

Eastwind

Tuesday, April 21, 2020



Welcome

Club President TomJ started the Zoom meeting by reminding us that we are the “Crown Jewel of District 5130.” Les Chauncy brought a flag and lead the group in the Pledge of Allegiance.

Thought of the Day

JeffS provided the Thought of the Day. "I don't mind having to stay at home all of the time, but I really hate being told what to do!"

Song

Songmeister LarryL led the online attendees in “My Country ‘Tis of Thee.” We sounded as best we could, given the circumstances.



Visitors

There were no visiting Rotarians. Visitors were Melia Granath-Panelo (our speaker) and Lori Lee, both with the Buck Institute.

Club Announcements

JeanC will be mailing out dues letters soon. Members are given the option to break up their payments if needed: \$100 due by June 30th and \$100 due by November 30th. Let JeanC know if that’s what you’d like to do so she can reflect that on your invoice.

JulieM reminded the attendees about her fundraiser to raise \$1,800 for 550 face shields to be donated to Sutter hospital and their clinics. ****UPDATE as of April 22nd: The fundraiser has reached its goal. The face shields will arrive April 28th.****

President-Elect KimMcD updated everyone on the Lunch Is On Us project.

• Total Funding	\$19,521
• Meals Served	645
• Cost of Meals	\$6,950
• Restaurants Used	3
• Weeks operated	4
• Cost per week	\$1,738

If you have any questions or know restaurants we should include, let her know.

On April 13th, JoeM distributed 50 \$20 Safeway gift cards to Indy Monday, the principal at Brook Hill Elementary. These are cards that are usually given out at the end of the school year, but given the current stay at home order, these families need the assistance now. Our Pantry program is closed, but the Santa Rosa City Schools District is distributing school lunches eat day. President TomJ announced that the Veterans Luncheon committee donated \$5,000 to the Redwood Empire Food Bank. Great work, guys!



DanL told the group that The Living Room needs volunteers to help cook and monitor their parking lot. Volunteers are asked to be over 18 years of age, feel healthy, commit to at least once a week and fill out an application. They must also wear a mask during their shifts, which will be provided. The job descriptions and volunteer application will be included with this edition of the Eastwind via email.

Presentation

JimW introduced our speaker, Melia Granath-Panelo, an intern at The Buck Institute in Marin County. Melia usually does research on Huntington's disease, but has shifted focus to the coronavirus and finding treatments to combat it.

The Buck Institute's mission is to end the threat of age-related diseases, and is mostly funded by the National Institute of Health.

There are six trials currently going for COVID-19, and a vaccine is estimated to arrive late next year.

Her advice for staying safe and healthy is:

- Wear a mask
- Wash your hands
- Delay any non-urgent medical care
- Take vitamin C
- Stay connected to family and friends
- Keep moving
- Get adequate sleep
- Manage your stress

If you would like more information on the work they are doing related to the coronavirus, go to www.buckinstitute.org/covid-19.

The Buck Institute also has a free speaker series on COVID-19 topics. To attend, go to <https://www.buckinstitute.org/news/covid-webinar/>

Best wishes to you all!