



**CREATE HOPE
in the WORLD**

Founded in 1973

North Scottarian

ROTARY CLUB OF NORTH SCOTT

Eldridge/Davenport, Iowa

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South Queensferry, Scotland

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Vol. 53 No. 07 www.northscottrotary.org Email: NSRotary@aol.com August 16, 2023

THIS FRIDAY: At the Steeplegate, with Zoom option

DR. ELIZABETH LONNING

Focus on mental health

President Tracy Lindaman and Stephanie Eckhardt arranged a program for Friday about mental health, which is a focus of RI President Gordon MacInally in 2023-24.

Dr. Elizabeth Lonning, PsyD, received her doctor of psychology degree from the University of Northern Colorado in August 1993. Since then, she has resided and practiced in Davenport.

Dr. Lonning and several colleagues created Psychology Health Group, a group of independent practitioners, in May 1997. She continues to be a partner and psychologist there.

During her time in Iowa, Dr. Lonning has served on the Executive Council of IPA in a variety of positions over a period of almost 20 years, including president in 2002.

She has completed her post-doctoral master's degree in clinical psychopharmacology from Fairleigh Dickinson University and serves as the chair of the Psychopharmacology Education Committee for IPA. In this role she led the effort to pass legislation in 2016 allowing advance trained psychologists prescriptive authority in Iowa, just the fourth state to be able to have this privilege.



Dr. Elizabeth Lonning

In addition, she serves on the Board of Directors for Division 55 (the psychopharmacology division of APA), the Training Director Council for Division 55 and APA's RxP Designation Committee as Vice Chair.

Since 2021, Dr. Lonning has been the Director of Professional Affairs for the Iowa Psychological Association.

Lead-Free/3-4; Obituary/4; Baseball/5; Foundation/6; Pin/7

CALENDAR

Friday, Aug. 18: Board of directors meeting at Steeplegate Inn, 10:30 a.m. Any member may attend.

Friday, Aug. 18: Golf Committee, 11:15 at Steeplegate.

Friday, Aug. 18: At the Steeplegate, with Zoom option, **Mental Health** issues with **Dr. Elizabeth A. Lonning**, PsyD, arranged by Stephanie Eckhardt.

Friday, Aug. 25: At the Steeplegate, with Zoom option, Iowa Auditor of State, **Rob Sand**.

Friday, Sept. 1: No meeting (Labor Day weekend)

Tuesday, Sept. 5: Ugandan travelers at Scott County Library to prepare for presentations, 5:30 p.m.

Friday, Sept. 8: Board of directors meeting at Steeplegate Inn, 10:15 a.m. Meet with **District Governor Dennis Drager**. Any member may attend.

Friday, Sept. 8: 2023-24 District Governor **Dennis Drager's** Official Club Visit.

Friday, Sept. 15: North Scott Rotary Walt Fahrenkrog Memorial **Golf Outing** at Glynn's Creek Golf Course. Tee time, 12:45 p.m.

Sunday, Sept. 17: A special event and program for all sponsors of children at the **Imbabazi Center for Women and Children in Kisoro, Uganda**, will take place at the Masonic Building, Veterans Memorial Parkway, Davenport, from 4:15-7:00 p.m. (Yes, children are invited, too!)

Friday, Sept. 22: At the Steeplegate, with Zoom option, **Club Assembly** led by president **Tracy Lindaman**.

Friday, Sept. 29: At the Steeplegate, with Zoom option, report from travelers to **Imbabaze Centre for Women and Children in Kisoro, Uganda**, tentative.

Friday, Oct 6: At the Steeplegate, with Zoom option, **Quad-City Storm**, arranged by **Drew Wilson**.

Friday, Oct 13: At the Steeplegate, with Zoom option, **50 Years of North Scott Rotary**, arranged by **Bill Tubbs**.

Saturday, Oct. 14: Rotary Leadership Institute, Mt. Pleasant, 8:30-a.m.-3:30 p.m.

Thursday, Oct. 19-Sunday, Oct. 22: Zone Institute, Evanston and Chicago.

Friday, Oct 20: At the Steeplegate, with Zoom option, **Mercado on Fifth**, with **Maria Ontiveros**, arranged by **Ardita Grunwald** for **Rita Rawson**.

Tuesday, Oct. 24: World Polio Day.

Friday, Oct 27: At the Steeplegate, with Zoom option, **Tom Goodall**, "50 Years of Quad-City Theater," arranged by **Scott Case**.

Friday, Nov. 3: At the Steeplegate, with Zoom option, program TBA, **Rich Horst**.

Friday, Nov. 10: At the Steeplegate, with Zoom option, Speaker of the Iowa House of Representatives, **Pat Grassley**, arranged by Ross Paustian.

Friday, Nov. 17: **North Scott Rotary Auction** and 50th Anniversary at Rhythm City Casino.

Friday, Nov. 24: (No meeting, Thanksgiving)

Friday, Dec. 1: At the Steeplegate, with Zoom option, program TBA, **Marcia Brandt**.

Friday, Dec. 8: At the Steeplegate, with Zoom option, program TBA, **Tony Knobbe**.

Friday, Dec. 15: (Week of Holiday Party)

A large graphic featuring the number '50' in a bold, blue, sans-serif font. A horizontal orange banner with rounded ends is positioned across the middle of the '0'. Inside the banner, the words 'YEARS OF SERVICE' are written in a white, sans-serif font. The '0' is partially obscured by the banner.

NORTH SCOTT ROTARY

1973



2023

Friday, Dec. 22: (No meeting, Christmas)

Friday, Dec. 29: (No meeting, New Year's)

Friday, Jan. 5, 2024: At the Steeplegate, with Zoom option, program TBA, **Deanna Jensen-Valliere**.

Friday-Saturday, Jan. 6-7: District 6000 Rotary Youth Exchange Winter Retreat.

Friday, Feb. 23: Happy 119th Birthday, Rotary!

Saturday, Feb. 24: Grant Management Seminar, West Liberty Community Center, 8:30-11:30 a.m.

Saturday, March 16-Sunday, March 24: District 6000 Project Team to Xicotepec, Mexico.

MAKEUPS/ROTARY ENGAGEMENT

Please turn in makeups to **Deb Peterson** at: dennis.peterson1@gmail.com, or nsrotary@aol.com.

Wednesday, Aug. 9: AG Jeff Ashcraft, Quad-City presidents' meeting.

Wednesday, Aug. 9: Mini-meet at Maloney's: Jerry Cousens, Tom Messer, Donn Wilmott, Marty O'Boyle, Jeff Helms, Dick Cole, Rob White, Jim Smith, Hank Runge, Merle Anderson, Tony Knobbe, Rev. Rich Pokora.

Friday, Aug. 11: Program committee meeting: Rich Horst, Bill Tubbs, Scott Case, Marcia Brandt, Drew Wilson, Tony Knobbe, Rich Pokora, Deanna Jensen-Valliere.

Friday, Aug. 11: Roitary Night at the Ballpark: Sean and Stephanie Eckhardt (Addison), Dick Cole (Shirley), Jack Schinckel (Jean), Merle Anderson (Mary Lou), Bill Tubbs (Linda, Jacob Sleep), Steve Powell (Bonnie). Others?

Monday, Aug. 14: AG Jeff Ashcraft, Rotary Club of Davenport board meeting.

Monday, Aug. 14: Jeff Ashcraft, Rotary Club of Davenport..

AUGUST 11, 2023: LEAD-FREE QUAD CITIES

Substitute program by Tony Knobbe

By Bill Tubbs/Editor

Aug. 11, 2023: It's vacation season, so some were missing, but 47 were in attendance Friday at the Steeplegate Inn, and **Tracy Lindaman, Charlie Jones, Theresa White** and **Steve Suiter** by Zoom. Piano music was provided by **Tewanta Lopez** with **Jody Johnston-Mohr** leading the singing of "America the Beautiful," "Welcome Song" and "R-O-T-A-R-Y." **Drew Wilson** shared the 90-second devotion, "Keep Climbing" (p. 4). Secretary **Tony Knobbe** introduced Visiting Rotarians and guests: **Monica Hursey** (guest of **Bill Tubbs**), **Ann Green** (guest of **Becky Bray**), **Addison Eckhardt** (guest of **Sean** and **Stephanie Eckhardt**).

Announcements

President-elect Greg Schaapveld presided while **Tracy Lindaman** is recovering from knee replacement surgery. Announcements were brief, and included reminders of Friday night Rotary at the Ballpark, board meeting and Golf Committee meeting next Friday, and for members to pick up the printed committee list.

Personals

Drew Wilson gave a roll of 25 dollar coins for his daughter, Leah's, enrollment at Iowa State where she will study dietetics. *Thank you, Drew!*

Sergeant-at-arms Josie Cochuyt raised \$72 in fun fines, including \$1 if you were on vacation, \$1 if you don't know what Hip-Hop Day is, and \$1 if you have not been to the country of Chad, whose independence day is today. Today is also Mother's Day in Japan and National Son and Daughter Day. **Sean Eckhardt** paid \$1 for daughter, **Addison's**, golf prowess, and **Tom Messer** for a nap.

Program

Because of the short agenda, the program was introduced at 12:16 p.m. by **Greg** – but it was not Mercado on Fifth, because **Maria Ontiveros** fell ill from poison ivy. (Her program has been rescheduled for Oct. 20). Ably filling in was our own **Tony Knobbe** who chairs "Live Lead-Free Quad Cities."

The mission of "Live Lead-Free Quad Cities" is to reduce lead poisoning in the Quad Cities by removing lead from paint and pipes, because it is a danger, especially for children.

Lead was once useful in paint, Tony said, because it made it stick better and last longer. In gasoline, it was a good



Speaker Tony Knobbe with Jim Smith and Roger Amhof.

Photo by Editor

lubricant for valves.

But, in 1971, lead was discovered to be harmful to human hearts and brains. In 1968, it was banned from gasoline; in 1978, from paint; and in 1995 from food cans. "It was very common to find children with lead poisoning."

Maps of Scott County, funded by Genesis, Scott County and the Augustana Health Department, show lead is most prevalent in the older neighborhoods of the inner city and in farm houses built in the 1800s.

The problem, Tony explained, is that the harm is permanent; it cannot be reversed. Once ingested, it finds its way to the brain, kidneys, liver and bones. Young children in their growth years are most susceptible.

The effect is decreased IQ and academic difficulty, "all the things that cost society to deal with."

"So why should I care?" Tony asked, "because we all pay for it eventually. Those problems are permanent. It is 100 percent accepted by experts that there is a high cost. It's the No. 1 reason kids fall behind."

Globally, there are 500,000 deaths each year from lead

NOTES, continued on page 4

AUGUST 11, 2023: LEAD-FREE QUAD CITIES

Harm from lead poisoning is permanent

NOTES, continued from page 3

poisoning.

The primary funders of "Live Lead-Free Quad Cities" are Scott County, and the gambling authorities. The task force identifies homes for remediation when a child is discovered to have lead poisoning.

Test kits, available at places like Lowes, Mennards and Home Depot, cost \$7. But it will take millions to fix all the houses. The price tag for just 11 properties was \$180,000.

When lead paint chips off, kids ingest it and it tastes sweet, Tony said. The fix is to replace windows or sand them, wipe them down and paint with lead-free paint that tastes bitter.

Water pipes in Davenport are lead-free, but not in Rock Island, Tony said.

"It will take tremendous political will to solve this problem."

Tony's presentation sparked a lively conversation with multiple questions, which continued until 12:56. A job well done on short notice. *Thank you, Tony!*

Vice-president Greg led the Four-Way Test, and invited members to "Tell Me Something Good." **Bill Tubbs** lifted up the RI Presidential Citation for 2022-23, Josie's presi-

dentia year. Thanks to all who had a part in the club's success, and to Josie for submitting the application.

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

INSPIRATION

Keep climbing!

Drew Wilson shared this inspiration from "90-Second Devotions":



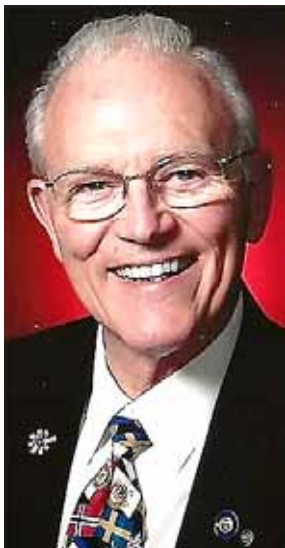
Drew Wilson

So often we face issues in life that may seem like mountains; that are seemingly impossible to overcome.

- Stop staring at ...
- Stop talking about ...
- Stop being afraid ...
- Stop running from ...
- Stop thinking about ...

START CLIMBING. one step at a time. Where will you end up? ... AT THE TOP!

OBITUARY



Past District Governor (2006-07) Delwyn D. Bluhm, Ph.D., 87, retired director of the Ames Laboratory, passed away on July 21, 2023, at Israel Family Hospice House, Ames, surrounded by his loving family. A visitation, memorial and lunch will be held beginning at 10:00 a.m. on Friday August 18, 2023 at First United Methodist Church, 516 Kellogg Ave, Ames. The memorial service will begin at 11:00 a.m. with lunch to follow. Online condolences may be offered at www.grandonfuneralandcremationcare.com under the link for Delwyn's obituary.

WHERE OTHER CLUBS MEET

- Monday, Noon..... Clinton, Rastrelli's Restaurant, Lyons
- Monday, Noon..... Davenport, Bittner YMCA
- Monday, 12:10..... Muscatine, Rendevouz, 3127 Lucas St.
- Monday, 12:15..... Moline, Trinity Lutheran, 1313 13th Av.
- Monday, 6:00 p.m. .Quad Cities Illinois, HyVee, 42nd Ave., Moline
- Tuesday, Noon .. Rock Island, Quad-City Botanical Center
- Tuesday, 7:15 p.m..... River Cities, Brothers Restaurant, Rapid City, Ill.
- Wednesday, Noon..... Bettendorf, Tanglefoot Pavilion
- Wednesday, Noon..... Tipton, 1143 Cedar Valley Rd.
- Wednesday, Noon..... Maquoketa, Eagle's Club
- Wednesday, 5:00 p.m. North Scott Rotary Mini-Meet, Maloney's, Eldridge
- Thursday, 7:00 a.m. . Iowa Quad Cities, J-Bar, Elmore Ave.
- Thursday, 12:15 p.m. East Moline, Christ United Methodist Church
- Thursday, Noon Milan, Pinnacle Club
- Friday, Noon North Scott, Steeplegate Inn, Davenport

CLUB SERVICE

GREETERS

Aug. 18: Rich Horst, Donn Wilmott
Aug. 25: Terrye Kishiue, Deanna Jensen-Valliere
Sept. 8: Jody Johnston-Mohr, Pat Olsen
Sept. 15: (golf outing)
Sept. 22: Marcia Brandt, Leroy Paustian
Sept. 29: Jack Schinckel, Warren Hodge

PIANO

Aug. 18: Marguerite Holzworth
Aug. 25: TBA
Sept. 8: Terri Wittkowski
Sept. 15: (golf outing)
Sept. 22: Tewanta Lopez
Sept. 29: Marguerite Holzworth

SONG LEADER

Aug. 18: Jeff Ashcraft
Aug. 25: Paul Holzworth
Sept. 8: Kelly Meyer
Sept. 15: (golf outing)
Sept. 22: Jeff Ashcraft
Sept. 29: John Maxwell

INSPIRATION

Aug. 18: Dick Cole
Aug. 25: John Maxwell
Sept. 8: Scott Case
Sept. 15: (golf outing)
Sept. 22: Deanna Jensen-Valliere
Sept. 29: Tony Knobbe

SERGEANT-AT-ARMS

Aug. 18: Sara Tomasson
Aug. 25: Kelly Meyer
Sept. 8: Pat Olsen
Sept. 15: (golf outing)
Sept. 22: Jeremy Kaiser
Sept. 29: Dr. Brad Burt

NORTH SCOTT ROTARY CLOTHING



North Scott Rotary clothing –
 To order these and others:
handicappeddevelopment.org/north-scott-rotary

BUFFET MENU AUGUST 18

Roast Beef, Mashed Potatoes and Gravy, Mixed Vegetables, Mixed Green Salad.

ROTARY NIGHT AT BALLPARK



Friday, Aug. 11 at Modern Woodmen Park: Steve and Bonnie Powell, Mary Lou and Merle Anderson, Linda Tubbs with grandson Jacob Sleep.

Photos by Editor



Stephanie and Sean Eckhardt with daughter, Addison. Notably, the editor saw Sean catch a foul ball and gave it to a child!

OUR GLOBAL GRANT



Clean water for 12,000

A significant project in North Scott Rotary's Rotary Foundation Global Grant in Kisoro, Uganda, was the spring-fed reservoir which can be seen at the top of the hill. This sustainable water source which serves 12,000, is monitored by Robert Mukasa, area engineer, pictured with Bill Tubbs (Robert has a master's degree). The reservoir (at top of the hill, above Robert's head) supplies potable water to 15 risers like the one below, where the woman is filling her jerrican with clean water instead of walking many miles to procure dirty water from a pond.



ROTARY FOUNDATION

Foundation Minute

Sometimes it's necessary to remind ourselves of what makes The Rotary Foundation tick. This week's Foundation Minute highlights some unique facts about this non-profit corporation that supports the efforts of RI to achieve world understanding through international humanitarian, educational, and cultural exchange programs:

At the 1917 convention, outgoing Rotary president Arch Klumph proposed setting up an endowment "for the purpose of doing good in the world." That one idea, and an initial contribution of \$26.50, set in motion a powerful force that has transformed millions of lives around the globe.



Olabisi Gwamna
Editor, Foundation Minute
for Rotary District 6000

Rotary's primary motto is "Service Above Self." There's a secondary motto: "One profits most who serves best." There are 46,000 Rotary clubs with over 1.4 million Rotarians in no fewer than 200 countries.

The first women joined Rotary in 1987.

The Rotary Foundation Scholarships are the world's largest, privately-funded scholarships.

In 1929, the Foundation made its first gift of \$500 to the International Society for Crippled Children.

Since it was founded over 100 years ago, The Rotary Foundation has spent \$4 billion on life-changing, sustainable projects around the world. It currently awards grants averaging about \$1 million per day. 91% of funds spent on program.

The Rotary Foundation is supported solely by contributions from the public, Rotary members and friends of the Foundation. Those contributions, gifts and donations are transformed into service projects that change the lives of thousands of people across the world.

TRF's score is 100%, earning it a Four-Star rating. If this organization aligns with your passions and values, you can give with confidence.

In Rotary,
Olabisi Gwamna, PhD
Mount Pleasant Rotary
Editor, Foundation Minute

YOUR ROTARY PIN

WEAR YOUR ROTARY PIN DAILY

Wear your Rotary pin daily.
 It's a way to show you care
 Take pride of place on your shirt lapel
 Ensure that it is always there.
 People will notice it and talk to you
 They'll ask you, "What does it mean?"
 An opportunity for you to talk
 And explain the Rotary dream.

It's a daily reminder of Rotary's values
 And the work which Rotary does.
 Of how Rotary has changed our precious world
 And the Four way test is great to discuss.
 It's a conversation starter, an Ice-breaker
 A way to make new friends.
 It will keep you focused on your public image
 Whilst Rotary in your life extends.

An opportunity to bring new members to join
 A creative way to catch their eye.
 You can wear it on casual, comfy clothes,
 Or your work attire, whatever you desire.
 Be recognised throughout this great big world
 Other Rotarians will notice you too.
 By wearing your Rotary pin each day,
 You'll be impressed with what it will do.



POEM BY DAVID TANARE

PAST PRESIDENTS

Daniel A. Whalen (*)	1973-74
C. John Pheiffer (*)	1974-75
Kenneth J. Mundt (*)	1975-76
Roger D. Burt	1976-77
G. Eugene Kimble (*)	1977-78
David A. Stephens (*)	1978-79
Richard A. Froeschle (*)	1979-80
James E. Campbell	1980-81
Rev. Ronald Jespersen (*)	1981-82
Walter W. Fahrenkrog (*)	1982-83
Roy B. Keppy (*)	1983-84
Thomas A. Robinson	1984-85
H. Ronald Frogley, D.C. (*)	1985-86
Thomas J. Otting	1986-87
Gene Schneckloth (*)	1987-88
J.B. Straley (*)	1988-89
Robert H. Lage (*)	1989-90
Richard J. Blanche	1990-91
Jack D. Darland	1991-92
Jerry L. Vollbeer (*)	1992-93
Robert B. White	1993-94
Wayne W. Jugenheimer	1994-95
William F. Tubbs	1995-96
Pascal V. DeLuca	1996-97
Robert K. Bainter	1997-98
John C. Barker, M.D. (*)	1998-99
Merle L. Anderson	1999-00
Carl G. Stigdon	2000-01
James L. Smith	2001-02
R. Scott Case	2002-03
Robert A. Fox	2003-04
James J. Rastrelli	2004-05
Thomas A. Yates	2005-06
Anita L. Wubbena, D.C.	2006-07
Scott C. Kurtz	2007-08
Gary Lynch (*)	2008-09
Charles I. Briegel (*)	2009-10
Charlie Jones	2010-11
Becky Bray	2011-12
John D. Maxwell	2012-13
Steven G. Suiter	2013-14
Steven Fahrenkrog	2014-15
Glen L. Keppy	2015-16
Jeffrey Helms	2016-17
Dennis W. Peterson (*)	2017-18
Jeffrey Ashcraft	2018-19
Jeremy J. Kaiser	2019-20
Bradley Burt, D.C.	2020-21
Patrick Olsen	2021-22
Josie Cochuyt	2022-23

(*) deceased

Rotary



Club of North Scott

ROTARY PRINCIPLES

The Object of Rotary

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

- FIRST:** The development of acquaintance as an opportunity for service;
- SECOND:** High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society;
- THIRD:** The application of the ideal of service in each Rotarian's personal, business, and community life;
- FOURTH:** The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

Rotary Code of Conduct

As a Rotarian, I will:

1. Exemplify the core value of integrity in all behavior and activities.
2. Use my vocational experience and talents to serve Rotary.
3. Conduct all my personal, business, and professional affairs ethically, encouraging and fostering high ethical standards as an example for others.
4. Be fair in all dealings with others and treat them with the respect due to them as fellow human beings.
5. Promote recognition and respect for all occupations which are useful to society.
6. Offer my vocational talent to provide opportunities for young people, to work for the relief of the special needs of others, and to improve the quality of life in my community.
7. Honor the trust that Rotary and fellow Rotarians provide and not do anything that will bring disfavor or reflect adversely on Rotary or fellow Rotarians.
8. Not seek from a fellow Rotarian a privilege or advantage not normally accorded others in a business or professional relationship.

The Four-Way Test (of the things we Think, Say or Do)

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?