

# The Rotary Club of Clinton

## WEEKLY NEWSLETTER

VOLUME 74 | ISSUE 44 | NEWS FOR THE WEEK OF JUNE 15, 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](http://RotaryclubofClinton.com)

### SOCIAL MEDIA LINKS

Rotary Club of Clinton  
Facebook

Rotary Club of Clinton  
Twitter

Interact Club of Clinton  
Facebook



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# CLUB UPDATES

## ...from our President

- **Sign up to host our PROGRAMS for the month!!!! Click [HERE](#) to be directed to the sign-up form!**
- **We will be having another make-up meeting! This will be at "The Wright Bar" (Brian Wright's house; 1019 Pershing Blvd.) on June 18, 2020, from 4:30-6:30. It will be held outside with ample room for social distancing and Adult beverages to kill germs and viruses.**
- **We will be voting on the Rotary Foundation Board on June 15. See  for more information!**
- **Don't forget to watch your email for your club dues from Dale!**
- **District Governor Erna said Rotary has provided more than 400,000 meals since the beginning of her campaign to help those experiencing food insecurity!!**

## REPORT OF NOMINATING COMMITTEE

Rotary Club of Clinton Iowa Charitable Foundation Inc.  
MAY 12, 2020

The Nominating Committee for the Rotary Club of Clinton Iowa Charitable Foundation Inc. consists of **Jennifer Graf, Paul Holmer and John Frey.**

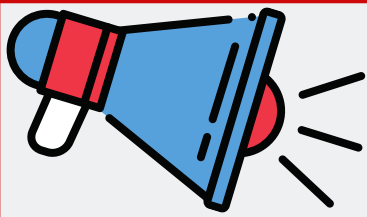
Foundation Directors whose terms expire June 30, 2020 and the date their terms began are listed below:

<u>Term Began</u>	<u>Director</u>
2016	Lynn McGraw
2016	Gary Foster
2016	Mark Rutenbeck
2016	Kathy Forrest
2018	Kathy Klahn

Article II of the By-Laws for the Rotary Club of Clinton Iowa Charitable Foundation Inc. provides in part "the term of each Director shall be two years. Directors may serve successive terms." The Nominating Committee contacted each of the Directors whose terms were expiring and each Director expressed a willingness to continue serving for another term. Several also expressed a willingness to step down in order to provide an opportunity for others who might be interested in serving on the Board.

Since the Foundation began in 2016 and fiscal year 20-21, beginning July 1, 2020, would mark the beginning of only the fifth year, the committee members agreed it was not necessary to by-pass Directors with Board experience in favor of searching for new candidates at this time. Therefore, the Nominating Committee recommends election of each of the above-listed Directors for an additional two-year term.

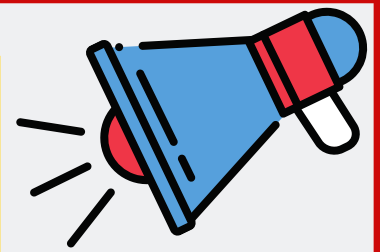
**Voting will occur on the June 15th Rotary meeting.**



If You Read Nothing  
Else... *Read this!*



# CLUB SURVEY



Dear Fellow Rotarians

Andrew Kida, Ryan Veenstra and Carrie Donaire have formed a Membership Task Force, with the goal of:

*Getting at the heart of member engagement & membership value, and to promote and increase membership in our club.*

We are happy to serve our club in this capacity, and we have created a survey as our starting point. It will sure make our job much easier if we have a high participation rate from you! Thank you in advance for taking a few minutes to give your thoughtful feedback. All survey responses are anonymous, just follow the link below.

**The Survey is provided here as a Google or Microsoft Form.**

**\*\*CLICK ON THE OPTION YOU WANT TO BE DIRECTED TO THE SURVEY.\*\***

If you prefer to have a paper copy mailed to you, please contact Jill O'Neill.

The Membership Task Force is happy to take your questions, hear your concerns, or discuss with you at greater length:

Andrew Kida akida@camancheia.org | (563) 259-8342

Ryan Veenstra ryanveenstra@mchsi.com | 563-249-9002

Carrie Donaire cdonaire@gocfb.bank | cell: 563-249-9416

Thanks!  
Carrie

# CLUB EVENTS

NOW MORE THAN EVER,  
ROTARY CONNECTS THE WORLD:  
**THE 2020 ROTARY  
VIRTUAL CONVENTION**



The 2020 Rotary Virtual Convention will link you with Rotary and Rotaract members from around the world.

**Sign up now for this free online event that takes place 20-26 June.**

Our first virtual convention is open to all Rotary members and participants.

**Click [HERE](#) to register!**

ROTARY CLUB OF CLINTON'S  
**PASSING THE GAVEL &  
ANNUAL AWARDS**  
**MONDAY, JUNE 29, 2020**

• NELSONCORP FIELD •  
• 12:00 NOON •  
MORE DETAILS TO COME

Join us for our first in-person meeting, where we review our last year, Pass the Gavel to incoming President, Shannon Sander-Welzein and have our members be recognized for their wonderful service to the club and our community. More information will come soon about this event, but plan to be at the NelsonCorp Field on Monday, June 29 at 12:00!



## WEEKLY STATS

### FELLOWSHIP FINES:

YTD \$7,045.00

### ATTENDANCE:

- June 8: 26
- June 1: 26

### GUESTS:

- Erna Morain
  - Kristin Huisenga
- Guests YTD: 237

### MEMBERSHIP:

- New Member: Danny Thomas
- Current Members: 81
- Membership goal: 95

### BIRTHDAYS:

- Gary Foster June 03
- Lynn McGraw June 05
- Paula Steward June 06
- Steven Howes June 11
- Shannon Sander-Welzien June 21
- Brian Wright June 23

### ROTARY ANNIVERSARIES:

- Cheryl McCulloh  
29 years; Jun 01 1991
- Rutu Rutenbeck  
31 years; Jun 01 1989
- Carrie Donaire  
7 years; Jun 17 2013
- David Pillers  
8 years; Jun 25 2012

# THE WEEKLY ROUND-UP



We had the privilege of talking to **Kristin Huisenga, Executive Director, Clinton Substance Abuse Council** on Monday.

Huisenga discussed how everything is connected, from our brains to connections, to relationships. Our brains are able to change and develop at any age throughout our lifetime! Caring connections promote healthy brains, ready to think and learn, which is so important, supportive relationships where people cope and thrive, and strong

communities where everyone succeeds. Caring relationships are a key ingredient for healthy brain development. While children's brains are super-plastic, the adult brain retains much of its plasticity and can change throughout our lifetime! Our brains are shaped by our experiences throughout our lifetime, which is both positive and negative. The younger the brain, the greater plasticity to adapt or change. "Early intervention is so important," stated Huisenga. We now know that it's never too late, that we can even retain some of that plasticity throughout adulthood, which allows us to be able to repair the damage that has been done because of trauma.

What builds brain connections? Relationships. Adult brains are able to keep building connections. **"Trust is built through eye contact, appropriate touch, and time. People who are vulnerable with one another build deeper trust and that is why connections matter."**

We need to feel safe to think and learn, but stress can push us "downstairs," in our brains. There is a concept of "upstairs" and "downstairs" brain as a way to talk about how the brain works. Downstairs brain is the more pivotal part of our brain that focuses on survival. This is the part of our brain that regulates breathing, heart rate, and other functions. The "downstairs" part of the brain also houses our emotional core of the brain and our survival reaction to stress (fight, flight, or freeze reaction). The upstairs part of our brain focuses on higher functioning, such as decision making, setting priorities, understanding the difference between right or wrong, building relationships, etc.

Building relationships and connections are essential to creating a better community - it's safer for everyone (less crime, suicide, substance abuse, homelessness), children are more likely to succeed in life and school, and community members are physically and mentally healthier.

**To view the full meeting, please go on our website and click on "E-Meets."**

## PROGRAM CHAIRS

**JUNE:** DOUG HARRIDGE  
AND JILL O'NEILL

**JULY:** BRIAN WRIGHT

## FELLOWSHIP CHAIRS

**MAY:** JENNIFER GRAF

**JUNE:** BRIAN WRIGHT

## COMMITTEE CHAIRS

- Christmas Program: Doug Bertrand
- Community Service: Idell Klein
- Dictionaries Committee: \*John Frey
- Fellowship/Program Sign-up: Doug Bertrand and Brian Wright
- Financial Committee: \*Dale Dalton
- Foundation: Mark Rutenbeck
- Fundraiser Committee: Jill O'Neill
- 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: Sue Watkins
- Public Relations: Jennifer Graf; Jill O'Neill RCoF C Website, Doug Harridge (photos)
- Scholarships: Braydon Roberts and Peggy Sellnau
- Showboat Event Committee: David Sivright
- Student Service / Weekly Student Guests: Shannon Sander-Welzien
- Sunshine: Christie Collins

# LOOKING FORWARD

**JUNE 15:** SENATOR CHUCK GRASSLEY

**JUNE 22:** ERIC VAN LANCKER, CLINTON COUNTY  
AUDITOR & COMMISSIONER OF ELECTIONS

**JUNE 29:** \*\*IN PERSON MEETING \*\* PASSING THE  
GAVEL AND ANNUAL AWARDS

**Topic: Rotary Meeting**

**Time: Jun 15, 2020 12:00 PM Central Time (US and Canada)**

**Join Zoom Meeting**

**[https://us02web.zoom.us/j/87573699744?](https://us02web.zoom.us/j/87573699744?pwd=V2RmeFN0b0xodFJteFBHVnJPUFhrdz09)**

**pwd=V2RmeFN0b0xodFJteFBHVnJPUFhrdz09**

**Meeting ID: 875 7369 9744**

**Password: 826431**

**Dial by your location**

**+1 312 626 6799 US (Chicago)**

**Meeting ID: 875 7369 9744**

**Password: 826431**



Do the best  
you can until  
you know better.  
Then when you  
know better,  
do better.  
Maya Angelou

# FOUNDATION MINUTE

## It's Week 2 of the Youth Activities Month of Rotary International.

For a change, this week's report is not starting with an update on COVID-19; instead good news begins with the Rotary Club of Solon, Ohio. The 30-member club was awarded a Humanitarian Global Grant that will total at least \$66,000 for a project in Uganda. The grant, which TRF provided \$16,000 in matching funds, will help improve hygiene and sanitation for two schools in Uganda. Specifically, students will enjoy a healthy life in school, with toilets that function and wash facilities for improved female hygiene. The Rotary Club of Mbale, Uganda is also contributing to the project.

TRF has made funds available to local Rotary districts through The Global Disaster Relief. Thirty-six clubs making up Rotary District 5330 (CA, USA) applied for and received Disaster Relief Funds. Riverside Sunrise, Arlington Rotary, "Sin Fronteras" and the Rotary Club of Riverside donated \$2,776 to Riverside University Health Systems for disease prevention and treatment.

We will end this report with some positive news on Coronavirus. Rotary District 7780 (northern New England, USA) received a Covid-19 Disaster Response Grant for \$25,000 from TRF to combat local food insecurity. Divided among 41 Rotary Clubs in Southeast Maine and New Hampshire, each club received approximately \$600. The Rotary Club of Kittery (Maine) matched the grant dollar-for-dollar and awarded it to Ore Nell's Barbecue, a small local restaurant making a difference in the city. Chef and owner of the restaurant, David Vargas, has been helping to feed essential workers including hospital staff, first responders and school nutrition professionals.

**"If this Rotary of ours is destined to be more than a mere passing thing, it will be because you and I have learned the importance of bearing with each other's infirmities, the value of toleration."**

**— Rational Rotarianism, The National Rotarian, January 1911**

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



I would like to be known as a person  
who is concerned about freedom  
and equality and justice and  
prosperity for all people.

— Rosa Parks —

AZ QUOTES

## 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 2019-2020:

- Brian Wright: President
- Shannon Sander-Welzien: Pres.-Elect
- Christie Collins: President-Elect
- Jennifer Graf: Past-President
- Douglas Harridge
- Dale Dalton: Treasurer
- Idell Klein: Community Service
- Jill O'Neill: Secretary
- Braydon Roberts: Scholarships
- Mark Rutenbeck\*: Paul Harris Foundation
- Rod Tokheim: Membership
- Sue Watkins: Membership

### Rotary Foundation Board of Directors for 2019-2020:

- 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.**