

# Rotary



## Club of Medford Rogue

### July 28th 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](#)

Topic: MRR Weekly Rotary Meeting  
Time: Jul 28, 2021 12:00 PM Pacific Time (US and Canada)  
Join Zoom Meeting  
<https://us06web.zoom.us/j/87115025430?pwd=WHkzbnErZVA1a21CMG5qUEExbCtpUT09>

Meeting ID: 871 1502 5430  
Passcode: 892084  
One tap mobile  
+12532158782,,87115025430#,,,,\*892084# US (Tacoma)  
+13462487799,,87115025430#,,,,\*892084# US (Houston)

### Involved Rotarians

Inspirational Moment: Julie Brown  
Sergeant at Arms: Claudette Moore  
Greeters: Paul Christy  
Attendance: Nick Naumes  
Technology: John VanSickle

### Song for Today Live and in person

God bless America, land that I love  
Stand beside her and guide her  
Through the night with the light from above

From the mountains to the prairies  
To the oceans white with foam  
God bless America, my home sweet home

From the mountains to the prairies  
To the oceans white with foam  
God bless America, my home sweet home  
God bless America, my home sweet home

[Click Here For Song](#)

Thanks to Frank Pulver

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**This Week's Speaker:** Joth Ricci, OR Business Plan chair and CEO of Dutch Bros.  
**Topic:** Oregon Business Plan

**Last Week's Speaker:** Megan Loeb, OCF Program Officer of Housing & Economic Vitality  
**Summary of last week's topic:** Project Turnkey: the Case for Motels as Shelter

Tim Chesley introduced Megan Loeb, Oregon Community Foundation Program Officer who spoke on Project Turnkey, The Case for Motels as Shelters.

The Oregon Legislature provided \$74.7 to OCF to acquire hotels and motels in 19 communities across 13 Oregon counties, with emphasis on fire destroyed areas.

Project Turnkey successfully increased the state's supply of emergent housing by 20 percent. Each Project Turnkey operation is locally created, owned and operated by local government and/or nonprofit community partners. Each Project Turnkey operation is designed to meet the needs of its community's priority populations, ranging from fire survivors to domestic violence survivors to Veterans to people experiencing chronic homelessness. In Medford, in collaboration with the City of Medford and Rogue Retreat, the Redwood Inn was purchased.

### **Next Week's August 4**

Topic Back to school -- almost! Insights into the "new year" at Medford's schools

Speaker: Dr. Bret Champion, Medford SD Superintendent

### **August 11:**

Topic:

Speaker

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

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

**Dates: 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 28th) club meeting, you **will receive an email** lunch reservation invite for the following week's August 4th in person meeting. Please complete it and return by noon, Thursday, July 29th. 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**

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### **New Member Applicants and Sponsor Responsibilities:**

The Membership Committee has revised the mentor program for new members. Instead of the committee assigning a mentor, the new member's sponsor will now be responsible for that role. Sponsor/mentor responsibilities will include assisting the new member with finding the right fit for two committee assignments, accompanying the new member to a fellowship event, and also sitting with the new member at two or more of our regular meetings in order to introduce them to fellow Rotarians. We hope that these changes will help to quickly integrate the new member to our club.

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### **Pickleball Sponsorship Opportunities**

We have three levels of individual and business sponsorships for our September 17-19 Rogue Rotary Pickleball Fest tournament. The levels are: Major Sponsor - \$2500, Gold Sponsor - \$1000 and Silver Sponsor - \$500. We are pleased to announce that Lithia 4Kids, JB Steel and Northwestern Mutual have agreed to be major sponsors. Their support will benefit Medford Rogue Rotary's local youth programs which include Kids Unlimited basketball, building school and nonprofit playgrounds, providing food packs and recognizing students through our student recognition program.

This is a great start but now we need your help. Please consider a sponsorship - it goes for a great cause. Reach out to our sponsorship committee of Larry Hildebrandt, George Prokop, Kellie Hill and Cheryl Dyer for

assistance. Together, lets benefit our local youth!

And, for those who are willing to think big, naming rights for the tournament are available beginning next year.

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## Upcoming Volunteer Opportunities

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

#### ROGUE ROTARY PICKLEBALL FEST

We are looking for volunteers:

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### FELLOWSHIP EVENTS

#### Saturday, August 7th 5-8 p.m.

Dunbar Farms/Rocky Knoll Tasting Room

2881 Hillcrest Rd, Medford

Bring your family, friends, **potential new members** to enjoy an evening of food, drink, fun and fellowship.

No RSVP required - see you there.

#### 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](mailto:sbuckemail@gmail.com) or 402-916-0047

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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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