

Rotary



Club of Medford Rogue

March 23 Communicator

Medford Rogue Rotary: Chartered April 20, 1977
President Larry Hildebrandt
Past President Host: Jeanne Stallman
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 12:00

Join Zoom Meeting
<https://us06web.zoom.us/j/82814095356?pwd=N1Q0dzk2Qk1mSUIZb29pNEhoWXZOUT09>

Meeting ID: 828 1409 5356
Passcode: 486893
One tap mobile
+12532158782,,82814095356#,,,,*486893# US (Tacoma)
+13462487799,,82814095356#,,,,*486893# US (Houston)

Involved Rotarians

Inspirational Moment: Linda Brown
Sergeant at Arms: Claudette Moore
Greeters: Paul Christy
Attendance: Beth Zerkel
Technology: John Van Sickle & Scott Morris

Upcoming Meeting Schedule

March 23rd

Speaker: Ron Kramer
Topic: The new Southern Oregon Historical Society event center

March 30th

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

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

Fellowship:

DON'T WAIT to turn in your ballots. The Academy Awards are less than a week away.

Make your best guess on the Academy Awards (up until March 27th). Complete your ballot in person or online. The Rotarian with the most correct predictions will receive a bag of popcorn and two movie tickets. The top 4 runner ups will receive a bag

of popcorn.

Questions? Contact Barbara Laskin laskinbarb@gmail.com Click here to download a printable PDF copy

Click here to download a printable PDF copy [Academy Awards Ballot](#)

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.

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 @ cherylldyer@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: 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