical to the functioning of a Club. The session leader will show you how your Club Board's actions can make an impressive influence on the rest of the Club and have fun at the same time! After attending this session, you'll even be able to prove to your Club that Board meetings don't have to be dull and uninspiring!

STRENGTHENING OUR YOUTH CLUBS

THROUGH COLLABORATION: This class will explore ways in which our youth clubs can work together, advisors can support one another with collaboration across clubs, yielding strong and impactful youth clubs.

YOUTH EXCHANGE COUNSELOR TRAINING (CONTINUATION) – PART 2 OF 2: What does it mean to be the Youth Exchange Counselor? Which students need them? Who needs to be kept in the loop on how the exchange student is doing? How do you enter reports? Come and learn all of this and more in this two part session. **Participants must have completed Part 1 of this training.**

WHAT DOES IT TAKE TO BE PART OF THE DISTRICT 5020 TRAINING/FACILITATION TEAM? This session will help you learn about your opportunity to be a District 5020 training facilitator for courses like Rotary Leadership Institute, Visioning and Youth Protection. If you're interested in improving your facilitation skills, this is the class for you.

SESSION #5: 3:30 P.M. TO 4:30 P.M.

FINDING BALANCE IN THE MIDST

OF CHAOS: Are you or those you care about struggling to find balance during the chaos of the pandemic? Are the days mashing together? Are you experiencing information overload? Losing sleep and feeling fatigued? In this session, we will uncover your pain points and work through solutions to bring peace and balance to your life. Whether you are currently struggling with income or work, homeschooling kids, telecommuting or just dizzy from watching this all spin around you. You will leave this session with hope, encouragement and an actionable plan to center in and find your balance.

INSTAGRAM 101: Like a huge, collaborative photo album, Instagram is the perfect social network for sharing and viewing photos and videos. With more than 300 million regular people, celebrities, companies and organizations already on board, Instagram offers something for everyone. We'll share what you need to know about Instagram to get started.

WHAT MORE IS THERE TO LEARN AFTER ATTENDING PETS? This session, designed for incoming Presidents Elect (**for Presidents as of July, 2020**) is an opportunity to ask District Leaders

those burning questions that have arisen since attending the President Elect Training Seminar.

BEING AN EFFECTIVE CLUB

TREASURER: Learn useful information and best practices for completing all of the vital tasks as the Treasurer for your Rotary club. We will also cover the ins and outs of both US and Canadian tax regulations for charitable funds.

CLUB YOUTH PROTECTION OFFICER AND CLUB CERTIFICATION: What does it mean to be the Club Youth Protection Officer? How do we know if we are certified as a club? Why is a culture of safety important for all of us? Who do you turn to if you have questions? **This training is required for all Youth Protection Officers for the 2020-21 Rotary year.**

VOCATIONAL SERVICE – A ROTARIAN LEGACY: Find out how Rotarians participate in Vocational Service in District 5020 and throughout Rotary International. Learn the origins of this Avenue of Service and share ways our clubs engage in Vocational Service today.

5:00 P.M. VIRTUAL HAPPY HOUR CELEBRATION VIA ZOOM

District Training via Zoom

**JOIN
US!**

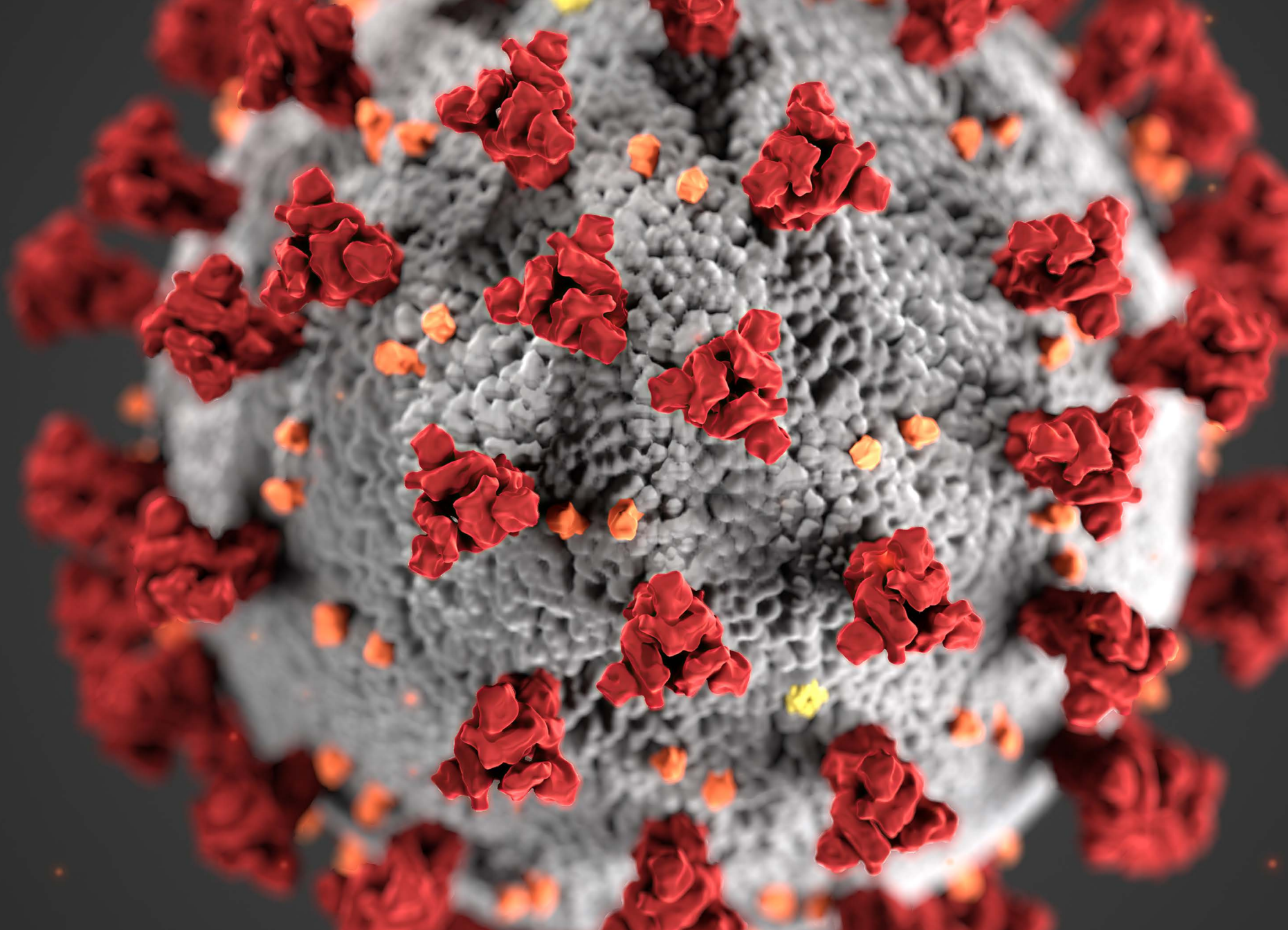


DISTRICT TRAINING via ZOOM
UNITING DISTRICT 5020
MAY 16 2020 (ONLINE)

COVID-19

In COVID-19, 'CO' stands for 'corona,' 'VI' for 'virus,' and 'D' for disease. Formerly, this disease was referred to as “2019 novel coronavirus” or “2019-nCoV”

AS ROTARIANS
HOW CAN WE
HELP?
...do you need help?



MEMBERSHIP RETENTION: THE IMPORTANCE OF STAYING CONNECTED

BY COREY LOPARDI

Keeping members engaged in their Rotary club is always a key component of strong member retention. Every club should have a plan in place to keep members engaged no matter what situation might arise. Now, more than ever, it's important that clubs make an extra effort to maintain Membership engagement. The following are some ways that your club can continue to stay connected in the coming months.

STAY IN CONTACT WITH MEMBERS

It's easy to get busy with other things when we get out of our normal routines, but it's for that exact reason that our clubs need to have plans in place to stay in contact with members. We never know when the venue where the club meets may close, when a speaker might cancel, or when an opportunity to serve might arise on short notice.

Clubs that have a communication plan in place can move quickly to adapt, and still keep members engaged. The plan should include multiple ways to get in contact with members, and should not put only one person in charge of making sure that happens. The plan should include regular weekly updates to members, as well as a way to contact members in the event of a cancelation or emergency.

If a situation or emergency does arise that makes meeting in

person difficult then clubs should look to...

REPLACE IN PERSON MEETINGS WITH VIRTUAL MEETINGS

When setting up a virtual meeting the first thing to consider is whether you want the virtual meeting to be at the regular club meeting time and day, or do you want to meet at another time. You should always consider what situation will maximize attendance and choose that one.

Next decide what elements of your 'in person' meeting you want to include. Not everything will transfer over, but this is an opportunity to make the meeting fun and inventive. Perhaps you will be able to get a more interesting speaker if they don't have to come to an actual meeting. Make sure to do all of the activities that build fellowship and figure out creative ways to get members involved. Consider other ways to connect online as a club such as...

CREATE ONLINE SOCIAL ACTIVITIES

Remember that one of the ways we can engage our members is through regular social activities. If your club is unable to meet in person for a social activity try getting a group together

“
...KEEPING MEMBERS ENGAGED IN
THEIR ROTARY CLUB IS ALWAYS
A KEY COMPONENT OF STRONG
MEMBER RETENTION....
”

online. There are many online games and trivia apps that you can play as a group, or you could just throw a virtual pizza party and have everyone get their favorite slice of pizza for once.

Make sure to keep the activity fun and engaging. You could even play the types of party games that allow you to get to know your members better.

And while you're encouraging your members to connect online, don't forget to...

FOCUS ON TRAINING OPPORTUNITIES

When our members are forced to spend time away from the club it's important that you encourage them to learn more about Rotary. There is so much information that Rotarians need to know to keep their clubs vibrant and members engaged, and most of that information doesn't have to be presented in person.

Consider creating officer and committee subject trainings for your members that can be shared in either a webinar form or through a recorded video. Make sure to include Q & A sessions and digital support materials so that they have reference material to go back to.

If you don't feel up to creating your own materials the Rotary International Learning Center has trainings your members can take. The catalogue of available courses is extensive, covering all aspects of Rotary positions, disciplines, projects and

initiatives. You can learn by subject, job or even develop your life skills in an easy to connect format, on your own schedule.

Member engagement relies heavily on good Club Service, one of Rotary's Five Avenues of Service, and now more than ever it is the area service that we can focus on to keep our members engaged and meet their needs.

USEFUL LINKS FOR YOUR USE

- Rotary Online Meeting guidance
<https://my.rotary.org/en/learning-reference/learn-topic/online-club-meetings>
- Rotary - Taking your Club online - Story/Guidance
<https://www.rotary.org/en/how-take-your-club-online>
- YouTube Zoom Meeting Guidance
<https://www.youtube.com/watch?v=-2pq4I1urXA>
- GoToMeeting assistance
<https://support.goto.com/meeting>
- Rotary Learning Center - your online learning and personal growth tool
<https://www.rotary.org/learn>
- Using Zoom for Rotary Meetings
<http://youtube.com/watch?v=E3O7i4OHFJY&t=2s>

2019-2020 PRESIDENTIAL SPOTLIGHT: LISA J SMITH

"I am the Executive Director of the Grays Harbor College Foundation/Director of College Development. My job gives me the opportunity to live by my personal motto of ""connecting people for the greater good"". I live in Montesano with my husband Chad and our daughter Hailey.

I joined Rotary in 2014 and have been actively involved in many aspects of the club ever since.

Rotary allows me to utilize my skills to serve my community, especially its youth. When talents can be used for the benefit of the greater good, our community becomes stronger!"



WE HAVE A PREEMPTIVE OPPORTUNITY

BY MICHELE FUJII

On October 20th, 2019, I gave birth to my first child, a baby girl. She decided to arrive two weeks before her "due date." I was shocked, scared, and felt unprepared because I was supposed to have at least two more weeks to prepare for her! But she made her fast entry into the world on her terms, and I feel like I have been trying to catch up ever since. We spent the first couple of months at home, hardly ever leaving the house with minimal visitors to protect her precious immune system during the winter months. People without vaccinations were not allowed to touch her, and it put me in some uncomfortable situations with friends and family. I questioned everything that did (and still do), hoping it will be enough to keep her safe and healthy.

I returned to work part-time at my acupuncture practice in February. I was happy that my daughter would be taken care of by one of her grandmothers and her father when I was at work. Owning my practice gives me the flexibility to create my own hours.

And I am incredibly grateful that my patients have all been understanding and flexible as I adjust. I was excited to get back to work

because I love my job but also to interact with other people! And of course, the financial burden of not working does eventually take its toll.

Just as I was getting back in the swing of things, the news about the Coronavirus in China surfaced. Being a medical practitioner, I was interested in how Traditional Chinese Medicine was treating it, and they were (and still are) using Chinese herbal medicine along with Western medicine to try and treat patients. But as heartbreaking as it was to see the devastation in China, like many other people, I selfishly didn't think my life would change. Then a case in Seattle popped up. Then another. And suddenly, my state was on the news as ground zero for COVID-19 in the United States.

This struck panic in some, but surprisingly the majority seemed to stay calm – saying things like "it's just like the flu" (which we now know is not the case). This virus is extremely contagious and deadly. We knew this, we saw what happened in China and now Italy.

So finally, over the last few days, our state



governor decided to close school, restaurants, restrict gatherings, and strongly encourage people to stay home and practice social distancing.

I read on social media, many friends and loved ones posting that it is with a heavy heart that they will be closing their businesses for some time. Many said this was the most difficult decision they have ever had to make.

I also decided to close.

I also wrote a letter to my patients stating how this was a very difficult decision to make. But as I reread the letter I sent and everyone else's posts, I could only help but wonder why this was such a difficult decision?

The one thing that we can do to help flatten the curve, to help slow the spread, to help lessen the burden on our hospitals, to help save lives of our community members is to close our businesses and practicing social distancing measures. This should not be a difficult decision. We shouldn't even have to make this decision because it is the only option.

Even though the governor declared a state of emergency and following the president

announced that this too qualifies as a national emergency, people are still not practicing the very measures that are our only hope at flattening the curve. - Asaf Bitton, an assistant professor of medicine at Harvard University who is the executive director of Ariadne Labs, states it very clearly, "Social distancing is hard and may negatively impact many people, especially those who face vulnerabilities in our society," he wrote. But he continued: "We have a preemptive opportunity to save lives through the actions we take right now that we will not have in a few weeks. It is a public health imperative ... We cannot wait." (Business Insider, March 17th, 2020).

Just as I did and many new mothers do in the first months of a new baby's life, we protect them from the world because they are vulnerable.

We should all be living like we have a newborn in our house that needs protecting – washing our hands more times a day than you can count, only going out if absolutely necessary, and doing everything in our power to make sure they are safe and healthy. When you become a mother, you often lose a friend or two because of your protective measures, and I do believe that some of us will lose friends over

our protective measures during this outbreak. But in the end, you must do what is best for the safety of your family and community.

For those who have taken action to stay home with their kids or close their businesses, there has been a surge of articles and social media posts about resources for kids, parents, and small businesses. We will see a new sense of compassion and commitment to helping each other through this.

Many parents have already shared Facebook posts of their new-found appreciation of teachers after having to homeschool their kids for only a few days. Museums have made it so you can take a virtual tour online from your living room. Schools are offering free online lessons and worksheets. "A preschool in Columbia City is doing their circle time and yoga online, just the teacher and her two kids and it's on Zoom so we can see all other kids participating from their homes" – Lauren Kohl, a Seattle mother of two.

As a small business owner, I'm choosing to close my business but be in contact with my patients through emails and text messages. As a mother, I'm choosing to stay home alone with my daughter and saying no to

“
...WE CANNOT WAIT....
”

playdates, but going on walks outside daily. As a young, healthy person, I am practicing social distancing. Still, I am available to pick up groceries and supplies for those who feel uncomfortable or are unable to go out. As a Rotarian, I canceled our satellite meetings. Still, I am checking in on my family, friends, and community and fellow Rotarians to make sure no one feels alone during this time.

So how can you support your local community during this time? Practice social distancing, buy gift cards, buy take-out food, help your neighbors, call your friends and family, go on walks, take deep breaths, and be kind. This will be a stressful time, but no one is going through it alone, and we will get through it.

P.S. When this article is published, I can only hope that things have changed for the better and that we have flattened the curve!

THE WORLD HAS CHANGED SEEMINGLY OVERNIGHT

BY RENNE' GILLIAM

With COVID 19 reshaping our culture in a matter of weeks, what is surfacing? In the midst of the unknown, neighbors are checking in on each other, families are getting their much needed quality time, young people are taking better connected care of the community elderly, opposite sides of political views are looking for common ground. People are recognizing that life is bigger than themselves, we need community.

2019-2020 Rotary Theme is Rotary Connects the World. How true is that in this very moment. Jesie Holden with Mt. View Community Center is partnering with local needs to make sure young people don't go hungry in this lockdown. The Puyallup Schools are providing child care for first responder families. The Puyallup Food Bank is meeting the needs of 5,000 families from their normal 1,400 families and Rotarians are volunteering to help make that possible. The Puyallup Rotary Youth Advocacy Project is in direct partnership with the schools, food banks, and families in need making sure no one goes hungry in this time.

All in all, we are going strong. The community is coming together to support those in need. Rotary connects the world, no matter how short or long of a reach we need to make.



CLOVER PARK ROTARY “ZOOMS” INTO ONLINE MEETING ENVIRONMENT!

BY DAVE HALL

Thanks to the support from UD-5020 tutorials, and our resident IT genius Judi Maier, the Rotary Club of Clover Park (Lakewood, WA) leaped...well, more like strolled...into the online meeting realm with our first ever Virtual Board Meeting on Friday, March 20.

Since we usually hold both our regular and board meetings at Carr's Restaurant, which serves some of the South Puget Sound's best breakfasts, we board members really missed having a piping hot plate full of eggs, hashbrowns, pancakes, etc. in front of us as we conducted essential business. A cold granola bar paired with a cup of coffee had to suffice for most of us, but this was offset by the novelty of seeing ourselves on the computer screen, interacting like experienced media celebrities! (Or as one member joked when seeing everyone's smiling face in boxes, "We look like The Brady Bunch 50-Year Reunion Show!")

Despite the lack of comfort food, we quickly gathered a quorum via the ZOOM online meeting platform. Club President Ellie Carr led her board through the agenda, which focused on ways to keep the club connected during social distancing and sheltering in place. Since our demographic is largely 55+, the majority of Clover Park Rotarians are only venturing out to buy groceries and visit the pharmacy. Like most Rotarians, our Wednesday noon gatherings are often the high point of our week.

One solution to staying connected is continuing our emailed "Meeting Highlights", which will now substitute news items solicited from our members, celebrate birthdays and anniversaries, and updated event plans once normalcy returns. The upside to this substitute meeting forum is that our Finemaster, retired Major General Ed Trobaugh, cannot levy fines! (Whew!)

On a serious note, our board's consensus was to cease all fundraising efforts, and turn our full attention to supporting our community. While our ongoing charitable contributions will continue as usual, we also identified organizations who will need

additional assistance: Food Banks, student support charities, senior centers, etc. We're also encouraging our Rotarians and friends to support the local restaurant industry by ordering take-out meals at least once per week from the establishments still open for business.

While none of us know how long these pandemic-mitigation measures will remain in place, they are sparking us Rotarians to adopt new approaches for continuing to be "People Of Action". We're known for our ability to "Adapt and Overcome" huge challenges, so this situation surely provides yet another opportunity to demonstrate "Service Above Self"!



GENERAL FUND TO HELP WITH IMMEDIATE NEEDS

BY SAM SUZNEVICH



Sumner Rotary is committed to help provide for the welfare of its neighbors during this evolving COVID-19 crisis here at home.

After a special emergency Zoom board meeting on March 19, the Board has earmarked \$10,000 from our general fund to help with immediate needs directly related to the impact of the virus.

Specifically:

One-third of the funds will be available by member request to local people impacted by loss of work, illness or other virus-related events. Barb Bitetto, Sherm Voiles and myself (Sam) will provide access to these funds. Please contact any one of us, and we will put the request in motion. These disbursements could be in the form of grocery or gas gift cards, or cash stipends.

The remainder of the earmarked monies will be available to established local service providers, such as both food banks, Sumner-Bonney Lake Family Center and similar organizations whose needs are evolving daily. The Board will oversee this process, and the monies will remain with Sumner Rotary until explicit needs are brought to our attention. The focus will be to help people who find themselves in a short-term crisis, who likely are unfamiliar navigating access to social services.

We are grateful to all our members, who work hard for the greater good of our community, so that our club is ready and able to help our neighbors in need when events such as this arise. We look forward to working together through this process and again, express our gratitude to you all for everything you do.

SUPPORTING COMMUNITY EMERGENCY PREPAREDNESS

BY GERRY BELTGENS

While it is hard to not go out, not to be able to visit or shop; there are still things you can do. How about helping your community prepare for the next Natural Disaster?

In June 2020 Disaster Aid Canada will be moving its operation to Ladysmith to be in a more central location and closer to our Sponsors, the Rotary Club of Ladysmith, and to reduce operating costs.

We are partnering with Ladysmith Search and Rescue (LSAR) on a proposal to share space for storing equipment and materials, offices and later a training facility. Our longer term goal is to set up an Emergency Preparedness Hub and storage area for LSAR vehicles, equipment and our Disaster Relief and Emergency Preparedness materials. The partnership of LSAR and DAC is bound to be beneficial if the town or surrounding area experiences a serious emergency.

Disaster Aid Canada is already involved in Emergency Preparedness with several communities, a Condo Strata Council and

private individuals.

The Rotary Club of Sooke has purchased 13 Community Emergency Relief Kits including tents, toolkits, cooking kits and much more. They are working with the Emergency Services Societies in their area to determine where the kits will be located. Funds were secured through Rotary District and Club grants along with community fundraisers. They plan to continue fundraising to ensure enough of the kits are set up for the whole community. Read the story here: <https://www.sooke.newsmirror.com/news/sooke-rotary-program-keeps-communities-prepared/>

The Rotary Club of Ladysmith applied for and received a BC Community Gaming Grant in order to donate four Community Emergency Relief kits to the town of Ladysmith and the Ladysmith Senior Secondary Interact Club has committed to raise funds for another one. The kits will be prepared in Victoria and delivered to the Firehall for distribution as soon as the present situation allows.

A major Victoria condominium strata council purchased 5 kits to be distributed along with other emergency preparedness equipment on their site in Victoria and several individuals have purchased complete kits including tents for themselves.

Rotary Clubs and other organisations can help communities with their emergency preparedness programs. For Rotary Clubs it is often possible to access District Grants and Community Gaming Grants. Other organisations may be able to receive gaming grants or have access to other sources. If you are interested in working with Disaster Aid Canada to support Emergency Preparedness in your community you can reach us at info@disasteraid.ca.

The goal of Disaster Aid Canada is to be the most effective organisation in our field, to be a learning organisation, always striving to improve, and to be a collaborative organisation, using the skills of our other Disaster Aid International partners, local Rotarians and the resources available to us through Rotary International. www.disasteraid.ca



HOSPITAL HELP FOR SIERRA LEONE

BY MICHAEL PONTUS

The Strathcona Sunrise Rotary club of Courtenay, in partnership with Rotary World Help, International Vision Volunteers Canada and the Freetown Rotary club, has sponsored its second 40' shipping container for the Branda Medical Centre, Makeni, Sierra Leone.

The container is filled to the brim with medical/dental equipment, hospital furnishings, linen and supplies. All are in good condition but surplus to the needs of hospitals in BC. Rotary gratefully acknowledges the significant contribution of equipment, furnishings and supplies from St. Joseph's hospital's former acute services. In addition donated equipment was provided by International Vision Volunteers Canada and by the Cumberland Regional Laundry. Rotary World Help provided many items as well, as it collects surplus items from the lower mainland hospitals and organizes both the loading of the containers from their warehouse in Coquitlam and their shipment worldwide. The Freetown Rotary club is the overseas recipient of the container and arranges for its donation to the Branda Medical Centre in Makeni, Sierra Leone.



The Branda Medical Centre is a new 40 bed not-for-profit hospital, initiated with a Sierra Leone Nurse, funding sponsorship of International Vision Volunteers Canada, (whose President and Executive Director are Comox Valley residents, Dr. Annette D'Souza and Mr. David Allen, respectively.)

Rotary activity involved a four stage process.

First: The identification of the need and signing of an MOU with all the partners including roles; while securing the funding of each.

Second: Sourcing, disassembling, and aggregating surplus equipment. Here Rotarians who are electricians, plumbers, carpenters, and others, retrieved functioning in situ items such as;



- Sets of LED lights including power units and wall controls, 3 sets each of OR and Birthing rooms and 2 sets of ER Trauma room exam lights.

- Large walled in place stainless steel OR scrub sinks

- Electric power Overhead patient lift track systems,

- Privacy curtain rods, tack boards, patient chart holders, blood pressure monitors, etc.

- Others gathered beds, wheelchairs, walkers, IV poles, computerized nurse medication carts, over bed tables, desks, chairs, birthing beds, medical surgical supplies and linen etc.

- All of the above were brought to Rotary World Help's warehouse in Coquitlam

- Local Rotarians provided remediation to ceilings, walls and floors to St. Joseph's Hospital, as necessary

Third: 7 Rotarians from Strathcona Sunrise Courtenay joined about 15 Rotarians from

various clubs around Vancouver to load with the leadership of professional container packers, items provided by Rotary World Help, Strathcona Sunrise Rotary and a portable x-ray from International Vision Volunteers, Canada.

Fourth: Upon the container's arrival in Freetown, Sierra Leone the Freetown Rotary club will co-ordinate (with the Branda Medical Centre) the transport of the container to Makeni where, in a formal ceremony, ownership of the container and its contents will be transferred to the Branda Medical Centre.

The first container was loaded in 2018 with about \$150-250,000 worth of equipment. The second container, loaded Feb 29, 2020 contained some \$500-600,000 worth of goods. Transfer time is around 60 days dependent on ship availability, currently an issue, delaying the start to approximately March 23, 2020

Funding for the sponsorship of the container comes from the Mid Island Group of Rotary clubs, Rotary District 5020 grants and monies raised by the Strathcona Sunrise Rotary's annual RIBFEST. The project was coordinated by Michael Pontus, a Past President of Strathcona Sunrise.







SAVE MONEY AT CRAFT BREWERIES AND SUPPORT YOUR FAVOURITE CHARITY

BY "GROWLER STAFF"

A new app can help you save money at B.C. craft breweries while supporting your favourite charities at the same time.

Craft Beer Crawl is the brainchild of the Nanaimo North Rotary Club and combines craft beer with worthy causes, so the next time you visit your favourite brewery, the warm, fuzzy feeling you get might be from the fact that you're doing good for your community.

For a \$25 donation, you get access

to hundreds of dollars of savings at breweries and brewpubs across the province—and you get to pick where the money goes from a list of charitable partners. Use the app when you visit your favourite brewery for things like free growler bottles, beer glasses, water bottles, free food, as well as discounts on purchases.

"Many of our club members enjoy a good beer, and we were looking for an ongoing fundraiser," explains Nanaimo North Rotary president Barney

Sharp. "We think it's a win-win-win proposition. The breweries get cost effective advertising, the beer drinkers get great value and Rotary acquires funds for our charitable projects. As we are all volunteers the money raised goes a long way."

Proceeds from the Craft Beer Crawl will help fund a variety of charitable causes, such as the Rotary Club of Nanaimo North's monthly hot breakfast program. Contributed photo

The user-friendly app is full of savings and is good for one year once you sign up. Close to 25 breweries and brewpubs are currently taking part, with more being added constantly—each with a one-time offer for the app-user. You

can view the full list of participants at CraftBeerCrawl.ca.

Funds raised will help support seven annual scholarships of \$1,000 each, local and international Rotary youth programs, a hot breakfast program, and much more. Visit NanaimoNorthRotary.org to see the full list of recipients.

To sign up, download the DonorTrail app from the Apple App Store or Google Play, then select your chosen charity you'd like the proceeds to benefit and purchase the Craft Beer Crawl Pass for \$25 to unlock your savings.

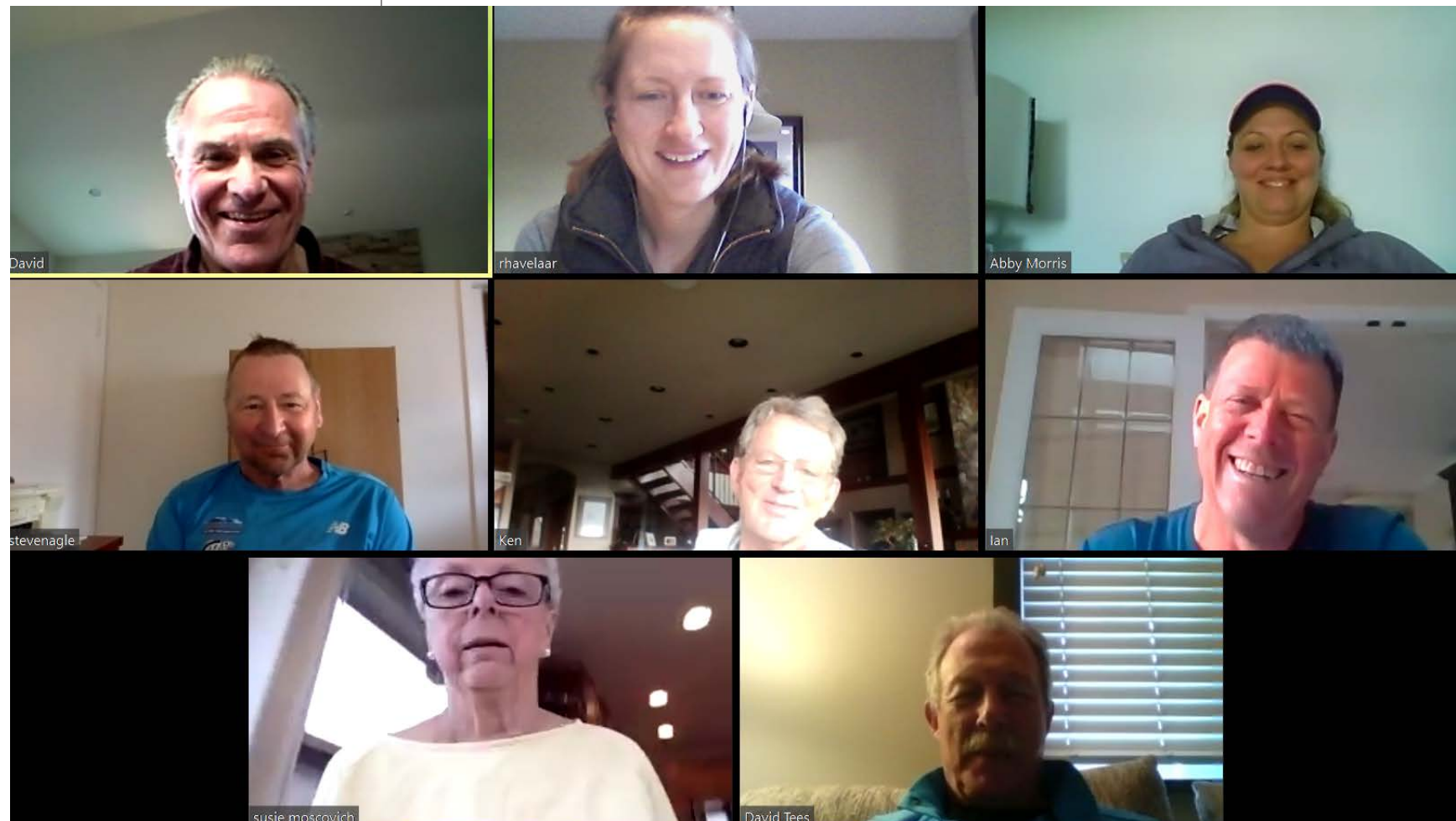
For more information or to sign up for the app, visit CraftBeerCrawl.ca

FIRST BOARD MEETING ON ZOOM!

BY ROBIN HAVELAAR

The Rotary Club of Campbell River held its first board meeting via Zoom last week. We brainstormed ideas about how to keep helping our community and doing the work of Rotarians throughout these unprecedented times.

This week, we are trying a full club meeting using the technology. Rotarians are problem solvers and people of action, first and foremost. We aren't going to let physical distance stop us from doing good in the world and in our communities!



#SHUTIN-BUT-NOT-SHUT-OUT

BY STEVEN BOE

Life has changed for most of the world. Social distancing; school, business, and recreation closures are putting a strain on the global economy; communities are questioning their safety and security.

The Silverdale Rotary Club in Washington State is located about an hour west of Seattle, an epicenter of the novel coronavirus, or COVID-19, outbreak in the United States. Using the money raised from their yearly Duck Race fundraiser, they purchased food to distribute to the hungry in their area. “The world needs people of action.” Club President Christie Scheffer said. “People in our community are really hurting right now and it’s only going to get worse.”

The club’s primary focus is to make sure that their members stay healthy. “We have cancelled our meetings for the time being, but we want to let Silverdale residents know that we are here for them. Our goal is show people in the community that they are not alone. They may be shut in, but they are not shut out.”

The immediate need, especially for children and the elderly, is food.

For safety reasons, the club decided to stuff the bags of food supplies using the least number of volunteers possible. This allowed a modicum of social distancing amongst the crew. President Scheffer also provided gloves,

masks and plenty of hand sanitizer as well.

The volunteers loaded pallets of food items onto a rental truck: cans of tuna, various cereals, peanut butter, soup, and more. The items were then transported to the local Kitsap Mall which donated a large room for the food to be bagged and readied for distribution.

The club is working with the local school district to help get the bags of food into the hands of those most in need. The local school districts are doing a great job providing daily lunches for the kids, but not on the weekends, when children are the most vulnerable.

“We’ve prepared food bags like this before, but this time it’s different. Now there is a sense of urgency -- a sense that what we are doing is

vitaly important. We all feel connected to the community in a much deeper way.”

“Obviously, getting food to people is paramount, but there is also another aspect of this project that is critical,” says President-elect and Public Image Chair Steven Boe. “It’s important for people to see groups such as Rotary out there being of service, to let people know that they are not alone. This is especially true in rural communities where homes are spread apart and people who are shut in for long periods can easily feel isolated and alone.”

The Silverdale Rotary Club is using the hashtag #ShutInNOTShutOut to spread the word that Rotary is here and even though we may be separated we are all in this together.



CLUB FLEXIBILITY – HAVE YOU TRIED IT?

BY JOAN FIRKINS

Given the green light to try new and interesting ways to improve attendance and/or attract new members to our clubs, Oak Bay Rotary in Victoria has made a significant change in their monthly meeting schedule, as follows:

- First Tuesday of the month - Regular Meeting including a Speaker
- Second Tuesday of the month - Club Committee Day *
- Third Tuesday of the month - Regular Meeting including a

Speaker

- Fourth Tuesday of the month - DARK
- Monthly Board Meeting - Fourth Tuesday of the month **
- Fifth Tuesday of the month - Vocational Visit (when applicable)

The purpose behind the change is twofold – it averages out the weekly cost of lunch (\$24 per person) and

it shows that we can conduct all our meetings and business within the timeframe of our weekly meetings without going into family or personal time. This comes into effect specifically with regard to looking for people to step up to be President and/or to sit on the club Board. We are now 8 months in and it appears to be running very smoothly with no negative feedback to date.

Note: Club Committee Day: lunch tables have tent signs on them according to the various committee names and people sit at their respective table. All club members are on at least one committee. They either start discussing

their committee while eating lunch or once lunch is over – they are given roughly 30 minutes to do committee work and the balance of the meeting is regular weekly agenda items and/or Directors reporting out. In some cases, committees are meeting for an hour before the meeting and then will carry on through lunch – it all depends how busy their committee is at the time.

Monthly Board Meeting: Board meeting is held at exactly the same time and place of our regular meeting space, albeit in a smaller room.

If you've always wanted to try something different.....go for it!

SHOW US YOUR HEART

BY DON DEMPSON

In these days of self-quarantine, virus information overload, lock-down and worry, it's nice to see people taking time to step-up and appreciate what those "on the front lines and in essential services" are doing for all of us.

For some it's offering to get groceries or delivering supplies, for others it's a regular phone call but for some it's about displaying a heart from your window, driveway or hanging from the outside of your house.

The symbol is simple – HOPE, RESPECT and LOVE! Whether it's a simple drawing created by one or two, a specially constructed wooden one or even a rot-iron one, they are popping up everywhere and as people look out their windows, walk or drive by – they are being noticed and appreciated.

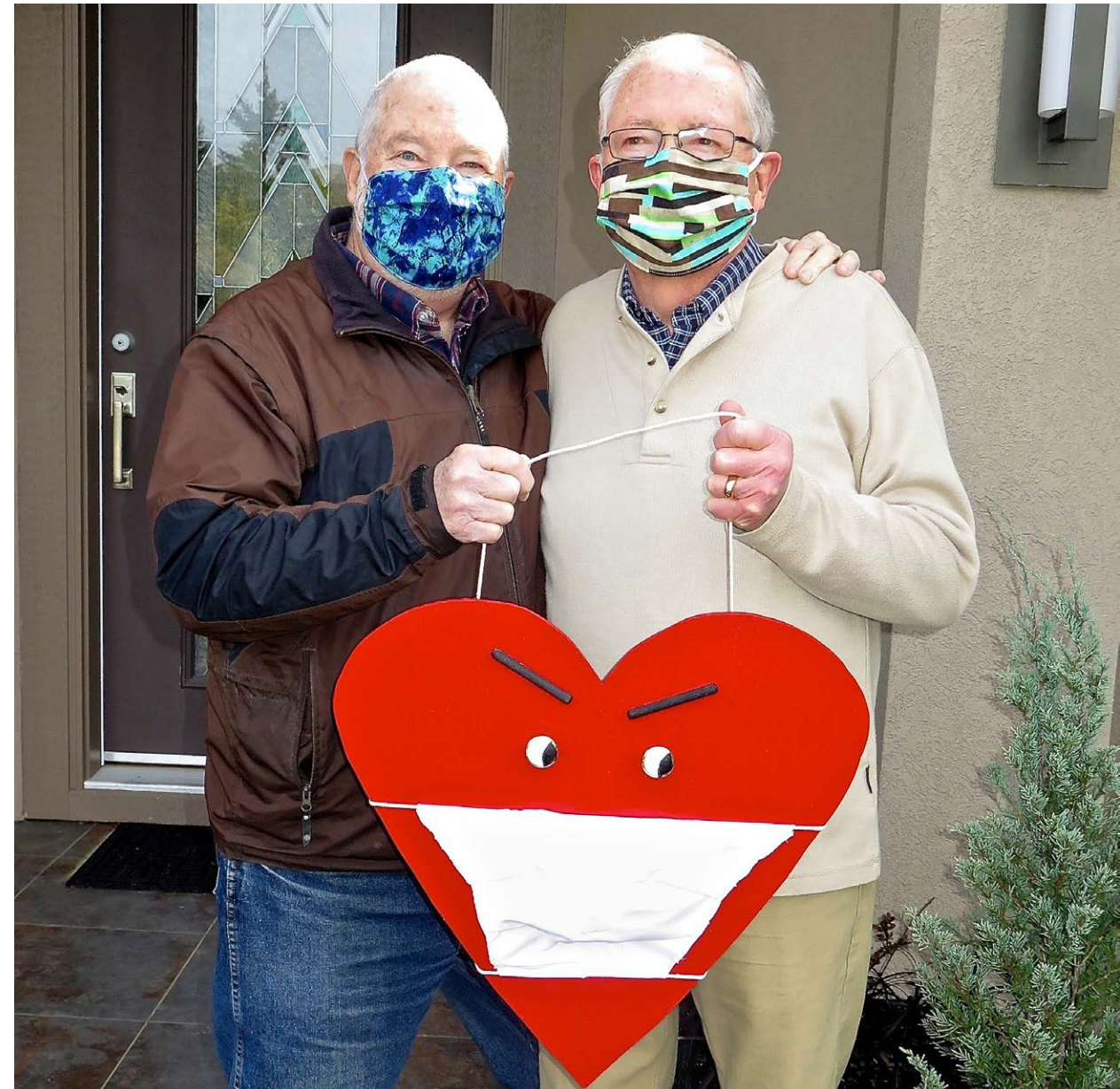
Doug Pearson and Don Dempson, from North Nanaimo Rotary, on Vancouver Island, recently took

a day out of their own lock-down (Dempson is living with Pearson in the midst of a house move) to advance the movement (after noticing a neighbour's exterior heart) and they created their own.

Like others seen around the community, it's not so much how big or how beautiful it is, but it's about the thought ---- we all have heart and we all can and will get thorough these trying times. If we continue to be safe, help others (where we can) and acknowledge the incredible work that is going on by others, we can and do make a difference.

Like banging pots and pans at night the idea of "showing your heart" is quickly spreading, and here's the challenge..... create your own heart and let others see you are on board; you recognize the efforts of essential services and YOU BELIEVE, we all can make a positive difference.

Show us your heart!



GATEWAY ROTARY HELPS FOOD BANK FINISH MAJOR PROJECT PHASE

BY GATEWAY ROTARY



The Lacey Food Bank’s occupancy permit was achieved with help from the Gateway Rotary Club, which provided members for a two-day heavy lifting of volunteerism in their local community.

Located at 7027 Martin Way East in Lacey’s urban growth area, the Lacey Food Bank’s Farm Stand had over 40 Gateway Rotary volunteers donate

their time on a Saturday in November 2019 and on the Martin Luther King Jr. Day of Service in January 2020, completing major landscaping work in an eight-hour period of outdoor gardening sessions.

“Our club’s commitment of supporting the Thurston County Food Bank is a wonderful thing, and our participation in the landscaping project for the Food Bank’s Lacey Farm Stand was a fun, rewarding activity,” said Curt

Vaniman, Gateway member. “It was so much more than just landscaping work. It made me feel good knowing that we’re contributing to getting the Farm Stand up and running as quickly as possible to help so many folks in need in that part of the community.”

Volunteers planted 600 plants, laid landscaping fabric, spread 30 yards of bark mulch, and installed a bike rack. The landscaping work had to be done before the Lacey Food Bank could receive their Certificate of Occupancy permit. “As I looked at the Lacey Farm Stand Landscaping project, I knew it was a lot of work to be done,” said Bruce Wollstein, Lacey Food Bank Project Manager. “I was taken back by the number of people and commitment by those folks to complete the landscaping project in a total of eight hours.”

Gateway member Courtney Williams said that the flexibility of the service project allowed her to involve her family members in the activity.

“My partner is a nurse, so his work hours don’t always allow him to experience community members in action,” Williams said. “We volunteered together during the landscaping project to support the Lacey Food Bank, and he was in awe by the positive attitude of Gateway

members and mission of the food bank.”

Gateway Rotary Club friends, coworkers, and family members, all joined in the landscaping fun. Gateway Rotarian Mark Isner and a team of volunteers from South Sound Contractors planted five trees and built a 150 square foot plaza in front of the Lacey Farm Stand. On the Martin Luther King Jr. Day of Service alone, over 20 Gateway Rotarians and family members helped spread the last batch of mulch across the site.

With the Farm Stand occupancy certificate in hand, Phase 2 of the Lacey Food Bank Project is now complete. Now, the Lacey Food Bank can start Phase 3: building the 5,000 square foot food pantry at the center of the property. Twenty-two percent of clients who use Thurston County Food Bank services live in Lacey.

“The food bank project was a great way to bring rotary together to help the community through a Saturday and a Holiday of service,” said Troy Kirby, Gateway Rotary’s Public Image Chair. “It allows our members to be active, but also engages with our community members on what Rotary does. Service above self, quantified.”

The Rotarian “Service Above Self” motto was

what made the volunteers stand out to Robert Coit, Executive Director of the Thurston County Food Bank. “From the beginning, I understood the Lacey Project to be part of a bigger effort to bring people together as part of the Compassionate Community initiative,” he said. “The partnerships with the City of Lacey, the North Thurston School District, and the Chamber of Commerce have all been rewarding. But it all tied together when actually working with Rotarians on the landscaping project and hearing people talk about how they were digging in the dirt to make Lacey a stronger community.”

The Gateway Rotary Club of Thurston County and Lacey Food Bank formed a partnership in August 2019. Once more progress is made on Phase 3 of the project, Gateway Rotarians will

help build shelves for the Farm Stand and food pantry. In the future, Gateway Rotary Club will also hold “Bagging Parties” at the food pantry to re-bag fresh produce for those who use food bank services. In addition to providing volunteers and work parties, the Gateway Rotary Club is a major financial donor to the project.

The Gateway Rotary Club of Thurston County formed in 2011 and has active partnerships with the Lacey Food Bank and Pleasant Glade Elementary School. It is the fastest growing Rotary club in the area, with over 126 members. The club meets every Wednesday from 7:00 a.m. – 8:00 a.m. at O’Blarney’s Irish Pub. For more information about the Gateway Rotary Club, visit the Gateway Rotary website or Facebook page.



SEQUIM NOON ROTARY GIFTS ADAPTIVE BIKE TO ALINA GRIEB

BY PAT ZANE

March 21, 2020 - In the environment of the continuing spread of the Coronavirus pandemic, social distancing and school closures, the Rotary club of Sequim recently awarded an adaptive tricycle to Alina Grieb, a 13-year old who has special needs. Alina loves riding her school's adaptive tricycle with Sequim Schools' physical therapist, Cherry Bibler. This is a specialized tricycle with a rear steering bar so an adult can help steer the trike while Alina pedals. This is the fourth adaptive bike the Rotary Club has given to local children with special needs.

Alina's mother, Marilyn Stacey, along with her younger brother Carter and sister Violet were jumping for joy as Alina took her first ride on the beautiful, pink Rifton tricycle. Alina was visibly

excited and made every effort to communicate that to us in nonverbal ways. Biking is a great exercise for Alina and we expect she will gain motor skills involved with peddling and steering. Now Alina and her mother will be able to enjoy more outdoor activities with her siblings.

The Rotary Club of Sequim adaptive bike program committee members Jim Jones, Doug Schwarz and Ted Shanks work with local health professionals and the Sequim school district to identify children who would benefit by the gift of an adaptive tricycle custom made for the student by the Rifton Company of New York. For more information about the Rotary Club of Sequim see our website @ sequimrotary.org



ROTARY CLUB OF SOOKE - PROJECT PREPARE

BY SAM PURDY



Like many other coastal communities in Rotary District 5020, the District of Sooke is one that may be subject to significant disruption should a major earthquake occur. With limited access in and out of the area plus several bridges that connect various parts of the community, there's a good chance that some of these areas could be cut off for days awaiting assistance after a major disaster.

Recognizing this, John Topolniski, a member of the Rotary Club of Sooke, suggested that the club consider being proactive in helping the community prepare for such an event.

After meeting with the District of Sooke Fire & Rescue Emergency Support Services, it was determined that placing Disaster Aid Kits in strategic locations throughout the area would assist residents should it be required until help arrives. That meeting was the birth of Project Prepare, and an application was submitted to District 5020 for a District Community Grant to support the initiative. With the acceptance of the grant application by the District, work began to develop the partnership between the

Rotary Club of Sooke, Disaster Aid Canada, District of Sooke Fire & Rescue Emergency Support Services, and Juan De Fuca Emergency Management. The result was the placement of 11 disaster aid kits throughout the area.

Each kit contains shelter for up to 10 people as well as various items needed to cook meals and sustain life for several days until help arrives. With the assistance of Sooke Fire & Rescue ESS and Juan De Fuca Emergency Management, the kits are stored in secure locations that are accessible should the need arise. Rotary Club of

Sooke Rotarians were involved not only in the planning aspect of the program and providing significant funds but also took part from a hands-on perspective in picking up the kits and working alongside ESS personnel to place the kits in the selected locations.

Thanks to the District Community Grant, the Rotary Club of Sooke was able to better prepare the citizens of the area with survival assistance should it be needed. This is another example of what's possible through the Rotary Foundation District Community Grant Program.



SOMETIMES, STUFF HAPPENS AND THINGS WORK OUT FOR THE BETTER

BY BRIAN KING

Sometimes, stuff happens and things just work out for the better. A case in point was when the Rotary Club of Ladysmith needed to re-order food-safe gloves a few months ago. We require and use the gloves when we put on our community food concessions at Festival of Lights, Ladysmith Days, etc. Our supply was getting low and we put in a rush order to replenish our inventory of 350 gloves just before Light-Up. As it turned out, due to a typo, or perhaps karma, we ended up with about 3500 gloves. According to Paul Williams, Director of Community Service, enough to last for 10 years!

Sometimes stuff just happens and things just work out for the better. Turns out, even though the gloves were a reasonable price, they were also powder-free nitrile examination gloves, in other words, medical-grade.

When Rotary President, Sandra Milne heard on the radio that the local medical community was in search of donations of spare protection equipment, such as masks and gloves she notified the Community Services Committee.

A few phone calls later, we connected with health care providers at the Nanaimo Regional Hospital, Cowichan District Hospital, Safecare BC, and the Ladysmith Community Health Centre. On Thursday of this week, with the assistance of the Ladysmith Secondary School Interact Club (a club sponsored by LSS and Rotary), we delivered some 2000 gloves to our Ladysmith Community Health Centre. Sarah Westgate, one of the leaders at the Centre, was very grateful and told us Ladysmith Community Health Centre has daily contact with the larger hospitals in our area and that they are well positioned to distribute the gloves as needed.

Sometimes, stuff happens. In this case, the glove fit perfectly!



Breanne King helping deliver gloves to Ladysmith Community Health Centre, March 26, 2020

VETERANS GOLF TOURNAMENT, JULY 18, 2020

BY KEVIN GLEIM

To all golfers and caring patriots, Parkland Spanaway Rotary will hold its 9th Annual golf tournament to benefit The American Lake Veterans Golf Course in Lakewood this July 18. The tournament will be a four-person scramble beginning 8:30 am at the American Lake course. See the flyer for details and contact information.

You may not know that the golf course has received no financial support from the VA since the early 1990s. An army of over 200 volunteers keep the course in fine shape. One group refurbishes golf clubs to be given to needy Vets while another keeps the golf carts clean and operational. The administration folks are committed to excellence, just like the greens crew. Volunteers keep the welcome center clean and friendly too. And local golf professionals donate their teaching skills so that Vets can learn and improve their game. The course

is one of only a very few that are ADA approved. Our Veterans with disabilities can play golf in specially designed vehicles that allow them to hit golf balls and drive in sand traps as well as onto greens. The course is also a place for Vets with PTSD and other war issues, to play golf and fellowship with their peers and older Vets, helping them to heal.

Ten years ago, our Rotary Club committed to raise \$50,000 toward the construction of a new nine holes. The number of Vets, active duty, and guests playing was hard on nine holes. Jack Nicklaus agreed to design the new nine free of charge, and three years ago, it was completed. What a wonderful new nine holes and the 18th is our signature hole. We accomplished our goal a few years ago but continue to hold the tournament for this great organization. Join us in support by playing and or sponsoring.

The Rotary Club of
Parkland—Spanaway
9th Annual
Charity Golf Tournament
Saturday, July 18, 2020
8:30 a.m. Shotgun Start

- Long Drive Contest
- KP
- BBQ Rib Lunch
- Come and enjoy while supporting a great cause!
- \$100 per golfer.

Proceeds benefit the VA Golf Course and the local and international projects of the Rotary Club of Parkland-Spanaway.

For More Information Visit:
www.psrotaryclub.org
kevin.gleim@thrivent.com

YOUTH IN ACTION: LADYSMITH, BC

BY GERRY BELTGENS

The Interact Club of Ladysmith is a youth-based service club at Ladysmith Senior Secondary School sponsored by the Rotary Club of Ladysmith.

The club was founded in 2016 by Kennedy Ronmark, who had just completed a one-year Rotary Youth Exchange to Brazil. Her purpose in starting an Interact Club was to bring together young people to contribute to local and global communities while developing service and leadership skills. She lived with an Interact family in Brazil and was impressed with what the young members there

accomplished. Rotary’s “Service Above Self” is evident through Interact’s service-based projects.

One of their current projects involves fundraising for a Disaster Aid emergency preparedness kit, including water filtration devices and solar lanterns. Interact will donate this kit to the town of Ladysmith this spring. The club has donated many hours of gardening work which are auctioned off to raise funds for Disaster Aid Canada.

Last year the group raised and sent \$1000 to

the Interact Club in Lilongwe, Malawi, Africa to assist with renovations they were doing to a local hospital. These renovations provide a space for sick children to do their school studies while hospitalized.

Throughout the year, they take part in global change initiatives and ask the community for donations. In February, the LSS Interact Club introduced a new fundraiser called New Year, New You. The goal was for students and community members to donate winter gear to help support people in need. The club collected gloves, hats, sweaters, socks and jackets to donate to the Resource Centre. In previous years and later this year, the club is taking part

in Soap for Hope initiative to organize personal hygiene kits and toiletry items.

Members work with the Oyster Bay Seniors Centre where they volunteer twice a month. Several students do activities such as table games or bowling with seniors, and occasionally, they team up and make the “Olympics” where residents take part in challenges, games, competitions and fun activities.

Interact members at Ladysmith Senior Secondary continue a great Rotary tradition of service at the school, and they have increased the feeling of pride as the community sees these young people making a difference!



RUNNING OF THE BALLS

BY LO LO SHERWOOD

This year will be the 8th running of Port Townsend Sunrise Rotary's Running of the Balls. This is much like the popular Duck race, but we sell golf balls instead of ducks. Just ahead of our community's Grand Parade, The Rhody Parade, all of the numbered balls are launched down Monroe Street. A nimble corps of Rotarians and street side volunteers lay the track minutes before the running, then pick it all up just as quickly, so the Rhody parade can begin on time. Children along the parade route get into the fun by returning stray bouncing balls to the track. Everyone gets involved! Everyone has fun! Our community wins on so many levels.

We use this community event as one of our major fundraisers. This year

we are issuing a challenge to all area service clubs: join the colored ball challenge. For \$400, your club can purchase 100 numbered colored balls. These balls are mixed in with all of the other balls. If one of your club's colored balls is one of the first three across the finish line, then your club will win a cash prize (\$2000, \$500 and \$250). We ask that you pledge to use the winnings for one of your benevolences. Last year, our local Kiwanis Club won the grand prize! What a win for our community!

Is your club ready for the colored ball challenge? Let us know at PtTownsendSunriseRotary@gmail.com or 360-301-1562. If possible, we will come to your club for a presentation.

The Port Townsend Sunrise Rotary Presents the

8TH ANNUAL RUNNING OF THE BALLS

Saturday, May 16th 2020

Tickets Available at Pt. Townsend Farmers Market.
For more locations: pttownsendsunriserotary@gmail.com
One ticket - \$5 & Five tickets - \$20

Event begins at
12:30PM
right before
the Rhody Parade
"Stop and Smell the Rhodies"

RACE STARTS:
Lawrence & Monroe St.
in Port Townsend

RACE ENDS:
Washington St.

Your numbered
ball could win:

1st - \$2000
2nd - \$500
3rd - \$250

Winner need not be present

All proceeds benefit
Port Townsend Sunrise
Rotary Projects

Follow us at
Port Townsend
Sunrise Rotary

Projects on balls: Foster Care, Olympic Neighbors, Seniors Programs, Clean Water, End Polio, Mock Trial, Scholarships, Youth Programs, Picture Dictionaries.

WE'RE EXCITED, EXTREMELY EXCITED

BY WAYNE ANDERSON

The five Rotary Clubs of Nanaimo and Lantzville and the Rotaract club are extremely proud to be celebrating '100 years of Rotary in Nanaimo'. The Rotary Club of Nanaimo was chartered on May 1, 1920, #689 in the world, the North club followed November 25, 1972, Lantzville club June 24, 1988, Daybreak club December 13, 1995 and the Oceanside club September 14, 1998. The Rotaract Club of Nanaimo was chartered January 23, 2009. The Nanaimo club also sponsored the charter of the Rotary club of Ladysmith, BC.



Nanaimo, BC, a community on the east side of Vancouver Island was incorporated as a City in 1874. Over the years the city grew, fueled primarily by the coal industry, and by 1920 it was a bustling hub of activity serving the mid-Island and North Island areas. With its retail shops, hotels, two movie theatres, an opera house, sports teams, several auto dealerships, auto repair shops, plumbers, doctors, lawyers all linked to Victoria by rail and gravel road and Vancouver by water transportation, it was ideal for the formation of Rotary club.

The accomplishments and contributions to the community by our Clubs over 100 years have been many and varied. The most successful and sustainable Rotary service tends to fall within six areas, 1) Peace and Conflict prevention, 2) disease prevention and treatment, 3) water and sanitation, 4) maternal and child health, 5) basic education and literacy, 6) economic and community development. Since their beginning, the Rotary clubs in Nanaimo and Lantzville have participated in COMMUNITY PROJECTS, YOUTH PROJECTS, CLUB AND COMMUNITY FELLOWSHIP, THE ROTARY FOUNDATION, INTERNATIONAL SERVICE, FOUNDATION SCHOLARSHIPS, GROUP STUDY EXCHANGE now called VOCATIONAL SERVICE, STUDENT

EXCHANGE PROGRAMS, RYLA, and they sponsored and supported A ROTORACT AND INTERACT CLUB.

The first couple of years were focused on Club service, searching for appropriate meeting venue, strengthening fellowship, hosting interesting speakers including from other Rotary clubs and traveling to other Rotary clubs and events, including 5 International Association of Rotary clubs and for Rotary International conventions between 1920 and 1926.

Rotary year 1991-92 was a historic year for membership, in that, women were brought in as members to the Rotary Club of Nanaimo. On March 6, 1992 the members of the Rotary Club of Nanaimo witnessed history in the making as the first four female members were inducted into the Club. Two of the original members are still active, one is a past president, and one is the current President of the club in its 100th year. Since then, many women have joined Rotary Clubs all over the world and are contributing greatly to the success of these clubs. Today, in Nanaimo and Lantzville, on average, females make up about 37% of club membership in the five Rotary clubs and the ratio is much higher in the Rotaract club.



Community service was embedded in the club from the beginning with Pres. George Pearson, as the chairman of the hospital board, including rotary in lobbying the government and raising money to build a new hospital. The Red Cross joined Rotary in the formation of a child welfare society in October 1921. The club accepted donations for Christmas cheer and in December 1921 put on a midnight vaudeville to raise money for the kiddies.

Throughout the early years Rotary organized field days (Sports days) for the school children in Nanaimo, ran a youth hobby fair for children under the age of 17, raised money to help build a gymnasium, judged children's Gardens, gave rides for "convent inmates" to the Nanaimo river for picnics.

In May 1922 Rotary took on a major project to put two beaches (one in Nanaimo and one south of Nanaimo) in shape and provide supervision for the summer months. They raised over \$900.00 including \$300.00 from the city, plus donations of a boat and chains. They ran this project for three years and turned it over to the city in 1925. Eventually the beaches were closed due to pollution.

- In 1927 an Upper Island Music Festival

was proposed by a member, approved as a community project, and the first festival was held in May of 1928. This Music Festival has continued annually until today.

- In 1927, the Club led the campaign to construct a new Nanaimo General Hospital, the project was completed in 1928. This facility served the Area until 1963 when the new Nanaimo Regional General Hospital was completed.

- Rotary supported the construction of a new Civic Arena in 1939, sponsored the formation of the Nanaimo Figure Skating Club and then sponsored Ice Carnivals from 1942 until 1955 which were very popular.

- In 1953 Rotary undertook the development of Bowen Park on a piece of property, 89.4 acres, owned by the City of Nanaimo. The property was completely undeveloped, and it was the most challenging undertaking by the Club, spanning a period of seven years of direct involvement. In 1960 the Park was turned over to the City to be managed by the Civic Properties and Recreation Commission. Today it is a multi-use recreational Park enjoyed by all.

- May 1958 saw the first Soap Box Derby held



in Nanaimo sponsored and run by Rotary.

- In 1978 Rotary undertook to provide a new home for the Boys and Girls club in Nanaimo. The new facility was turned over in 1979.

Today the list of Projects undertaken and completed in the 'recent' past by the Rotary Clubs in Nanaimo demonstrates how the local and international communities have benefited from the work of Rotarians. These projects are examples of an individual effort by a Club, the five Clubs working together, or partnering with other stakeholders, or working within the Mid Island Group of Clubs to complete International service. Fundraisers, of course, are required to make all of this happen. Two major annual FR's are the Rotary Nanaimo book sale and the Nanaimo Oceanside 'Bond' night, however, each Club is very creative in their own FR's which allows all of this good work to happen.

SOME MAJOR LOCAL EXAMPLES:

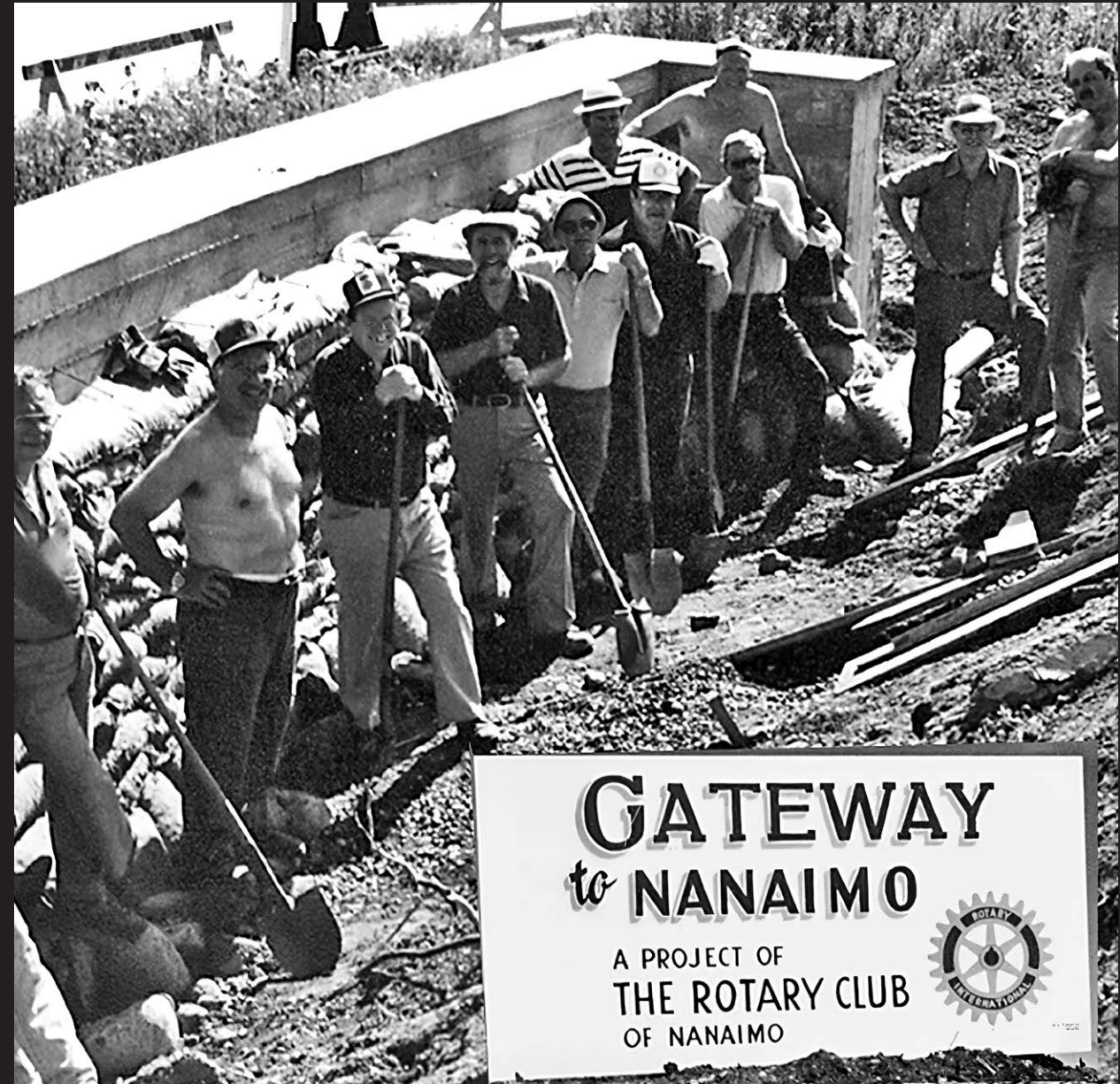
- Restoration and structural renovation to the Bastion, Nanaimo's most well-known landmark
- Construction of the Rotary Nanaimo Field

House at the Third Street Park

- Construction of the Rotary Lookout Park and Rest Stop
- Construction of the Rotary Bowl athletic track
- a \$ 50,000 donation to the Nanaimo Museum
- a \$ 50,000 donation to the Regional Hospital new emergency room
- a \$ 100,000 donation to Eden Gardens, a new health facility for patients with dementia
- Annual financial and book donations to Literacy Central Vancouver Island

CURRENT 'HANDS-ON' SERVICE INCLUDES:

- Monthly breakfasts at the Salvation Army Hope Centre
- Monthly breakfasts at the 7-10 Club
- Monthly food distribution service at Loaves and Fishes



- Annual Christmas turkey lunch with all of the trimmings for the students and staff at a local elementary school.

- A dental program to help students with limited means and tutoring for those with reading challenges.

INTERNATIONAL SERVICE PROJECTS:

Since 1971 Rotary In Nanaimo has been involved in a wide variety of International service projects located in countries around the world. These include projects in South America, Mexico, Africa and India. Rotary In Nanaimo has funded projects involving housing, clean water, dental, medical, woman's health, children's health, literacy, orphanages and rotary's polio plus campaign.

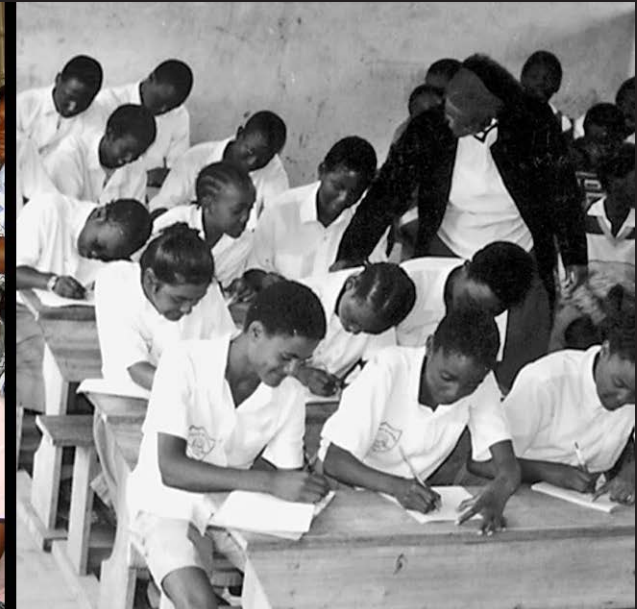
A good example of international projects that have had an enormous impact on a community is those that were implemented and completed by collaborating with the Sunyani Rotary club in Sunyani, Ghana, Africa.

A program headed by Dr. Ken Hammer a professor at VIU, received funding for work in Sunyani. At the same time Carrie McIver, head of solid waste program in Nanaimo was

involved in solid waste education program in Sunyani. A delegation from Sunyani, funded by Ken's program, came to Nanaimo to examine our solid waste management program headed by Carrie McIver. The delegation from Sunyani arranged to speak at the Rotary club of the Nanaimo. Following their presentation Dr. Ross White discussed possible literacy programs with them. This encounter resulted in Carrie McIver joining Rotary, a Rotary club formed in Sunyani and an international project that has involved all 5 Clubs and spanned 15 years so far.

One of the first projects we were involved in was literacy. We provided books, desks, bookshelves, sports equipment, equipment lockers and computers for schools. Later, those in charge of schools asked us to build a security wall around the school for the safety of the children. After the wall was built a guard house was constructed at the entrance to the school. This resulted in girls coming back to school, teachers wanting to teach there and children's grades improving. The next phase was an eight-seat latrine with flush toilets inside the school separating the boys and girls' facilities.

Following this the Sunyani Rotary club asked



Rotary to fund a project to build latrines in the city Square for their weekly markets as there were no facilities available for the thousands of people who came to shop. This was a huge improvement in the sanitation and health of the people in Sunyani.

Since then the Rotary Clubs in Nanaimo, at times, in partnership with the Mid Island Group of Rotary Clubs on Vancouver Island, have completed many International projects together.

To celebrate '100 years of Rotary in Nanaimo' the Rotary club of Nanaimo in partnership with

the City of Nanaimo and the other Area Rotary clubs will build a 'Peace and Contemplation Park' within the ocean front Swy-Lana park in downtown Nanaimo. The front cover photo on this month's District magazine is a representation of what is planned. In addition, yearlong events are planned to celebrate Rotary. A Gala dinner was planned for May 2, 2020, however, due to the ongoing battle against the Covid-19 virus the dinner has been postponed until further notice.

With thanks to all past, current and future Rotarians who WERE and ARE committed to the IDEALS OF ROTARY.





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Clean Water
End Polio
Mock Trial
Picture Dictionaries
Scholarships
Youth Programs

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All proceeds benefit
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Rotary Projects

Follow us at
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Sunrise Rotary



**YOUR CLUB EVENTS COULD GO HERE,
PLEASE SUBMIT YOUR POSTERS TODAY!**



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