

# Rotary



## Club of Medford Rogue

### November 2 2022 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.

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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-**Link opens at 12 noon

Join Zoom Meeting

<https://us06web.zoom.us/j/87205702726?pwd=b2F2YXpsSGJFbm4rckM0N2U0Y0IILUT09>

Meeting ID: 872 0570 2726

Passcode: 438277

One tap mobile

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+12532158782,,87205702726#,,,,\*438277# US (Tacoma)

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### Involved Rotarians

Inspirational Moment: Ian Foster

Sergeant at Arms: Gina Clyburn

Greeters: Beth Reger

Attendance: Carol Neil

Technology: John Van Sickle & Scott Morris

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### Upcoming Meetings

#### November 2<sup>nd</sup>

**Program Title:** Think Outside the Box-No Box Required- Hiking the TMB-European Alps

**Guest Speaker:** John and Baylee LaVoie

#### November 9<sup>th</sup>

**Program Title:** Travel Medford Update

**Guest Speaker:** T J Holmes, Sr VP

**November 16<sup>th</sup> NO MEETING**

**November 23<sup>rd</sup> NO MEETING**

**November 30<sup>th</sup>**

**Program Title:** Climate Change in Agriculture

**Guest Speaker:** Professor Maud Powell, OSU extension Small Farms

Some of the ways climate change is affecting agriculture in the Rogue Valley

**December 7**

**Program Title:** Rogue Community College: Commitment to Students and our Community

**Guest Speaker:** Dr. Randy Weber, Ed.P

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## **NEW CLUB PROJECT FOR KIDS-**

When kids are in need . . . Medford Rogue Rotary is there!

Tiger Den Project - you all should have received an email from Kellie Hill over the weekend, if you would like more information or would like to be a part of this committee , please reach out to Kellie . Here are some important dates to mark on your calender to get started!

**11/2** Bring donations to our lunch meeting - priority is warm clothing (all sizes of sweatshirts, coats, closed-toe shoes and individually wrapped snacks - clothes do not need to be new, so maybe plan on cleaning out your closet this week?).

**11/9** Bring donations to our lunch meeting and join us to deliver them to Central (650 Royal Ave) after the meeting (see the space and start organizing - maybe build shelves?).

**11/16** Den Day set-up & eat lunch with the students. **Meet at Central from 11am-1pm.** (finish organizing, Tiger Den grand opening, each lunch with the students). **Mucho Gusto will be catering**, so please **RSVP as soon as possible**.

A regular lunch fee of \$20 per person applies. Sponsor a student's lunch for an additional \$20.

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## **Fellowship Events: MARK YOUR CALENDARS**

**Saturday, November 5<sup>th</sup> – Touvelle State Park Walk and Picnic**

Join Sally Buck and family to take a low impact walk along the river and enjoy the fall colors. All are welcome and feel free to pack lunch and stay for a picnic.

Time: Walk starts at 10am; picnic at 12pm.

Location: Touvelle State Park; 8601 Table Rock Rd, Central Point.

Please RSVP to Barbara Laskin: [laskinbarb@gmail.com](mailto:laskinbarb@gmail.com) so that Sally knows your coming!

**December 7th 5:30 Holiday Party 6:30 at Centennial Golf Club**

More good cheer to come

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## **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](mailto:dmchargue@hotmail.com)

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## **Board of Directors News:**

Elections for club leadership are coming up in December and we are now taking nominations for club directors. If you have a club member you think would be a great officer, please contact Kellie Hill at [hill.kelliej@gmail.com](mailto:hill.kelliej@gmail.com). You can also nominate yourself.

The nominating committee will take the list, then interview each person to gauge their interest. From there, they

will put together a slate of officers. There will also be an opportunity for members to nominate from the floor during an upcoming meeting. The final candidates will be on the ballot in December for consideration by the entire club. 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 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.

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**Health News,** Barret Esophagus by Dr. Bud Bergstrom :

Many people are affected by "gastro-esophagageal reflux", aka chronic heartburn, for which they usually obtain significant relief by taking OTC antacids, e.g. TUMS, Rollaids, etc. Over time, this condition can progress to a premalignant condition known as Barrett Esophagus, which can progress to cancer of the esophagus, a difficult to treat malignancy. Persons with chronic heart burn with additional risk factors such as obesity, age over 50 years,, male sex, tobacco, use, and a family history of Barrett Esophagus, should be considered for screening for Barrett Esophagus, accomplished by an upper endoscopy. A biopsy of a suspicious area will make, or rule out, the diagnosis, which will determine further treatment.

Lastly, don't forget to get your "flu shot". After a virtually nonexistent "flu season" last year, some "health experts" are predicting a more severe flu season this year than usual.