

Rotary



Club of Medford Rogue

January 25 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/81464306710?pwd=SU9sV0ZMZVhMOEYzajJwUkpWNkV4dz09>

Meeting ID: 814 6430 6710

Passcode: 506213

One tap mobile

+13462487799,,81464306710#,,,,*506213# US (Houston)

+16694449171,,81464306710#,,,,*506213# US

Involved Rotarians

Inspirational Moment: Linda Brown

Sergeant at Arms: Gina Clyburn

Greeters: Beth Reger

Attendance: Roger Hasenpflug

Technology: John Van Sickle & Scott Morris

Upcoming Meetings

January 25, 2023

Student Recognition and Paul Harris Recognition

Program: Family Nurturing Center Parents Mentor Program

Speaker: Brandon Kinzel

Program Description: Peer support allows parents and caregivers to learn from others who have "been there" and to use their experiences to help others

Introducer: Joy Marshall

February 1

Program Title: SOU update

Speaker: Dan DeNeui, Assoc Provost

Program:

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 15th NO MEETING

February 22

Program Title: Tiny Houses

Speaker: Rick Clark

Program:

We thank the following Rotarians for making generous contributions towards their Paul Harris

Scott Morris	PHF
Kathy Tinsely	PHF
Gina Clyburn	PHF
Steve Dickson	PHF
Sally Buck	PHF
Ian Foster	PHF+1
John Robinson	PHF+2
Baylee LaVoie	PHF+2
Lyn Hennion	PHF+3
Lindsay Berryman	PHF+3
Sue Kupillas	PHF+3
Mark Wisnovsky	PHF+3
Beth Zerkel	PHF+3
Gary Crites (Julie will accept Gary's award)	PHF+4
Joe Hubbard	PHF+4
Brian Watkins	PHF+6
Tara Millan	PHF+6
Kellie Hill	PHF+6&7
Jeanne Stallman	PHF+6
Paul Smith	PHF+7

Tiger Den Project - Central High School

Items needed:

Pickleball Tournament-The date is set for September 8-11, 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

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

Garlic and Onions: Magic Powers?

By Kellie Hill

Garlic and onions have wonderful health benefits but they also have "hidden" health benefits that can be accessed with a little planning.

ONION:

These fantastic bulbs come in white, red, and yellow and are associated with reducing the risk of heart disease, lowering cholesterol levels and reducing blood pressure. Much of this is because of the sulfur containing phytonutrient allyl propyl sulfoxide (which is the cause of the smell and tearing eyes). Studies show the stronger the smell, the healthier the nutrients. Onions also have a high concentration of quercetin which has anti-inflammatory benefits, as well as chromium to help balance blood sugar levels. Other wonderful nutrients include vitamin C, dietary fiber, manganese, molybdenum, B6, tryptophan, folate, potassium, phosphorus, copper, the carotenoids beta carotene, lutein, and zeaxanthin, the flavonoids isorhamnetin, kaempferol, and phytosterols. To get the most health benefits from onions, let them sit for 5-10 minutes after cutting and before cooking or eating. The sulfur containing phytonutrient alliin and the enzyme alliinase are separated in onion's cell structure when whole. Slicing, chopping, or dicing the onion ruptures the cells and releases the alliin and alliinase allowing them to mingle and form a powerful new compound called thiopropanal sulfoxide to increase the onion's health promoting benefits. The finer the cut, the more extensive the transformation of the sulfur compounds. Allicin also gives onions it's pungent aroma and is what makes the eyes tear. The stronger the smell and the more you cry when cutting, the better for your health.

GARLIC:

Garlic is an amazing bulb that has been used for both culinary and medicinal purposes for centuries. Garlic has a hot taste as well as a subtle sweetness, adding great flavor to any savory dish. Garlic is a rich source of many vitamins and minerals such as manganese, B6, vitamin C, tryptophan, selenium, calcium, phosphorus, copper, B1, protein, as well as the carotenoids lutein and zeaxanthin. Garlic also contains a unique sulfur compound, allicin which promotes antioxidant activity and functions as a powerful antibacterial and antiviral.

Again, to get the most health benefits from garlic, let it sit for 5-10 minutes after cutting and before cooking or eating. The alliin and the enzyme alliinase are separated in the garlic cell structure when whole. Cutting or pressing the garlic ruptures the cells and releases the alliin and alliinase allowing them to mingle and form a powerful new compound called allicin which is a phytonutrient adding to garlic's health promoting benefits. The

finer the chopping, mincing, pressing, or dicing, the more allicin may be produced. Allicin also gives garlic its pungent smell and "bite". The stronger the smell, the better for your health.

Garlic and Onions - Cooking

Careful when cooking both onions and garlic as some of the enzymes will be denatured at 158 degrees Fahrenheit. Expose them to as little heat as possible and for as short of time period as possible (less than 15 minutes). This will keep the phytonutrients active. Research has shown that when crushed garlic was heated, its ability to inhibit cancer development in animals was blocked; but when chopped garlic was allowed to sit for 10 minutes before heating the anticancer activity was preserved.

Final tip: to remove the odor of garlic from your fingers, rub them on a stainless-steel bowl or spoon under cold running water. Although, in many countries the sign of a fabulous cook is the aroma of their hands . . . so dice, chop, press, crush, slice, mince, and cut with abandon to enjoy all the benefits of garlic and onions.