



Rock Island Rotary Weekly Review



May 15, 2018: Volume XXV, Issue 46

MEETING EVERY TUESDAY NOON - QUAD CITY BOTANICAL CENTER

Jenni Swanson



Jenni Swanson has been a resident of the Quad Cities for over 32 years. She is a certified fitness instructor licensed in both Illinois and Iowa. She teaches 6-8 classes per week in East Moline and Bettendorf. Today she was our guest speaker on the topic "Wellness in the Workplace". During the past year, Jenni has looked at how the workplace affects worker wellness. She has researched how employees work, their work postures and work productivity and discovered ways

to improve all three. Putting her knowledge of fitness and wellness together with workplace reality, she has discovered ways to improve workplace wellness in the daily work schedule. Research is proving that sitting all day is not healthy. "I used to sit at a desk all day long, that was not helping me, so I looked at how to improve my wellness at work". Simple fixes will make all the difference in the wellbeing of you, your employees, and your organization's productivity. Mrs. Swanson works in commercial sales and design for Lincoln Office, a company that designs office spaces; and offers a wealth of ideas and suggestions on how to increase wellness for employees. "Being sedentary has been identified as a leading cause for many health-related issues such as diabetes, heart disease and high blood pressure, not to mention being overweight," she said. "In today's workplace, we often find ourselves sitting more than we should or want to sit. How do you change that as an employee and an employer to bring wellness into your workplace?" Today's workplaces are changing. "Gone are the days of private offices and rows of cubicles. In today's new office, you find walk stations, touch-down places, comfortable lounge seating, work cafés and collaborative work areas. Desks are adjustable, so they can be changed for sitting and standing," she said. "A savvy employer will implement these new office changes to promote better wellness within the workforce, both physically and mentally, resulting in more efficient, productive and energetic employees," she said. Workplaces with features such as these use space more efficiently and can house more employees, she said. And as employees better their health, health insurance rates also decrease. Employees should make changes even if their employers don't, Jenni said. "Ideally, try to sit for 1/3 of your day, walk for 1/3 of your day and stand for 1/3 of your day," she said. "Look at places you can work while standing. Instead of sending an email or making a phone call, walk and visit your co-worker. Use your lunch time to walk, do yoga or just change your mental scenery." Mrs. Swanson also suggests taking hand weights and a stability ball to the office. "Spend time sitting on the stability ball to help strengthen your core muscles," she said. "Take a morning break of a few minutes to lift the weights. Take an afternoon break to stretch. These few minutes will increase bone mass, muscle mass and improve flexibility. You don't need hours — just consistency." Such simple things as taking care in selecting your work chair can make a big difference. The chair should be comfortable, provide lower back support, and allow for 9 to 11 inches of space between the chair seat and the bottom of your desk. Arms attached to the base rather than the seat are recommended so that when you recline or lean back the arm rests remain level and do not move with your seat. Give it a try, you'll be glad you did!

Apr – July Calendar

- May 19 - Rotary Visioning Session
R.I. Police Dept. Community Room, 8am to Noon
- May 22 - Kai Swanson – Rock Island county Forest Preserve
- May 29 - Rotary Exchange Student, Pat Rungrueng
- June 5 - Sarah Stevens – Executive Director, Lead(h)er
- June 12 - Amy Leichsenring – Camp Kesem at Augustana
- June 19 - Liz Nino – Director of International Recruitment and Asst. Director of Admissions, Augustana
- June 26 - President Bruce Peterson
- July 3 - New President – Sue Cassatt
- July 10 - TBD
- July 17 - Cindy Duncan – Ottawa Rotary Club



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Officers

Bruce Peterson, President
 Sue Cassatt, 1st VP
 Mark Mayeski, 2nd VP
 Anne McGlynn, Secretary
 Carrie Crossen, Treasurer
 Steve Morenz, Past President

Board Members

Dave Geenen
 Jim Nordquist
 Molly Shattuck
 Al Metz
 Tammy Weikert
 Sarah Gorham
 Justin Peterson
 Sara Cross
 Co-Sergeant at Arms
 Bob Swanson & Vic Boblett

Program Chairs 2017-18

Aug – Sept: Fred Luckenbill
 Oct – Nov: Tom Hammar
 Dec – Jan: John Wetzel
 Feb – Mar: Gary Rowe
 Apr – May: Dave Geenen
 June - July: Justin Peterson/
 Bill Groh

Club Notes & Announcements!

WELCOME GUESTS! Rock Island Rotary was pleased to welcome to today's meeting Alleman Jr. Rotarians Hunter Love and Will Mihm, along with our Exchange daughter Pat Rungrueng. New Rocky Jr. Rotarians were introduced by Karla Thies, they are Jada Veasey and Kieran Benson. We were happy to welcome back for the summer, Duncan Cameron, a member of the Naples, Florida Club. Our final visitor Mark Zimmerman, a member of the Davenport Rotary Club. Guests are always welcome at Rock Island Rotary. Have you invited a prospective member to be your guest? Membership recruitment is a responsibility of all Rotarians!

CLUB VISIONING is this Saturday, May 19th starting at 8:30am at the Rock Island Police Department Community Room. If you would like to participate in this important planning session, be sure to let President Bruce know. Our Water Filter project came out of our last Visioning session. We'll be done by noon. Even if you didn't sign up, you are welcome to show up! Be a part of planning our future!

SERVICE OPPORTUNITY – Help is still needed with the Heart of Hope Food Pantry. We help every Thursdays from 6 to 7:30pm. It's easy duty and is truly Service Above Self at its most basic definition. Contact Al Metz or Steve Morenz to join our team of volunteers! Used but sound plastic bags are needed too.

SIGN UP SHEET to help with our first **ROTARYFEST CARNIVAL**, August 30 – September 2 was circulated again at today's meeting. If you missed signing up, see Bob Swanson or Sue Cassatt. We need your help and your suggestions!

Have Items for our Newsletter? Email to bobdebswanson@att.net. If you attend a Rotary event and take pictures, please also email or text them to Bob. The newsletter is much better with lots of photos!

FOUNDATION RAFFLE REPORT



Today's raffle featured fine wine from the Lo Milani Collection and a 50/50 cash drawing. The first ticket drawn was held by guest Duncan Cameron who took the cash. The second winner was once again held by Jeff Dismar who for the second week in a row, took home the Milani wine. All raffle proceeds go to support the International Rotary Foundation, carrying on humanitarian work throughout the world.

Thank you for participating!

COMMITTEE SIGN-UP FOR NEXT YEAR

Today, our President-elect, Sue Cassatt again distributed signup sheets for club committees for the 2018 – 2019 Rotary Year. If you didn't get one, you can use the form included in this newsletter. Every member is asked to serve on one or more club committees. The signup sheet allows you to pick where you want to serve. Those that don't turn in sheets will be "assigned" where help is needed. If you want a choice – **FILL OUT AND RETURN YOUR SHEET!**

2018-19 CLUB DIRECTORY

Our new club directory will be distributed on July 3rd. The information will go to press on June 16th, so between now and then much must be done. All members should have received an email showing what we currently have for you. If satisfied with your photo and your information is still correct, just reply "Everything is Okay". If information has changed or if you need/want a new photo, reply "New Photo Please" or "Here is New Info". To date about 60% of the club has responded. Photos will be taken at upcoming meetings. Please check your email and if you haven't done so, reply promptly!

IT'S BIRDIES TIME! - Our Number is 937

Kevin Koski is once again heading up our Birdies for Charity Drive for 2018. Donations to Rotary made through the Birdies program will receive matching funds from the John Deere Foundation. Last year Deere added a 10% bonus to all donations. Our club goal this year is 45 pledges for a total of \$2 per birdie. Kevin reported that to date he has received 15 pledges for a total of \$1 per birdie. So, we're well on our way to the dollar goal, but not so good on the number of pledges received. Get and return pledge forms from Kevin or from the Sergeant at Arms. A \$50 prize will be awarded to the member making the closest Birdie guess.



Foundation Minute

Rotary International and The Rotary Foundation are separate legal entities that comply with the laws and accounting standards of the countries in which they operate. Philosophically and practically, however, they function as one organization.

As a global organization that operates in almost every country of the world and in 29 currencies, Rotary takes stewardship of its funds very seriously. Stewardship begins as funds are received around the world through its prudent investment practices and continues as funds are spent to provide life-changing and sustainable grants, and programs and services for members.

You as a Rotary member support Rotary International with your dues, and The Rotary Foundation through your voluntary contributions. We Rotarians are passionate about making positive, lasting changes at home and abroad. Clubs and districts direct the funds provided by the Foundation into grant projects that serve humanity.

Rotary is well positioned to remain the world's foremost membership and service organization while continuing to serve its members.

Be proud that you are a Rotarian.

ROTARIANS ENJOY "STEAMWHEELER" SOCIAL OUTING



Rock Island Rotarians and spouses enjoyed Friday night football at the TaxSlayer Center and saw the Quad City Steamwheelers pounce on the tough Wichita Force for an impressive 49-28 victory.

The event, organized entirely by our incoming president Sue Cassatt, provided an evening of fun, food, and fellowship. By the time the attached photo was snapped, Rotarian Al Metz had stepped out, but Debbi Swanson, Vic Boblett, Chris Boblett, Sue Cassatt, Bob Cassatt, President Bruce Peterson, and 1st Lady Sue Peterson looked away from the game long enough to smile for the camera! Thanks Sue for organizing a fun social. We look forward to the next Rotary outing!



ROTARYFEST CARNIVAL

Our first Rotaryfest Carnival will be held August 30 - September 2, 2018. We need help to pull off a successful event. Please review these committee descriptions and next week, signup in an area of your choice. This could potentially be the most lucrative fundraiser in our club's history!

1. **SPONSOR SOLICITATION** – This committee will be in charge of contacting other entities who might agree to be named co-sponsors of Rotaryfest in return for providing needed products and services for the event. Potential co-sponsors include a porta-potty provider, a sign/banner company, a dumpster provider, the City of Rock Island, and the Rock Island Police Benevolent Society.
2. **FAMILY ACTIVITIES** – This committee will determine what, if any, special activities can be offered for toddlers and pre-school children. Could be anything from tricycle races to bean bag tosses, or crawling races. The committee will decide on activities, determine prizes, and run whatever is decided on.
3. **ANCILLARY ACTIVITIES** – Often times extra activities are used to attract more attendance at carnivals. Examples are car shows, craft shows, art shows, etc. This committee will determine what activities we want to include and will make contact with the groups involved and make the arrangements to set up the event.
4. **VOLUNTEERS COORDINATION** – Our only duty during the actual carnival is to provide Rotarians to walk around the carnival and report any issues observed. This might be anything from litter on the ground to unruly behavior. We're not expected to take any action other than to report it to carnival officials. This committee will have the task of establishing a time schedule and signing up volunteers to cover the time slots. Those who help will be given a tee shirt designating them as a Rotaryfest Official.
5. **PUBLICITY/PROMOTION** – This committee will be in charge of distributing carnival posters to area businesses, and to work with television, radio, and print media to promote the event.

Hopefully you spotted an area that peaked your interest and taps into your skills! We need everyone on board to pull this off.

Thank about the areas where you can help and next week when the signup sheet comes around, add your name to make ROTARYFEST a memorable community event!



ROTARYFEST



COMMITTEE PREFERENCE SIGNUP FOR 2018-19

We need YOU!

In the 2018-2019 Rotary Year we will have committee meetings

during the regular meeting time once a month

Pick your passion! Enjoy the year! Please complete and return to Sue Cassatt.

Deadline May 29, 2018 in order to accommodate our club directory

Choose as many as like-Tag team with another individual to make it more fun

Name: _____

Program Committee-set up speakers for regular meetings

August-September

October-November

December-January

February-March

April-May

June-July

Blood Drive Committee

Chair-

Committee member-

Membership Committee

Chair-Mark Mayeski

Committee member-

Invocation Committee

Chair-

Committee member-

Awards Luncheon

Chair-

Committee member-

Literacy Committee

Chair-

Committee member-

Rotaract-College students

Chair-

Committee member-

Community Grants Committee

Chair-

Committee member-

Youth Exchange Committee

Chair-

Committee member-

Rotary International Foundation

Chair-Bud Phillis

Committee member-

Rotary International Scholarship

Chair-

Committee member-

Interact/RYLA-High School

Chair-

Committee member-

Earlyact-elementary students

Chair-

Committee member-

Rotary Ramble

Chair-Mike Locander
Committee member-

Earl Hanson Partnership

Chair-
Committee member-

Food Pantry-Heart of Hope

Chair-
Committee member-

Pumpkin Patch Committee

Chair-
Committee member-

Global Projects

Chair-
Committee member-

Rock Island Club Foundation

Chair Development-
Chair Projects/Grant-
Committee member-

Bert Blood Scholarship

Chair-
Committee member-

Nominating Committee

Chair-
Committee member-

Public Image Committee

Chair-
Committee member-

Fun Committee (Socials)

Chair-
Committee member-

RIHS Entrepreneurship

Chair-
Committee member-

Salvation Army Bell Ringing

Chair-
Committee member-

Dining Books

Chair-
Committee member-

Trivia Night

Chair-
Committee member

Dueling Pianos

Chair-
Committee member-

Carnival

Chair-Bob Swanson
Committee member-

Birdies for Charity

Chair-Kevin Koski
Committee member-

Service Projects Committee

Chair-
Committee member-

Help Insure Pat Has a Great Trip!

Just prior to heading home to Thailand, our Exchange Daughter, Pat will have an opportunity to travel with other Rotary Exchange kids. Pat has opted to take the "West Coast Trip", which will allow her to See the Rocky Mountains, California, and everything in between.

Today a Donation Box was placed at the Sergeant At Arms table to gather some trip spending money for Pat. If you missed it today, the box will be out again next Tuesday. Let's make sure Pat has a great final look at the USA and some money for keepsakes.



Our Exchange Daughter Pitchayapa "Pat" Rungrueng