



Rock Island Rotary Weekly Review

November 29, 2016: Volume XXIV, Issue 21



Today's guest speaker, Linda Rowe, earned her Bachelor's and Master's degrees from the University of Iowa in Dental Hygiene. She spent 30 years as a clinical dental hygienist and upon retirement became an independent oral care specialist with HyLife, LLC, which is described as a compassionate network of dental hygienists, who provide oral care services to dependent elders. HyLife brings oral care specialists to the Elder once a week. The



specialists provide thorough brushing and between the teeth cleaning. In addition to this weekly service, the elder is supplied with 100% xylitol sweetened mints, xylitol toothpaste and a toothbrush to be used on a daily basis. Linda pointed out that poor oral health may result in pain, poor nutrition, lost work or school time, weight loss, diminished quality of life and serious illness in old age. The Journal of the American Geriatrics Society states that research has shown tooth brushing and dental visits may prevent death from pneumonia, especially aspiration pneumonia. Oral hygiene reduces the chronic inflammation that periodontal (gum) disease causes, which increases the risk of coronary heart disease and stroke. Angie Stone is the founder of HyLife, LLC, and author of the book, *Dying From Dirty Teeth*. "There is an epidemic going on among nursing home residents", reports Stone. "The elderly have increased risk factors for heart disease, stroke, diabetes, COPD, aspiration pneumonia, and thrush. The lack of adequate oral care increases these risks significantly." According to Stone's research, the situation has been happening for years; the problem is only getting larger, yet residents and family members remain unaware of it. Even the caretakers at nursing facilities are often times unaware of the magnitude of this issue. Stone's book summarizes numerous studies indicating that teeth and gums burdened with the bacteria that cause periodontal disease can initiate cardiovascular disease, stroke, diabetes, and dementia. These bacteria can also complicate the control of existing diabetes. Combating oral bacteria can be done in three ways, with best results when the three are used in combination with one another. 1) Don't Brush! – Get rid of your toothbrush, Linda says, and get into the 21st century with a power (electric) toothbrush. She noted that 2 minutes of use with an electric toothbrush removes as much plaque as 2 months of brushing! Linda also stressed that when using a power brush, do not brush, just place the power push against the teeth and let it work, then place it on the next section of teeth. Using a brushing motion with a power brush actually makes the unit less effective! 2) Don't Floss! – Traditional dental floss cannot effectively reach the many irregular crevices in the tooth structure. A much better alternative is water flossing with a product such as the "Water Pic". These units are much more effective than string floss. 3) Use products containing xylitol sweetener. Xylitol is attractive to bacteria in the mouth and nose, however it is also deadly to the bacteria. Using xylitol in the form of mints, nasal spray, etc. kills bacteria and rids it from the nose and mouth. A good source of xylitol is in products made by "Spry. Although her taste in men may be questionable (as pointed out by hubby Gary in his introduction of Linda), her knowledge of oral hygiene is unquestioned. Thank you for an important and highly informative presentation!

November - December Calendar

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| Dec 1 | - RAH Club Pub Crawl |
| Dec 3 | - Salvation Army Bell Ringing |
| Dec 4 | - Reindeer Ramble |
| Dec 6 | - Rock Island Chamber Choir |
| Dec 6 | - Foundation Committee At 11:15am. |
| Dec 7 | - Rotary Circa 21 Party |
| Dec 13 | - Thomas M. Anderson, Pres. IL State Medical Society |
| Dec 13 | - Angel Tree Gifts Due |
| Dec 20 | - Don Wooten, Broadcaster, Columnist |
| Dec 27 | - Linda Cook – Film Critic |



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Steve Morenz, President
Bruce Peterson, 1st VP
Sue Cassatt, 2nd VP
Anne McGlynn, Secretary
Carrie Crossen, Treasurer
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James Benson
Billy Puckett
Co-Sergeant At Arms
Bob Swanson & Vic Boblett

Program Chairs 2016-17

July – Aug: Kyle Vietti
Sept – Oct: Dave Geenen
Nov – Dec: Gary Rowe
Jan – Feb: John Wetzel
Mar – Apr: Julie Gelaude
May – June: Bob Swanson

Club Notes & Announcements!

□ **Welcome Guests!** At today's meeting Rock Island Rotary welcomed New Alleman High Jr. Rotarians, Lisa Do and Michael Elliott accompanied by Principal David Hobin; Rock Island High Jr. Rotarians, Lauren Bell and Emilie Heggen. Patrick Mahar a prospective member was a guest of Jeff Dismar. Ann Showalter was a guest of his husband, Tom Showalter. Jay Justin and Danielle Vance of Big Brothers – Big Sisters was a guest of Frank Lambert. Visiting Rotarian Duncan Cameron from Naples Florida joined us as did our exchange daughter, Agata Burzinska. Rock Island Rotary always welcomes guests, particularly prospective members! Invite a friend next week!!

□ **Reindeer Ramble** – Is this Sunday, December 4th starting at 9am from the IBEW Hall just across the street on the South side of South Park Mall. **Rotarians are needed to run, walk, or just help** and learn what goes on. Next year our Club will become the sponsors of the Run. Mike Locander is chairing the event for us this year and says he needs help with set up on Friday night, finish line on Sunday, and clean up at 11:30am on Sunday after the event. There is still time to enter as a walker or runner. You can sign up to participate or to help by contacting Mike at mlocander@qconline.com.

□ **Angel Tree** in just our second week of signups is sold out! Thanks to the generosity of Rotarians, the Christmas for dozens of needy children will be merry! Thanks to all who became an Angel!! Gifts must be return by December 13th!

□ **STILL HUNTING** we are still hunting for the Rotarians who took the Angels for **Dillyn Lynch** and **Ciin Ngaih Lun**. Just need to know who has them to insure they are covered. Contact Anne McGlynn if you have them.

□ **Foundation Committee** will meet December 6th at 11:15. Members Chuck Austin, Clarence Darrow, Gary Rowe, Bill Green, Don Peterson, and Carrie Crossen please try to attend.

□ **Have Items for our Newsletter?** Email items for publication to Bob Swanson at bobdebswanson@att.net.

RINGING THE BELLS!

On Saturday, December 3rd, our Rotary club will be ringing bells for the Salvation Army! We reserved both doors at the Hy-Vee in Rock Island on 18th Avenue from 10am to 4pm and have Rotary volunteers for 2 people at each door for every shift! Thanks to those who volunteered!! If anything comes up that will prevent you from keeping your assigned time, be sure to let Mark Mayeski know (email mark.mayeski@edwardjones.com) so one of our "backup" bell ringers can take your place. For those of us who did not volunteer to ring the bells, why not stop by HyVee between 10 and 4 and drop a donation in the bucket! I'm sure your fellow Rotarians will be happy to see you and to know that their hard work is not in vain.



50 Things Every Rotarian Should Know About Rotary

Taken from an article by Steve Garret, District Governor 1994-1995

17 - VOCATIONAL SERVICE

Vocational Service is the "Second Avenue of Service." No aspect of Rotary is more closely related to each member than a personal commitment to represent one's vocation or occupation to fellow Rotarians and to exemplify the characteristics of high ethical standards and the dignity of work. Programs of vocational service are those which seek to improve business relations while improving the quality of trades, industry, commerce and the professions. Rotarians understand that each person makes a valuable contribution to a better society through daily activities in a business or profession.

Vocational Service is frequently demonstrated by offering young people career guidance, occupational information and assistance in making vocational choices. Some clubs sponsor high school career conferences. Many recognize the dignity of employment by honoring exemplary service of individuals working in their communities. The 4 -Way Test and other ethical and laudable business philosophies are often promoted among young people entering the world of work. Vocational talks and discussion of business issues are also typical vocational service programs at most clubs.

Regardless of the ways that Vocational Service is expressed, it is the banner by which Rotarians "recognize the worthiness of all useful occupations" and demonstrate a commitment to "high ethical standards in all businesses and professions." That's why the Second Avenue of Service is fundamental to every Rotary club.

We'll follow up with more of the 50 Things Every Rotarian Should Know About Rotary in future issues.

GOT YOUR DINING BOOK?



The Quad Cities Dining Tour book with over 330 money saving coupons good at over 140 local restaurants makes a great holiday gift! Each book sells for \$35 and Rotary receives \$10 for each sale. Great for those adult family and friends that are so hard to buy for. Everyone loves to eat out and everyone loves to save money! What better gift than 330 free and two for one coupons! See Fred Luckenbill and get your 2016-2017 Quad Cities Dining Tour Book today! Coupons are good until October 31, 2017.

Foundation Minute

Suzette Ramdanie-Linton was almost ready to give up on a clean water project that her Rotary club had initiated in St. James, Jamaica, last year, because the funding simply wasn't there.

She and fellow members of the Rotary Club of Montego Bay Sunrise in Jamaica did a community assessment in 2015 and found that 11 schools and one children's home in rural St. James were in desperate need of new bathroom facilities. The club contributed nearly \$4,000 to get the project off the ground, unfortunately this was far from enough.

Her district governor then encouraged her to promote the project on Rotary Ideas, a vehicle that showcases potential project that are in need of support. Two weeks later she received an email from a member of the Rotary Club of Central Cayman Islands who contributed \$8,000 towards the \$40,000 goal. Their generosity and partnership pushed the project forward, which is now expected to be completed in July.

Rotary Ideas help clubs seeking volunteers, partnerships and in-kind donations as well as funding connect with one another. More than 1220 projects have been posted on the platform since it was launched in 2013.

Your support of the Rotary Foundation enables this to happen. Thank you.



FOUNDATION RAFFLE WINNERS!

Today's Foundation Raffle featured a bottle of fine wine from the Lo Milani Cellar, a tall tin of Chocolate Popcorn Crunch, and cash. Christy Filby won the wine; Bud Phillis won the cash and donated it to the Rotary Foundation; and lucky Tammy Weikert won the chocolate crunch.

Thanks again to all who participated!

ATLANTA - 2017 Rotary International Convention Rooms Last Call!

Planning to attend the Atlanta International Convention this Summer? President Steve has six rooms remaining in his reserved block at the Atlanta Crown Plaza Ravinia Hotel. Choose however you want to get to Atlanta. Rotary's Opening ceremonies are Sunday June 11th, Closing Ceremonies are Wednesday June 14th. If you would like one of the reserved rooms contact Steve Morenz NOW. If not taken, the rooms will be released next Monday!

3 nights of hotel @ \$150/night = \$450.00 (single or double),
4 nights of Hotel = \$170/night = \$680.00 (single or double).



New Outgoing Exchange Student

Myah Ackerland, a Rock Island High School student, has been selected as our club's next outbound exchange student. Myah visited our club on November 22nd and is pictured here with president, Steve Morenz. She is hoping to be placed in Italy, but is waiting for the official word from Rotary International. Wherever placed, Myah will be a great representative of our club and community!



WE ARE INVITED TO JOIN THE FUN!!

THURSDAY, DECEMBER 1 at 5:30PM - 8:30 PM

Details

Come join the RAH Club and jaunt through Downtown Moline wearing your Ugly Christmas Sweater! Each stop will be movie-themed and we'll be playing some holiday theme minute-to-win-it games with chances to win some great prizes! Appetizers will be provided!!

Tickets are \$15 in advance (via tickets or Eventbrite) or \$20 at the door.

There are 4 stops that you're welcome to come to at any point throughout the night.

Barrel House from 5:30-6:30

Bierstube from 6:30-7:30

Bad Boyz 7:30-8:30

Steel Head Tavern for the After party!

The proceeds are benefiting the QC Homeless Veterans Outreach Center! If you really want to be extra nice, we'll be collecting toys for Operation Toy Solider that will be donated to local military families!



CIRCA 21 HOLIDAY PARTY TICKETS

Tickets for our December 7th Circa 21 Holiday Party will be distributed at next Tuesday's meeting (December 6th). If you paid for tickets and are not going to be at our meeting, arrange for a fellow Rotarian to pick up your tickets or contact Bob Swanson 309-738-3476 to make arrangements to get your tickets. Salon Party starts at 5pm. Dinner at 5:45pm. Show follows.

ROTARY NIGHT AT AUGUSTANA COLLEGE BASKETBALL

Augustana College is hosting a Rotary Night at their men's basketball game on Wednesday, December 7th. All area Rotarians are invited to attend the game. Rotary members and their families will be admitted free of charge. Just tell the ticket taker, "I'm a Rotarian". The Vikings are currently ranked 18th in the nation and recently defeated the team ranked 14th. So, expectation is that Augie's ranking will be rising quickly. If you enjoy basketball you'll love Augustana's style of team play, in your face defense, and exciting fast paced action.

ROTARY SUPPORTS BIG BROTHERS – BIG SISTERS



Budget Priorities Chairman Frank Lambert presents a Rotary check for \$750 to Jay Justin President and CEO of Big Brothers Big Sisters of the Mississippi Valley. Unknown to many of us was that Big Brothers was started by a Rotary Club in New York !

CONGRATULATIONS TO ANN SHOWALTER

Ann Showalter, wife of Rotarian Tom Showalter is our newest Paul Harris Fellow. In accepting the recognition, with Tom and President Steve looking on, Ann eloquently spoke of the critical worldwide impact that is made by donations to the Rotary Foundation.



WHAT'S GOING ON WITH OUR FEEDER ORGANIZATIONS?

Most of us are aware that Rock Island Rotary sponsors an **EarlyAct Club** (11 and 12 year olds) at Jordan Elementary School; an **Interact Club** (15-18 year olds) at Rock Island High School, and a **Rotaract Club** (19-up) at Augustana College. But do you know what these organizations are doing? Are they doing anything? We need Rotarians willing to "check them out". Can you give an hour or so and volunteer to attend a meeting of one of these great organizations? We'd love to have some of our members stop by meetings of these clubs and report back to our Club what you find. Are they active? Can we help them? Would they like to know more about us? If your interest is peaked, please let President Steve know that you'd be willing to attend one of these "feeder" clubs. We call them "feeders" because a good experience in those clubs can lead to a full fledged Rotary member down the road.