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April 2020

Rotary Club of Edmonds First Virtual Meeting, March 31, 2020

Our first virtual meeting, on Zoom, was well attended and fun. David Kaufer gave a classification talk, and Maggie Peterson even brought her dog! (Elizabeth Crouch brought hers too, but he skipped the photo.) If you need help getting set up (you can participate by computer or by phone), David can give you a helping hand. Edmonds Mayor Mike Nelson will be our speaker on April 7.



A little nostalgia... Remember when we met at Claire's for our meetings? Our last speaker there was Rick Steves, an excellent send off. Have faith, we will return to those days. Meanwhile, join us online, and let us cheer each other.

Rotarians keeping busy with acts of kindness...

Easter at Trinity Place *by Brenda Carrithers*

On March 14th we attempted to meet as a committee, the four of us... Elise, Jean, Kathy and me. Elise and I were able to meet, assess our inventory, and create a shopping list. (Jean was sheltering in place, and Kathy had an injury)

Spring Baskets for 31 Trinity Place Children are ready to be delivered next week.

A typical basket/bucket contains; an age appropriate color book or activity book, markers/ crayons or pencils, a toy, 3 candy filled eggs and of course a chocolate bunny!

The distribution model to the children is not a direct gift from the Rotary as we do with the school back packs. The parent(s) comes to the office to collect the personalized baskets for their children and are encouraged (and sometime taught) to present the treats to their kids. This method is intentional and goes a long way to mend and/or build family dynamics.

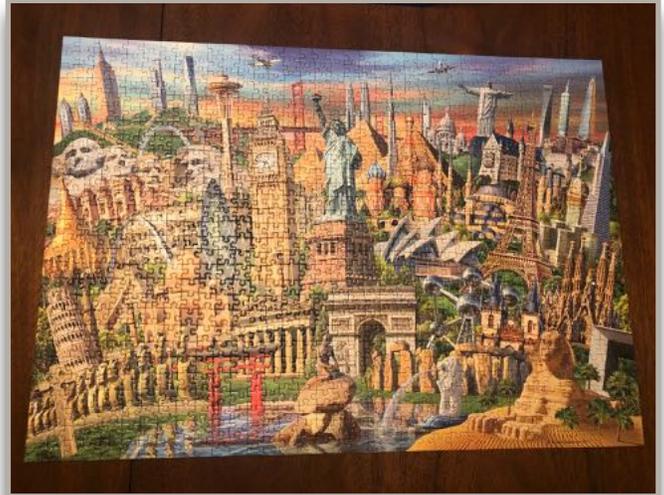
Another note: the Craigslist Selling Fundraiser is suspended until further notice.



Elise Hegrat and her partner Larry Lupescu took some time to clean up and organize the Rotary storage area. (Wish I could tell you how many times THAT has been done!) What a kind effort.

Speaking of kindness, Maggie is spending some time making masks for donation. She is able to make about 20 a day. If you need a mask you can contact her at 425-308-4013.





What are we doing?

Sharalyn Ramm says she has trained her cat Clawdia to practice social distancing. Well done.

Meanwhile, Adrienne and Chuck Miller put a whole puzzle together. Though we don't know the time frame... an hour, three days, the past two weeks?

David Kaufer is taking lots of walks with the family. This one was at Boeing Creek Park, in Shoreline. Or you could say the dogs invited them to come along on a walkabout.

Debbie Danekas handles every challenge in a cheerful way. We see she has Easter and springtime on her mind... and then some. The tulips are lovely. Your bunny ears are very cute Debbie, and ... the puppy too? Quick, someone FaceTime Debbie. She needs a chat with real people!



Elizabeth Crouch submitted some **“Mental Health Wellness Tips for Quarantine”**, from psychologist **Margie Donlon**. We present a brief excerpt here, but you can access the entire article at [#doonething](#) :

- Stick to a routine
- Dress for the social life you want, not the social life you have
- Find some time to move each day, especially outside if you can
- Reach out to others. FaceTime, Skype, Messenger, Zoom, even a phone call. Vocal connection, not just email
- Stay hydrated and eat well
- Limit media and conversation focused on COVID-19, especially around children. Instead, focus on the helpers, the good in the world
- Find ways, big and small to help others, to give back
- Find something you can control, and control the heck out of it. Closets? Bookshelves? Garden?
- Find lightness and humor in each day
- Reach out for help. Professionals, neighbors, and FRIENDS are there for you

“Always look on the bright side of life” ~ Monty Python’s Life of Brian

From the Editor...

The past month seems to have gone by so slowly. One day creeping by at a time, as we try to get into a new groove. No question, COVID-19 has changed our world forever, and while much is a little scary, there are some silver linings...

Expanded online shopping, and takeout/delivery. So many more choices, and from companies we never thought possible: from McDonald’s to Canlis, and most every restaurant in between. From the Edmonds Bookstore to no-contact pizza. Delivery service was common in the “old days”; now it is once again. Retailers and customers are both adapting.

With the expanded online offerings, many of us have taken the opportunity to upgrade our own skills. Whether by choice or necessity, who would have thought we’d all be having virtual Rotary meetings and cocktail parties? Or that you could take a virtual visit to the Seattle Art Museum (and beyond) or the Aquarium? Or learn a new skill on YouTube?

Many people with disabilities are finding accommodative changes now being made that have always been considered not possible, especially in the workplace. All because many of these changes are needed now by the broader workforce: working from home, flexible hours, etc.

Social service delivery is getting a new look from politicians of all stripes. Healthcare, unemployment benefits, childcare, education costs, mortgage and rent relief in hard times, new-found accommodations for homelessness. The final answers are yet to be determined, but the conversation itself is a major breakthrough. Who knows how many of today’s temporary solutions will become a permanent part of our social fabric?

To see the outpouring of community support here locally, and internationally, is beyond encouraging. Selfless healthcare workers trying to save lives, others who provide food and essential services. Volunteer efforts of all stripes. People in Italy singing from their balconies. Folks here at home picking up groceries for isolated neighbors, making masks by hand, donating money and goods. The list goes on. We aren’t alone. We are neighbors after all.

We have to mention some of the less serious things too. Traffic is better isn’t it? We know that’s temporary. I’m enjoying seeing news commentators in their more “natural” state - without all the professional hair and makeup as they broadcast from their basements. And don’t people seem a little more patient as we remain socially distant?

Finally, there is the recognition of all the real workers in our midst, the first responders we call them. Health care workers for sure. But also the ones supplying the grocery shelves, the bus drivers, the child care workers, the garbage collectors. It is a part of our Rotary values that all work is honorable and that all vocations deserve our respect. We see that clearly in what is happening around us every day.

Hugs to you all. Stay safe.

Pat Thorpe, Editor
c’est finis

