

Rotary



Club of Medford Rogue

April 21 Communicator

Medford Rogue Rotary: Chartered April 20, 1977

Bulletin Editor: Paige West, pwest@rvtd.org

Zoom meeting link: [Click Here For Meeting](#)

Meeting ID: 920 9761 3970

Passcode: 330231

+1 669 900 9128 US (San Jose)

Involved Rotarians

Inspirational Moment: Julie Gillis

Sergeant at Arms: Judy Lininger

Greeters: Paul Christy

Attendance: Shaun Franks

Technology: John VanSickle

Song for Today: "Africa"

[Click Here For Song](#)

Thanks to Frank Pulver

This Week's Speaker: Kellie Hill, 4-Way Test Speech Contest

Last Week's Speaker: Peter Buckley, Update on Trauma-Informed Practices in Southern Oregon

Summary of last week's topic:

Peter Buckley joined Southern Oregon Success in 2016 after his tenure in the Oregon Legislature. He described the ACES Study Adverse Childhood Experiences Study and the findings which have developed several programs to reduce childhood trauma. The Southern Oregon ACEs Training Team has presented over 400 sessions on ACEs and Resilience to over 14,000 participants since 2016. ACEs and Resilience information has developed a common language and common vocabulary for collaborative work across all sectors. Peter described that resilience is the science of why and the science of hope. Positive stress happens, for example, when we are struggling to learn something new. However, adverse childhood experiences are 'toxic stress'. Kids who grow up in toxic stress environments adapt behaviors such as fight, flight, or freeze.

The ACEs study included 17,000 people and found the higher level of adversity, the greater number of health problems and social problems. But what is predictable is preventable. Can we use tools of resilience to build support for children, families, and our community? Schools that adopt Trauma Informed practices are showing great success with closing the achievement gap and decreasing student discipline cases. The organization's goal is that by 2025, all parents and caregivers in Jackson and Josephine counties will have the knowledge and skills, connections and support needed for all their children to enter Kindergarten ready to thrive. ACE◆s

training is available for any school, agency, or community group in the region.

Next Week's

Speaker:

April 21: Linda Spencer, Butte Falls Mayor,
Topic: What's going on in Butte Falls?

May 5: Sheila Clough, CEO, Mercy Flights
Topic: Mercy Flights

May 12:
Ryan Robertson, MRR member, DMA board president
Topic: Downtown Medford Association

May 19: Barbara Hurd
Topic: BioMed Diagnostics

Upcoming Volunteer Opportunities

Cheryl Dyer announced a Pickleball Tournament on September 17-19.
Stay tuned for details

Dues Structure for 2021-22 Rotary Year

The Board will be sending out member dues statement in the beginning of May. For renewing Rotarians, your net dues will be \$150. This figure includes a \$50 reduction from last years dues of \$300 to \$250 and a one-time rebate of \$100 from the Inn of the Commons meeting fee surplus. There are no meeting fees in the dues statement as the Board is unable to determine at this time what they may be or how they will be paid.

About 60% of your dues is goes for District and Rotary International dues, and the remaining 40% goes for club administration and our youth programs.

For new Rotarians joining our club, their dues will be \$250, except for new members under the age of 40 where their dues will be \$180 for two years.

Fellowship

Sally Buck will be leading a 2.6 mile, low impact, gentle hike along RoxyAnn Friday, April 23rd. Meet at 2 p.m. at the upper parking area. Take your time and walk as much as desired. Questions contact Sally at 402-916-0047. No need to RSVP, just show up. Everyone welcome - kids, dogs, etc. Bring your own water.

Friendship Zoom Groups

The New Members Committee has created Rotary Friendship Zoom Groups (RFZGs) to enhance our social connections during the Covid restrictions. It will help us expand our Rotary friendships and be especially helpful to our newest members. Zoom Group hosts will send Zoom invitations to those who send an email of interest to join a particular host. Members are encouraged to visit any of the hosted sessions. There are no rules as to frequency, length or topics discussed. But, in general, Rotary avoids political and religious topics.

Here are our Rotary Zoom Group Hosts and their emails. Let them know if you wish to join them for a session. Emmett Armstrong, emmett@metronomeagency.com; Paul Christy, ptc97504@gmail.com; Gary Newland, gdnew@charter.net; Debbie (McHargue) Graunke, dmchargue@hotmail.com

; Beth Zerkel, 1bzerk@gmail.com.