

Rotary



Club of Medford Rogue

September 15th Communicator

Medford Rogue Rotary: Chartered April 20, 1977

President Larry Hildebrandt

Bulletin Editor: Debbie Graunke: dmchargue@hotmail.com

Reminder No In person or Zoom meeting this week

You will receive an email lunch reservation invite on September 15th for the September 22nd in person meeting. Please complete it and return by noon, Thursday, September 16th We need to give the Country Club advance notice for meals to prepare. Full meal cost is \$20 (included meeting room fee) or \$10 for meeting room fee. RSVP IS REQUIRED to ensure we have plenty of food and seating

The county club has a mask requirement. The only exception to wearing a mask indoors is when you are actively eating

Last weeks Speaker: Brian Sjothun

Topic : Developing the Next Generation of Leaders

Our own Brian Sjothun discussed developing leadership, focusing on a program he has participated in and how he has passed along those lessons to the staff at the city of Medford. Brian, city manager for Medford, said he helped fill his personal bucket list by participating (on his own dime) in a program taught by John Calvin Maxwell, a pastor-turned-leadership-mentor. Brian in turn has presented Maxwell's approach to more than 100 city staff members through a series of six-week classes.

Brian presented the following key components to developing leadership skills:

- Self-awareness: Class members are asked to develop a personal growth plan, which starts by identifying their top two core values and putting those values to work in their daily practices.
- Intentionality: People need to know not just how to lead employees, but how to lead themselves and to do that in a very intentional way to achieve their goals.
- Reflection: We too often move on from an accomplishment directly into the next task without taking time to appreciate our success. There will always be something more you can do, but slow down to appreciate the accomplishment and to learn from it.
- Relationships: You cannot reach your goals as a leader without reaching out to others for help. A key to utilizing that help is to focus on active listening, in which you push your thoughts aside while you carefully take in what others are saying.
- Habits: Establishing habits helps you to set your own agenda and manage your own priorities. Make a habit of writing down what you want to accomplish each day and then stop procrastinating.

Participants in the classes at the city are asked to write down their growth plans, their hopes and dreams, and then to share those plans with their supervisors so they can develop ways to meld the plans with their work.

Brian said that in the end, it is not the physical structures or sites that are created that will be a leader's legacy, but rather the organization that he or she leaves behind.

September 22 Speaker: Denise Barnes, Recycling & Community Outreach Coordinator; Mike Jacobson, Commercial Operations Manager, Rogue Disposal

Topic: Reframing Recycling

September 29:

Speaker: Brent Barry, Phoenix-Talent SD Superintendent, recently named "Oregon Superintendent of the Year"!

Topic: The Phoenix in the Phoenix-Talent School District: Rebuilding from the ashes

Board of Directors News: Board of Directors meetings are held the 3rd Tuesday of each month at 4:30 via zoom. If you have an agenda items please contact President Larry. The meetings are open to all club members contact Debbie for the meeting link

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.

Words from President Larry HERE IT IS - Go to the new Medford Rogue Rotary website at medfordrogue.org. Scroll down the home page to learn about all the youth activities, community and international projects that we do. Click on Meeting Info for future meeting dates. Rotary Links will give you 20 reasons to join Rotary, the 4 way test, club locator and a link to Rotary International. We have headers at both the top of the page and at the bottom. Recent speakers show how our programs are entertaining, informative and inspiring.

Show the website to perspective members so they can learn about our club.

And, you can help us to improve the website by sending pictures of our activities to me or Emmett Armstrong. Special thanks to web master Emmett for his creativity and his patience with our numerous rewrites.

FELLOWSHIP EVENTS

Rotary YOGA

Join Sally Buck for Yoga! September 17th

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
