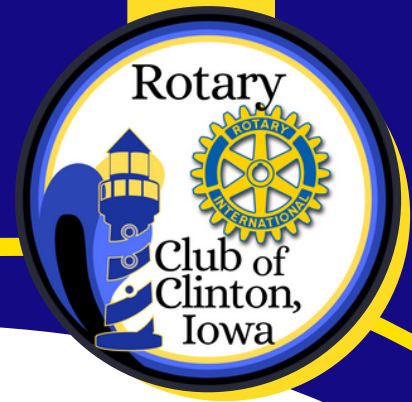


ROTARY CLUB OF CLINTON NEWSLETTER



VOLUME 78 | ISSUE 15 |
NEWS FOR THE WEEK OF
OCTOBER 16, 2023

MEETING LOCATION

Monday Rotary

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

Thursday Night Rotary:

Second and Fourth Thursday
of the month at 5:30,
Rusty Barrel Lounge
(224 5th Ave S, Clinton, IA)

MAILING ADDRESS

P.O. Box 1361
Clinton, IA
52733

EMAIL ADDRESS

RotaryClubofClintonIA@
gmail.com

WEBSITE

RotaryClubofClinton.com

SOCIAL MEDIA LINKS

- [Facebook](#)
- [LinkedIn](#)
- [YouTube](#)

“

Mental health problems
don't define who you are.
They are something you
experience. You walk in the
rain and you feel the rain,
but you are not the rain.

MATT HAIG

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Community News **5**

NEW



EXECUTIVE SUMMARY

Presidential News

- Rotary Dues invoices were emailed on the morning of October 2, 2023. Check your email in box and contact me ddalton@wpf-cpa.com if you didn't receive your dues!
- **Donate a bottle of alcohol for our booze raffle! All bottles must be identified with an Iowa deposit. Bring to Rotary or call Andrew Kida for pick up! We received 14 so far (last year, we had 50)...so keep on donating!**
- It's time to sign up for tickets for the Boo Bash!!!
 - Need help signing up??
Email rotaryboobash@gmail.com!

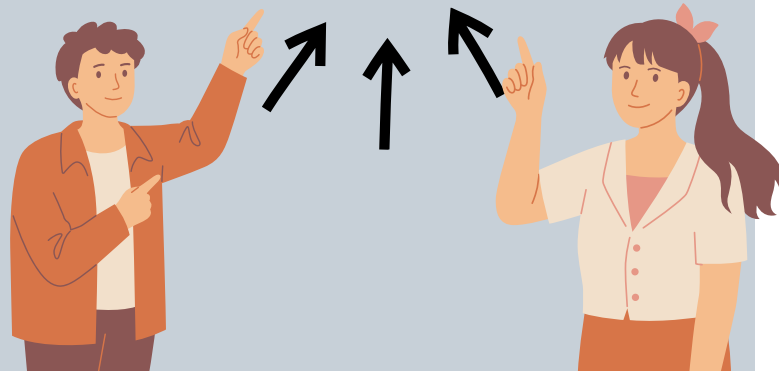


Key Dates

- October 16: Dave Rose
- October 23: Sleep in Heavenly Beds, speaker Shalynn Gerlach & CCSD presentation on The Clinton Student Adventures After School program and Study Connection Youth Mentoring Program
- October 30: TBD

Check It Out!

We need help with the Boo Bash! Let us know if you can help with sponsorships or the day of! Don't forget to donate for auction items!!!



Boo Bash



Thank You Boo Bash Sponsors!

DIAMOND SPONSOR



GOLD SPONSORS



DALE & BOBBIE DALTON • DAVID & RITA SIVRIGHT

SILVER SPONSORS



JAMES D. BRUHN, PLC, FARWELL & BRUHN • MARY CONNELL •
PAUL & CHRIS HOLMER • ANDREW & KRISTEN KIDA

BRONZE SPONSORS



C & M REFRIGERATION LTD • SENATOR CHRISTINE COURNOYER • GARY & KATHY DELACY • CHRISTOPHER L. FARWELL •
JOHN & CHERYL FREY • LYNN MCGRAW • BRAYDON ROBERTS • DAVE & SUZANNE ROSE • MARK & DENSIE RUTENBECK •
ANDY SOKOLOVICH • MARY SWANSON • KAREN & DAVE VICKERS • JEFF & SHANNON SANDER-WELZEIN

Email Sabrina at Sabrinalippens95@gmail.com to Sponsor our Boo Bash!!!

WEEKLY ROUND-UP

WEEKLY STATS

ATTENDANCE:

Online: 03

In-person: 36

Total for Oct 09: 38

GUESTS:

- Kristen Kida
- Christopher Smith
- Luke Duenser
- Alysaa Schroder
- Ariana Cahoy
- Jaxon Dehner
- Hiti McGraw
- Paul Daniel
- Bonnie Lowry

YTD: 67

SCHOLARSHIP FUND:

Oct 09 Meeting: \$144.00

Donations to the Foundation:

N/A

Foundation YTD: \$246

YTD Total: \$2315

MEMBERS:

- Current Members: 73
- Membership Goal: 84



Bonnie Lowry & Dr. Paul Daniel



Watch our Meeting
HERE

Our guests this week, Dr Paul Daniel and Bonnie Lowry, spoke about the Rotary Action Group on Mental Health Initiatives (RAGMHI). It's become one of Rotary's strategic priorities this year and aligns both with District 6000 and with Rotary International President, Gordon R. McNally, huge initiatives for Rotary International. Lowry stated that people don't all have to be Rotarians, but "usually they are experts in the field like Dr. Paul. And then there are others that are members of the Rotary Action Group that are passionate about mental health issues and moving from mental illness to mental wellness and putting our efforts in that area." District 6000's Chapter of RAGMHI is the only chapter in the entire Rotary Zone! Lowry continued to discuss the origins of our RAGMHI. "Dr. Paul here expressed an interest in championing the issue of mental wellness to really make a difference in our community. So a group of interested Rotarians and non-Rotarians in Marshalltown started to work on this community initiative and it grew into creating a district chapter. We were actually chartered just in May of 2023!"

Dr. Paul stated, "As we continue to move forward, mental health is not going away, mental health is here to stay. Just as much as every other physical health issues that we might go through, mental health, mental-emotional, and behavioral health is something that we need to be paying more attention to and it is something that is at the forefront of everything that is happening around the world today." Dr. Paul stated that 3 out of 4 people will struggle with some form of mental illness. "It's not if you will struggle with it, it's when you will struggle with it," Dr. Paul explained. Dr. Paul wants to see if Roary can be involved in eradicating mental health issues. "So our vision is to transform mental illness to mental wellness. Transforming mental illness to mental wellness -- that's our vision statement...for mental illness to become wellness, we have to make sure a person is willing to change from the inside out - the way they think, the way they feel equals the way they behave and act."

Lowry added, "What we're doing is fostering a supportive environment that automatically helps combat the stigma that surrounds mental health issues and then we can start improving the lives of individuals and communities across our district." To become a member of RAGMHI, there's a small application and a fee of \$25. You can see Norlan for more information.

LOOKING FORWARD

PROGRAMS

- October 16: Dave Rose
- October 23: Sleep in Heavenly Beds, speaker Shalynn Gerlach & CCSD presentation on The Clinton Student Adventures After School program and Study Connection Youth Mentoring Program
- October 30: TBD

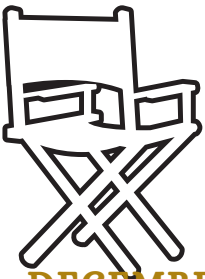


INVOCATION

October 16: Brent Brightman
 October 23: Joe Brown
 October 30: James Bruhn

GREETER

October 16: Dave Sivright
 October 23: Mary Beth Smith
 October 30: Andy Sokolovich



PROGRAM CHAIRS

OCTOBER: TOM DETERMANN
 NOVEMBER: ANDY GREEN
 DECEMBER: DOUG BERTRAND & CARRIE DONAIRE

FELLOWSHIP CHAIRS

OCTOBER: JENNIFER GRAF
 NOVEMBER: CHRISTIE COLLINS & DAVE SIVRIGHT
 DECEMBER: CARRIE DONAIRE & DOUG BERTRAND



Celebrations

HAPPY

BIRTHDAY

- Julie Eggers October 01
- Ronald McGauvran October 04
- Douglas Bertrand October 12
- Andy Green October 26

HAPPY ANNIVERSARY

- Pete Clausen
 - 32 years; Oct 07 1991
- Tom Determann
 - 28 years; Oct 02 1995
- Val Hill
 - 20 years; Oct 20 2003
- Juliann Bray
 - 20 years; Oct 27 2003
- Shannon Sander-Welzien
 - 10 years; Oct 28 2013
- Paula Steward
 - 6 years; Oct 09 2017
- Susan Mesecher
 - 4 years; Oct 01 2019

ROTARY CLUB OF CLINTON

R.I. ADMIN

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 2023-2024

- Braydon Roberts: President
- Carrie Donaire: President-Elect
- Andrew Green: President-Elect-Elect
- Dale Dalton: Treasurer
- Susie Mesecher: Secretary
- Carrie Donaire
- Cheryl Frey
- Rod Tokheim
- Jill O'Neill
- Andrew Kida: Past President
- Andy Fergurson: Foundation

Rotary Foundation Board of Directors for 2023-2024

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

Directors

- Jim Bruhn*
- Kathy Klahn*
- Paul Holmer
- Kathy Forrest
- Lynn McGraw
- Andy Fergurson
- Jennifer Graf*

LITERACY MOMENTS

Learning happens everywhere whether there are words read or not. Providing one-on-one tutoring to help students or adults to read is important to those who cannot read proficiently on their own. Tasks that we do every day and do without even thinking cannot be successfully completed. Tasks like reading a map, writing or receiving a birthday card, reading a suggested book or just reading for enjoyment, ordering off a print-only menu, researching information or working a job that you enjoy are just a few examples.

What can do as Rotarians: Be a Champion of Literacy by being a good role model and be caught reading, initiate and support literacy programs in your community or around the world by providing funding to make the programs happen or by providing books for children, and by sharing your time and talent and make a difference in a person's life.

Provide opportunities for those who can't read, to enjoy reading.