



THE MILL WHEEL



Rotary Club of Mill Valley
Founded June 7, 1926 • “Service Above Self ”

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<http://millvalleyrotary.org>

District Website: www.rotary5150.org



Dear Fellow Shelterers

Let's meet again! Well, not physically together but by videoconference! As many of you know, it's pretty easy and it's working for other clubs. Our own Dick Spotswood was the speaker for the Novato Sunrise club this past week.

Your Board met last Thursday by videoconference and decided that we'll have a member meeting on Tuesday, April 21 at 1:00. We plan on having meetings every other week. Bob Canepa has arranged with Dick Spotswood to be our speaker on the 21st with economist Jon Haveman to speak on May 5th. Dick will provide his interesting political insights and Dr. Haveman will speak about what lies ahead for our economy, especially for the Bay Area which is an area of his expertise.

You will be able to attend the video meeting by computer or smart phone or by dialing in with any phone. We will use Zoom Video with which many of you are already familiar. For those who have not used Zoom, I'll have how-to instructions and an opportunity to see if things work a few days ahead of the meeting and help if you need it.

Your board also reluctantly decided that we will not have the Installation Dinner at the Outdoor Art Club in June. Even though the coronavirus “curve may be flattened” by then and the shelter-in-place order relaxed, the COVID-19 virus will still be around and we would be exposing members to risk unnecessarily.

Unfortunately, the Mountain Play has been cancelled this year so we won't have the fun of working together while raising money at our booth. Your board is also addressing the negative financial impact on our club and we will report more on this later.

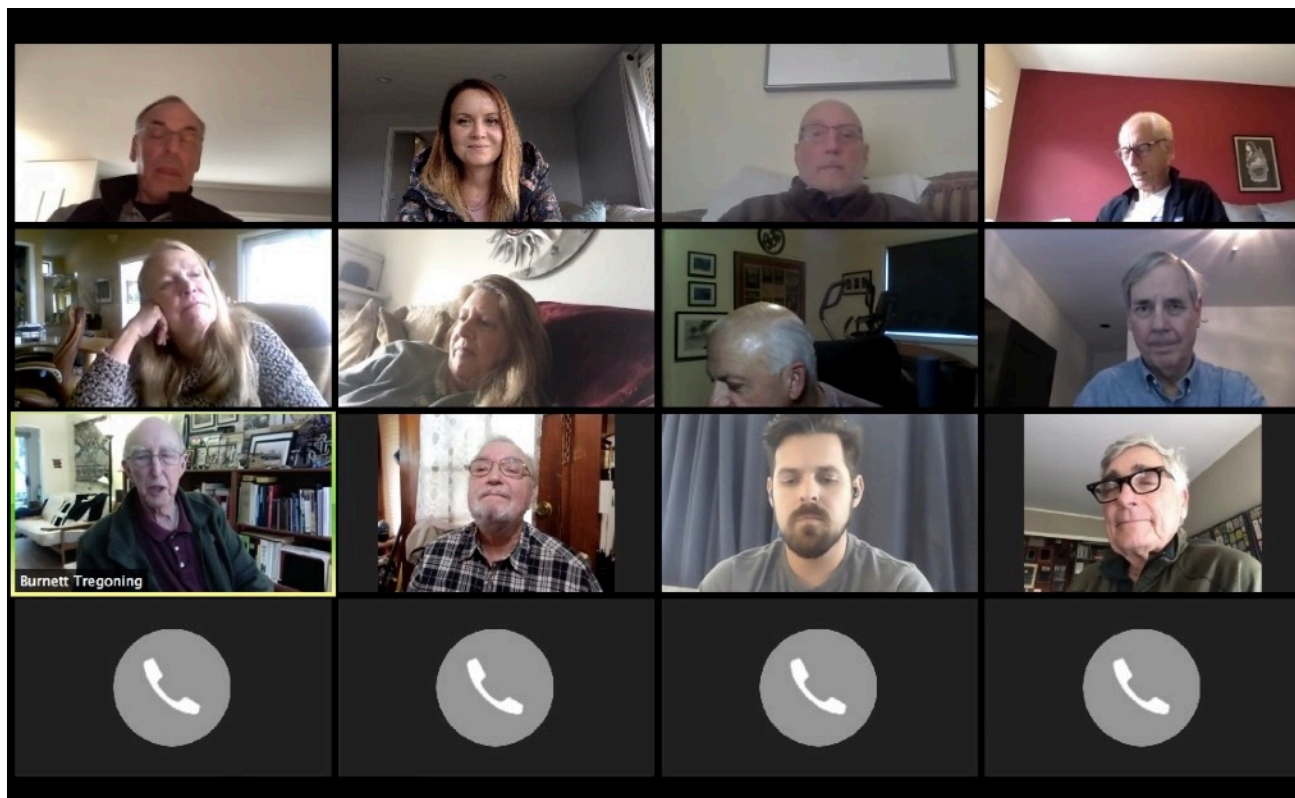
Finally, I'm pleased to report that the Rotary and Service Fund boards approved redirecting \$1,700 of grant money that was not needed for the budgeted purposes to providing emergency food money to families of local schoolchildren who depended on the free and reduced cost lunch program.

I'm looking forward to seeing you on the 21st!

Lee

► **Editor's Note:** We're going to stop calling the current version of the Mill Wheel the "Short Sheet," because it is starting to get a lot longer. This week we're continuing to feature contributions by members (don't miss John Poulson's personal essay on page 4) but now that the club is "getting back to business" we will have more coverage related to future programs and activities. Stay tuned as the club work's its way through the Coronavirus Pandemic.

IS THERE A VIRTUAL MEETING IN YOUR FUTURE?- YOU BET!



► This screenshot was created by new member Yana Kunitsky (top row, second from left) during last Thursday's "virtual" board meeting conducted over Zoom. The telephones at the bottom represent the four board members who participated by telephone only. With a good turnout for our first video club meeting, a screenshot should fill at least two pages of that week's Mill Wheel!

Does anyone know if we can take showers yet or should we just keep washing our hands???

My wife and I have the secret to making a marriage last. Two times a week, we go to a nice restaurant and have a little wine and good food. She goes Tuesdays, I go Fridays.

At the bank, I told the cashier, "I'd like to open a joint account please." "OK, with whom?" "Whoever has lots of money."



NEXT WEEK: *Couldn't ask for a better set-up. The Club Historian will help us make history next week as the Rotary Club of Mill Valley holds its first-ever meeting by video conference (details in President Lee's letter on page 1).*

Past President **Dick Spotswood** will present "**A LOT CAN CHANGE IN A MONTH: How the Democratic presidential nomination was wrapped up in a month/American politics in a post pandemic world.**"

One week Bernie Sanders looks strong. A week later, the South Carolina primary delivered the message that a Democratic Party core constituency – African Americans – voted for the former vice president and Delaware senator in a landslide.

During the very next week many other centrist/ traditional liberal Democratic candidates quit the presidential race and endorsed Biden. One more week and its Super Tuesday. Biden wins 14 primaries including Texas and a few states he never even campaigned in. The nomination is effectively resolved. Sanders drops out and endorses Biden who announces he'll select a woman as his running mate commencing great speculations who that pick will be.

Two more weeks and the nation is virtually shut down by a long-predicted pandemic for which it was utterly unprepared. Unemployment skyrocketed to a Great Depression level of 20 million out-of-work. The only question is when it's all over, will America and the world suffer either a deep recession or will it face a true depression. America's big state governors stepped front and center and took the lead as Trump and his team struggled to get both a plan and a consistent message across to the American people. All of this chaos happens in an election year at a time when the nation appears permanently divided into warring tribes based on class, race, education levels and geography. What could be next? **Get Dick's take on things next Tuesday at 1 pm. See you then!**

The Four-Way Test of the things we think, say or do

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?



► **Who is the best toilet paper/paper towel hunter in MV Rotary? Ulla Howes impressed hubby Vince when she came home with this impressive trophy.**

Karen Buckter Reports: Just saw a news report about the stresses and strains of self isolation. It reported that people are going crazy from being in lock down! It was strange, actually, because I had just been talking about this with the microwave and toaster and all of us agreed that things are getting bad. I didn't mention anything to the washing machine as she always has to put a different spin on everything, and certainly not to the fridge as he is acting cold and distant. In the end the iron calmed me down. She said everything will be fine, which surprised me because she's usually the first one to apply unnecessary pressure and get steamed up over nothing !!! I think she might have been sneaking off to the medicine cabinet.



Slow Dancing to the Covid Virus

by John Poulson

Don't know anyone suffering from the Caronavirus? One of our newest members, Mill Valley business consultant John Poulson, shares his personal story and gives us something to ponder. Get well soon, John!

About a month ago, as the acacia underwent their yellow foray into Spring, I developed a dry hacking cough. Didn't think much of it at the time. It went on for about 10 days.

Then I began developing searing headaches which over the counter drugs didn't relieve. That lasted an additional 3-4 days.

Finally, my lifelong asthma symptoms began flaring up and couldn't be controlled, so the doctor told me it was time to get tested, I went to the Marin Health Urgent Care Clinic in Novato. I was given a swab test and sent home. Another four days passed during which my asthma symptoms got worse. The swab test came back negative. It felt like pneumonia but without a productive cough.

Finally, my wife and doctor decided I required hospitalization so off we went to the Marin Health ER. They gave me another swab test along with a chest x-ray and breathing evaluation test which revealed very low blood oxygen saturation. I spent a very short time in triage before they whisked me upstairs to an isolated room and began treatment. Compressors lower room pressure and circulate the air out of doors. On the way, I saw some desperately ill patients; some tented, some ventilated, all alone. This is one of the most insidious aspects of the disease. The sick and dying are unable to be comforted by their loved ones.

At some point the attending doc came in. He explained that both my tests were negative but that given my symptoms and history they were convinced that my result was a one of the roughly

30% false negatives and would treat me as a Covid patient. He asked about a DNR which I had and ventilation which I refused.

The first day they discovered bi-lateral pneumonia with asthmatic exacerbation and began a course of steroids, antibiotics and several blood constituents to improve my blood work.

I began to respond to treatment and was able get of bed short walks around the ward. Each of these excursions required me gown up like a surgeon. Five minutes was about my limit.

I was hospitalized for four days until they thought I was stable enough to return home. I have all the equipment here such as an electric nebulizer. PGE helpfully cut power the first night during a treatment which was a bit frustrating.

My great wife is a terrific, if stern nurse. We are separated in the house and I am confined to the quest quarters. I sleep a great deal but feel a lot better. As you know, the hospital is no place for peace and quiet. My retrievers come check on me several times a day to make sure I'm resting. This involves them laying on me so I'm immobile.

I am worried about some cognition issues popping up, Fuzzy thinking which I've noticed in some of you already. Also, some loss of coordination which is a concern for an active guy like me. The symptoms are common and widespread. I've joined a survivor's group on Facebook, and it is a common subject. Doctors think it will resolve as the viral load decreases.

I'm also trying to get into an antibody study. This seems like a promising protocol. The issue as I understand it is that Quest has been contracted to perform the study, but they are so far behind in swab testing that they are unable to get an antibody study launched. Another scaled vendor is necessary.

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Slow Dancing to the Covid Virus (Cont'd)

I don't recommend this experience which I have sanitized for enhanced readability. Please follow the real public health warnings stringently. If some of you are interested in more detail you can ping me for a short chat.

Finally, I'd like to express huge gratitude, respect and love for the brave folks who treated me. They were routinely courteous, honest, careful with my dignity, an above all- cheerful. Also, my family and friends really rallied around me which was tremendously reassuring.

If you feel ill, go to the doctor or the ER. They are in pre-surge mode now, so they have capacity. The virus moves fast, and you go downhill fast. Don't try to tough it out as I am prone to do. This is life

or death. Be scrupulous in hygiene, be vigilant for symptoms, and advocate aggressively for the treatment you think you need.

THE APRIL BIRTHDAY BOX

Lee Kirkpatrick 4/9

Mel Matsumoto 4/12*

Don Herzog 4/14

Chuck Waldron 4/14*

Burnett Tregoning 4/20 • Larry Davis 4/23

**Honorary Member*

**Give them a shout out
when you wash your hands!**

JUAN AND MAURICE HEAD FOR HOME

► Our Rotary Exchange students—Juan Mendez from Chile, and Maurice Van Daele from Belgium—have arrived safely at their respective homes, having cut short their stay in Mill Valley due to the pandemic outbreak. At right, Juan gets his photo taken with his Mill Valley “family,” including Lisán and Kent, Braedan, Liam and “Cuca” Campbell, before catching a flight to Santiago via Miami. At left, Maurice poses with Past President Jane Hall (who represents the club on the District 5150 Student Exchange Committee) at a recent MV Rotary meeting. Past President Kent recommends a “huge shoutout” to Jane for “her abundant energy and perseverance making the youth program a success even in these trying times.” Amen to that!!!

