

President's Message

Who would have thought at the Beat the Blues Party, in December, we would be in the situation we now find ourselves. Many of us are becoming experts in VIRTUAL parties and I have found that in some ways, self-isolation has its benefits. I am sure many of you have reached out to people you have not spoken to for some time. That certainly is the case for us, and we are rejoicing in connecting with friends of old. For instance, this past Sunday we attended, virtually of course, a church service in the UK with dear friends from Lincolnshire, followed by sharing a coffee on FaceTime. This is something we would not have done in "normal" times.

In line with my message of "communication" I intend to reach out to as many of you as I can over the next few weeks. As President it is the least I can do and I do look forward to speaking with each of you.

In the meantime, stay strong, sane, safe and healthy.

George Filliter



Some things to do

- Go for a walk (Lincoln trail is very nice and not very busy)
- This site is so cool. Visit Pharaoh Ramesses VI Tomb where you use your mouse to walk through a 3D version!
<https://my.matterport.com/show/?m=NeiMEZa9d93&mIs=1>
- [Visit a National Park in the USA](#)
- You want to take a tour of some of the best art galleries and museums? Try this link:
<https://artsandculture.google.com/partner>
- Want to go on a safari? Well I can help but not until we can travel. However, here is a cool site that has live cameras around watering holes in Africa.
<https://www.africam.com/wildlife/live-african-wildlife-safari-channels/>
- Maybe watching bears in a stream live is your thing...
<https://explore.org/livecams/brown-bears/brown-bear-salmon-cam-brooks-falls>
- Maybe you feel you need to get off this planet! Try a live cam on the Space Station
- <https://eol.jsc.nasa.gov/ESRS/HDEV/>

Message from the Club Manager

If you are like me, you wake up each day feeling you are in a really bad reality show that you do not want to participate or watch! You wish you could turn the channel, but you seem to be a main character! You may feel a bit trapped; you may want to eat all the time or maybe stay in your PJs or lounge clothes all day. That is not something that would be very healthy if we were not in a pandemic. Although all these feelings are quite normal, being it is very scary out there, we are lucky to live in a small city. One of the best things we do to get out of the "funk" is get outside. You don't have to go far to go for a walk, it could even be in your backyard. With our small city you can often walk in the afternoon with very few people around. If you still feel a bit apprehensive about going outside, try putting on a mask, if it helps you get outside, then wear one. Other than the obvious on how all this is affecting all of us, the biggest will be our mental health. So, get outside, go for a drive with the windows down... just let that warm spring sun raise you out of that funk.

Be well!

Francis Perry

List of Affiliated Clubs

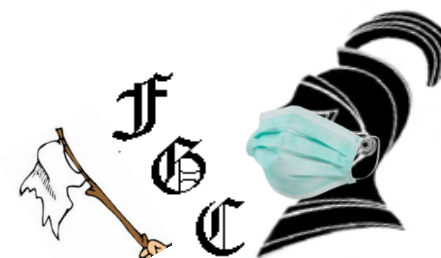
- Carleton Officer's Mess, CFB Gagetown, NB
- Alma City Club, Moncton, NB
- The Union Club, Saint John, NB
- The Halifax Club, Halifax, NS
- Officers' Club Crow's Nest, St. John's, NF
- The Forest & Stream Club, Dorval, QC
- Le Cercle de la Garrison de Québec, QC
- University Club, Montreal, QC
- Mount Stephen Club, Montreal, QC
- The Hamilton Club, Hamilton, ON
- Rideau Club, Ottawa, ON
- The Albany Club, Toronto, ON
- Ontario Club, Toronto, ON
- The National Cub, Toronto, ON
- Royal Canadian Military Institute Toronto
- Saskatoon Club, Saskatoon, SK
- Cypress Club, Medicine Hat, AB
- The Ranchmen's Club, Calgary, AB
- Edmonton Petroleum Club, Edmonton, AB
- Manitoba Club, Winnipeg, MA
- Union Club of BC, Victoria, BC
- The Terminal Club, Vancouver BC
- The Vancouver Club, Vancouver BC
- Embassy Club, Des Moines, IO
- The Royal Hamilton Amateur Dinghy Club,
Bermuda
- The St. James's Club, London, England
- City University Club, London, England
- Kowloon Cricket Club, Kowloon, Hong
Kong
- Stephen's Green Hibernian Club, Dublin
- Military Club of Stockholm, Sweden

Find the differences

The following image has many differences. Find them and let me know how many and where. The person who gets the most will win a prize. If there are more than one with the correct answers, their names will be put in a hat and drawn before the end of May. Deadline is May 28



DISPATCHES



May 2020



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