

# Rotary



## Club of Medford Rogue

### February 8 Communicator

Medford Rogue Rotary: Chartered April 20, 1977

President Ian Foster

Bulletin Editor: Debbie Graunke: dmchargue@hotmail.com

\*note the names of Involved Rotarians or program topics may not be available or may change at anytime.

---

### 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/82150849204?pwd=OExDUW9YMUy5bUtFam5rZmtRMUNXdz09>

Meeting ID: 821 5084 9204

Passcode: 685331

One tap mobile

+13462487799,,82150849204#,,,,\*685331# US (Houston)

+16694449171,,82150849204#,,,,\*685331# US

---

### Involved Rotarians

Inspirational Moment: Barbara Laskin

Sergeant at Arms: Gene Taylor

Greeters: Beth Reger

Attendance: Shaun Franks

Technology: John Van Sickle & Scott Morris

---

### Upcoming Meetings

#### February 8

Program Title: " Did Life Ever Exist on Mars???"

Speaker: Matt Heverly. His current title at NASA is "Surface Phase Lead for Mars Sample Return Program:

#### February 15<sup>th</sup> NO MEETING

#### February 22

Program Title: Tiny Houses

Speaker: Rick Clark

Program

---

## **Tiger Den Project - Central High School**

### **Items needed:**

- There are no water fountains at the school. Every student needs their own reusable water bottle. Do we have a connection that could provide 100-150 water bottles?
- Individually wrapped snacks (granola bars, meat sticks, etc.)
- Ramen noodles & cup-a-noodles
- Socks
- Camis - cheap at Costco and Amazon (<https://amzn.to/3XyJo3W>) - any color/sizes - they look like this

---

## **Pickleball Tournament-The date is set for September 8-10, 2023**

This is our club's signature fundraising event. It's a great way to raise money and it brings a means of fellowship to our members. Let us know if you would like to join the steering committee or be part of one of the smaller subcommittees. Everyone is welcome to join this committee. It's a great opportunity to learn new skills and offer skills that others might not have. If you are interested in joining the committee, please reach out to Debbie Graunke at [dmchargue@hotmail.com](mailto:dmchargue@hotmail.com)

---

## **Board of Directors News: note date and time change**

.Board of Directors meetings are held on the 4th Monday of each month at 5:30pm via zoom. If you have an agenda item, please contact President Ian. 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: Rita Sullivan**

### **The Importance of Friendships:**

Friendships can have a major impact on your health and well being. Adults with close social connections have a reduced risk of many significant health problems including depression, high blood pressure and obesity. Many people find it hard to develop new friendships or keep up with existing ones. It takes effort. Beyond improving health, friends make life more enjoyable. They help us celebrate good times and get through tough ones and we do the same for them. We must make time for and prioritize our friendships. Simply put, good friends are good for your health both mental and physical. Life is just better with friends in it.