

Rotary



Club of Medford Rogue

July 21 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](#)

Medford Rogue Rotary is inviting you to a scheduled Zoom meeting.

Topic: MRR Weekly Meeting

Time: Jul 21, 2021 12:00 PM Pacific Time (US and Canada)

Meeting ID: 932 6898 5403

Passcode: 604252

Involved Rotarians

Inspirational Moment: Judy Basker

Sergeant at Arms: Claudette Moore

Greeters: Paul Christy

Attendance: Nick Naumes

Technology: John VanSickle

Song for Today

La Bamba\Playing for Change\Song around the World

[Click Here For Song](#)

Thanks to Frank Pulver

This Week's Speaker: Megan Loeb, OCF Program Officer of Housing & Economic Vitality

Topic: Project Turnkey: the Case for Motels as Shelter

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

Summary of last week's topic: More Water, More Happiness Barbara Laskin introduced Mr. Cody Scoggins, Water Efficiency specialist of the Medford Water Commission. The Commission supplies water to Medford, Ashland, Talent, Phoenix, Jacksonville and White City serving about 140,000 customers. Mr. Scoggins explained that our water comes mainly from Big Butte Springs in the Mt. McLaughlin district. It is piped here by gravity flow and requires little treatment. In recent years, water has decreased 30% from this source. Supplemental water comes from the Rogue River and needs to be treated. Due to reduced rain and snowpack, the Water Commission has been encouraging customers to reduce their water usage and to that end the Commission provides a number of suggestions, rebates and tools which can be viewed on their website: medfordwater.org

Next Week's Speaker:

July 28:

Topic: Oregon Business Plan

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

August 4:

Topic:

Speaker

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.

We will continue zoom for those Rotarians who are unable to make the meeting

After today's (July 21st) club meeting zoom meeting, you **will receive an email** lunch reservation invite for the following week's (July 28th) in person meeting. **Please complete it and return by noon, Thursday, July 22nd.**

This will give the Country Club a good estimate of how many \$20 lunches to prepare. The Country Club needs six days notice to adjust the food guaranty. Of course, no reservations are needed if you just want to pay the \$10 meeting fee. **RSVP IS REQUIRED** - please check your email *EACH* Wednesday night to reserve your in-person meeting spot and/or meal.

We are looking forward to our first in person meeting in nearly 1 1/2 years. It seems a long time ago.

Upcoming Volunteer Opportunities

Our Clubs Signature Event - September 17-19

ROGUE ROTARY PICKLEBALL FEST

Stay tuned for details

FELLOWSHIP EVENTS

Rotary YOGA

Join Sally Buck for Yoga! August 20th

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.

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

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.
