

The Rotary Club of Clinton

WEEKLY NEWSLETTER

VOLUME 75 | ISSUE 10 | NEWS FOR THE WEEK OF SEPTEMBER 14, 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](#)



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CLUB UPDATES

Presidential News

- Thanks to all who have donated to technology upgrades! To date we've raised \$700 together! If you'd like to contribute to the project please see Club Treasurer Dale Dalton.
- Our thanks to Mike Rastrelli and the Rastrelli's team for recently updating their internet access points as well as increasing their internet speeds. We appreciate their support in making our hybrid meetings possible! Watch for more improvements to come soon!
- Sign up to host our PROGRAMS for the month!!!! Click [HERE](#) to be directed to the sign-up form!

"may your
choices reflect
your hopes
not your fears."
- Nelson Mandela

Key Dates

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

WEEKLY STATS

FELLOWSHIP FINES:

Aug 31: \$150

YTD: \$931

TECH DONATIONS:

\$698

ATTENDANCE:

Aug 31: 34

Aug 21: 37

Aug 10: 34

Aug 3: 39

GUESTS:

YTD: 29

MEMBERSHIP:

- Current Members: 81
- Membership goal: 95

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 |
| • Andy Fergurson | Sep 21 |
| • Brigham Tubbs | Sep 21 |
| • James Bruhn | Sep 22 |

You're UNinvited!
♦ to our annual ♦

Boo Bash

Please **DON'T** join us for our Boo Bash celebration, raising funds for Rotary Club of Clinton community projects! We will **NOT** ask you to dress up, get a sitter, and spend oodles of money on catered food and prizes!

Details available at
www.rotaryclubofclinton.com

ANNIVERSARIES:

- **Ron McGauvran**
42 years; Sep 1, 1978
- **Keith Hook**
8 years; Sep 10, 2012
- **Doug Bertrand**
24 years; Sep 16 1996
- **Greg Jasper**
25 years; Sep 18 1995
- **Karen Vickers**
24 years; Sep 23 1996
- **James Bruhn**
24 years; Sep 23 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

SEPTEMBER PROGRAMS

SEPT 14: ELLEN GACKLE FROM 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

SEP 14: CHUCK GUSTAVESON **SEP 14:** RON MCGAUVRAN
SEP 21: DOUGLAS HARRIDGE **SEP 21:** SUSIE MESECHER
SEP 28: VALL HILL **SEP 28:** MAUREEN MILLER

PROGRAM CHAIRS

SEPTEMBER: PEGGY SELLNAU

OCTOBER: BOARD OF DIRECTORS

NOVEMBER: NORLAN HINKE

DECEMBER: CARRIE DONAIRE, DOUG BERTRAND

FELLOWSHIP CHAIRS

SEPTEMBER: JENNIFER GRAF

OCTOBER: NORLAN HINKE AND DOUG HARRIDGE

NOVEMBER: CHRISTIE COLLINS AND DAVE SIVRIGHT

DECEMBER: CARRIE DONAIRE AND DOUG BERTRAND



John J Salomone ✨

@JohnJSalomone

I love when pets sigh like a human. It's like. Oh? Are you stressed? Did you work today? Just laid around did nothing and ate food ? That's what I thought

FOUNDATION MINUTE

Welcome to Rotary International's Basic Education & Literacy Month!

Basic health improvement goes hand in glove with this month's theme. All our stories this week celebrate the achievements of Rotarians improving lives both globally and in their communities with the financial support of TRF.

Before Valory Myers and three members of the Rotary Club of Fishers (IN) traveled to Sierra Leone and started a fresh water project, the West African country had very few sources of clean water. Since 2008, however, the country has witnessed much progress which came to a head recently with a \$290,600 (USD) grant from TRF. Commenting on the grant which is to fund 25 water wells in different communities across Sierra-Leone, Past President Myers explained that situations in the rural areas propelled his club into action. "We saw we could make an impact there where ...60% of people at that time did not have access to clean water. They were getting water from streams, ponds, and other sources that weren't protected or sanitary." With a total of \$1,000,000 having been spent so far on water projects in Sierra-Leone, this Rotary Foundation Global Grant makes the fifth of such by the Rotary Club of Fishers.

In another Global Grant success, Area Rotary Clubs jointly worked to obtain a \$96,850 fund for Covid-19 Response for community healthcare providers in Alameda County. The Rotary Club of Livermore and the Rotary E-Club of Lake Atitlan-Panajachel, Guatemala, represented the Area 4 Rotary clubs comprising; Hayward, Castro Valley, Dublin and Pleasanton, among others. The grant will fund essential COVID-19 medical equipment for three local community health centers aside from engaging volunteers to participate in "high-priority" COVID-19 education, outreach and support initiatives. Area 4 Rotary Clubs have supported similar COVID-19 responses in the past.

In partnership with the Rotary Club of Bukoba, Tanzania, the Rotary Club of Sebastopol Sunrise completed a water, sanitation and hygiene Rotary Global Grant for a rural boarding school. The Iluhya Secondary School in Bukoba lacked sufficient water for 600 students, faculty and staff, necessitating a daily 4- kilometer trek to a spring where students had to wake up every 5:am and carry 5 gallon buckets each day before attending classes. The \$74, 420 supported the construction of four 60,000-liter rainwater harvesting tanks; renovation of six existing tanks and construction of a toilet building with five flush toilets, hand washing sinks and a changing room for the girls. The El Molino High School Interact Club created a "Walk for Water" fundraiser, involving parents, and friends and with matching funds from TRF, contributed \$1,193.50 toward the grant.

"If you can't feed a hundred people, then just feed one" (Mother Teresa).

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**

**I didn't like
my beard at
first.**

**Then it grew
on me.**

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.**

COMMUNITY UPDATES

Dear Friends in the Clinton Area:

I am hoping to pull on your hearts strings and see if you would be willing to be an "Angel" for Mayor of Camanche Trevor Willis.

Trevor is dealing with serious health issues. He has stage 4 colon cancer. The cancer went outside the colon and he has had two surgeries. As soon as he recovers he will start chemo in Iowa City. His wife Kimberly has missed a lot of work caring for Trevor and will continue to miss some work due be there in Iowa City with him when needed.

Under the chairmanship of Brenda Larkey, Camanche is putting on a big benefit at the Imperial Lanes on Saturday, October 24th at the Imperial Lanes in Camanche called the Mayor Trevor Willis Benefit. It starts at noon.

I am helping with the fund raiser by gathering donations in the form of checks, gift cards, and silent /live auction items.

Trevor has given so much to our community so I am in hopes you will be willing to donate even if in a small way. Every little bit will help them.

If you wish to give please send your donations to: Kathy Klahn 1310 23rd Ave. Camanche, Ia. 52730. Big items I will have my husband Tom assist by picking it up from your business.

Now is a time more than ever that communities look out for each other. Won't you come through and be one of Trevor's Angels?

Thank you so very much for your consideration in helping this amazing family.

Kathy Klahn
563-249-2636



Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

Back to School? Back to Work? Pack Lunch to Go!



Lunch provides the midday boost that you and your child need for afternoon brainpower. Packing lunch with your child is also a great way to stay connected. What if your child is a choosy eater? This can be a sign your child is searching for more independence. Your child might benefit from packing their own lunch, while you have the opportunity to serve as a model for good nutrition behaviors. Use the five main food groups for you and your child to pack your lunch.

- Fruit—Apple, banana, peach, grapes, pear, strawberries
- Vegetable—Raw celery, edamame, cucumber, peppers, carrots, cherry tomatoes
- Protein—Chicken/turkey breast, tuna, peanut butter, handful of unsalted nuts, hummus, hard-boiled eggs
- Grain—Whole grain bread, bagel, muffin, steamed brown rice, quinoa
- Dairy—Cheese stick/cubes, low-fat yogurt, low-fat milk

Encourage your child to pick or add foods together from each category to make a well-balanced lunch!

Source:

"What's for Lunch? It's in the Bag," <https://store.extension.iastate.edu/product/13900>

After-school Hummus

Serving Size: 2 Tbsp | Serves: 8

Ingredients:

- 1 can (15 ounces) reduced-sodium garbanzo beans (chickpeas)
- 2 medium garlic cloves, minced, or 1/4 tsp garlic powder
- 1 1/2 Tbsp lemon juice
- 1 tsp ground cumin
- 1 Tbsp oil (vegetable or olive)
- 1/8 tsp ground black pepper
- 1/2 cup plain nonfat yogurt

Directions:

1. Use a blender or food processor. Combine garbanzo beans (chickpeas), garlic, lemon juice, cumin, oil, and pepper.
2. Blend on low speed until beans are mashed.
3. Stir in yogurt with a spoon.
4. Place the finished product into an airtight container.
5. Refrigerate for several hours or overnight, so the flavors blend. Use within 2–3 days.
6. Serve with whole grain pita chips, crackers, or vegetables such as carrots and celery. Use as a substitute for mayonnaise on a chicken sandwich or a turkey wrap.

Nutrition information per serving:

70 calories, 3g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 80mg sodium, 9g total carbohydrate, 2g fiber, 2g sugar, 3g protein

This recipe is courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart. website. For more information, recipes, and videos, visit spendsmart.extension.iastate.edu

CLICK HERE TO
LEARN MORE ABOUT
HEALTH,
CHOLESTEROL, AND
SOME QUICK TIPS!

IOWA STATE UNIVERSITY
Extension and Outreach

Words on Wellness



www.extension.iastate.edu

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Food Preservation 101 ONLINE
9/10 - 7pm [Sign up!](#)

Preserve the Taste of Summer
Totally Tomatoes Online
10/8 - 10am & 6pm
10/12 - 10am & 7pm

All About Apples Online
10/22 - 10am & 6pm
10/28 - 10am & 7pm
[Sign up for a session!](#)

ServSafe
9/29 - Tipton
10/19 - Bettendorf
10/26 - Cedar Rapids
11/2 - Monticello
11/10 - DeWitt

Registration deadline is three weeks prior to class date and registration often fills before class date. Class size is limited. <http://bit.ly/isuservsafe>

This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to www.extension.iastate.edu/diversity/ext. PM 2099 September 2020

Don't Forget about Lunch-box Food Safety

Whether you are back to school or work, packing a meal can have some amazing benefits! Packed meals may be lower in calories and provide more essential nutrients, such as fiber, protein, vitamins, and minerals. Packing meals also saves money. It is important to remember lunch-box food safety when packing your meal. Follow these tips to prevent being ill when eating on the go.

- Keep cold food below 40°F and hot food above 140°F.
- Use an insulated lunch box. Some food is safe without a cold source, like whole fruits and vegetables, canned meat and fish, and peanut butter.
- For perishable foods, keep foods cold by including at least two cold sources. Use two frozen gel packs or combine a frozen gel pack with a frozen juice box, fruit cup, or frozen bottled water. Place cold sources on top and bottom of perishable food items, including lunch meats, eggs, cheese, yogurt, and milk.
- Clean your lunch box or bag regularly to avoid bacteria growing on the sides.

Source: USDA Food Safety and Inspection Service, www.fsis.usda.gov/

Setting SMART Physical Activity Goals

With fall approaching, the new schedule for school and work has likely changed your routine. However, that doesn't mean your exercise routine has to go. To keep yourself accountable, set a SMART goal for fall.

- **Specific**—This is the "what" of your goal, describing exactly what you're going to do and where. For example, "I will walk outside more often."
- **Measurable**—How can you measure your goal each day, month, or year? Add specific units and numbers to your goal. "I will walk outside 30 minutes a day."
- **Attainable**—Is this goal attainable for you? Think about your current fitness level and the competing demands on your time.
- **Relevant**—Is this goal meaningful and beneficial to you?
- **Time-bound**—What is the time frame of your goal? How many days a week, and for how long? For example, "In the month of September, I will walk outside for at least 20 minutes at least three days a week." At the end of your time frame, you can evaluate your success and make a new SMART goal.

Source: WebMD, www.webmd.com/



COMMUNITY UPDATES

*UWCCI Winter
Getaway
Giveaway
Raffle*

We NEED your help selling tickets for the Winter Getaway Giveaway Raffle! Without a BBQ or spring flower fundraiser, THIS IS OUR MAJOR FUNDRAISER FOR THIS FALL'S CAMPAIGN! HOW MANY BOOKLETS OF TICKETS WOULD YOU LIKE (6 per booklet for \$100 - a bargain!). Buy a book yourself or sell a book to others! You can buy one ticket for \$20, but what's the fun in that?? You can use curbside pick up (please let us know when you'll be at the "curb") or I can drop them off. It would make a GREAT family vacation next year when Covid is ALL OVER! Or an employee campaign incentive to give to United Way! Your help is MUCH APPRECIATED!

[Click here for the Winter Get-Away Raffle!](#)

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Clinton, Iowa 52732
563-242-1209