

# Rotary



## Club of Medford Rogue

### March 30 Communicator

Medford Rogue Rotary: Chartered April 20, 1977  
President Larry Hildebrandt  
Past President Host: Jeanne Stallman  
Bulletin Editor: Debbie Graunke: dmchargue@hotmail.com

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### MEETING INFORMATION:

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

**Time:** 12:10 pm

**-OR-**

**Zoom for those Rotarians who are unable to attend the in-person meeting. The zoom link will open at 12:00**

Join Zoom Meeting  
<https://us06web.zoom.us/j/81264130621?pwd=UmtSdDd3RVJneHdGcW1JZDQzMXpFZz09>

Meeting ID: 812 6413 0621  
Passcode: 330663  
One tap mobile  
+17207072699,,81264130621#,,,,\*330663# US (Denver)  
+12532158782,,81264130621#,,,,\*330663# US (Tacoma)

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### Involved Rotarians

Inspirational Moment: Julie Gillis  
Sergeant at Arms: Gina Clyburn  
Greeters: Paul Christy  
Attendance: Beth Zerkel  
Technology: John Van Sickle & Scott Morris

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### Upcoming Meeting Schedule

#### March 30th

**Speaker:** Cathy Kemper-Pelle  
**Topic:** Rogue Community College's "next chapter"

**April meeting dates:** 6th, 13th and 27th

Meeting schedules can be found on our new website. [Click Here](#)

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### Virg Syverson's funeral service:

Monday May 2, 8:30am. at Sacred Heart Church. 10th and Oakdale  
Please contact Ellen Naumes @ [jamesnaumes@charter.net](mailto:jamesnaumes@charter.net) for more information.

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## Fellowship:

The Academy Awards are over..... how many correct answers were on your ballot? Are you the lucky winner?? Kingsley Kelley, Barbara Laskin and Carol Neil were the official ballot counters and will announce the winners at this week's meeting.

Stay tuned....you could be the lucky winner...

## Volunteer Opportunities

**Rogue PowerPack Backpack Program:** You will have an opportunity to volunteer with not only our club members but members from other area clubs.

ACCESS & Rogue Powerpack Program provides backpacks full of nutritious, child-friendly food to elementary school children who are receiving free breakfast or lunch at school during the week but are lacking adequate food at home over the weekend. Backpacks are filled every Friday from 9-11 to ensure they do not go hungry while away from school. There are also options to drive and deliver prepared sacks of food to different school routes. To SignUP on dates that work best for you, click this link:

<https://signup.com/go/UhqfKmB>.

For any questions, please contact Danette Moss at [dmooss@laclinicahealth.org](mailto:dmooss@laclinicahealth.org).

## Signature fundraising event June 24-26 2022 Pickleball Tournament

Our first tournament was a great success! The steering committee is already planning our next tournament. If you would like to join in the fun, we are looking for you! Please contact Cheryl Dyer @ [cherylddyer@yahoo.com](mailto:cherylddyer@yahoo.com) or Debbie Graunke @ [dmchargue@hotmail.com](mailto:dmchargue@hotmail.com).

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**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 item, please contact President Larry. The meetings are open to all club members. Contact Debbie for the meeting link or

[Click here](#)

**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 members into our club.

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**Health News: Pre-diabetes by Dr. Bud Bergstrom** In recent years, many persons in their 50-60's, & older, have been diagnosed with "pre-diabetes", because of a mild elevation of their blood sugar. Even tho. Type 2 diabetes is usually easy to control with diet, exercise &, if necessary, oral medication, everyone would prefer to not develop it. The two main causes of Type 2 Diabetes are obesity & a sedentary lifestyle. In a recent study, only 8 % of persons diagnosed with "Pre-diabetes" went on to develop Type 2 diabetes over the next several years. By way of reassurance, persons with a pre-diabetes diagnosis are unlikely to be develop Type 2 diabetes, as long as the two main causes are avoided