



PRESIDENT'S MESSAGE



Greetings Redmond Rotary. Your Board of Directors decided last month to reach out to our membership to catch up and ask for some feedback. Each Board Member was delegated five people to call to shoot the breeze, support one another, and ask for some feedback on our meetings, newsletter,

speakers, etc. It's my sincerest hope that this exercise has been engaging and insightful to boot. As a favor to me and your respective Board Member.... **Pay it Forward.** Take it upon yourself before our next meeting to either:

1. Call a fellow Rotarian and ask how they've been
2. Contact a Redmond/Bend colleague to ask them about joining our club.
3. Contact a Rotary colleague outside of Redmond to stay apprised of other clubs throughout the world

Speaking of staying connected: It was my honor and privilege to serve as the Guest Speaker at the Madras Rotary Club weekly meeting recently on Tuesday at Noon. I delivered a PowerPoint presentation as requested by President Alexa Gassner discussing all that we do here in Redmond. This included our work with the Redmond School District, our Newsletters, our Envision Session, and our Fundraisers. Stay tuned for when Alexa returns the favor by speaking at one of our upcoming meetings very soon!

Lunch-on-the-Roof: We're excited to announce a Weekly Meeting which will take place in person!! Our next business meeting will be September 10th and will be at the **SCP Redmond Hotel** in the heart of Downtown. (see picture)

Some of you may know this as the hotel with the Bar on the Roof... and you'd be right!! We will be sending out RSVP requests for this meeting and ask that you be responsive. We'd like the hotel to know what to expect and we'll be taking your lunch orders in advance. Looking forward to seeing you again!

Be Well and Stay Connected - President Kever



Lunch-on-the-Roof @ SCP Redmond Hotel Sept. 10

Next ZOOM Meetings



Rotary Zoom Business Info Meetings

Thursday - August 27th @ 12:00 Noon
Speaker: Eric Sande, Redmond Chamber

Thursday - September 3rd @ 12:00 Noon
Speaker: Todd Dunkelberg, Deschutes Public Library

We look forward to your Internet participation

DISTRICT HOME PAGE INFO

To access each of these stories and more, click [here](#) to get to the District LogIn page.

The Rotary world is just a sign-in away!



Call for Nominations:

Our US Presidential Election isn't the only nominating and voting process underway. District 5110 Nominating Committee Chair Claudette McWilliams invites District Rotarians to be part of the process for shaping District leadership. One key date coming up is **September 10, 2020** where club members can hear past district governors and potential candidates discuss the future during an **informational ZOOM Happy Hour**. *Cocktails optional.*

Want to check out status information on district-wide projects? Access links to read up on those, find a Rotary Business Network member, or learn about global good deeds happening through RI, all from the District HomePage. (continued next page)

Need a memory refresh on club member faces you haven't seen in awhile? From the District HomePage, click on the MyClub tab. While you're at it, reach out to a member you've been missing during the pandemic while their contact information is at your fingertips!

Back to BASE-ics

According to the National Institute of Health (NIH), each year about 800,000 people in the US suffer a stroke, and about 2/3 of stroke victims survive. That means more than a half million people annually face rehabilitation that ranges in severity according to the amount of brain damage and the brain circuits affected. While brain damage can't be reversed, the brain can "re-wire" many of its paths, which allows stroke survivors to regain and improve functionality. It's not a fast process, and can take years of intense physical therapy and other treatments in order to regain some level of pre-stroke normalcy or independence.



Club member Keith Taylor (our first member to be inducted virtually last spring) learned all about post-stroke rehabilitation almost ten years ago when he became a stroke survivor. At the time of his stroke, Keith was an active partner in a cabinet door manufacturing business in Salem, and

the future looked bright. In a flash, Keith's world was altered. There was no going back....but how he shaped his journey forward was the beginning for development of a tool Keith recently launched through his [website](#) meant to help the millions of people trying to cope with the emotional and mental side of rehab. It's called The B.A.S.E. Program, and Keith knows it can empower a stroke survivor to create his or her new life for the better. He's done it himself.

When Keith got past the initial physical recovery phase, he found himself struggling with how to adjust and cope with his new reality. He looked for hope in all the right places, but there was something missing for him. While counseling helped, it was mostly physical-based and geared toward modifying surroundings to make things easier for mobility, relearn and strengthen muscle function, etc.

Not finding similar support for the mental challenges of how to rebuild a life radically changed, he developed a 90-page booklet around four building blocks: Belief, Attitude, Strength (mental), and Energy. BASE offered a foundation to help stroke survivors needing that same structural approach to regain self-confidence, hope, and sense of purpose. Keith

shared the booklet with other stroke survivors and asked for feedback. The hefty booklet, complete with workbook exercises, was retooled based on what they said.

Today, the BASE program is available for \$97 in a 15-segment video series (2 ½ hours total viewing length), and features a Stepping Stone format that literally walks stroke survivors, their spouses and caregivers through exercises designed to create paths back to meaningful lives. Each "stone" lays out steps for its BASE element, such as examining your inner beliefs and guiding the stroke survivor to remove those that may limit their ability to mentally grow. Each element contains four or five stones.

Reading through each of the stepping stones, anyone will find recognizable tools for a positive approach to life in general. Keith created the BASE program through the lens of someone dealing with a curveball that may include relearning the ability to talk, think, remember and function on the most basic level. Since he's "been there, done that", the series offers a guiding light to a brighter life through his "Taylor"ed map of videos.

Keith provides monthly training sessions through Strength After Stroke, and continues to work on ways to help those who suffer from and are affected by stroke each year. What began as a very personal journey for Keith can now lead to improved quality of life for countless others. It's a sure sign he's a Rotarian, leading change by action in order to improve lives.

RI President Sees Opportunities

[Follow](#) *President Knaack on Facebook*

Greetings, fellow Rotarians and Rotaractors!

I am so honored to serve as your president this year. We have important work ahead of us at Rotary, and we are going to have a lot of fun as we do it.



Last year, we launched our five-year [Action Plan](#) to build a stronger future for Rotary. We are working to increase our impact, expand our reach, enhance participant engagement, and increase our ability to adapt. The last several months have shown that we — as Rotarians and Rotaractors — can realize these goals as we forge a new path for the future.

Without question, [COVID-19](#) has posed new and previously unimaginable challenges for Rotary. (continued next page)

But within every challenge is perhaps an even greater opportunity. And while I could not have known what lay ahead when I selected my theme for the year, Rotary Opens Opportunities has even greater relevance as we begin our new Rotary year.

I am incredibly inspired by how our members have adapted and responded to COVID-19. This global pandemic has made it difficult for many of our clubs to operate as usual, but we persevered, and over the past few months, I've enjoyed connecting with my fellow Rotarians and Rotaractors in a new way: by visiting hundreds of clubs from my home. It's been fun to attend so many meetings virtually. If you haven't already, I encourage your club to try an online meeting or add an online component, like hosting a guest speaker from a Rotary or Rotaract club located in a different part of the world.

As we build a stronger future for our organization, it's good that we are reaching out to new people and introducing them to Rotary. It's important that our clubs reflect the communities we serve. More diverse voices in our clubs and in our leadership will help Rotary stay in touch with a changing world.

So let's find every opportunity to show we value each and every member. Let's seize this moment to build on what we've learned, to embrace our new reality, to welcome new faces, and to find additional ways to shine. This is how we will have a continuing impact on the world. And if you need assistance along the way, Rotary offers many [resources](#) that can help you reach your goals.

Rotary means different things in different parts of the world, but we are all united by our core values and by The Four-Way Test. Rotary may change, but our values remain constant.

I look forward to hearing about how you're finding new opportunities to engage and make an impact in your club and community. Rotary Opens Opportunities, both for the people we serve and for ourselves.

Thank you.

Holger Knaack
RI President, 2020-21

August is Membership and New Club Development Month.

This is the perfect time to celebrate and recognize the amazing work of Rotarians and Rotaractors around the world. Share the gift of Rotary by referring a prospective member at rotary.org/join.

WHAT'S COOKING ?



Cauliflower bread / pizza crust

For anyone in search of healthy comfort food, cauliflower has become a popular go-to substitute for bread. The strong aroma of cauliflower when it's cooking belies its delicate flavor that takes on the taste of ingredients added. Freezes well

1 large head of cauliflower (4 cups chopped florets)

4 eggs

2 cups shredded mozzarella cheese

3 tsp oregano

4 cloves garlic minced

salt and pepper to taste

1 cup cheddar cheese, or more for topping



1. Preheat oven to 425 F degrees. Prepare 2 pizza dishes or a large baking sheet with parchment paper.
2. Pulse chunks of cauliflower in food processor until cauliflower resembles rice, or purchase already riced. Place cauliflower in a microwavable container and cover with lid, cook for 10 minutes. Let cool just until there's no more steam coming from it. Remove any excess water by gently squeezing with paper towel.
3. Place cauliflower in large bowl and add remaining ingredients. Mix. Separate the mixture in two and place each half onto the prepared baking sheets and shape into either a pizza crust, or a rectangular shape for the breadsticks.
4. Bake the crust for about 25 minutes or until slightly browned. Sprinkle with cheddar cheese and put back in the oven for another 5 minutes or until cheese has melted. If using as pizza crust, add toppings and continue baking until bubbly on top (works best if all toppings are already cooked).
6. Slice and serve. You can vary the spices and types of cheese according to preference.

Recipe adapted from 'Mom, What's for Dinner'

Got B2B Listing?



A check-in with the administrator of the District's new business site revealed that only three Redmond club members have added their business to this new directory so far. Read on for why you might want to register your business. Click [here](#) to check out the Rotary Business Network site (Business 2 Business or B2B). Excerpts from Bill Grile letter to club leaders, District 5110 (emphasis added):

The D5110 Rotary Business Network (RBN) exists to further two main objectives. (continued on next page)

The first is to **highlight local Rotary-owned businesses**, encouraging our support of these for the important work each does supporting the clubs of District 5110. The second is to **provide business education and learning opportunities**. These include **FREE online courses such as improving business visibility on GOOGLE, marketing, and podcasting**.

The **D5110 Business Directory** provides a **FREE** listing for all businesses that support Rotary. Upgraded listings are available with the most expensive offered at only \$45 for an entire year.

DG Cindi and I hope you will familiarize yourself with the Directory and how it works. Our goal is for every D5110 club to make sure its members know about the program and take full advantage of it. Growing the Business Directory for your club's local businesses is a perfect project for the club's *Vocational Service* committee.

Thanks for your leadership!

Penny Free 4x4

While Penny can claim "native Oregon born" due to her Salem beginnings, her mom moved the two of them to Washington for a few years before returning to Keizer. Penny was 11 years old then, and already well on her way to attending 12 different schools before graduating from McNary High School in 1989. That's where she met but didn't marry her high school sweetheart.....yet.



After high school, Penny attended COCC for awhile, and then "just did life". She returned to school while carrying her son Joey, who was born in 1995 shortly after she earned her paralegal certification. Penny worked as a paralegal for a couple of years, then went to work for the Oregon Department of Corrections.

Her experience at the Oregon State Prison included completing women inmate intakes and working at Offender Information and Sentence Computation. In 2000, she went to work for the Keizer Police Department. She had reconnected with that high school sweetheart (the club knows him as member Matt Free) in 1998, and they married in 2001. According to Penny, "it took him long enough to figure out she was "the one".

It wasn't long before Matt and Penny moved to central Oregon. Penny kept busy with a series of jobs that included

more paralegal work (Les Schwab), warranty manager (Pahlisch Homes) and physician credentialing (Madras Hospital), then she and Matt eventually opened Free Property Management in 2011. A few years later, they bought High Desert Property Management and merged the two businesses. Besides the property management company, they own Method Signs, Inc., as they have found Redmond to be a great place to be in business.

It's hard for Penny to talk just about Penny, since she and Matt are rarely apart. Joey runs the sign business, and daughter Kaycee is still at home (mom says having a daughter is like "a whirlwind"). But they enjoy working together and donating time and energy into the community that has given them so many opportunities. The way she looks at it, they are just making up for lost time, after both had married other people first before finding each other again. "Love will always find a way..." says Penny. For her and Matt, it's been worth the wait.

***If you want happiness for an hour,
take a nap.***

***If you want happiness for a day,
go fishing***

***If you want happiness for a year,
inherit a fortune.***

***If you want happiness for a lifetime,
help somebody.***

Chinese proverb



Redmond Rotary sign of success

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