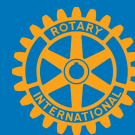


4-WAY FLYER

Rotary



Club of
Redmond

SERVICE ABOVE SELF

OCTOBER 27, 2021 - Volume #37

FOR MEMBERS - BY MEMBERS

PRESIDENT'S MESSAGE

Napology for Rotarians who desire to make the most of your day:



The nap. /nap/

verb 1. *sleep lightly or briefly, especially during the day:*
"she took to napping on the beach in the afternoons"

noun 1. *a short sleep, especially during the day:*
"excuse me, I'll just take a little nap"

Studies show a short nap in the mid-afternoon can boost memory, improve job performance, lift your mood, make you more alert, and ease stress.

A nap can help you remember things learned earlier in the day as much as a full night's sleep. Napping, or even just resting for an hour without falling asleep, can brighten your outlook. Experts say relaxation that comes from lying down and resting is a mood booster, whether you fall asleep or not.

It's common to experience drowsiness after attending our weekly gatherings (or any post-lunch period), so here are some tips for using the nap as a tool to stay alert and focused.

Keep your nap to 30 minutes or less so you don't wake up feeling more tired. The longer you nap, the more likely you are to feel groggy from sleep inertia.

Taking a nap in advance can stave off some of the effects of a disrupted schedule, like when traveling. In that circumstance, the longer the nap, the better. Caffeine, if necessary, is best consumed in small amounts often rather than chugging one large cup of joe.

A short nap can release stress and improve your immune health when under stress. It can even help your ticker. A study found that people who napped for 45 to 60 minutes had lower blood pressure after going through mental stress. So a nap can help your body recover from pressure-filled situations.

Although it may seem illogical, taking a nap during the day can help older adults improve sleep at night. Studies show a 30-minute nap between 1 p.m. and 3 p.m. combined with

moderate exercise, like a walk and stretching in the evening, helps improve nighttime sleep. Mental and physical health can get better, as well.

Naps are critical for learning and development for children at all stages of development. Children who nap regularly are better able to recall things they learned. Since short-term memory stores are limited at that age, younger kids need more frequent sleep. It's an important part of how the brain hangs on to memories.

To get the most benefits out of a nap, timing matters. Some say sleep is better between 2 and 3 p.m., when humans naturally have a dip in alertness. If you're well-rested, a slightly later nap is better. If you're behind on sleep, you'll want to nap earlier.

A nap would make a great Rotarian too! Just look at the four-way test. Is it the truth? YES! Is it fair to all concerned? YES! Will it build good will and better friendships? YES! Is it beneficial to all concerned? YES! So, take your nap today and enjoy a better tomorrow. Just don't nap while I'm at the podium. 😊

~ President Ty

WEEKLY MEETING SCHEDULE

October 28, 2021 Weekly Gathering HYBRID Meeting
Speaker – Bob Bohac, Oasis Village Project

November 4, 2021 Weekly Gathering HYBRID Meeting
TBD

November 11, 2021 Weekly Gathering HYBRID Meeting
Monthly Business Meeting

November 18, 2021 Weekly Gathering HYBRID Meeting
Speaker – Renae Staley, The Giving Plate

November 25, 2021 THANKSGIVING – No Meeting



**PROUD TO BE A
ROTARIAN**

Featured Member Profile

Audrey Cook

Audrey Cook, like Rotary members in all corners of the world, had an extensive history with this club long before she became a member in 2015. Her involvement began through a partner, lending a hand as partners do, enjoying the chance to help out folks living near and far.

Audrey grew up in nearby Culver as part of a large family.



One of nine(!) siblings, she knows some pretty rich local history through firsthand experience....like having grandparents/great aunt who ran Crooked River Ranch when it was still a working ranch (their family home is now the Senior Center there). The family lived in Culver for much of their time, with her dad working as a millwright and farmer.

Audrey's interest in real estate was sparked by extended family involved in buying and selling properties in the Willamette Valley near Salem. After her first job working residential accounts in a local credit bureau office, Audrey married, moved to the Portland area and landed a job working commercial collections. While that was much more enjoyable, and she loved her days working in downtown Portland, she and her young family soon moved to Sandy. It was while her two sons were little Audrey dabbled in real estate, and found her calling.

When her family returned to Culver after several years, she was a licensed agent with some experience under her belt. After her first marriage ended, selling properties became more than a second income. Like anything Audrey pursued, she was driven to excel at it. Her list of prestigious awards is testament to her accomplishments in the industry.

It was through real estate where she met her second husband, Tony Hill. Also a broker, and also going through a divorce, it wasn't long before Audrey learned that Tony's energies in his profession extended to something called Rotary. Turned out that Audrey would become a Paul Harris Fellow before she was even a member of our club....twice!

Tony passed in 2014 after an extended illness, which triggered Audrey's desire to honor him by joining the club that had been such a big part of his philanthropic life. She has been a member since 2015, and loves the teamwork involved at the club level and beyond that Rotary offers. While she enjoys all the projects, her favorite is the Daddy Daughter Dance. Working the fair was one of Tony's favorites, so there's a special meaning in working that

event. Audrey has served on the membership and fair committees, among other functions, since joining.

Today, Audrey keeps more than busy with her broker activities at Windemere, where she was named Central Oregon Broker of the Year in both 2019 and 2020 AND top listing broker for those same years. Before that, she chaired the company's Share the Warmth campaign for a couple of years. Audrey has served on various real estate boards in the region, helped establish the Thanksgiving Dinner drive conducted by Redmond Realtors, and is an avid supporter of the Family Access Network (FAN).

Audrey has two adult sons, Travis and Austin, who both live in Arizona. Travis earned his doctorate in environmental history and loves teaching at the high school and college levels. Austin first went into the Air Force, then earned his degree in Urban Planning. She has a new partner, Ike Abbas. Like Audrey, Ike comes from a big family, born and raised locally, with many investment properties in the area. After remodeling four houses together with Tony, Audrey seems to have found a whole new stock of projects that comes with this relationship. 😊

According to Audrey, she appreciates the Redmond Rotary club because it is "nice to work on projects where you can still bring a little of yourself, others bring a little of themselves and together we literally make changes here in our communities, the US and the world at large".

Spoken like a true Rotarian in Action!

Warm Reception

Redmond Rotary's delivery of 50 coats and 500+ pairs of shoes received lots of thanks from the Redmond School District, Family Access Network, and our community in general. So much, in fact, that this annual drive was featured in not one but TWO local tv broadcasts!



While recognition for good deeds isn't the reason our club chooses its projects, keeping our club's Rotary "brand" visible and active helps further our ability to garner donations and support down the line.

(Continued next page)

Warm Reception - continued

Did you miss the news coverage? Our club's FaceBook (FB) page features some of the pictures and details of recent projects, including the field expansions at the Rotary Sports Complex, the St. Charles goody deliveries and the Operation Warm donations.

To help spread the word of our club's projects, be sure to go to our FB page, hit "Like" and then "Share". It's easy to do, and it paves the way for name recognition (read: Donations) as we gear up for the next fundraiser! Embrace the habit for ongoing benefits to our club.

Thanks to our members who keep our social media and web/video presence out front. That's a shout out to Louise Kaplan and Joe Kosanovic. Great job!!

How to Make a Point

Specifically, how to make a "recognition point", as in how individual donations to The Rotary Foundation (TRF) are awarded and tracked. It's a basic concept of life that, in donations and human behaviors in general, "that which gets rewarded gets repeated".



Our donation system in Rotary International (RI) has evolved over time, and as such, has an extensive set of rules about how to reward contributors as part of its strategy to keep the donations rolling in. Details are available through our MyRotary web portal, but we also have knowledgeable members like Rocky Johnson, our TRF chair, and past D5110 Assistant Governor Spike Biggers, who does a lot of the interface work between our club and TRF.

For members trying to understand the basics, however, here is an overview of recognition points:

- Individuals earn one point for each dollar donated to the TRF Annual or PolioPlus funds, or through sponsorship of a TRF grant. Donors do not need to be Rotarians, but corporations or organizations are not eligible, only individuals.
- "Recognition" comes through various levels of donation, all at once or over time, named after founder Paul Harris. To earn points on the way to being eligible for the highest level of recognition, individuals may donate

to TRF or have points transferred to their TRF account.

- Once earned, points may be transferred to another individual, to a club's or district's "pot" of points, or used by a donor to match additional donations to earn higher level recognition. There are restrictions on the amount of points that may be used in certain ways, so club members often hear about "eligible" points during TRF reports.
- A Paul Harris Fellow (PHF) award means that someone has contributed a combination of dollars and points valued at \$1,000. This can be done in one lump sum or over time. A donor may designate someone besides themselves to receive a PHF award, including someone no longer living.
- Donors who commit to paying at least \$100/year into the eligible TRF funds earn "Sustaining Member" status. Once the first PHF award is received, a donor may continue to contribute toward multiple PHF awards, each level earning additional points and pins with bling (in the form of precious stones) designating the number of awards.

Today, RI has several programs that are tools every club and district uses to keep donors engaged and feeling appreciated for their participation in funding TRF, one of the largest charitable foundations in the world. Club members may give through a program called Direct Giving, with a designated amount paid electronically monthly, quarterly or annually.

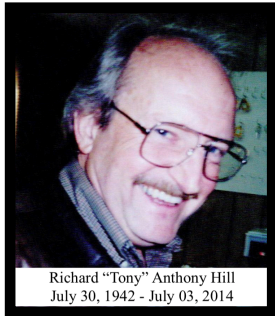
In our club, Treasurer Marv reminds us often that Happy Dollar donations of \$10 or more are reported to RI, so members earn points on those donations. There are other ways to earn points, as well, such as being one of those "blue marble" losers in the 50/50 drawing, where the club's "50" (half the dollars from tickets sold) is sent in to TRF. All who had the chance – and lost – to draw the winning marble get an equitable portion of points through being named in that report.

Our club has its own pot of points to manage, accumulated through various means, and members receive status information on them periodically. These points are often used to help members just beginning to invest money to help areas of service beyond our local causes earn PHF status. The points are there for any eligible club member, however, and are a great way to encourage investment in one's Rotary experience.

For more information, go to RI's website, and be sure to attend our November 4th weekly gathering, where Rocky, Spike and others will share more information and have forms available for some of the more popular programs.

Some Living History

There has been a line item in the club budget for the past several years that is simply identified as the “Tony Hill Scholarship Fund”. It is not uncommon to see memorial scholarships bear the title of a benefactor, or someone special whose family wants to honor. Indeed, The Ford Foundation, as an example, reflects a family name that was recognizable first as live individuals, first Edsel and then son Henry, before “Ford” became known best as a make of car and, eventually, a very large private philanthropic institution.



Richard "Tony" Anthony Hill
July 30, 1942 - July 03, 2014

For members not familiar with the club's history back that far, or who didn't know Tony Hill when he was alive, it's important to know it wasn't all that long ago that Tony was an active Redmond Rotarian, and his legacy reflected in the scholarship fund established after his death was well deserved.

As described by his wife and club member Audrey Cook (*see her profile in this edition*), Tony enjoyed being a stepfather, uncle, buddy - whatever role appropriate....including father to his two sons and grandfather to Scott and Melanie's three girls (Scott and his family lived in Redmond, Todd in Chicago). Tony LOVED children and delighted in helping families in any way he could. Rotary offered a great avenue of service for him to do just that.

Tony's list of roles with our club was extensive during his almost-30-years as a member, including twice serving as club president (1994/95 and 2000/2001) and as Club Treasurer for several years. Clearly his favorite club event was working the fair gates. He looked forward to it every year and seemingly worked around the clock to make it a good experience for Rotarians and the public. Word is that he and member Spike Biggers celebrated their mutual birthdays **27 years in a row** while working that event!

There wasn't a parade, toy drive, flag display or appreciation event he didn't like. His infectious spirit attracted young and old while doing the work of service to others. He served on city council, participated in programs like SMART Reading, Meals on Wheels and FHA, and through his real estate organizations led charitable drives and activities, all with "a big smile on his face". Audrey's son, Travis, eulogized that spirit when he shared that "although Tony was small in stature, he was a giant among men".

When not directly working on a service project or in the real estate business, Tony and Audrey loved to working

together on remodeling projects. Landscaping was a particular talent, but he was also known as a great cook. Everyone reportedly loved his BBQ! Somehow he also found time to do some rafting, biking and hiking, making it up South Sister three times.

After Tony's death, club leaders created the Tony Hill Scholarship Fund, which provides support to the club's scholarship efforts each year. Audrey appreciated the gesture, as she saw it as a perfect way to both honor Tony and keep his memory alive while also helping someone just starting out. Its creation meant so much to Tony's whole family. Rotarians and community donors gave generously as a way of paying tribute to Tony, who was characterized by Spike at the time as "the epitome of a Rotarian".

There are many scholarship supporters in our club, some directed toward specific schools or careers, others who donate regularly to keep the opportunities open for community high school seniors in general. In Tony's case, the name serves to keep alive that same impetus to give selflessly and experience the joy that comes with doing so. Each time we read that Treasurer's report, let us all be inspired to 'be like Tony'!

TRF Month

Each November has traditionally been The Rotary Foundation (TRF) month, as a lead-in to the giving season. Members will get the chance to learn more about the "Action" arm of Rotary International and find out how some lucky member may even win a Paul Harris Fellow award! Stay tuned....and attend in person or online in November to get the deets. **See you at the meeting!**

Save these Dates

Put these dates in your calendars for quality fellowship time and sometimes raising dough for our club projects!

November 25, 2021 - THANKSGIVING (No Meeting)

December 18, 2021 - Club Christmas Party

February 19, 2022 - Daddy Daughter Dance

April 28-May 1, 2022 - District 5110 Celebration



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