



P2 / Director Message

Thoughts on COVID-19 and Rotary's call to action from RID Floyd Lancia.



P3 / Staying Engaged

Rotary interactions, still rich, already adjusting for health crisis.



P4 / Hygiene Ditty

Washing hands to "R-O-T-A-R-Y—that spells Rotary."



P5 / Amidst COVID

Acts of kindness abound during pandemic; related webinar March 26.

The Heartbeat

Zones 30-31

Mar/April 2020



Much has happened across Rotary clubs, districts, zones and the Rotary world since our last Heartbeat release in January.

Clearly, the biggest and ongoing development, affecting all aspects of our personal, business and Rotary lives — so much of it still unknown — is the pandemic associated with what we now know as COVID-19. We dedicate this issue to

that subject, not recounting its effects on us to date or speculating on its future, but focused on how we respond, lead and continue to show Rotary at its best as our members, organization and communities have come to expect.

“Such uncharted waters, but we’re all in the same boat, compelled to keep moving.”



As we know, our medical system is very good — one of the best in the world — and always been there to meet our needs. We have, however, been caught unprepared by the severity of COVID-19.

Many lack information and are suffering anxiety primarily because much about the virus is unknown. That's why there's a rush to supermarkets where shoppers find shortages of food, toiletries, masks etc.

As of March 18—with the numbers changing every day — we heard of 198,000 reported cases and nearly 8,000 deaths worldwide. Current experience suggests that 80 percent of all cases will be mild, close to 20 percent requiring hospitalization, 5 percent of the 20 percent requiring the Intensive Care Unit (ICU), and around 2.5 percent requiring very intensive help with items such as ventilators or ECMO (extra-corporeal oxygenation). It is taking an average of approximately five days for the COVID -19 symptoms to show up after contracting the virus.

These are all facts we know. The question is, what are we (Rotarians) doing about it? At this stage we need to do more.

From the strength of our economy, to the reliability of our political leadership, and to our individual resilience, we are all now in a critical situation that will have profound consequences for how we work and act as citizens, neighbors and Rotarians.

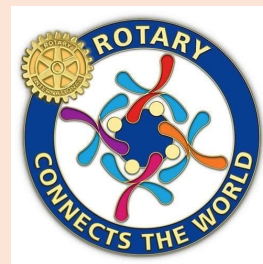
Rotary will be measured by its ability to have handled this adversity and uncertainty, and Rotary's ability to put the interests of the organization ahead of individuals—just as it has in our efforts to eradicate Polio. It sounds easy, but it won't be. Many of us have made sacrifices before, but I believe this time is

going to be different. I believe as you do: if Rotary does not get involved, we will have failed in the most fundamental tenet of Rotary and this is, undoubtedly, the time to react.

Some of you are working closely with governments and health agencies. This is the time that all Rotarians need to take the lead. With all Rotary meetings and gatherings cancelled, it allows us to devote more time to this cause.

A few thoughts:

- Coordinate online meetings with Rotaract and Interact representatives to collaborate on the type of projects that can be done in your communities. Arrange time with health authorities to speak to them and advise them on the nature of the disease and simple precautionary steps they need to take.
- Coordinate with Chambers of Commerce to arrange for private sector companies to send their representatives for presentations on what steps companies need to take to protect workers and educate them on basic hygiene requirements.
- Teach people the simple act of social distancing. When there is a lockdown, cases go down. When people don't interact with each other, it curtails the spread of the virus.



It is in times like these that we feel very grateful to have a supportive Rotary family. As family, we are learning and continue to learn and navigate a new normal. I am thinking of you and your family and wish you to be well and stay safe.

Yours in service to Rotary,

Floyd

RI Director, Zones 30-31, 2019-2021

Adjusting Rotary Interactions During Crisis

Floyd Lancia

RI Director, Zones 30-31, 2019-2021



By now, most of you know that the Rotary International Convention scheduled for June in Honolulu has been cancelled. Concern about the health and wellbeing of the attendees is the overarching factor. That said, the convention is not the only Rotary event that has been rethought -- face to face Rotary meetings and gatherings of all types as well. Even Rotary International and Rotary Foundation staff are working from home now and for the foreseeable future. Worth noting, in my experience and others', is that their response time is just as prompt as always. Each department is ready to continue serving our needs and all staff looking forward to a time when we can meet face to face again.

In the near term, Rotary International recommends that Districts and Rotary and Rotaract clubs meet virtually, cancelling or postponing meetings and events following the advice of national and local health officials. Please continue to follow the guidelines set by the [World Health Organization](#) and your national, regional or local health authorities to protect your health and safety. If feasible, conduct meetings online or by phone.

Rotary is closely monitoring the pandemic of COVID-19, the illness caused by the coronavirus, and continuously assessing the potential impact on Rotary operations, events, and members. Rotary encourages members and their families to take precautions to protect themselves from contracting the virus by washing your hands often and thoroughly, putting distance between yourself and others if COVID-19 is spreading in your community, and staying home if you are sick. *(See a Rotary-inspired handwashing technique on the next page.)*

On a recent opinion page of the *Fort Wayne Journal Gazette*, Todd Purcell's **Lessons of the Polio Experience** describes how Aunt Cecelia contracted Polio in 1951. Quoting him: "We can learn from my Aunt Cecelia's example. Despite a year in the hospital—despite two years of rehab and needing crutches for life—she didn't let her bout with Polio define her. In time, she walked to school every day. In time, she was no different than anyone else. Like her sisters, she was beautiful, lively and full of wit. Now 81, she has eight grandchildren and six great great-grandchildren. By any measure, my Aunt Cecelia continues to enjoy a fantastic life because she focused not on what happened to her, but what she could make happen."

We can all learn from her experience as we navigate days ahead.

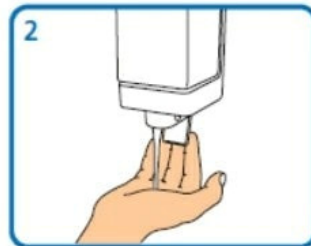


Hand-washing technique with soap and water

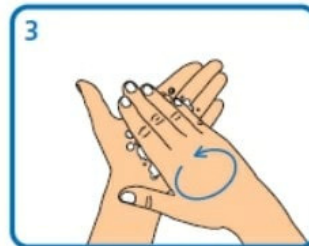
The Rotary Song



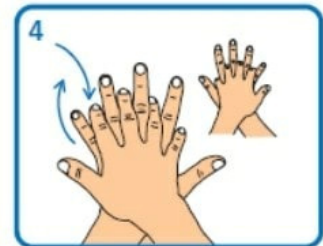
R-O-T-A-R-Y,



that spells Rotary.



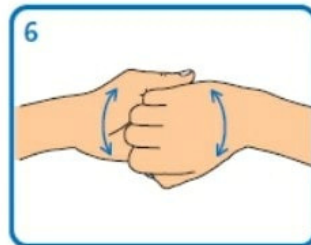
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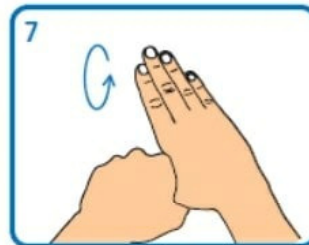
is known from land and sea.



From north



to south,



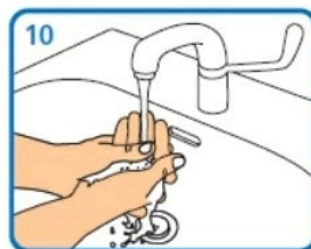
and east



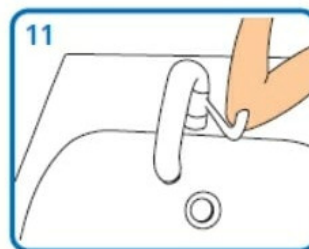
to west,



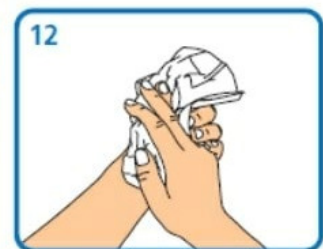
He profits most



who serves the best,



R-O-T-A-R-Y,



that spells Rotary

Washing your hands for 20 seconds or more is important to maintain good hygiene.



R-O-T-A-R-Y, that spells Rotary

Rotary 

Everyday Kindness In 'Service Above Self'


Even in uncertain times, there are small and big acts of kindness that showcase the inspiring good in and by our clubs, districts and zones. Examples throughout Zones 30 and 31 since onset of COVID-19:

- Sewing CDC-compliant face masks for health care staff or visitors (*specifications available online*);
- Creating care packages of hygiene products, toilet rolls, food, books, gift cards or other items for the needy;
- Inviting club members to chat by phone with elderly and other vulnerable individuals to brighten their day and check on needs for support;

Rotary Zones 30 and 31 Webinar Series, 2019-2020

**Together, We Stay Connected:
Tips for Rotary Clubs and Districts**

Heart of America
Rotary
Zones 30 & 31



The bonds we share through our Rotary clubs and districts are more important than ever!

Take-Aways:
Join your fellow Rotary members, club and district leaders as we share what clubs and districts are doing to support one another and their communities through the challenges of containment and social distancing.

**Thursday
March 26, 2020
6:00 p.m. CT**

REGISTER NOW at rizoness30-31.org/events/zone-webinars/

 **CORONAVIRUS**
COVID-19

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- Tapping your area chapter of VOAD (*Voluntary Organizations Active in Disaster*) for safe engagement/support of Rotarians in highly needed areas;
- Recognizing caregivers in hospitals, nursing homes, physician offices, adult and child day care centers, ambulance companies, etc.;
- Donating your PHF share, tax refund or other monies to The Rotary Foundation as part of a special fund to help those most affected by the virus;
- Donating blood or sponsoring a blood drive, confident that health professionals are taking precautions to ensure safety through screen-

ings, more space between donors, and advance appointments to limit wait times and crowds;

- Engaging your Heart of America Coordinators for guidance on pursuit and promotion of efforts.

Heart of America Coordinators

Rotary Coordinators

- ◊ Bob Callahan Jr., Zone 30, bcjr@callahanmail.com
- ◊ Rita Esterly, Zone 31, esterly.rotary6080@gmail.com

Rotary Foundation Coordinators (RRFC)

- ◊ Woody Northup, Zone 30, woodyn@radiosound.com
- ◊ Michael Nowobilski, Zone 31, nowobilski@midam-inc.com

Public Image Coordinators (RPIC)

- ◊ Chuck Barnett, Zone 30, chuckbarnett@gmail.com
- ◊ Elizabeth Usovicz, Zone 31, eusovicz@kc.rr.com

