

Rotary



Club of Medford Rogue

July 7 Communicator

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

Bulletin Editor: Debbie Graunke, dmchargue@hotmail.com

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

Meeting ID: 948 1888 2111

Passcode: 412709

One tap mobile

+12532158782,,94818882111#,,,,*412709# US (Tacoma)

+13462487799,,94818882111#,,,,*412709# US (Houston)

Involved Rotarians

Inspirational Moment: Julie Gillis

Sergeant at Arms: Ian Foster

Greeters: Paul Christy

Attendance: Nick Naumes

Technology: John VanSickle

**Song for Today
Coming soon**

[Click Here For Song](#)

Thanks to Frank Pulver

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

Topic: Preserving democracy while teaching democracy

Last Week's Speaker: Paul Robinson & Larry Hildebrandt

Summary of last week's topic: Transition Meeting -- Changing of the Guard President Paul was not able to attend the meeting as he was having back surgery. Let's keep Paul in our thoughts and prayers. Gerry gave us a recap on our goals for this past year, we met our annual fund goal and Polio Plus while we fell shy on our attendance goal. Larry thanked the outgoing board members and welcomed the new board members. Larry thanked Paul for his great leadership as he was the only president to run all the club's meetings via zoom. We are looking forward to a fun new year where fellowship will be abundance, as we get back to mostly in person meetings.

Next Week's Speaker:

July 14: More Water, More Happiness

Topic: Cody Scoggins, Water Efficiency specialist, Medford Water Dept

July 21:

Topic: To come....(Via Any Cuddy, OCF)

Speaker: Megan Loeb, OCF (re: project turn key)

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

Upcoming Volunteer Opportunities

Our Clubs Signature Event - September 17-19

ROGUE ROTARY PICKLEBALL FEST

Stay tuned for details

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

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 or 402-916-0047.

*will list each date as they get closer"

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.

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; Paul Christy, ptc97504@gmail.com; Gary Newland, gdnw@charter.net; Beth Zerkel, 1bzerk@gmail.com.