

Rotary



Club of Medford Rogue

May 5 Communicator

Medford Rogue Rotary: Chartered April 20, 1977

President Larry Hildebrandt

Bulletin Editor: Debbie Graunke: dmchargue@hotmail.com

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

Join Zoom Meeting

<https://us06web.zoom.us/j/86505646388?pwd=Yjg0K2lDTmVEZ1h0QmpIN1hzcERldz09>

Meeting ID: 865 0564 6388

Passcode: 104565

One tap mobile

+13462487799,,86505646388#,,,,*104565# US (Houston)

+17207072699,,86505646388#,,,,*104565# US (Denver)

Involved Rotarians

Inspirational Moment: Barbara Laskin

Sergeant at Arms: Nancy Waldon

Greeters: Paul Christy

Attendance: Steve Dickson

Technology: John Van Sickle & Scott Morris

Upcoming Meeting Schedule

May 5th

Speaker: Rick Bailey, President of SOU

Topic: A New U: Envisioning an Entrepreneurial Future for SOU

Involved Rotarian: Lynn Hennion

May 11th Speaker:

Topic: Club Assembly

May 18th -NO MEETING

May 25th

Speaker: Abigail Lewis

Topic: The work of Golden Rule ReEntry Golden Rule ReEntry is a trauma-informed organization that assists formerly incarcerated individuals to help foster connection, and personal and professional growth for those served.

Involved Rotarian: Steve Vincent

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

Fellowship Events:



Saturday, May 14 – Thrift Store Date Night

Bring your date to the first Rotary Thrift Store Date Night from 5:30-7:30 p.m. at Dunbar Farms, 2881 Hillcrest Road in Medford. PRIZES will be awarded!

Concept: On your honor, spend no more than \$20 at your favorite Thrift Store(s) to create the best overall outfit in one of the following 5 categories:

1. Bargain Bin (the most outfit pieces for the lowest price – Kingsley ask for people to stand with wearing 5 items, 6 items . . . until 3-4 still standing; have them come on stage; winner chosen by crowd applause)
1. Star Athlete (“THE” highly skilled at any activity; showcase your favorite sport or athlete)
1. Prom King and/or Prom Queen (relive your high school days . . . or at least your high school dreams)
1. Oldie but Goodie (the one that takes you back in time)
1. Vegas Lot Lizard (a little sexy, a lot trashy, maybe even missing teeth . . . but still make-n rent)

Rules:

1. Spend no more than \$20 at your favorite Thrift Store(s).
1. Must buy the main clothing items – dress/pants/skirt/shirt/sweater/jacket.
1. Any accessories also count in the budget – hats/scarfs/ties/belts
1. Thrift Store clothing articles count only if we can see them (please use your own under garments).
1. Additional items not from a thrift store can be used but . . .
1. In case of a tie, the person with the most outfit pieces within the allotted budget from a thrift store wins.
1. We are out to shine in all our fabulous glory and make a statement throughout the night. Have fun making an extravagant outfit that will possibly be used as blackmail later in life.

Limited seating, bring your own chairs/blankets. Check out Dunbar Farms [menu here](#) – beer, wine, non-alcoholic beverages, soup, salad, chef plates, wood-fired pizza and weekly special entrée.

RSVP to Kellie Hill kellie@therightnutritionplan.com. Friends, family, and those too shy to dress up are welcome.

Saturday, June 18th – Camp DeBoer More information to follow- stay tuned

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 dmoss@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 or Debbie Graunke @ dmchargue@hotmail.com.

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.

Health News - By Ruth Rabinovitch-Food-borne Disease Mistakes

This month Ruth has provided us with 4 disease mistakes. We will feature one mistake each week. Be sure to read them all.

#2: *Eating raw batter or dough*- including cookie dough, and other foods with uncooked eggs or uncooked flour- it's a mistake because uncooked flour and eggs may contain *E. coli, Salmonella, or other harmful bacteria*. The key is to cook or bake flour and eggs thoroughly. Don't eat foods that contain raw or undercooked eggs, such as runny eggs, homemade mayonnaise, hollandaise sauce, and eggnog, or raw dough or batter containing flour or eggs. And, wash hands, work surfaces, and utensils thoroughly after contact with flour, raw eggs, and raw dough.