



2019 - 2020 Board Members

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1st Qtr Edwin Peacock

2nd Qtr Ron Kimble

3rd Qtr Jeff Atkinson

4th Qtr Karen Price

KRISHNEEL MAHARAJ Mind & Movement Company



Amidst all of our efforts to adjust and accept our isolations, our *Zoom* speaker, Dr. Krishneel Maharaj, offered a timely message from his perspective, a Psychologist with a special interest in anxiety disorders, well-being and performance.

Krishneel encouraged us to build on our resilience in an ever changing world. How can we best tolerate the current limitations and accept the anticipated very different new normal future?

To minimize the anxiety all of us are experiencing, he encouraged us to focus on four areas: compassion, confidence, control and connection.

COMPASSION: Recognize that although we are all in the same storm, we are not all in the same boat. Many of us are at or near retirement and financially secure unless all gets far worse. However, some have hemorrhaging businesses or struggling adult children, challenges are much worse in Alto Cayma, Peru and other third world areas. Don't forget to experience hope and compassion for yourself too!

CONFIDENCE: To carry you through, focus on challenges you have had in the past and how you have always overcome them. That attitude will help establish your optimism for the future. Perhaps with your extra free time you now have the opportunity to establish new activities or hobbies, sample yoga or expand your garden?

CONTROL: Focusing on optimism alone can be a detriment because much of what will influence our future we cannot control. No one knows when a vaccine will be available or how many of us will get sick or die in the meantime.

Consider selectively reading the news instead of watching it

Identify what you have control of and what you do not have control of. Do not waste time on what you cannot control. Krishneel offered the example of how some have said they survived incarceration by focusing on what they eat or the opportunity to use chains as restraints for isometrics.

CONNECTION: Especially as Rotarians, we are wired to work together and serve others. We are not big fans of isolation. Maintain social communication even as we must honor physical distancing. Take advantage of technologies to stay in touch with friends and family and reach out to old friends you now have the time to reconnect, providing

encouragement to others.

Thanks to Dr. Maharaj for reminding us to find the positive opportunities of the day and to continue to support each other.

BY: ED WADSWORTH

CLUB NEWS

Rotary International link to covid-19: <http://on.rotary.org/covid-19>

STAYING IN TOUCH with our Rotary members is important. Please take a minute to check on your friends, report funny stories and updates back to me to share with everyone so we can see who is doing what. The Reporter can be used to share what your company is doing to get through the pandemic, what your family is doing, send me your How I Got Where I'm At....anything to keep our members in the know.

BILL BARTEE: If you are on Facebook and don't follow Jesse Brown's Outfitters live sales, you're missing something. Best utilization of social media to promote unique items for sale all while enduring a pandemic. Check it out.

MARILYNN BOWLER: Bob and Marilyn welcome the birth of great-grandchild Brady born on Saturday with a fighting weight of 8 lbs. 5 oz. Mom, Dad and big brother Colton are doing great.

BLOOD DRIVE: Rotary Club of Charlotte and the American Red Cross **BLOOD DRIVE** @ SMS Catering (1764 Norland Road). May 19, 2020. 10:00am – 3:00pm. To make an appointment, please go online to redcrossblood.org and enter keyword "UptownRotary." Nineteen people are now registered – a total of fifty people are needed to make this a successful event.

1943-44: Under the leadership of Everett C. Bierman, the club's 27th president, The Rotary Club of Charlotte started the first Blood Reserve in Charlotte with Bierman giving the first 500 cc's. The Blood Reserve was the precursor to the American Red Cross.



ELEVEN NURSES OF THE "CHARLOTTE" 38TH EVACUATION HOSPITAL UNIT SPONSORED BY CHARLOTTE MEMORIAL HOSPITAL DURING WWII, PHOTO TAKEN AT THE RED CROSS CLUB IN LONDON, ENGLAND, THE UNIT WAS CREATED IN 1941 IN CHARLOTTE, NORTH CAROLINA

MEMBERSHIP

07/01/2019 276 *New Members:*
05/05/2020 269
Net Increase -7 *Resignations:*

CELEBRATIONS

BIRTHDAYS (05/13/2020 – 05/19/2020)

05/14 – Bob Culbertson, Mac McCarley, Neal Triompo
05/15 – Al Allison
05/17 – Robert Salmon
05/18 – Glenn Paton

WEDDING ANNIVERSARIES (05/13/2020 – 05/19/2020)

05/13 – Angela & Reggie Johnson
05/15 – Maria-Jose Mage & Frank Mueller
05/16 – Scarlet & Jay Westmoreland

ROTARY ANNIVERSARIES (05/13/2020 – 05/19/2020)

03 years – Victor Chen
19 years – Biff Virkler

UPCOMING PROGRAMS (utilizing Zoom)

05/12 - Tory Summey & Bruce Thompson, Parker Poe Adams & Bernstein, Federal Pandemic Relief
05/19 - Brent Cagle, Charlotte Douglas International Airport
05/26 - Interact Service Award and Jamal Tate
06/02 - HIGWIA (Reggie Johnson and Kevin Poet)
06/09 – Bill Tobin, ShelterBox