

# *The Rotary Club of Clinton*

## WEEKLY NEWSLETTER

VOLUME 75 | ISSUE 8 | NEWS FOR THE WEEK OF AUGUST 31, 2020



### MEETING LOCATION

**Rastrelli's Restaurant:**  
**Tuscany Event Center**  
**2417 Cleveland St.**  
**Clinton, IA**

### MAILING ADDRESS

**P.O. Box 1361**  
**Clinton, IA**  
**52733**

### EMAIL ADDRESS

**RotaryclubofClintonIA@**  
**gmail.com**

### WEBSITE

**RotaryclubofClinton.com**

### SOCIAL MEDIA LINKS

**Rotary Club of Clinton**  
**Facebook**

**Rotary Club of Clinton**  
**Twitter**

**Interact Club of Clinton**  
**Facebook**

**Rotary Club of Clinton**  
**YouTube**

**GREAT LEADERS DON'T  
SET OUT TO BE A  
LEADER...THEY SET OUT  
TO MAKE A DIFFERENCE.  
ITS NEVER ABOUT THE  
ROLE-ALWAYS ABOUT  
THE GOAL.**

LisaHaisha.com

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# CLUB UPDATES

## Presidential News

- Sign up to host our PROGRAMS for the month!!!! Click [HERE](#) to be directed to the sign-up form!
- Want to participate in the "Don't Bottle It Up!" campaign from our Rotarian friend, Darren Hand? Contact Jill for more details! For every one who participates, Brian will donate \$5 to the project.



A GOAL  
WITHOUT  
A PLAN  
IS JUST  
A WISH

## Key Dates

Aug 31: Clinton Fire Chief Joel Atkinson

**Sept 7: No Meeting**

Sept 14: Area Substance Abuse Council (ASAC)

Sept 21: Lori Freudenberg

sept 28: Charlie Minnick, President of Ashford University

If You Read Nothing

Else... *Read this!*

# Linked

**The Rotary Club of Clinton  
has a LinkedIn page!**

**Click [HERE](#) to "follow" our  
club and get updates about  
what we are doing!**

# THE WEEKLY ROUND-UP



On Monday, we had the pleasure of speaking with Clinton Community College's President, Brian Kelly. Kelly comes to Clinton from Lane Community College in Eugene, OR, where he served as Vice President of Planning, Institutional Effectiveness and External Affairs. Kelly graduated from Kishwaukee Community

College, earned his Bachelor's Degree from Southern Illinois University in Carbondale, his Master's from Marylhurst University in Oregon and is a Doctoral candidate at Creighton University in Omaha.

Kelly broke down how Clinton Community College has navigated through COVID and worked remotely for nearly two months, with emphasis on how flexibility is key to empowering staff. "The answer was

overwhelmingly yes. People rose to the occasion and were able to complete their work. I think it's key to let your staff be creative and come up with solutions you might not think of a way to do a process but they might be on top of it and we have to really trust them to do great things." Kelly pointed out a survey in which 86% of the employees and employers surveyed show productivity high or higher than pre-quarantine levels.

Kelly also stressed the importance of being real and authentic, as well as compassionate and human. No matter what your position is or who you are, "it doesn't mean that you're invincible. You're going to have tough days, you're going to have your moments, and I think it's important that teams know that we share that and that we know that this has been difficult for all of us...it's alright to be vulnerable." Kelly then circled the discussion around to remind us that it's important to take care of yourself and celebrate small milestones and victories and take joy in them.

To see our meeting, please click [HERE](#).

"DURING THESE  
TUMULTUOUS  
TIMES, TAKE CARE  
OF YOURSELF AND  
REMEMBER WHO  
YOU ARE."

## WEEKLY STATS

### FELLOWSHIP FINES:

Aug 24: \$94

YTD: \$781

### TECH DONATIONS:

\$698

### ATTENDANCE:

Aug 3: 37

Aug 10: 34

Aug 3: 39

### GUESTS:

- Brian Kelly: G/O Jill O'Neill
- Gabi Torres: G/O Shannon Sander-Welzein
- Anne West: G/O Shannon Sander-Welzein
- Jeremy Meyermann: G/O Shannon Sander-Welzien
- Darren Hands: G/O Jill O'Neill

YTD: 25

### MEMBERSHIP:

- Current Members: 81
- Membership goal: 95

### BIRTHDAYS:

- |                  |        |
|------------------|--------|
| • Rich Klahn     | Aug 05 |
| • Charles Pelton | Aug 15 |
| • Don Putnam     | Aug 15 |
| • Maureen Miller | Aug 21 |
| • Gregory Jasper | Aug 23 |
| • Val Hill       | Aug 30 |
| • Danny Thomas   | Aug 30 |

### ANNIVERSARIES:

- Charles Pelton  
44 years; August 1 1976
- Jeff Reed  
16 years; August 2 2004



## BIRTHDAYS:

- **Christie Collins** Sep 05
- **Chuck Gustaveson** Sep 11
- **Mike Kroemer** Sep 13
- **Kathy Klahn** Sep 15
- **Karen Vickers** Sep 15
- **Cheryl Frey** Sep 17
- **Julie Dunn** Sep 20

## ANNIVERSARIES:

- **Ron McGauvran**  
42 years; Sep 1, 1978
- **Keith Hook**  
8 years; Sep 10, 2012
- **Doug Bertrand**  
24 years; Sep 16 1996

## COMMITTEE CHAIRS

- Christmas Program: Doug Bertrand
- Community Service: Idell Klein
- Dictionaries Committee: \*John Frey
- Fellowship/Program Sign-up: Doug Bertrand, \*Brian Wright
- Financial Committee: \*Dale Dalton
- Foundation: Mark Rutenbeck
- Fundraiser Committee: Jill O'Neill and Nicole Hinman
- Grants Chair: Jill O'Neill
- Homerun Readers: \*Brian Wright
- Interact: Peggy Sellnau
- International Service: Christie Collins
- Josh the Otter Water Safety Committee: \*Rich Klahn
- Kicks for Kids: Sue Watkins
- Lumberkings Event Committee: \*Dale Dalton
- Membership: Andrew Kida
- Public Relations: Jill O'Neill
- Scholarships: Braydon Roberts and Peggy Sellnau
- Showboat Event Committee: David Sivright
- Student Service/ Weekly Student Guests: Peggy Sellnau
- Sunshine: Christie Collins

# LOOKING FORWARD

## AUGUST PROGRAMS

**AUG 31:** FIRE CHIEF JOEL ATKINSON

**SEPT 7: NO MEETING**

**SEPT 14:** AREA SUBSTANCE ABUSE COUNCIL (ASAC) WILL DISCUSS PRESCRIPTION DRUG ABUSE AND THE DANGERS OF VAPING

**SEPT 21:** LORI FREUDENBERG WILL BE PRESENTING ON THE INTERNATIONAL DAY OF PEACE

**SEPT 28:** CHARLIE MINNICK, PRESIDENT OF ASHFORD UNIVERSITY WILL GIVE US AN UPDATE ON ASHFORD

## INVOCATION

## GREETER

**AUG 31:** LORI FREUDENBERG    **AUG 31:** DENNIS LAUVER

## PROGRAM CHAIRS

**AUGUST:** DOUGLAS HARRIDGE AND JILL O'NEILL

**SEPTEMBER:** PEGGY SELLNAU

**OCTOBER:** STILL NEEDED TO BE FILLED

**NOVEMBER:** NORLAN HINKE

**DECEMBER:** CARRIE DONAIRE, DOUG BERTRAND

## FELLOWSHIP CHAIRS

**AUGUST:** JOHN FREY, RICH KLAN

**SEPTEMBER:** JENNIFER GRAF

**in case no one has  
told you this today**

**i am glad you exist**

**you are important**

**i am proud of you**

**i believe in you**

# FOUNDATION MINUTE

Welcome to Week Four of Rotary International's Month of Membership and Extension.

The news about one of TRF's missions, health improvement, remains depressing; however, what is uplifting is the relentless effort of Rotarians all over the world at fighting the scourge of COVID-19 and its devastating impact on communities. In the past week, Rotary Clubs in districts devastated by the Derecho have been responding to the immediate needs of people affected by the storm. In the coastal city of South East India, members of the Rotary Club of Chennai donated the sum of Rs.30 Lakhs (40,032USD) to purchase more dialysis machines for a local hospital. Sponsored by TRF's Global Grant, in partnership with the Rotary Club of The Hills Kellyville and Chatswood Sunrise, the fund will add seven more dialysis machines to the five installed in the hospital. At the handing over ceremony to the Shree Jain Medical relief Society, the chairperson of the program, Maheshraj T acknowledged the help of Rotary in buying the machines, adding that at least 500 more patients will be dialyzed every month, making healthcare more accessible to people with kidney disease.

The Delaware County Rotary Foundation with matching funds from the Rotary District 6690 and TRF donated \$4,000 to United Way's Supplies for Scholars program for school supplies to Delaware County students. These funds help to reach between 1,500 and 2,000 needy students in Ashley, Sunbury, Delaware and Dooley's Orchard Apartments in Lewis Center. "Supplies for Scholars is an amazing opportunity to support the students in Delaware County," said Delaware City Schools Superintendent and Rotarian Heidi Kegley. "United Way of Delaware County organizes this event to ensure students have the supplies they need for the new school year. We are so grateful for the generosity of The Rotary Club of Delaware and other community partners who make this event possible."

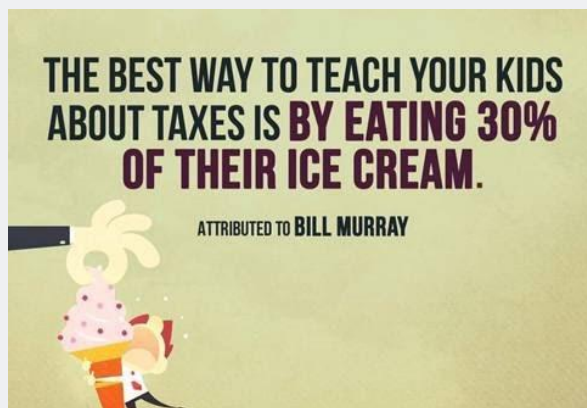
**"If we really want to love, if we really want to live, we must love until it hurts. No Rotarian whose motto is Service Above Self, I think, should call himself a Rotarian if he does not make time to serve. If we love, we begin to serve. And this is where that beautiful motto begins that the Rotarian have made this year, Take Time to Serve." Mother Teresa - 1981.**

In Rotary,  
Olabisi Gwamna Ph.D, Rotary Club of Mt. Pleasant  
Editor, Foundation Minute

## DG'S DAKIN'S FIFTH TEST

**A dose of humor,  
hopefully to help start  
your Rotary week with a  
smile.**

**Proud to be a Rotarian,  
Steve Dakin, District  
Governor 2020-21  
steve@retiredfun.net**



## The Four-Way Test

1. Is it the **truth**?
2. Is it **fair** to all concerned?
3. Will it build **good-will** and **better friendships**?
4. Will it be **beneficial** to all concerned?

### Rotary Board of Directors for 2020-2021:

- Shannon Sander-Welzien: President
- Christie Collins: President-President Elect
- Andrew Kida: President Elect-Elect
- Braydon Roberts: President Elect-Elect-Elect
- Brian Wright: Past-President
- Dale Dalton: Treasurer
- Jill O'Neill: Secretary
- Idell Klein
- Douglas Harridge
- Peggy Sellnau
- Rod Tokheim
- Nicole Hinman

### Rotary Foundation Board of Directors for 2020-2021:

- Gary Foster\*:President
- Mark Rutenbeck\*:Vice-President
- John Frey\*:Secretary
- Dale Dalton\*: Treasurer

### Directors

- Jim Bruhn\*
- Kathy Forrest
- Jennifer Graf\*
- Kathy Klahn\*
- Lynn McGraw
- Brian Wright\*

**Sorry to interrupt  
your scrolling but  
I just wanted to say  
that you're amazing  
and you deserve to be  
happy.**



# COVID Recovery IOWA



FEMA

SUBSCRIBE

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Follow us on Social Media!



Click any of the logos to visit the websites for more information or call **1-844-775-WARM**

## DERECHO RESOURCES

### DHS Disaster Assistance

Visit the [Iowa Department of Human Services' website](#) regarding Food Assistance replacement, Iowa Individual Disaster Assistance Grant Program, Iowa Disaster Case Management, and Disaster Behavior Health Response.

### Community Action Agencies

Many community action agencies offer assistance such as food banks, food delivery initiatives, clothing, diapers, and other emergency and disaster relief needs. To find a community action agency near you, visit the [Iowa Department of Human Rights' website](#).

### 211 Help Line [www.211iowa.org](http://www.211iowa.org)

211 provides support, resources, and referrals in the event of a disaster. Iowans may call 211 or 1-800-244-7431 to be connected to the help they need.

### American Red Cross Serving Iowa

The Red Cross provides critical resources to assist Iowa with recovery efforts, including shelter, food, emergency supplies, and disaster health services. Call 1-800-RED-CROSS and dial 0 to speak with a representative. Updates can be found here: [News and Events](#).

### Mortgage/Rent Assistance

The [Iowa Association of Realtors' grant](#) is available to help individuals affected by the derecho storm with mortgage payment assistance or rental costs due to displacement up to \$1,000 per applicant.

### Free U-haul Self-Storage Units

U-Haul facilities across the state are offering 30 days of free self-storage units and U-Box portable storage containers to residents affected by the derecho. To find locations offering this service click [here](#).

## UPDATED INFO

### CDC Areas of Concern

- Buena Vista County
- Crawford County
- Marshall County

### Counties on the Rise

- Des Moines County
- Plymouth County
- Carroll County

Cases in Iowa as of 8/24/2020

Tested: 597,555

Positive: 56,586

Recovered: 43,601

Total Deaths: 1,037

## TIPS FOR COPING



During these uncertain times, it is easy to slip out of your normal routine. You may think there is no need to get ready for the day when you work from home, but a study published in The Lancet Psychiatry found that people who follow the same active daytime routine have healthier sleeping cycles. This is then associated with better mental health and minimizes the risk of emotional problems. When you have a set time to wake up, get ready, exercise, work, and go to bed it can help make these changing times feel a little more stable.

## STAYING HEALTHY

When someone with COVID-19 coughs, sneezes, speaks, and breathes, they release:

### DROPLETS

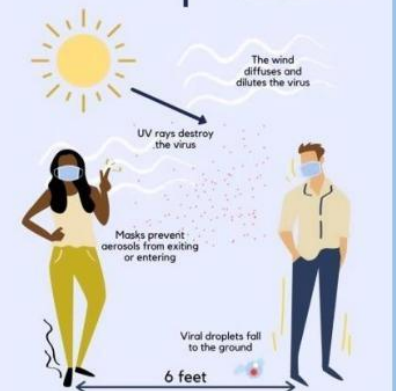
Droplets are heavy and fall to the ground within 2 seconds.

Standing 6 feet apart prevents infection from droplets.

### AEROSOLS

Aerosols are tiny particles that linger in the air.

Wearing a mask and staying outside prevents infection from aerosols.



## UPCOMING EVENTS

### Activities for the Week:

- Preteen Support Group
- Teen Support Group
- Parent Support Group
- Anxiety Support Group
- Live Concert w/ Carlene Hall
- ELEVATE: Taking Your Relationship to the Next Level
- Resources for Life in a Pandemic



[Click here for full calendar of events](#)

If you have any comments or want to submit a positive story, please email [boneill@heartlandfamilyservice.org](mailto:boneill@heartlandfamilyservice.org).

Visit our website at [covidrecoveryiowa.org](http://covidrecoveryiowa.org)