

The Rotary Club of Clinton

WEEKLY NEWSLETTER



MEETING LOCATION:

Rastrelli's Restaurant:

Tuscany Event Center

238 Main Ave

Clinton, IA

Every Monday at 12 Noon

Vistors are welcome!

CLUB LINKS

Rotary Club of Clinton
Facebook

Rotary Club of Clinton
Twitter

Interact Club of Clinton
Facebook

The Four-Way Test

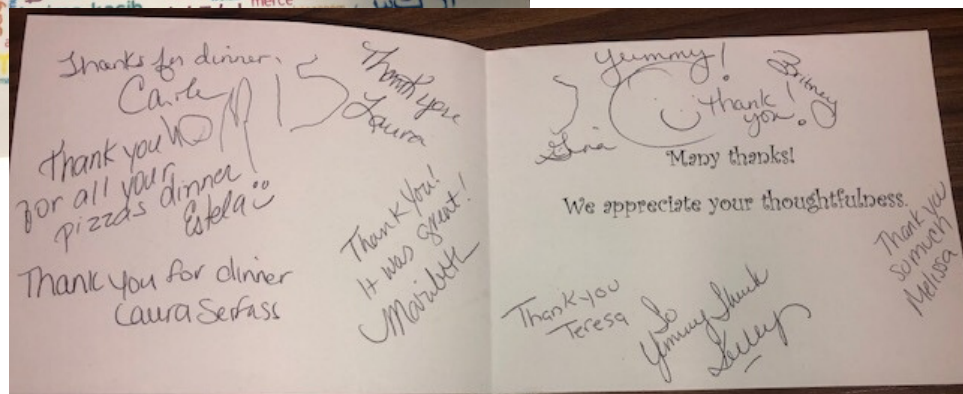
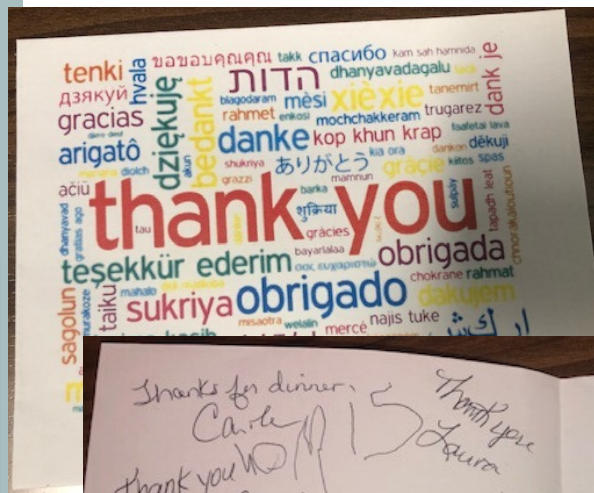
1. Is it the **truth**?
2. Is it **fair** to all concerned?
3. Will it build **good-will** and **better friendships**?
4. Will it be **beneficial** to all concerned?

I hope you find someone
who speaks your language
so you don't have to
spend a lifetime
translating your soul.

GALAXIESVIBES.COM

NEWS FROM OUR PRESIDENT

- If you ordered a "Rotarians at Work!" shirt, please see Jill! The shirts are in and will be available at our next meeting!
- Contact John Frey if you wish to help out with passing out dictionaries to local third graders!
- Check out the sweet "Thank you" note we got from the "Get Ahead" dinner Rotarians donated to below.
- Read an important message from your Club Treasurer on **page 3**!
- Read about community news on **page 5**.



INVOCATION:**November 4:** Matt Brooke**November 11:** NO ROTARY**November 18:** James Bruhn**November 25:** Claire Buyert**STUDENT HOST:****November 4:** Steven Howes**November 11:** NO ROTARY**November 18:** Greg Jasper**November 25:** Andrew Kida**GREETER:****November 4:** Kathy Forrest**November 11:** NO ROTARY**November 18:** Gary Foster**November 25:** Lori Freudenberg**FELLOWSHIP FINES:****October 28, 2019****Fines collected: \$190.00****YTD \$3,688.00****ATTENDANCE:****Oct 28, 2019: 39/86****Oct 21, 2019: 43 / 87****Oct 14, 2019: 38 / 88****Oct 07, 2019: 40 / 89****MEMBERSHIP STATS:**

- Resignations: 1 (Tamra Binder)
- Current Members: 86
- Membership goal: 95

GUESTS:

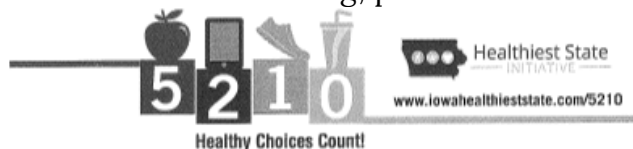
- Mark Vulich, Mayor of Clinton, G/O Tom Dettermann
- Erin Olson, Guest Speaker
- Scott Maddasion, G/O Jennifer Graf
- Tanner Rau, G/O Mike Nass
- Christopher Smith, Rotarian, Menomonie, WI
- Alexis Rickertsen: Student at Prince of Peace
- Shania Mussman: Student at Clinton High School
- Xena Mangler: Student at Clinton High School

Guests YTD: 95**MEETING REVIEW****Erin Olson**

Community Health Consultant:
Iowa Department of Public Health

- Erin Olson came to our meeting on Monday to discuss the Healthiest State Initiative.
- The 5-2-1-0 program is a fun way to make being healthy easy! The premise behind the program is: 5 or more fruits and veggies, 2 hours or less on (recreational) screen-time, 1 or more hours of physical activity and 0 sugary drinks!
- 5-2-1-0 can also be implemented in the workplace! You can register your workplace as following this initiative and be included in quarterly newsletters, free resources to start or enhance a wellness initiative and more!
- **More information and downloadable action plans can be found at: www.iowahealthieststate.com/5210**

To view the video from our meeting, please click [HERE](#).

**WHAT IS 5-2-1-0?**

In 2017, Iowa launched Healthy Choices Count! — a health-focused initiative for kids that's under the nationally recognized program, 5-2-1-0. This proven, scientific method helps keep kids healthy by focusing on the importance of good habits:

5 or more fruits and vegetables
2 or less hours of screen-time
1 or more hours of physical activity
0 sugary drinks - choose water!

WHAT CHANGES ARE BEING MADE?

5-2-1-0 helps organizations take these action steps:

- Limit unhealthy choices for snacks and celebrations and provide healthy choices.
- Limit or eliminate sugary drinks and provide water.
- Prohibit the use of food as a reward.
- Provide opportunities to get physical activity every day.
- Limit recreational screen time.

**TARGET OUTCOMES:**

- Improved awareness of the importance of healthy habits
- Healthier environments where kids live, learn, and play
- Increase in healthy habits among kids, families and staff
- Reduction in obesity rates

WHERE IS 5-2-1-0?

Schools, early care providers, workplaces, out-of-school programs and health care sites across the state are invited to sign up as a 5-2-1-0 Healthy Choices Count! Registered Site and commit to making the healthy choice the easy choice.

88 Early Care Sites
116 Schools
29 Out-of-School Programs
64 Workplaces
70 Health Care Clinics

State as of 9/1/19

EVENTS & EDUCATION:**Healthiest State Month (October)**

The Healthiest State Initiative celebrates 5-2-1-0 throughout October with themed weekly activities and participation toolkits for each sector.

5-2-1-0 Healthy Choices Count! Summit

At the end of October, educators, early care providers, after-school program administrators and health care experts from across the state gather to discuss best practices to implement 5-2-1-0 strategies and goals.

FELLOWSHIP:

November: Matt Brooke and Mark Rutenbeck

December: Carrie Donaire and Doug Bertrand

BIRTHDAYS:

Idell Klein: November 2

Nicole Hinman: November 6

Claire Buyert: November 9

Elizabeth Srp: November 9

Coach Dalton: November 15

David Rose: November 20

David Sivright: November 22

ROTARY ANNIVERSARIES:

Coach Dalton

November 1, 1978 -- 41 years

Margo Hansen

November 8, 2010 -- 9 years

Patti Stark

November 10, 2008 -- 11 years

Braydon Roberts

November 12, 2018 -- 1 year

David Sivright

November 16, 1992 -- 27 years

Don Putnam

November 27, 2000 -- 19 years

Karen Rowell

November 28, 2016 -- 3 years

UPCOMING PROGRAMS

- **November 4:** Margo Hansen, Director of Programs at Bickelhaupt Arboretum in Clinton, will be presenting on the fabulous photographs by Jerry Dah, former Photographer for the Clinton Herald.
- **November 11: NO ROTARY**
- **November 18:** Jane Haugland, EICC Associate Director of Financial Aid and Dr. Karen Vickers, CCC President and EICC Vice Chancellor for Student Development will offer an overview of some of the efforts EICC is offering to assist with the cost of attending college.
- **November 25:** Dakota Botts, Utilities/WWTP Department Superintendent at ADM, will present on ADM, the direction the company is going as a whole, as well as the Clinton plant specifically.

A NOTE FROM YOUR TREASURER

- For the past year or so, I have been e-mailing the quarterly dues invoice from the Club's software, Quickbooks, and I am finding that a few members are not receiving the invoice because of firewalls and "spam" software on their computer. Some instances the attachments are being deleted or member does not recognize the from e-mail address and does not open the e-mail. The invoices are being mailed from the following address: "Intuit E-Commerce Service" quickbooks@notification.intuit.com
- The invoices are mailed quarterly beginning in January and I am asking that you notify me by email at ddalton@wfp-cpa.com, call my mobile 563-503-1865, or my direct office number 563-244-8146 or talk to me after the meeting if any questions, comments or concerns.
- Also, please inform our Secretary, Jill or myself of any physical address or e-mail address change. Thank you! :)

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

If you choose not to
find joy in the snow,
you will have less joy
in your life but still the
same amount of
snow.

COMMITTEE CHAIRS

- Christmas Program: Doug Bertrand
- Community Service: Idell Klein
- Dictionaries Committee: *John Frey (Fall)
- Fellowship/Program Sign-up: Doug Bertrand and Brian Wright
- Financial Committee: *Dale Dalton
- Foundation: Brian Wright
- Fundraiser Committee: Jill O'Neill
- Grants Chair: Jill O'Neill
- Interact: Peggy Sellnau
- International Service: Christie Collins
- Josh the Otter Water Safety Committee: *Rich Klahn (Spring)
- Lumberkings Event Committee: *Dale Dalton
- Membership: Sue Watkins
- Public Relations: Jennifer Graf; Jill O'Neill RCoF C Website, Doug Harridge (photos)
- Scholarships: Rob Cassidy
- Showboat Event Committee: David Sivright
- Student Service / Weekly Student Guests: Shannon Sander-Welzien
- Sunshine: Christie Collins

Club Board Meeting: 3rd Monday of every month immediately after the Rotary meeting in the Tuscany Room.
All members are welcome!

Rotary Foundation Board of Directors for 2019-2020:

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

Directors:

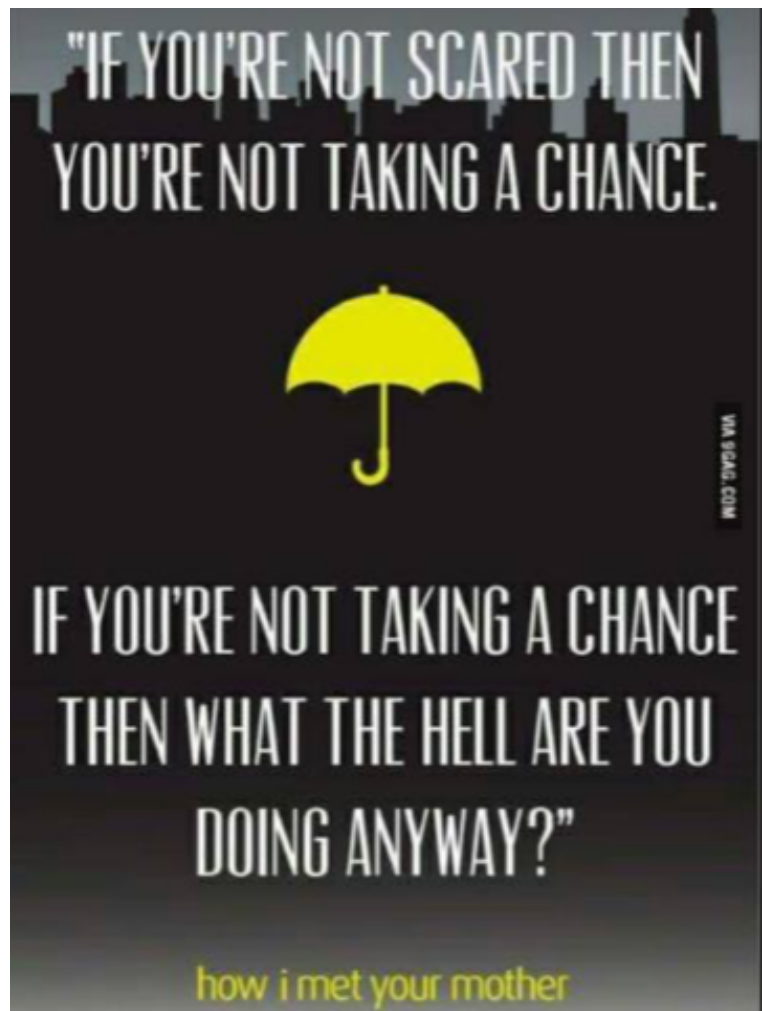
- *Jim Bruhn
- Kathy Forrest
- *Jennifer Graf
- *Kathy Klahn
- Lynn McGraw
- Brian Wright

FOUNDATION MINUTE

Club Foundation Chairs, Please share this Foundation Minute with your club members via email, during your meeting or in your weekly bulletin. It's a great way to get the word out about all of the good that The Rotary Foundation does! Thank you! District 6000 Rotary Foundation Team

Foundation Minute Rotary Clubs around the globe celebrated World Polio Day on October 24th. Local events celebrated the day by providing educational activities like guest lectures, library events and survivors' experiences. Since it was first rolled out as the primary focus of TRF, PolioPlus has witnessed a viral leap of success in eradicating this crippling disease from the planet. Today, with matching funds from The Bill and Melinda Gates Foundation, The Rotary Foundation is committed to raising \$50 million every year, which will be matched by the Gates Foundation each year at two-to-one, up to \$150 million. TRF has provided over \$1.9 billion US of the funds for vaccinating over 2.5 billion children in 122 countries. Since 1988, the incidence of polio infection has dropped by 99.9%. There are just two countries – Pakistan and Afghanistan – yet to be rid of the illness. The campaign against Polio is on-going. The Rotary Club of Sunyani East in Ghana has also used generated funds for great causes. With matching funds provided by The Rotary Foundation, the club has donated medical equipment worth \$42,858 US to the St. Mathias Catholic Hospital in the Pru East District of the Bono East Region. The equipment included two infant incubators, radiant heaters, biochemistry analyzer and an operating surgical light. In the last seven months, Sunyani Rotary has donated over \$100,000 worth of equipment with matching funds by TRF. Yours in Rotary, Olabisi Gwamna Ph.D. Rotary Club of Mt. Pleasant

Foundation Minute Editor



The Clinton Area Chamber of Commerce and
The Riverview Young Professionals Association
proudly present

JOIN US FOR
LIVE MUSIC, GAMES,
PRIZES, AND LOTS OF
GIVEAWAYS!!



River Cities
"What We're Made Of!"

Community Expo 2019

Tuesday, November 12

5-8pm

Clinton Moose Lodge:
1936 Lincoln Way



This exciting expo is FREE and open to everyone!

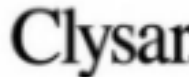
Network, socialize, find suppliers, investors, and mentors with us.

**Learn about the local businesses and organizations in our community,
enjoy live music, interactive displays, and much more at this event!!**

Platinum Sponsor



Bronze Sponsors



HOWES & JEFFERIES
REALTORS

Silver Sponsor



Small Business & Non-Profit Vendors

3D Trailer and Auto • Brown's Shoe Fit Co. • CACC • Cake Fantasies by Ashley •
City of Clinton Parks and Rec • Clinton Floral Shop • Clinton Humane Society • Clinton Moose Lodge •
Clinton Printing • Clinton Veterinary Clinic • George Curtis Mansion / Clinton Women's Club •
Convention and Visitors Bureau • Country Financial • Creative Design Werx • D & M Embroidery •
Deanna's Java • Deja Vu • Dudad's Hallmark • Gilda's Club • Grandma's Goody Jar • Grandma Nell's •
Hook's Pub • L'Arche • The Living Room • Luigi's Woodfire Pizzeria • P & N Flight and Charter •
Peaceful River Creations • Prince of Peace Catholic School • Riverfront Antiques • RYPA •
The Sawmill Museum • Sedona Staffing Service • Sherwin-Williams Company • Skyline Center, INC. •
Slop's Neighborhood Bar and Grill • TEMP Associates

CCSD EDUCATION FOUNDATION
PRESENTS

TRIVIA NIGHT?

Friday

November 8th

DOORS OPEN AT 6:30PM, TRIVIA STARTS AT 7PM

Event produced by Moonlighting DJ!

CASH PRIZES
for 1st and 2nd place!

Tables of 6-8 players/\$10 per person to play

Buffet available - \$12 for adults/\$6 for kids

Early signups will receive a free Mulligan. Check our Facebook page (CCSD Education Foundation) or email PTADAD@hotmail.com to reserve your table or for more information.

Manny's Too

305 11th Ave, Fulton, Illinois