

Rotary



Club of Medford Rogue

October 26, 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.

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/84931524290?pwd=SIMyMjcrMW95Q2d5Y2pWbStOVU9OZz09>

Meeting ID: 849 3152 4290

Passcode: 756723

One tap mobile

+12532158782,,84931524290#,,,,*756723# US (Tacoma)

+13462487799,,84931524290#,,,,*756723# US (Houston)

Involved Rotarians

Inspirational Moment: Julie Gillis

Sergeant at Arms:

Greeters: Beth Reger

Attendance: David Wilkerson

Technology: John Van Sickle & Scott Morris

Upcoming Meetings

October 26th

Program Title: Community Volunteer Network

Guest Speaker: Cassie Rose, Executive Director of Community volunteer Network

November 2nd

Program Title: TBD

Guest Speaker:

November 9th

Program Title: Travel Medford Update

Guest Speaker: T J Holmes, Sr VP

November 16th NO MEETING

November 23rd NO MEETING

November 30th

Program Title: Climate Change

Guest Speaker:

December 7

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

Guest Speaker: Dr. Randy Weber, Ed.P

December 14th

Program Title: Holiday Program

Guest Speaker:

Volunteers Needed Saturday October 29th 9ish - 2ish full Group service project at Redwood Inn on Riverside Ave.
announcement.

Contact Gary Newland for more details gdnw@charter.net or 541-899-0110

Fellowship Events: MARK YOUR CALENDARS

November 10th 10 AM -Touvelle State Park Fall walk and picnic Take a stroll along the river, enjoying the colors and change of the season. Bring something to BBQ or share.

Questions and RSVP: Sally Buck sbuckemail@gmail.com or 402-916-0047

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

More good cheer to come

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:

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. 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.

Health News, by Ruth Sullivan SMILE

Smiling makes us happier. Smiling triggers a reduction in stress enhancing hormones and stimulates the production of mood enhancing hormones. Smiling can amplify feelings of pleasure and happiness and frowning can amplify feelings of pain or sadness. We can make ourselves feel better by smiling even when we don't feel like it. At the same time we are helping others because humans react to the facial expressions that we see in others and we do so unconsciously. We mirror the facial expressions of those that we see. The best part about it is that our brains do not know if we are faking or if we are really happy, it responds either way. So go forth and smile for your happiness and that of all who pass you by.