



## FIRST RESPONDERS



Don't forget to attend our club meeting by ZOOM (look for President Marv's email with link and instructions). Our speaker will be Redmond Fire Chief Ken Kehmna. Chief Kehmna will update us on the Fire District's role in addressing the COVID-19 impacts and the issues related to them. He will also discuss the status of the local option levy the district board of directors approved in late January for the May 19, 2020 ballot. Tune in tomorrow (Thursday) at noon (or a little before) from wherever you may be located. Let's see if we can top the last count of 25 attending members!

## BUSINESS ALMOST INTERRUPTED

We know everyone's doing business a bit differently right now, if at all. Thanks to member Craig Brooks for sharing with us his accounting business's journey so far through the pandemic:



Leading up to the Governor's executive order, Craig was pretty sure he would be shutting down the Alliance Professionals office. In discussion with his partners, they had a plan for advancing employees enough money to get them through a couple of months. Turned out, not only did they decide to keep the doors open (in a virtual way), but all staff when consulted individually were resolute in their commitments to observe the social distancing guidelines at work and during off hours. So they forged ahead.

That led to work modifications, like locking the doors and limiting office occupants to staff only. According to Craig, "Sanitation wipes and spray are everywhere. My hands are so dry that I cannot separate two pages of paper."

So far so good. No staff or their family members have contracted the virus, suggesting good compliance. Some clients took some getting used to being literally shut out of the office, and the postage budget has skyrocketed. With the delayed tax filing deadline giving them some breathing room, it seems business is getting done, if not business as usual. As Craig noted, "We now do curbside delivery of tax returns. Who would have thought?"

Indeed. And who would have thought the word "quarantinis" would be a thing?? If you'd like to request that Craig share that formula, pledge a happy dollar or two.

So, we're happy that Craig's clients are able to get their essential services. Now we want your story! Please send to editor Becky Lu, an email about how your business or job has changed during this time. Are you working from home now? Furloughed? Have you been surprised about anything specific to your experience so far? Tell us about it and help us keep connected through this shared experience.

## COMPUTER CAMERA TIPS



Whether you're participating in a ZOOM Rotary meeting or a visit with your friends or family on FACETIME, you want the viewer to know that you look great, you're safe and happy. So, here are some tips for these virtual visits on camera.

**Appearance** - Look in a mirror before you begin. A plain, solid color will help bring out the best you. Steer clear of shirts or tops that are bright white or dark black because they look like a "blob" on camera.

**Lighting** - Watch out for "Shady Face," that is, half of your face is shaded or blocked in some way. It's recommended to have one steady lamp, directly by your face. Avoid sitting with your back to the window, as the camera will expose for the light and make you

into a silhouette. Instead, flip it, and face the window, which will give you soft, people-pleasing light.

**Background** - You want people focusing on your face, not on what's behind you. "What IS that on your wall"? That's why TurboTax issues large behind-the-chair screens to their agents.

**Eye Level** - Don't have the webcam looking up at you. The camera under the face is the oldest unflattering look in the books. It's what director James Whale did in the original 1931 "Frankenstein" movie to make the monster look more menacing. "Eye to eye contact is the best connection." Look at the camera directly, straight ahead. How to do that when the webcam is physically below your eye? Stack a bunch of books under your laptop until you see the webcam eye to eye.

**Sound** - Don't be too close, but don't be so far away that the microphone won't hear you. Remember to avoid other sound distractions in your room, including typing. Mute your sound if necessary, but don't forget to unmute when speaking. You can use the computer microphone, however in ZOOM, you can go into general settings and adjust the audio, to pick your accessory mic if you have one connected.

**Final Tip:** Remember to smile, the fresh air is good for your teeth.

## IT'S OFFICIAL

Congratulations to Kever Henry for his "name-that-newsletter" submission; *4-Way Flyer*.

President Marv thanks everyone who submitted ideas for the title. The selected name, besides sounding catchy, is a positive way of guiding our newsletter content as an extension of how we conduct ourselves as individual Rotarians. And that's the truth!

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## WHAT'S COOKING?



Here's a light and easy dish that comes together quickly from ingredients already in your pantry.

### Can-Do Lemon Artichoke Pasta

1 lb pasta, any shape and variety

2 cloves garlic minced

¼ cup lemon juice

1 14-oz can quartered plain artichoke hearts, drained

1 TBLSP olive oil

½ cup white cooking wine

1 14-oz can diced tomatoes w/Italian herbs (or diced tomatoes, add your own seasonings)

Salt and pepper to taste

¼ cup pine nuts toasted, Parmesan cheese and chopped parsley for garnish

Cook pasta according to directions, drain. Heat olive oil in large saucepan over medium-high heat while pasta is cooking. Add garlic and cook, stirring, 30 to 40 seconds. Add wine, cook 2 minutes, then add lemon juice for another minute. Add tomatoes, artichokes, salt and pepper, cook for 5 minutes until very hot. Spoon sauce over pasta, toss and top with garnishes. Serves 6. Per svg: 242 calories: 7.5 gr protein, 43.5 gr carbs, 3.7 gr fat, 4.8 gr fiber Variations: Add corn or mushrooms, substitute noodles for barley. ENJOY

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## COVID-19 CORNER

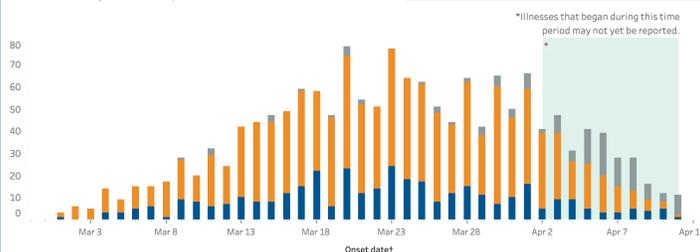
So many things going on, so many unknowns...how to keep track of it all? In case you haven't seen it, the Oregon Health Authority (OHA) has added more charts and breakdowns of everything coronavirus in its daily summary. Click [HERE](#) for yesterday's data, in case you're not signed up for your own personal copy of the report. One graphic in particular is a compact view of "Oregon's Epi Curve".

The latest projected peak date for our state is less than two weeks away!

**Oregon's Epi Curve: Positive COVID-19 cases**

This chart shows the number of Oregonians who have tested positive for COVID-19 and whether they were ever hospitalized for their illness.

Total Positive Cases	Hospitalized	Not Hospitalized	Hospitalization Status Unknown
1,633	381	1,112	140



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## JUST FOR LAUGHS - Can of Peaches

An elderly woman is arrested for stealing a can of peaches and is brought before the judge. The judge asks, "Why did you steal the peaches?" She said, "None of your business." The Judge replied, "How many peaches are in the can?" The elderly woman replied: "Six, Your Honor." Judge: "In that case, you will go to jail for six days, one for each peach." Her husband immediately jumps up, raises his hand and says....."Your Honor, she also stole a can of peas."

## MARV MUSING

I was in line at Costco this morning during the old folks hour. About 70 people were in line by the prescribed 8 AM opening time. People were in good moods, helpful, considerate and most of all, keeping our distance while avoiding shopping cart collisions. I often wonder, why does the best of us come out in the worst of times, like now, while we're in the midst of a global pandemic?? You'd think there would be more signs of anger, or at least impatience, or other ways of acting out due to the current stressors we're experiencing. Yet here we were, each of us seemingly at our best.



This morning's experience brought home for me an article I read where a psychiatrist with expertise in mental health during times of crisis shared some valuable tips on how we all can cope, and help others cope in the process. I would like to share her observations with you, with hopes that we all take to heart her sage advice.

- **Stay informed using one or two credible information sources.** Both the Deschutes county and Oregon Health department have daily updates, which we've shared in this newsletter and elsewhere. If you need the links, let me know.
- **Limit media exposure.** Staying informed is essential. However, excessive media exposure after learning the daily facts can actually increase distress. Check your reliable sources and then turn it off!
- **Acknowledge that stress reactions are normal in distressing circumstances.** Common reactions include feeling physically and mentally exhausted, experiencing changes in sleep and appetite, feeling easily frustrated, and feeling sad and worried. Knowing we're all in the same boat can be of comfort, as you know you're not the only one going through this experience.
- **Use what worked in the past.** Recall the coping skills you used to get through other tough situations in life. Was it talking to a friend or co-worker, listening to music, taking walks, or time with a pet that made you feel better? Try to

integrate these strategies into your current routine if possible.

- **Maintain social connections.** Get creative during a time of social distancing in order to continue to connect with the people in life that matter to you. Use FaceTime or other video-telephony apps to stay in touch with your biggest supports. Reach out by phone to those that are elderly and may be isolated to say hello. These connections will help life feel more normal.

That last bullet....that's us!! Our club is a great way to stay connected and provide some normalcy in going about our regular activities and the social opportunities they provide. Please join our Zoom meeting tomorrow. Doctor's orders.

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## What's on YOUR Playlist? 🎵

While the music genres may differ, one constant in our ever-changing world is a deep human need for harmonic convergence. We may debate whether some styles qualify as music, our most primitive ancestors were drumming, humming and strumming. Thanks to a 17<sup>th</sup> century poet, we know music soothes the savage breast. There is a physiological response when we listen to music we like which promotes a sense of healing. We know it may inspire us (think national anthem) or help us relax (choose your genre....classic country, Gregorian chants, rock n roll, other). It's a good way to escape current reality, if that's your thing.

Are you hooked on tunes? *Send me your favorite song, artist or genre of listening choice to share in a future newsletter.* It could be music to our ears!

Meanwhile, feel free to Lean on Me, because You've Got a Friend, even though we're Alone Again, Naturally. 😊 Becky Lu [bluhammer75@gmail.com](mailto:bluhammer75@gmail.com)

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*"Never miss the opportunity to make someone happy even if you have to leave them alone to do it."*

~ Steve Henry

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