

EARLY BIRD WEEKLY



NewbergRotaryEarlybirds.org

February 18, 2021

Last week was the Virtual Dr. Love ... 2021, played by Mark Moisan.



Our Valentine's Program has had as many faces as it had years for us. As a charter member, looking back over the many years, it just occurred to me that it hasn't been the same program twice.

That's kinda cool, but it also kinda sucks because it means I actually have to work at putting together a relevant newsletter. I can't just change out a few pictures and boilerplate the content.

We've done Play-Doh, Iron Men, Game Shows, Variety Shows, [Conga Lines*](#), and Sock Puppets. Sometimes, we couldn't even identify a format!

(* found one from 2015 I missed, Mark)

We've done heart-shaped sunglasses and floppy garden hats. We've done lipstick and hairy backs. We've even done body guards and pink hair. Even a one-eyed trike & scooter race in the school of nursing building.

But we've never done virtual before!

This year's quote of the day, after poring through decades of previous club antics, comes from the current Dr. Love, "I don't want this to get in the way of maintaining a job or running for office."

Apparently the active club president sets



the tone for the Valentine's Program. So, what do you do for a fun loving club in the middle of a socially distanced, gathering-banned, Valentine's program?

Well, you cross your fingers and ask the club shutterbug for access to old pics, then sift through decades of silliness hoping to find enough useful fodder to build an intro slide deck and story line.

Editor: Good news? I never throw anything away. (Thanks, Jan Nybakke, my 6th grade teacher and an amateur photographer) Bad news? I never throw anything away. Seriously, I gave our poor president so many links to stills and videos, it must have taken him hours and hours to distill into a two minute slide show.

First up, our volunteers were by opt-out. Raise your hand if you are not in a romantic relationship (the only criteria being the other person has to be aware they are in a romantic relationship with you). Raise your hand if you can't read what comes up on the screen.

From this pool, four volunteers were chosen.

The fifth volunteer was an opt-in, someone single, to be our SAD (Singles Awareness Day) contestant.

Jay was our first contestant with 1) When/how did you first meet, 2) Tell us about your first date, 3) Read the poem on screen, and 4) Name the song and singer being played.

"We were high school sweethearts and met on the school bus when we were 15 years old." You could tell he struggled a little with First Date because you have to think of the one thing that moved the needle from friend to may-be-more.

They were juniors in high school. His family lived on the river and he took Amy out one day on the family sailboat so he could explain to her all the advantages of the two becoming an exclusive couple.

"I have a different memory," adds Amy. "I consider our first date TGI Fridays and a movie. We split a meal because of funds. The money came from his parents as good grade rewards. He did well."

The poem assigned to Jay was "[A Redneck Valentine's Day Poem](#)," by Denise Scott and he read it in authentic Redneck Brogue.

His song, he got the title easily enough. But the band took a little



help from the audience (gosh, I'm glad I didn't get sucked in to any of these. I am awful at associating artists to their work). Afternoon Delight, by Starland Vocal Band.

Before the next couple, Mark reminded us of the dark origins of Valentine's Day. History buffs take its lineage back to ancient Rome's [pagan festival of Lupercalia](#). Unlike today's hitting on women, they just hit women. But it's okay because it was with a februa and that's where we get February. Not sure how I missed this in the Hallmark aisle.

Our next couple is Mike and Kathleen Jones.

First met? "We were going to a community college. She was climbing the stairs ahead of me with a really short skirt on. That's the first time I saw her. We had a math class together and from there started dating."

Their first date was around 1972, "It was a Joe Cocker concert. Turns out neither of us liked Joe Cocker, but we couldn't think of anything else to do."

Mike's poem was. "[Stuck on You](#)," by Kenneth J. Miller. His was much shorter than Jay's but just as awful.

Mike's song ... ooga ooga ooga chaka (oh, my gosh, the stuff we called music). Hooked on a Feelin' was easy to get but the performer? No clue.

From the zoom crew came Doctor Something and Blue Suede. Yes, it was Swedish rock band Blue Suede with Björn Skifs.

Between couples, and having already covered the bloody, debaucherous history of Valentine's Day, let's move on to conscious

and purposeful love.

[How Do You Define Love?](#) By Susan Gadou, for Psychology Today, Feb 14 2015.

I love my spouse. I love my sister. I love my dog. I love my career. I love warm nights.

Same word, many different meanings.

The Greeks broke love into four levels: kinship, friendship, romantic, and divine.

"Love makes people do stupid things, dangerous things as well as magnanimous and bold things.

But what is love really? Because people define love differently..."

She continues, "Many of us show love in the ways we hope to receive love (the golden rule of doing unto others as you would have others do unto you) but this assumes your partner defines love the same way you do."

She recommends to her clients Gary Chapman's book, "5 Love Languages."

Are you making assumptions about what love means to your partner? Do your best to understand your partner. You may find yourself surprised to find they'll want to do the same for you.

Next up? Linda Sandberg.

"We met, believe it or not, at the athletic club. His friend was checking me out through my friend Janet. He had this whole story down to make sure I was a good fit for his friend Jeff."

"So it was a weird thing. We were stretching and these two guys came up and started stretching with us. And I was like, "are you kidding me?" So that's when we first started talking."

"Our first date was actually after working out at the pizza place across the street." She clarified later, working out and pizza were two separate things. [Rats]

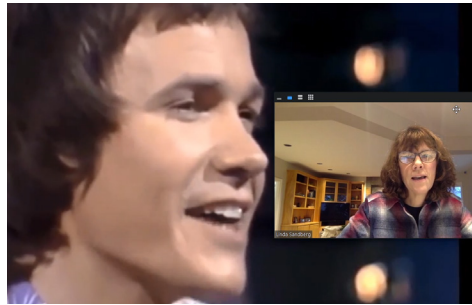
"And I can tell you, our biggest fight was on a sailboat."

Linda's poem, according to Mark, was the hardest of the bunch. "[Love In A Time Of Climate Change](#)," by Craig Santos Perez.

Poem snip of the day, "we'll only survive in the nitrogen rich compost of our embrace."

[with pickup lines like that, who needs restraining orders?]

Ready for the song? She actually named



the band as Bread, and the title as "Baby Im-a Want You," but couldn't recall the name of the singer (David Gates).

Our last academic snip is "[A Seven Step Prescription for Self Love](#)" by Deborah Khoshaba Psy.D. in Psychology Today.

The crux of this article is that you can't love others well without first loving yourself.

Become Mindful. Act on what you need, rather than what you want.

**No staying in bars desperately late
Trying to connect with a last-minute date.
So embrace your status and shout it out loud.
Yes, I am single! Single and Proud!**



Couple #4

- When / How did you meet?
- Tell us about your First Date
- Read the Poem
- Guess the Song and Singer



Practice good self-care. Set boundaries. Protect yourself. Forgive yourself. Live intentionally.

Our fourth couple, Mike and Peggy Taylor. The first time they "saw each other and acknowledged that we were people when I was in the 8th grade and she was in the 6th grade. Our first date was Lake Lanier, in Georgia. I had a little sailing surfboard."

Mike says it seems sailing is the theme of the day and we all seem to need to get our women out in isolated places to keep their attention for a while.

Their poem was "[Silly Valentine](#)," by Joanna Fuchs. Mike pulled it off with a dash of showmanship, a titch of melancholy, and a heaping gob of gushing, sentimental goo.

The song? He was right, he's terrible at

this. "You Light Up My Life," just as the singer was leading up to it. Neither Mike nor Peggy could name the singer.

But Other-Mike did. Mike Jones named Debbie Boone.

Last Up? Lori, who stepped up to represent Valentine's Singles.

Her poem was "[Twas The Night Before Valentine's](#)," by Kristen Lamb.

[sorry for all the links, just couldn't get all those poems to fit ... but I did get the final refrain in on Lori's]

Mark wrapped it up with a [video for SAD](#).

And a music video, "[Love Myself](#)," by Hailee Steinfeld.

So, it's last minute, editing from a hotel room in Spokane. Facebook reminds me of a 6-year old video. Screen shots below with Dan and Tom in Early Bird Valentine's fashion.

