

# The Rotary Club of Clinton

## WEEKLY NEWSLETTER

VOLUME 75 | ISSUE 20 | NEWS FOR THE WEEK OF NOVEMBER 23, 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](mailto: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](#)

[Rotary Club of Clinton YouTube](#)

GRATITUDE  
is like gravy-  
PUT IT ON.  
EVERYTHING.

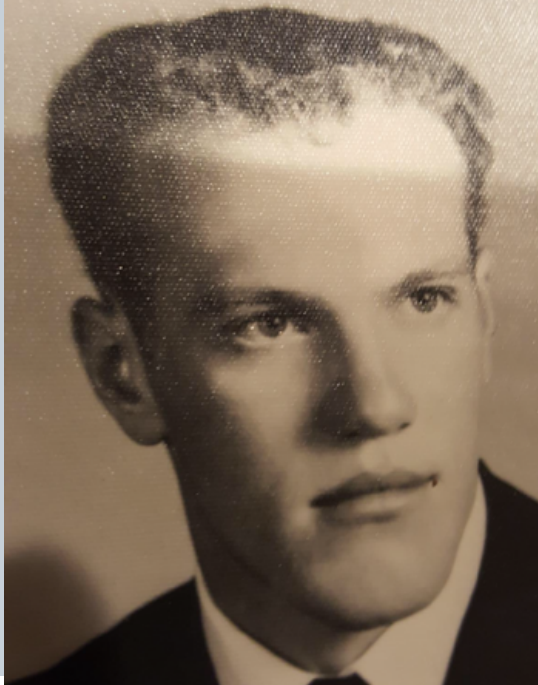
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# CLUB UPDATES

## Presidential News

- We received a grant for \$7,500 to assist in Derecho tree clean-up. More will be coming soon, but reach out to Shannon or Jill if you have any questions!
- Due to COVID rates skyrocketing, we will not be meeting on the 23rd and 30th
- Our meeting on December 7th will be by Zoom ONLY.
- Congratulations to Claire Buyert (PHF+2), Nicole Hinman (PHF+2), Ron McGauvran (PHF+4), Jennifer Graf (PHF+1), Shannon Sander-Welzien, and Jill O'Neill on being a Paul Harris Fellow!
- Our mystery picture is none other than our amazing Treasurer, Dale Dalton! No one guessed correctly!



## Key Dates

- Nov 23: NO MEETING
- Nov 30: NO MEETING
- Dec 07: Meeting by Zoom ONLY; Chris Streets to discuss his food drive
- Dec 14: Holiday Luncheon with Acapella Choir.
- Dec 21: Remembrance Meeting
- Dec 21: 1:00 Board Meeting

If You Read Nothing

Else... *Read this!*

Check out the Winner of the Best Female Costume from the Boo Bash!

Rotarian Kathy Klahn is shown as Ana from Frozen!



# THE WEEKLY ROUND-UP



This past Monday, we had a very timely presentation from Jason Haglund about the emotional and mental impact that COVID-19 has had on us. While we are all in the midst of the same thing right now, we're all experiencing something very different. Haglund works through the Iowa Department of Human Services and is part of the COVID Recovery Iowa team. This team focuses on the emotional impact that has been experienced since COVID-19 has taken over our lives. Haglund pointed out that what we're experiencing right now is a pandemic that is a disaster and we're used to having a disaster and it being over.

"One of the difficulties of the stress we're experiencing with the pandemic is that it doesn't follow other normal disasters, right? The pattern of the disaster is different...with covid and a pandemic, I can't go out and talk to people."

This stress is manifesting itself in different ways, including through alcohol use, as well as increased anxiety and depression. Per the CDC, "In the last two weeks in October and at that time 33.4% of Iowans are reporting symptoms of anxiety and depression." Pre-pandemic, that number was around 11%. Haglund stated, "I've been tracking this since I started looking at this in late April and May, and Iowa has been consistently above 30% on that entire time. I think we peaked at 37 or 38% in early August and then we went back down, felt pretty comfortable again, and now that anxiety and depression is starting to creep up again. Overall, we're less anxious and depressed than the rest of the country."

Part of our challenge right now is the emotional challenge to sustain and keep up with what we're all experiencing. "We're used to having a disaster and then rebuilding. With the pandemic, that doesn't happen as much. So we have the initial stress and that's usually helpful because that's what helps us is to go above and beyond, and to take care of each other, take care of the community and move forward."

Haglund continued to discuss the need to pay attention to our emotional wellness, which he said was the most important takeaway from his presentation. "How are you going to take care of yourself as you move through the next six months of this pandemic? What are you doing to care for your own wellness and your own self care, especially as we go into winter and it gets darker outside...We need to support everyone. We need to make sure we're providing people resources and information that they need and we need to make sure we're talking about mental health literacy more than we ever have before. We need to be breaking down stigma and we need to be helping to guide people to those types of medical services that can help them. Our emotional wellness is key to our physical wellness and our physical wellness is also key to our emotional wellness."

[To view our meeting, click here.](#)  
[To view Jason's PowerPoint Presentation click here.](#)

## WEEKLY STATS

### FELLOWSHIP FINES:

Nov 02: \$165

YTD: \$2,249

### ATTENDANCE:

In-person: 12

Online: 15

Guests: 4

**Total for Nov 16: 27**

### GUESTS:

- **Jason Haglund: Speaker,**  
G/O Norlan Hinke
- **Darren Hands: Rotarian,**  
G/O Jill O'Neill
- **Dasean Mingo: Student**  
at Prince of Peace
- **Anabel Blount: Student**  
at Prince of Peace

YTD: 67

### MEMBERSHIP:

- **Current Members: 78**
- **Membership Goal: 80**

### BIRTHDAYS:

- |                         |               |
|-------------------------|---------------|
| • <b>Idell Klein</b>    | <b>Nov 02</b> |
| • <b>Nicole Hinman</b>  | <b>Nov 06</b> |
| • <b>Claire Buyert</b>  | <b>Nov 09</b> |
| • <b>Liz Srp</b>        | <b>Nov 09</b> |
| • <b>Dale Dalton</b>    | <b>Nov 15</b> |
| • <b>David Rose</b>     | <b>Nov 20</b> |
| • <b>David Sivright</b> | <b>Nov 22</b> |

When Someone Says  
You Can't Do It

Do it Twice,  
and Take Pictures



## ENCOURAGE...

- EMPLOYEES TO USE EAP PROGRAM
- PUBLIC EDUCATION AND AWARENESS
- SCHOOL-BASED PROGRAMMING
- CRISIS AND WARM LINE PROMOTION
- LESSEN MEANS AND REDUCE RISKS
- SCREENING TOOLS
- FOSTER COMMUNITY CONNECTEDNESS AND ADDRESS ISOLATION
- SUICIDE PREVENTION TRAININGS

JASON D. HAGLUND, MS,  
CADC

HAGLUNDCONSULTING@  
ICLOUD.COM

## COVID RECOVERY IOWA RESOURCES AT A GLANCE

- WEBSITE:  
[COVIDRECOVERYIOWA.ORG](https://www.COVIDRECOVERYIOWA.ORG)
- FACEBOOK:  
[HTTPS://WWW.FACEBOOK.COM/COVIDRECOVERYIOWA](https://www.FACEBOOK.COM/COVIDRECOVERYIOWA)
- TWITTER:  
[HTTPS://TWITTER.COM/COVIDRECOVERYIA](https://twitter.com/COVIDRECOVERYIA)
- INSTAGRAM:  
[HTTPS://WWW.INSTAGRAM.COM/COVIDRECOVERYIOWA/](https://www.INSTAGRAM.COM/COVIDRECOVERYIOWA/)
- PHONE:  
IOWA CONCERN  
HOTLINE AT  
800-447-1985  
OR  
IOWA WARM LINE AT  
844-775-9276



**STAY SAFE. STAY HEALTHY**

# COVID RECOVERY IOWA

is here to help.

**WE ARE HERE FOR YOU 24/7.**



Counseling will take place via virtual sessions, chat or phone call.



People of all ages may join groups online to find support and learn new strategies to cope with the effects of the pandemic in a variety of creative ways.

**Every Iowan is eligible for FREE, confidential counseling, group activities, support groups and resources.**

Visit [www.COVIDrecoveryiowa.org](http://www.COVIDrecoveryiowa.org) and complete a contact form and a counselor will get back to you.

**Facebook, Instagram and Twitter:** COVID Recovery Iowa

**Call the Iowa Warm Line, 844-775-9276;**  
to connect with a peer counselor or request to get in touch with a COVID Recovery Iowa counselor.



FEMA

**WE ARE HERE FOR YOU 24/7.**

# COVID RECOVERY IOWA

is here to help.

However you are recovering from the pandemic, whatever your situation is, there are multiple resources available to assist you.



FEMA

## ANNIVERSARIES:

- Dale Dalton  
42 years; Nov 1 1978
- Margo Hansen  
10 years; Nov 8, 2010
- Patti Stark  
12 years; Nov 10, 2008
- Braydon Roberts  
2 years; Nov 12, 2018
- David Sivright  
28 years; Nov 16; 1992
- Don Putnam  
20 years; Nov 27, 2000

## COMMITTEE CHAIRS

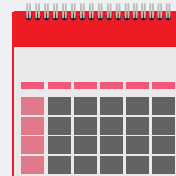
- Christmas Program: Doug Bertrand
- Community Service: empty
- Dictionaries Committee: \*John Frey
- Fellowship/Program Sign-up: Doug Bertrand, \*Brian Wright
- Financial Committee: \*Dale Dalton
- Foundation: Mark Rutenbeck
- Fundraiser Committee: Jill O'Neill and Nicole Hinman
- Grants Chair: Jill 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

## DECEMBER PROGRAMS

**DECEMBER 07: CHRIS STREETS WILL PRESENT ABOUT FREEZIN' FOR FOOD DRIVE**  
**\*\* ONLINE ONLY\*\***

**DECEMBER 14: ACAPELLA CHOIR**  
**DECEMBER 21: REMEMBRANCE OF PAST ROTARIANS**



## INVOCATION

**DECEMBER 07: KATHY KLAHN**  
**DECEMBER 14: RICH KLAHN**  
**DECEMBER 21: DENNIS LAUVER**

## PROGRAM CHAIRS

**DECEMBER: CARRIE DONAIRE, DOUG BERTRAND**



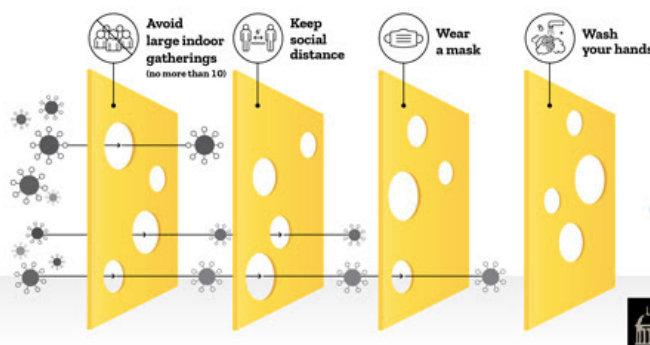
## FELLOWSHIP CHAIRS

**DECEMBER:**  
**CARRIE DONAIRE AND DOUG BERTRAND**

### **HOW TO STOP COVID-19:** **THE SWISS CHEESE MODEL**

The more steps you take,  
the safer you are against COVID-19.

→ [uihc.org/covid-toolkit](https://uihc.org/covid-toolkit)



**Reduce Your Risk of COVID –  
Think Swiss Cheese**

# FOUNDATION MINUTE

## Welcome to Week 3 of Rotary International's Foundation Month.

District 6000 of Rotary International is one of 535 districts of RI. Our district comprises 3464 members. We have 124 Major Donors, 86 Bequest Society members and 94 Paul Harris Society members. District Rotarians have contributed to TRF Endowment Fund contributions totaling \$2,753,000. Per capita giving in D6000 in the last five years is an average of 125.

At its first Virtual Rotary Foundation Luncheon on Saturday, November 7, 2020, District 6000 was recognized for being number one in Zone 29B-30 for percentage of Rotarians giving to TRF. Our district's humanitarian gestures and laudable achievements make D6000 third in our zone for Annual Giving, which for 2019-2020 was \$405,133.

RI President Holger Knaack, the luncheon keynote speaker, recognized how emergencies like Coronavirus and Derecho can force some financial strain on Rotarians, causing a drop in giving to TRF. RI President Holger commended our district for its tenacity at staying focused on increasing demands, noting that District 6000 Foundation giving did not decrease.

The heart of the luncheon program was District recognition of Paul Harris Fellows, Paul Harris Society members and Major Donors. Attendees were reminded that our district received two \$25,000 District Rotary Foundation Grants. In Rotary year 2019-2020, \$25,000 was received and those funds were directed to The Food Bank of Iowa for distribution to Food Pantries across the district's footprint. This year we applied for a \$25,000 Foundation grant for Derecho Recovery.

These funds are available to district clubs to aid community recovery. The final segment of the luncheon were success stories that highlighted a district grant, a global grant and a Rotary Scholar. Norlan Hinke, District Community Service Grant chair, introduced The Tiny Homes Project by the Rotary Club of Bettendorf. Their club president Rick Bormann explained how his club was helping to combat homelessness and its attendant psycho-social problems in the Quad City area.

Global Grant Chair, Brock Earnhardt, introduced a D6000 Global Grant success story, joint effort with God's Mercy Orphanage in Uganda. Club and district contributions and a matching grant from TRF funded medical equipment for Imbabazi (Mercy) Centre for Women and Children where more than 40 orphans learn to read and write while improving their overall hygiene and mental health.

Finally, DG Steve Dakin introduced Rotary Scholar Simone Jean-Marie Renault. Speaking from Los Angeles, the district's recipient of a \$30,000 Global Scholarship, Simone expressed her gratitude to the district and TRF for sponsoring her Graduate Program in Global Mental Health, Public Health and Psychiatry at the London School of Hygiene and Tropical Medicine & King's College, London.

In the district, Forty-nine Rotary Clubs with matching grants of \$408,000 from TRF have funded 42 projects in 23 countries resulting in better health, much literacy, improved economic potentials and a higher quality of life for more than 362,000 poor people.

The 2020 D6000 Foundation Luncheon was presided over by the District Foundation chair, Chris Knapp. **"It's our Foundation. We give to it. We spend the money. But If we don't give to it, there is no money to be spent...We are contributing to...a safer world, a healthier world, a world based on peace and harmony. Rotary is an opportunity, if we don't share it, it will wither."** (Chris Knapp, D6000 Foundation Chair, November 7, 2020)

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

## 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 Elect
- Andrew Kida: President Elect-Elect
- Braydon Roberts: President Elect-Elect-Elect
- Brian Wright: Past-President
- Dale Dalton: Treasurer
- Jill O'Neill: Secretary
- 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.



# POLIO UPDATES

**Dear Polio Eradication Warriors,**  
**One new Wild Polio cases reported this week.**

**What is that Polio Picture? This picture shows a child being vaccinated in Afghanistan - one of the last strongholds of Wild Polio. Polio vaccinations there are being provided on a very limited basis. We look forward to more complete vaccination campaigns ahead.**

**A Win Against Polio is a Win for Global Health!**

How Many Children have we saved from the paralysis of Polio? That number has now reached 20 Million! That's a number to celebrate and to share!

Now that we are down to the Final Two Polio Endemic Countries - I will be listing Sixteen Reasons We need to End Polio in Pakistan (from Dawn.com):  
# 10. Anti-Polio campaigns are an investment in our future. It is estimated that if Polio is not eradicated soon, we could see a resurgence of as many as 200,000 paralyzed children each year. This number would be an immense burden on the economies of Pakistan, Afghanistan, and other Polio suffering countries.

Vaccine Derived Polio Cases - 636 Vaccine Derived Polio Cases reported in 2020: Afghanistan - 121 (0 in 2019), Angola - 3 (129 in 2019), Benin - 1 (8 in 2019), Burkina Faso - 40 (1 in 2019), Cameroon - 7 (0 in 2019), CAR - 3 (21 in 2019), Chad - 79 (10 in 2019), China - 0 (1 in 2019), Congo - 1, Cote d'Ivoire - 52 (0 in 2019), DRC - 60 (86 in 2019), Ethiopia - 21 (11 in 2019), Ghana - 11 (18 in 2019), Guinea - 29 (0 in 2019), Mali - 26, Malaysia - 1 (3 in 2019), Myanmar - 0 (6 in 2019), Niger - 8 (1 in 2019), Nigeria - 3 (18 in 2019), Pakistan - 64 (22 in 2019), Papua New Guinea - 0 (0 in 2019), Philippines - 1 (16 in 2019), Somalia - 9 (3 in 2019), South Sudan - 15 (0 in 2019), Sudan - 39, Togo - 9 (8 in 2019), Yemen - 16, Zambia - 0 (2 in 2019), 361 Vaccine Derived Polio cases were reported in 2019.

**Quote of the Day - "I expect one of the prices we pay for democracy is there are going to be differences. We pay a price but we get something very important in return." Robert F Kennedy**

## The Final Two Polio Endemic Countries:

- Pakistan - One new Polio case reported this week. Eighty Polio cases reported in 2020. The most recent case had an onset of paralysis on 10/08/20. Pakistan reported 147 Wild Polio cases in 2019. One Polio-Positive Environmental Sample was reported this week in Pakistan.
- Afghanistan - No new Polio cases reported this past week. Fifty-three Polio cases reported in 2020. The most recent cases had an onset of paralysis on 9/13/20. Afghanistan reported twenty-nine Wild Polio cases in 2019. No Polio-Positive Environmental Samples were reported this week in Afghanistan.

**Our Goal is Global Polio Eradication!!**

## Polio Eradication Update

For The Week Ending 11/07/20



Rotary's World-wide 2020-21 Rotary Year Polio Fundraising Goal is \$150 Million - Including the Gates Foundation \$2 to \$1 Match

**Our Goal is Global Polio Eradication!**  
**A Win Against Polio is a Win for Global Health!**

Advocate, Donate & Educate to **END POLIO NOW & FOREVER!**

**20,000,000 Children Saved from the Paralysis of Polio Since 1988**

	Year-to-date 2020	Total 2019	Total 2018	Total 2017	Total 2016
Total paralysis cases:					
Globally	133	176	33	22	37
- in endemic countries:	133	176	33	22	37
- in post-endemic countries:	0	0	0	0	0

**Wild Polio cases reported this week:**  
**Pakistan 1, Afghanistan 0**

**2020 Wild Polio Case Breakdown by Country** (Green Numbers are 2019 Totals)  
**Endemic Countries - 80 Pakistan (2019-147), 53 Afghanistan (2019-29)**  
Terry Ziegler, [higalumber@aol.com](mailto:higalumber@aol.com) Rotary Region 26 Endowment/Major Gifts Adviser