

# 4-WAY FLYER

SERVICE ABOVE SELF

APRIL 1, 2020 - Volume #2

FOR MEMBERS - BY MEMBERS

## PRESIDENT'S MESSAGE

Marv Kaplan



Seems ironic that today being April 1st has been known for fun April Fool's pranks intended to make people laugh. Our reality today is anything but a joke. We are inundated with newsfeeds and social media posts delivering multiple versions of the same story, all about or prompted by COVID-19. The amount of emails and bulletins on what to do may seem overwhelming, as can the requests for help.

Remember that we're in this together. Our individual health conditions, our concerns for loved ones and for the financial impacts to us personally are the new reality. I'm scared, sure, but knowing we will pull through this together keeps me going. I need each and every member to help our club be strong in this difficult time in order to help our families and community recover.

That is why I ask....no, I plead with you all to do the following: **connect** every day to family and friends; **follow** the medical instructions appropriate to you; **give** when and where you can. Most importantly, **REACH OUT** to fellow Rotarians if you or they need help. *If you are emotionally fragile, call a friend.* Call me at 503-781-5881. **Love you all.** ❤️

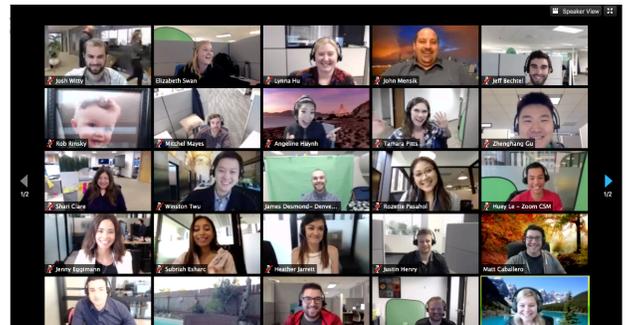
## \$\$\$\$ HAPPY DOLLAR DAYS \$\$\$\$

Want to give a shout out to someone, or share a celebratory moment? Check out this week's pledge dollars. We're keeping track, honest!

Keever (\$1) and Kristin, originally destined for a French vacation, made lemonade (oui oui!) by enjoying a staycation that included plenty of take-out in support of local eateries. Becky Lu (\$1) for Butch's sharing of his BBQ recipe with us all. Who's next?

## Let's ZOOM Thursday!

President Marv will preside at our meeting tomorrow (4-2-20), NO FOOLING! He will send out detailed instructions by email in the morning for how to "attend" this first-ever virtual meeting from the comfort of our homes or wherever you may find yourself. All you will need is a smart phone, tablet (not the paper kind), or computer and this link:



<https://us04web.zoom.us/j/265261308>

If you've never used ZOOM before on the device you will use, please allow a few minutes prior to the start of the meeting (Noon) to allow for download and set-up. Don't worry, the app does the hard work, and members just need to follow the prompts. "See" you tomorrow!

## About that \$50 prize....

We're trying out a catchy new title for this newsletter. It was one of a few entries submitted so far. Thanks, Keever!



## WHAT'S COOKING?



Butch Henry was kind enough to share a favorite recipe of his, since many of us are spending more time "home cooking". Enjoy!

### Memphis/Cajun BBQ Ribs

One slab of ribs = 4 servings/3 ribs per serving

*Night before:* Bring ribs to room temperature.

Remove sheet of skin from the rib side of the slab.

Place slab bone down on cookie sheet.

*Prepare the rub:* Combine following, divide into 2 equal portions:

½ cup dark brown sugar

2 TBLSP of your favorite Cajun rub

¼ cup American paprika

2 TBLSP ground black pepper

¼ cup garlic powder

2 TBLSP ground ginger powder

1 TSP salt

2 TBLSP onion powder

2 TSP rosemary powder

Rub the meat side of the slab with one portion.

Cover with plastic, refrigerate overnight.

*At noon next day:* Set baking oven to 250 F. Bring pot of water to boil. Cut slab into 4 equal portions.

Place in boiling water, cover and cook 20 minutes.

Do not overcook. Remove ribs from boiling pot and place meat side up on roasting pan. Apply remaining rub to slab. Pour water from the boil into roasting pan. Cover with foil, bake 3 hours.

Remove from oven, place ribs on serving platter, garnish/cover with favorite BBQ sauce as desired.



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## CLUB LEADERS IN SERVICE

Next week, our club will provide meals for medical and clinical staff including the housekeeping staff at Redmond St Charles for all shifts. Marv, Keever and Branegan will deliver the Tate and Tate meals.

*Editor's note:* This is our leadership in action on behalf of each of us in the club. Thanks, President Marv, President-Elect Keever, and President-Nominee Branegan!!

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## NEWS YOU CAN'T USE

At times like these, it's as important to know what information is outdated or just plain wrong as it is to know the facts. This link will take you to the World Health Organization's COVID-19 myth-buster page. Check it out! [Myth-busters page](#)

## VIRTUAL BEAR HUGS



Some of you may have seen the Z21 news story about a global trend giving families another outlet of joy while walking their neighborhoods. Folks display stuffed animals in their homes where children can spot lions, tigers and (teddy) bears from the street. This has taken on a safari-like air, with creative staging afoot, as well as a run on kid-sized binoculars. Check out this story and join the fun! Parents in your 'hood will thank you for the added diversion. [bear hunt](#)

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## JUST FOR LAUGHS - Ice Cream

*There was an elderly couple who, in their old age noticed that they were getting a lot more forgetful, so they decided to go to the doctor. The doctor told them that they should start writing things down so they don't forget.*

*They went home and the wife told her husband to get her a bowl of ice cream. "You might want to write it down," she said. The husband said, "No, I can remember that you want a bowl of ice cream." She then told her husband she wanted a bowl of ice cream with whipped cream. "Write it down," she told him, and again he said, "No, no, I can remember: you want a bowl of ice cream with whipped cream." Then the wife said she wants a bowl of ice cream with whipped cream and a cherry on top. "Write it down," she told her husband and again he said, "No, I got it. You want a bowl of ice cream with whipped cream and a cherry on top.....I got it"*

*So he goes to get the ice cream and spends an unusually long time in the kitchen, over 30 minutes. He comes out to his wife and hands her a plate of eggs and bacon. The old wife stares at the plate for a moment, then looks at her husband and says, "I told you to write it down.....look.....you forgot the toast!"*

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## SHARE !

This newsletter is a tool to help our club stay in touch and keep the Rotary action wheel turning. It can only do that through your contributions. Please share what's on your mind or respond to requests for info by emailing Becky Lu at [bluhummer75@gmail.com](mailto:bluhummer75@gmail.com) or calling her at 541.548.1107.

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