



# Rock Island Rotary Weekly Review

August 18, 2020: Volume XXVIII, Issue 7

MEETING EVERY TUESDAY NOON - QUAD CITY BOTANICAL CENTER



## NEST Café Quad Cities Founder Laura Mahn

On June 22<sup>nd</sup> a pop-up restaurant was opened for just a few hours in Rock Island, but for NEST Café founder Laura Mahn, the pay-what-you-can concept was a dream she has nurtured for 10 years. "NEST Café is a pay what you can restaurant," the pastor turned non-profit restaurateur said. "It has been a dream of mine for a long time." Mahn, a graduate of the University of North Carolina-Wilmington in Speech Communications, and the Candler School of Theology, Emory University with a Master of Divinity, previously served as a vocation counselor and volunteer coordinator for Augustana College (2010-2014) and as pastor of the First Christian Church in Princeton, Illinois (2015-2020). Laura along with husband and two sons resides in Rock Island. Her brainchild, "NEST" is a member of the One World Everybody Eats network, which is made up of restaurants that let people pay what they can for a meal or work in the restaurant to cover it. NEST stands for Nourish Everyone Sustainably Together. Their goal is to get good food, real food, to everyone regardless if they can pay for it. At the initial pop-up, a trial phase while Mahn and her team secure a permanent location for the restaurant, volunteer chef cooked up fresh locally sourced summer vegetables, and naturally raised chicken. The restaurant is not a food giveaway, because the concept is grounded in the notion that everyone has value to give. "People feel good about it, when they can pay something, even if it's not as much as the suggested donation," Mahn said. Run as a non-profit, she said the café would rely on sponsors and fundraisers, but the pay-what-you-can or volunteer-in-exchange-for-a-meal model promotes community ownership. The hope is that roughly 60-70 percent of the people paying the suggested donation price or more, will allow for the other 30-40 percent to pay less or work in exchange for a meal," she said. "We want to break down that barrier between who's serving and who's being served, and just have everybody be part of the effort," she said. "If someone is volunteering whether it's because they want to be there volunteering or whether it's in exchange for a meal, they're part of feeding other people. They have ownership in NEST Café. Ms. Mahn included an informative video in her presentation, but audio issues caused it to play without sound. To ensure we all can enjoy the video about One World Everybody Eats, here is the link. Just click on it to see the video with sound!: <https://www.youtube.com/watch?v=nh4I95C0wAE&t=53s>. Laura said that the NEST Café will open in the spring in the former Seaford Clothing Company building located on 5<sup>th</sup> Avenue in Rock Island, adjacent to the Quad City Botanical Center. They will be incurring significant expense in installing a commercial grade kitchen and welcome help. Until the Café opens, NEST will continue hosting "Pop Up" events throughout the community. The next one is scheduled for the Martin Luther King Center on August 31<sup>st</sup> from 4 to 7pm. Rotarians are invited to support NEST by joining the event as diners, volunteers, or donors. All are welcome! In a series of interesting and eye opening facts presented by Rev. Mahn, we learned that 23.9% of Quad City residents are "food insecure, meaning that during the past year they have either run out of food or were on the brink of running out. She also noted that those who are food insecure often eat inexpensive, pre-packaged and highly processed food. Heavily processed foods often include unhealthy levels of added sugar, sodium and fat. These ingredients make the food taste better, but too much of them leads to serious health issues like obesity, heart disease, high blood pressure and diabetes. Mahn noted that in the US, 30-40% of the food supply is wasted. Laura invited all interested in helping to volunteer or donate to NEST. We appreciated and enjoyed learning about this great project!

### July Calendar

- Aug 25 - Chase Norris, Clock Inc.
- Sept. 1 - Melissa Sharer, St Ambrose University Master of Public Health program on social determinants of health
- Sept. 8 - State of the Schools, Dr. Reginald Lawrence - joint meeting hosted by RI Kiwanis
- Sept 15- Dr LaDrina Wilson, Black Hawk College
- Sept 22- Jerry Jones, Martin Luther King Jr Community Center
- Sept 29- Mariah Benson, CAUSE & Tobacco-Free QC



P.O. Box 4514  
Rock Island, IL 61204  
[www.rirotary.com](http://www.rirotary.com)

## Officers

Angela Campbell President  
Justin Peterson, 1st Vice Pres.  
Cindi Gramenz, 2nd Vice Pres.  
Anne McGlynn, Secretary  
Carrie Crossen, Treasurer  
Mark Mayeski, Past President

## Board Members

Howard Beck  
Kim Calhoun  
Molly Shattuck  
Eric Westphall  
John Daly  
Chris Lemon  
Sue Rector  
Gary Rowe  
Bob Swanson Co-Sgt.-at-Arms  
Cindi Gramenz Co-Sgt.-at-Arms

## Program Chairs

### 2019-20

Aug – Sept Rebecca Arnold  
Oct – Nov John Daly  
Dec – Jan John Wetzell  
Feb – Mar Gary Rowe  
Apr – May Bill Stengel  
June – July Tom Hammar  
Have a program idea? Contact  
the chairman listed above for a  
possible date.

## Club Notes & Announcements!

- ☐ **WELCOME GUESTS** – We had one guest at today's meeting and were pleased to welcome Duncan Cameron, a Visiting Rotarian from the Naples, Florida Club. Guests are always welcome guests at Rock Island Rotary, the Number One Club!
- ☐ **FUTURE IN PERSON MEETINGS** – Your Rotary Board of Directors discussed the possibility of resuming in-person meetings and the technology necessary to offer simultaneous on-line streaming of meetings. Presnetly the Botanical does not have the equipment needed for streaming. Bob Swanson has approached the Botanical Center about the possiblilty of a joint project between Rotary, the Botanical Center and maybe Kiwanis. We are awaiting their reply. Currently the Board feels it is premature to meet in person. The discussion will be continued at our September Board meeting.
- ☐ **SERVICE** – Rotary members are needed to help with the Heart of Hope Food Pantry. We help every Thursday. The Pantry serves those using walkers and scooters starting at 4:30pm. The distribution to the general public will begin at 5:30pm and will last until 6:30pm. They do .not need our help to serve the early group, therefore, the volunteer time needed is only one hour. During the current health crisis, the needs of the less fortunate still exist and may even become greater. People still are hungry and still need the food they receive from Heart of Hope Food Pantry. The plan at this time is for the operation of the Food Pantry to continue and our help and support is still needed. But the distribution system of food has changed. Instead of a shopping format where the guest walks through the building selecting the food they want, the food now is pre-packaged into bags and just hand out to the guests. Contact with the public is reduced considerably. Food will be delivered to the elderly and disabled so that that population does not have to leave their homes. Used but sound plastic bags are needed now even more than in the past. Drop off bags anytime the Heart of Hope Center is open. Call Steve Morenz to volunteer at 309-721-7632 or just show up any Thursday at 5:15 to help pack bags. Clients will not come into the food pantry until further notice.
- ☐ **HAVE ITEMS FOR OUR NEWSLETTER?** Email items, including photos to Bob Swanson at [bobdebswanson@att.net](mailto:bobdebswanson@att.net).

## GREAT NEWS! DINING BOOKS ARE IN!

Our Dining Book chair, Bud Phillis, has received a supply of the new 2020-21 Quad City Dining Book! Dining out after months of being sheltering at home will be a real treat and something positive to look forward to and they are good through October 31<sup>st</sup> of 2021. Over 350 Coupons! Over 140 Local Restaurants! Dining Tour books make great gifts! Introduces you to new restaurants! The price remains at \$35 for the value packed book. Rock Island Rotary receives a minimum of \$10 for each book sold. We will arrange to get the books to you. You can place an order by emailing Dr. Bud Phillis at [rphillis35@gmail.com](mailto:rphillis35@gmail.com). Make checks payable to Rock Island Rotary and write "Dining Book" on the memo line.



## IF THE PANDEMIC IS CAUSING FINANCIAL HARDSHIP? Rotary Cares!

Your Board of Directors understands and wants to ensure that our members can remain Rotarians through this tough period. They authorized offering all members having financial difficulties the option for dues reduction for up to two quarters by contacting the Club Treasurer, Carrie Crossen. The request will remain strictly confidential between the requesting Rotarian and Carrie. We love and trust our members and will be happy to lend a helping hand to ensure your continued membership. You can call Carrie at 309-291-1577.





## Rock Island Rotary PUMPKIN PALOOZA 2020

Having some fun with the First and Second grade classes at Earl Hanson School

### UPDATE

Although we will be unable to take the kiddos to a pumpkin patch this year, we still plan to celebrate fall with them.

We will target  
Wednesday, September 30, 2020

**Thanks** to 7 RI Rotarians who have generously sponsored t-shirts for this year.  
Howard Beck, Rick Devinney, Jeff Dismar, Tom Hammar/Molly Shattuck, Ruth Lee,  
Mark Mayeski, Tammy Weikert  
And to Tricia Barron who again is working with the printers.

**Thank you!**

What else are we working toward for that day???

- President Angela Campbell is looking into giving each kiddo a fall/pumpkin related **book**.
- Howard and Anne have the great idea of getting a small **pumpkin** for each kiddo – maybe going that day to scatter them throughout a grassy area and letting the kids pick a pumpkin.  
(Does anyone have a connection to getting 80-100 small pumpkins at a great price??)
- And, we are working on pulling together some fall/pumpkin **puzzles and games** that we can copy and print a booklet for each of the kiddos.
- **Other thoughts???**

Thank you for your support for a great day for a great group of kids.

**Thank you.**

The Pumpkin Palooza Team

## FOUNDATION MINUTE

Welcome to Week Three of Membership & Extension Month of Rotary International.

According to Hindustan Times, less than 1.94% of the more than 342,000 active COVID-19 cases in India are in ICU; 0.35% are on ventilator support and 2.81% on oxygen. With a population of about 1.5 billion people, India has less than 750 cases of the virus per million population. In order to improve and keep the Covid-19 situation under control, the Rotary Club of Acton-Boxborough, MA USA is the international partner, along with six Rotary clubs of Pune, India that are jointly involved in the provisioning of a COVID-19 Intensive Care Unit project at Surya Sahyadri Hospital, Pune, India. The Rotary Foundation provided the matching grant for the \$94,000 project, while The We Serve Foundation of Lexington, Kentucky contributed to the effort which would provide the hospital with PPE materials, testing kits, ventilators, defibrillators, and ECG machines.

RI District 9141, Nigeria, through a Disaster Response Global Grant of TRF has donated a sum of 40 million Naira (\$104,000 USD) to hospitals in 4 states of Nigeria. The hospitals designated in the grant will be purchasing hospital and laboratory equipment, beds, and personal PPEs. The benefitting hospitals are Rivers State University Teaching Hospital, Port Harcourt; Federal Medical Centre, Yenagoa, Central Hospital, Asaba Specialist Hospital, Asaba, and Irrua Specialist Teaching Hospital, Edo state. The management of each hospital expressed great delight and gratitude to Rotary for the life-saving gesture.

TRF awarded another Rotary Global Scholarship Grant recently to Lee Mottola of Morristown, NJ. Sponsored by the Morristown Rotary Club, the former Fulbright Scholar will use the \$30,000 as tuition for his master's degree in Conflict, Security and Development at King's College in London, UK. This is the third of such awards by TRF for programs scheduled to begin in September.

Congratulations to TRF's own trustee, Jennifer Jones of the Rotary Club of Windsor-Roseland, Ontario, Canada, on her nomination as the RI President for the 2022-2023 term. She will become the first woman to hold the office in the 115-year history of Rotary International.

"Silver linings rise out of the most challenging circumstances. Using metric-driven goals, I will harness this historic landscape to innovate, educate, and communicate opportunities that reflect today's reality." Jennifer Jones, "Mission Statement"; 2020



## Rock Island Rotary TRIVIA NIGHT

Friday, April 16th at 6:30pm

SAVE the DATE and get your team together for Rock Island Rotary's annual fundraiser!

Cash prizes, cash bar, 50/50, silent auction and TONS of FUN with MR. TRIVIA!!!

**This fundraiser supports Earl Hanson Elementary School and RI Rotary Community Grants. Corporate Sponsorships are available!**

When: Friday, April 16<sup>th</sup>, 2021

Where: Milan Community Center, 2701 1st Street East, Milan

Time: 6:30pm START time, doors open at 5:45pm

Cost: \$100 a table, **up** to 10 players

RSVP: Kathy Trone 309-794-9400 or [Kathy@wesselspc.com](mailto:Kathy@wesselspc.com)

**The Rock Island Rotary Club is challenging all other Rotary Clubs in the QC Area to participate and TRY to win the "Traveling Trophy" for the SMARTEST ROTARY CLUB!**

## ROCK ISLAND ROTARY WATER PROJECT TAKES TEMPORARY NEW DIRECTION

We were recently notified by Replenish, Inc., the not-for profit organization that provides and delivers our water filters to Kenya, that schools in Kenya have been closed for several months and there is no scheduled date for their reopening. As a result, the last two groups of filters we purchased (about 75 units) have been stored in a Kenyan warehouse for many months. With no known date when the Coronavirus in Kenya will be considered "under control", the prospect for schools reopening and getting the filters delivered anytime soon is very unlikely. Replenish inquired if we would be willing to allow them to place our filters in rural churches located in the same communities where schools had been targeted to receive them. The churches are open and operating and are attended by many families and children from the area. Along with distribution of the filters, Replenish would also continue providing assembly, operating, and care instructions, along with educational training in sanitation and water safety. The request was considered by our Board of Directors and approval was given to authorize distribution of our filters to area churches. That authorization is temporary with the understanding that when schools reopen our filter distribution will be returned to the schools. In the Board's discussion, one member stated, "with people in dire need of clean, safe water, we don't want our filters sitting in a warehouse, when they could be out preventing disease and saving lives." Replenish was notified of our decision and distribution to churches in rural Kenya will start in the very near future. As in the past, each of our filters will bear our project sticker identifying that the filters came from the United States and were donated by Rotarians from Western Illinois and Eastern Iowa. We are currently rebuilding our fund, so more filters can be ordered and ready whenever schools do reopen. Want to help? Make your donations in any amount to: Rock Island Rotary, "Water Project" and send to our club treasurer, Carrie Crossen.



## THE TAB GROWS!

Second VP Cindi Gramenz levied fines today for any who did not lose power in last week's storm. John Phillips and Kevin Koski pleaded "guilty". She also fined all who are affiliated with any organization that recently received Rock Island Foundation Grants. We'll have to rely on "is it the truth" for members to come forward on that one, but know that at minimum Bruce Peterson, Carrie Crossen, John Phillips, Monta Ponsetto, Bill Stengel, and Bob Swanson are among the "guilty".. Bob Swanson contributed 41 "happy dollars" in honor of his and Debby's 41<sup>st</sup> anniversary today. Bruce Peterson offered a happy dollar for a recent article in Midwest Living Magazine featuring his Rock Island based Navarro Canoe Company.

## STAN COIN SHARED SOME HUMOR!

A woman ran a red traffic light and crashed into a man's car. Both of their cars are demolished, but amazingly neither of them was hurt.

After they crawled out of their cars, the woman said; "Wow, just look at our cars! There's nothing left, but fortunately we are unhurt. This must be a sign from God that we should meet and be friends and live together in peace for the rest of our days."

The man replied, "I agree with you completely. This must be a sign from God!"

The woman continued, "And look at this, here's another miracle. My car is completely demolished, but my bottle of 75-year-old scotch didn't break. Surely God meant for us to drink this vintage delicacy and celebrate our good fortune." Then she handed the bottle to the man.

The man nods his head in agreement, opened it, drank half the bottle, and then handed it back to the woman. The woman took the bottle, immediately put the cap back on, and handed it back to the man.

The man asks, "Aren't you having any?"

She replies, "Nah. I think I'll just wait for the police."



# PANDEMIC FRUSTRATION?

## How about some humor submitted by Bud Phillis

Dylan: Why was the math book always worried?

Ashley: Why?

Dylan: Because it had so many problems!

A Weasel walks into a restaurant, and the waitress asks, "What would you like to drink?"

"Pop!", goes the weasel.



Brandon: What is a woodworker's favorite song?

Brendan: What"

Brandon: "I'm Still Sanding"



Brandon: "What did the dog say after he bit the clown?"

Miles: "I don't know. What?"

Brandon: This Tastes Funny!"

Warped Wiseman Wonders: "Why is the objective of golf to play the least amount of golf?"

Maddox: What happened to Thor when he missed the nail with his hammer?

Tony: I don't Know.

Maddox: He got a Thor thumb!

Tanish: Did you know that I was a banker?

Alex: Why'd you quit?

Tanish: I lost interest

Conner: Who is Little Caesar's dad?"

Zack: I don't know, Who?

Conner: Papa John

