

# Rotary



## Club of Medford Rogue

### July 14 Communicator

Medford Rogue Rotary: Chartered April 20, 1977  
President Larry Hildebrandt

Bulletin Editor: Debbie Graunke, dmchargue@hotmail.com

Zoom meeting link: [Click Here For Meeting](#)

Meeting ID: 964 5459 5937

Passcode: 656246

One tap mobile

+12532158782,,96454595937#,,,,\*656246# US (Tacoma)

+13462487799,,96454595937#,,,,\*656246# US (Houston)

### Involved Rotarians

Inspirational Moment: Judy Basker

Sergeant at Arms: Gina clayborn

Greeters: Paul Christy

Attendance: Nick Naumes

Technology: John VanSickle

**Song for Today**  
**Sunny Side of Street**

[Click Here For Song](#)

Thanks to Frank Pulver

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**This Week's Speaker:** Cody Scoggins, Water Efficiency specialist, Medford Water Dept

**Topic:** More Water, More Happiness

**Last Week's Speaker:** Erin Esparza, Executive Director, Classroom Law Project

**Summary of last week's topic:** Preserving democracy while teaching democracy Judge Lorenzo Mejia introduced our speaker Erin Esparza, Executive Director of the **Classroom Law Project**.

The Classroom Law Project is a leader in preparing Oregon students to become active, engaged, and informed participants in a democratic society. Young people need to develop the skills, knowledge, and attitudes that will prepare them for a life of informed, intentional participation in their communities. The Classroom Law Project brings vital and engaging civics education programs into Oregon schools, teaching students at all grade levels the values and skills essential to participating in our democracy. Each year, their innovative, timely, practical, and fun programs and professional development opportunities for teachers involve and inspire over 1,300 teachers and 103,000 students across Oregon. Some of the activities that bring civics to life are a Mock Trial, Courthouse Experience, Civic in Action and Youth Summit Town Hall.

Classroom Law Project has grown into a premiere educational organization with thousands of partners,

participants, volunteers, and donors.

### **Next Week's Speaker:**

#### **July 21:**

Topic: Project Turnkey: the Case for Motels as Shelter

Speaker: Megan Loeb, OCF Program Officer of Housing & Economic Vitality

#### **July 28:**

Topic: Oregon Business Plan

Speaker: Joth Ricci, OR Business Plan chair and CEO of Dutch Bros.

### **In Person Meeting Resumption News!**

Where: Rogue Valley Country Club at 2660 Hillcrest Rd. - ballroom on upstairs level

**Dates: July 28, August 4, August 11, August 25, September 8** and we will show future dates later.

Cost: You have a choice of lunch for \$20 or light beverages for \$10 (includes meeting fee) and money will be collected at the door.

Format: When we resume physical meetings, we will continue zooming for those Rotarians who are unable to make the meetings

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### **Upcoming Volunteer Opportunities**

#### **Our Clubs Signature Event - September 17-19**

#### **ROGUE ROTARY PICKLEBALL FEST**

Stay tuned for details

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### **FELLOWSHIP EVENTS**

#### **Mark Your Calendars!**

Fellowship Gathering ♦ Special Area Reserved for Medford Rogue Rotary

**July 16 at Daisy Creek Vineyard** (75 Shafer Lane in Jacksonville)

4:30-8 p.m.

Drop by any time to enjoy their award-winning wines from estate grown grapes and appreciate the music of Verna Dodge & Robbie DeCosta.

Dinner available for purchase.

**RSVP by July 8 to Kellie Hill** 541-951-5564 or [Kellie@TheRightPlan.com](mailto:Kellie@TheRightPlan.com)

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### **Rotary YOGA**

Join Sally Buck for Yoga!

Bring your own Yoga mat, aids if desired, towel (for damp grass or hot tub/pool), and drinks (your choice on the definition). Third Friday of every month in Sally's backyard from 12-1 p.m. Plenty of room to social distance. **All skill levels welcome.** Music will be "spa" or "classical". Spouses, friends and kids are welcome as long as they can be respectful of those desiring meditation conditions.

Hot tub/pool available for post practice recovery.

Friday July 16th & August 20th

RSVP is not necessary. Location: 2680 Country Park Lane in Medford. Questions? [sbuckemail@gmail.com](mailto:sbuckemail@gmail.com) or 402-916-0047.

\*will list each date as they get closer"

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## **Health Topic : Brought to us by Kellie Hill Meal Planning - Your Road to Success**

The difference between wanting to be successful and being successful is planning, especially meal planning. It's tough to come home from a long day at work, look in the fridge and try and figure out what to make with what you have. In fact it's really frustrating. We have enough going on in our lives that learning meal planning can relieve a huge amount of stress.

Meal planning really only needs to take a little bit of time one day a week. In my ideal world we preplan all our meals. But shoot for meal planning just a few each week and build as your confidence builds. It's so much easier to cook when you know you already have all the ingredients.

### Meal Planning - The How To's

Meal planning is really pretty easy.

Decide on the meal and write it down. Let's make it easy in this example and plan salmon with leeks, Caesar salad, and frozen peas. Make a list of the ingredients. Personally, I check if I have things as I go but you could also double check the list at the end and cross off anything you already have. Repeat this for as many meals as you want to try this week.

Organize your meal planning grocery list to follow the flow of your grocery store. For example, write all the produce together, all the dried items, all the dairy, meats, etc. No need to walk back and forth across the store to pick up forgotten items (at least not more than once).

### Shop

Since you already know what you're making (thanks to meal planning), take a few minutes and do some prep work. For example, chop your onions for meals, vegetables for snacks or salads, make your dressings, put single serve snacks in containers etc. If you don't have time for this now, you can do it later.

Because of meal planning, when you arrive home you know exactly what to make and you have everything ready to go. My favorite additional piece of advice: post the recipes with the menu plan on the refrigerator or bulletin board. This way, whomever gets home first can easily get started - meal planning the whole family can help with.

For a few hours one day a week you can reduce the stress in your entire household by using meal planning. Less stress and healthier

foods, now that's a great combination.

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## Friendship Zoom Groups

The New Members Committee has created Rotary Friendship Zoom Groups (RFZGs) to enhance our social connections during the Covid restrictions. It will help us expand our Rotary friendships and be especially helpful to our newest members. Zoom Group hosts will send Zoom invitations to those who send an email of interest to join a particular host. Members are encouraged to visit any of the hosted sessions. There are no rules as to frequency, length or topics discussed. But, in general, Rotary avoids political and religious topics.

Here are our Rotary Zoom Group Hosts and their emails. Let them know if you wish to join them for a session. Emmett Armstrong, [emmett@metronomeagency.com](mailto:emmett@metronomeagency.com); Paul Christy, [ptc97504@gmail.com](mailto:ptc97504@gmail.com); Gary Newland, [gdnw@charter.net](mailto:gdnw@charter.net); Beth Zerkel, [1bzerk@gmail.com](mailto:1bzerk@gmail.com).