



# Rock Island Rotary Weekly Review

October

October 13, 2027: Volume XXVIII, Issue 15

MEETING EVERY TUESDAY NOON - QUAD CITY BOTANICAL CENTER



## VERA FRENCH COMMUNITY MENTAL HEALTH CENTER

**Dr. Richard Whitaker**

### November Calendar

- Nov 3 - Rotary & Polio – Understanding the enemy
- Nov 10 - Robert Erickson, Unity Point Chief Executive Officer
- Nov 17 - Angie Kendall, Hand in Hand CEO.
- Nov 24:- Loredana Cooper - ESL/International Transition Specialist at Black Hawk College

Dr. Richard Whitaker, Jr. was named chief executive officer by the Vera French Community Mental Health Center's Board of Directors in January of 2017. His major responsibilities include planning, execution and oversight of Vera French Community Mental Health Center, Vera French Housing and the Vera French Foundation. Whitaker received his Masters and Doctor of Philosophy (Ph.D.) degrees in Marriage and Family Therapy /Counseling from Brigham Young University. "Vera French Community Mental Health Center has been a mainstay in the community since its early beginnings in 1949, and its future is brighter than ever," Dr. Whitaker said. Dr. Whitaker has more than 20 years in clinical and administrative leadership positions in healthcare organizations in Nebraska and Indiana. The Vera French Community Mental Health Center (VFCMHC) works to enhance the mental health of all in our community by providing quality, accessible and comprehensive care. The center serves over 10,000 adults and children each year through a variety of programs at numerous community locations. It is a group practice with two location and specializes in Child & Adolescent Psychiatry, Geriatric Medicine, Neurology, Psychology, Psychiatry, Adult, Child/Adolescent Psychiatry. The staff includes a Nurse Practitioner with 11 physicians with their principal location at 1441 W Central Park Ave, in Davenport. In May 2019, a grand opening was held at the new Davenport location of the Carol Center. Previously located on E. 32nd Street and named in honor of Carol Lujack in 2013, the Carol Center houses Vera French's Community Support Services, Assertive Community Treatment (ACT) team, the Homeless Outreach program, Intensive Psychiatric Rehabilitation, Community Based Peer Support, and Medication Management. With funding from the Eastern Iowa Mental Health and Disability Services Region, this new location also includes a Drop-In Center. Anytime between the hours of 8:00 A.M. and 3:00 P.M. Monday through Friday, persons needing assistance or wishing to refer someone in need can enjoy a low-pressure atmosphere filled with compassionate and attentive peer support specialists. You do not need to be a Vera French client to utilize the Drop-In Center. Whitaker, stated that "the addition of Peer Support Drop-In Services and change of location for the Carol Center increases our accessibility and gives people in crisis another way to get help and start their recovery on their own terms." He noted that the pandemic has impacted mental health in multiple ways including disrupting family and school life, increasing fear and anxiety, and reducing the ability to provide all their normal in-person services. He said they can provide 80-85% of their normal services via virtual tools. Dr. Whitaker said there are things we can do to protect our mental health just like things we do to protect our physical well-being. Suggestions were: 1) Get a good night's sleep (not too little or too much) 2) Exercise – cardiovascular exercise moves blood to the brain. 3) Spend time connecting with others and with nature. Get outdoors as often as possible. 4) Spend time reflecting – count your blessings. He said thoughts precede emotions. Positive thoughts equal positive emotions. Thank you, Dr. Whitaker, for the great advice and an informative and interesting program!



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## 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 Wetzel  
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** – This week we had two visiting Rotarians with us. Duncan Cameron, a member of the Naples, Florida Rotary club and Mark Zimmerman from the Davenport, IA club joined us. Don't forget you can invite a guest to join us on ZOOM if you think they might enjoy the scheduled program and/or might have interest in joining Rotary. Just pass on the meeting ID and password. Then feel free to introduce your guest when the meeting begins. Guests are always welcome at Rock Island Rotary. the Number One Club!
- ☐ **DINING BOOKS AVAILABLE** – 2021-22 Quad City Dining Books are available from Bud Phillis. With over 150 local restaurants represented with 2 for 1 coupons, you'll have no trouble quickly recovering the \$35 cost of the book. The Circa 21 coupon by itself is worth more than \$35! Don't delay, supplies are limited and sales end soon. Dining Books make great Christmas gifts for that hard to buy for person. Everyone enjoys dining out, particular after months of sheltering at home! Contact Bud at [rphillis35@gmail.com](mailto:rphillis35@gmail.com)
- ☐ **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 4:30pmm. 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 handed out to the guest. 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 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).



## CONTINUING A TRADITION

Rock Island Rotary will again ring the bell for the Salvation Army during the holiday season. We will be staffing two doors at the Rock Island HyVee on December 5<sup>th</sup> from 9am until 3pm. As in the past, Mark Mayeski will chair the project. Volunteers are needed to take a shift. Rotarians and their family members are invited to help. Teams of two work great and you can set up your own team or let Mark place you with a fellow Rotarian. Please email Mark at [mark.mayeski@edwardjones.com](mailto:mark.mayeski@edwardjones.com) to sign up.

## THE TAB GROWS

The TAB saw some healthy growth this week with chief finer, Cindi noting a Letter to the Editor from Clarence Darrow; Sara Cross mentioned as Alleman tennis coach of the Rector sisters; Sue Rector under the "Austin Rule"; and Tammy Weikert for her upcoming election promos. Happy dollars were offered by Stan Coin noting that next year's International Convention is in Taipei. Taiwan a location Stan visited as our Club President for the 1994 Rotary Convention. Julie Gelaude contributed in honor of Ron and Julie's 25<sup>th</sup> wedding anniversary. Visiting Rotarian, Mark Zimmerman had \$2 happy dollars, one for his granddaughter turning 3 months old (you think grandpa might be a bit excited about the little gal!); and a second in recognition of his former office, Zimmerman Honda in Rock Island being demolished to make room for the new Quad City YWCA building.



## Rock Island Rotary PUMPKIN PALOOZA 2020 DIFFERENT THIS YEAR, BUT STILL IMPORTANT!

Because of Covid-19, our annual PUMPKIN PALOOZA took on a different look this year. Kids just returned to school and bus fieldtrips were not allowed; instead, we went to Earl Hanson Elementary school and piggybacked on their food distributions. Last Tuesday and Friday Rotarians gave pumpkins, tee shirts, books, and goodies to the kids. A BIG thanks to Sue Rector who chaired the project and to Molly Shattuck and Kathy Trone who braved some chillv and wet weather to serve the kids! THANKS!

### MADE YOUR RESERVATION YET?



Have we heard from you? Don't miss the Rotary Holiday Party on December 9<sup>th</sup> at Circa 21. An audience of just 50 will be allowed in the theater to ensure proper social distancing. The meal will be served at your table rather than the traditional buffet. It will be a fun filled evening and a great break from the hustle and bustle of shopping and snow shoveling! Treat your special date to an evening of professional theater filled with holiday fun and music. Reserve now!



### FOUNDATION MINUTE

Welcome to the Final Week of Economic and Community Development Month of Rotary International.

The journey to World Polio Day 2020 has been an interesting one. In the early 20th century, polio was one of the most feared diseases in industrialized countries, paralyzing hundreds of thousands of children every year. Soon after the introduction of effective vaccines in the 1950s and 1960s, polio was brought under control and practically eliminated as a public health problem in these countries. Twenty years ago, a record 550 million children – almost 10% of the world's population – received the oral polio vaccine. In 2003, TRF raised \$119 million in a 12-month campaign to vaccinate children worldwide. At the end of that campaign six countries remained polio-endemic: Afghanistan, Egypt, India, Niger, Nigeria, and Pakistan.

TRF's overall contribution to the eradication effort neared \$800 million in 2009. The Bill & Melinda Gates Foundation issued Rotary a challenge grant of \$200 million resulting in a combined \$555 million raised to support the Global Polio Eradication Initiative (GPEI). In August 2020, Nigeria dropped of the pandemic list, leaving only Afghanistan and Pakistan fighting the disease. The eradication of Polio is one of Rotary's most significant and longstanding efforts. Along with its partners, TRF has reduced cases by 99.9% since 1988, immunizing more than 2.5 billion children against the disease in 122 countries.

The World Polio Day was celebrated on October 24 in more than 125 countries, with various events marking the progressive eradication of Poliomyelitis from the globe. When Rotary and its partners formed the GPEI in 1988, there were 350,000 cases of polio in 125 countries every year. Because of the combined efforts of TRF and the GPEI, almost \$2 billion has been spent, nearly 19 million people who would otherwise have been paralyzed are walking, and more than 1.5 million people are alive who would otherwise have died.

The infrastructure built to end polio is also being used to treat and prevent other diseases (including COVID-19) and create lasting impact in other areas of public health. While Rotarians congratulate themselves for a job well done, they must remember that: Polio mainly affects children under age 5. There is no cure, but polio is preventable with a vaccine. Until we end polio forever, every child is at risk. According to the Rotary International website, it costs just \$3 to protect a child against Polio, but unless polio is eradicated, within 10 years, as many as 200,000 new cases could occur around the world each year.

Most infected people (90%) have no symptoms or very mild symptoms and usually go unrecognized. In others, initial symptoms include fever, fatigue, headache, vomiting, stiffness in the neck and pain in the limbs. One in 200 infections leads to irreversible paralysis, usually in the legs. This is caused by the virus entering the blood stream and invading the central nervous system. As it multiplies, the virus destroys the nerve cells that activate muscles. The affected muscles are no longer functional, and the limb becomes floppy and lifeless – a condition known as acute flaccid paralysis (AFP).



## WORLD POLIO DAY 2020 – WHAT A CELEBRATION!!

October 24<sup>th</sup> was World Polio Day, and we had a great celebration! **We celebrated** the continent of **Africa being declared “Polio Free”**. Nigeria was the last African nation to experience a case of wild polio and that was now 3 years ago! Having passed the 3-year threshold made Nigeria and the African continent officially polio free. Polio now exists in just two Asian countries, Afghanistan, and Pakistan.

**We also celebrated** Mayor Mike Thoms and the Rock Island City Council proclaiming October 24<sup>th</sup> as World Polio Day in Rock Island. **We celebrated** fellow Rotarians, Kai Swanson and Bud Phillis appearing on CBS-TV on October 22<sup>nd</sup> in a feature talking about polio, Rotary’s commitment to end the disease, and World Polio Day. **Finally, we celebrated World Polio Day** by organizing and hosting the first area-wide joint Rotary meeting with Rotarians from eight clubs coming together for fellowship, inspiration, and information. Cindi Gramenz was producer, director, camera operator, and interviewer for a local and moving video with Bud, Kai, and Bob Swanson. Rotary International provided a fantastic World Update video that was the main feature of the meeting. Presidents from six clubs along with our District Governor, Tom Brooks; the District Governor-Elect, David Bills; the District Governor Nominee, Laurie Kann; and Past District Governor and current District Foundation Chair. Kathy Kwiat-Hess all joined the meeting, with Governor Brooks praising Rock Island for organizing the event. Ms. Hess took the opportunity to present awards to Moline and Rock Island Rotary for our Polio Plus Foundation donations. Rotarians from East Moline-Silvis, Geneseo, Illinois Quad Cities, Milan Area, Moline, River Cities, and Twin Rivers RAH joined the meeting and six club presidents took part in the program. Rave reviews were received with numerous requests that this become an annual event. If you missed it, a video of the entire meeting is posted on our webpage [www.rirotary.com](http://www.rirotary.com) and on our Facebook page [www.facebook.com/RockIslandRotary/](https://www.facebook.com/RockIslandRotary/).



### OUR MOST RECENT PAUL HARRIS FELLOW



Mark Mayeski honored his father, John Mayeski, just weeks after John’s death by making him a Paul Harris Fellow. That was in September of this year. This past week Mark honored his mother, Fran Mayeski, with her own Paul Harris Fellow designation. The certificate was presented by Mark’s wife Kim to his mother, Fran Mayeski. Bud Phillis then presented Mark with his Paul Harris +3 pin.



## BUD AND KAI TALK POLIO ON CBS TELEVISION

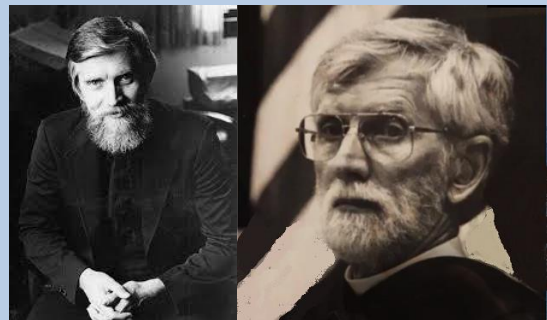
Just a day prior to our World Polio Day Joint Rotary Clubs Celebration, our own Bud Phillis and Kai Swanson were guests on WHBF-TV's Living Local program. They very effectively laid out the hideousness of the disease both with statistics and personal stories. Bud told of his battle as a victim of polio and of his young sister's death coming just four days after experiencing her first symptom. That tragic loss led to a 12-year old Bud making a decision to become a doctor. Kai told of his father being stricken with polio as a child and suffering paralysis and subsequently battling to overcome the paralysis, re-learning to walk, and become an avid and appreciative walker for the rest of his life. Both men also talked about Rotary's commitment to end Polio and our Club's World Polio Day activities. Bud and Kai represented our Club and Rotary fantastically. If you missed the show and would like to see a video of the segment, go to our webpage, [www.rirotary.com](http://www.rirotary.com) and click on "Bud & Kai Talk Polio on WHBF-TV". The segment is only 8 minutes long, but a fantastic performance by our fellow members!



Bud and Kai speak with show Hostess/Managing Editor, Brittany Price on "Living Local"



Bud & Sister Delores Jean, "Bootsie" Phillis



Kai's Father, Rev. Richard "Swanee" Swanson



## ASSISTANT DISTRICT GOVERNOR GARY ROWE REPORTS

Not long ago our own Gary Rowe was named Assistant District Governor for District 6420. In that capacity Gary visits and assists Rotary Clubs throughout our area of the District. Today he reported that screenings will be held in December for Rotarians interested in becoming our future District Governor. It is essentially a 2-year process with the selected Rotarian first serving a year as District Governor Nominee, followed by a year as District Governor Elect. Those two years help prepare the nominee to become a District Governor. The only qualification required is that the Rotarian must have served as a Club President prior to starting through the process. Anyone interested in further information or in entering the screening process should contact Gary for details. [gnrowe47@gmail.com](mailto:gnrowe47@gmail.com)



### WILL YOU BE AN ANGEL?

Rock Island Rotary will once again provide an Angel Tree for Earl Hanson Elementary school students identified by their teachers as “at risks of not having Christmas”. Specifically it boils down to wonderful little children, who see everything about the holidays going on around them, but unfortunately may be in a situation where their family circumstances won’t allow them to provide the gifts the child hopes for and needs. Information for each child is provided including their first name, age, sizes, and a few suggested items to meet their needs. When you take an “Angel” off the tree, you agree to become their Angel and see that they have some gifts for Christmas day. You can take the information you are given and go shopping or, if time is an issue, you can provide the funds and our Rotary “Elves” will do the shopping for you. About \$30 is the typical expense. If you have a preference for a boy or girl, that request will be honored so far as possible. Molly Shattuck is our Angel Tree chair. Since we aren’t meeting in person and can’t have you personally take an Angel off the tree, just email Molly, and let her know that you will be an Angel for 1 or more children. If you have a boy or girl preference, please let Molly know that too. She’ll send you the information for your child. If you want the Elves to do the work, let her know that too. Email Molly at [molly@hammarcpa.com](mailto:molly@hammarcpa.com)

### HERE’S A PERFECT PANDEMIC SERVICE PROJECT

We all know Rotary isn’t a social club, nor is it a lunch club, even though we greatly enjoy our social interactions and our lunches, we all know Rotary is a **Service Club**. Service Above Self is our motto. Unfortunately, the coronavirus pandemic has put a significant damper on our service activities. Community Grants is on hold right now waiting to see what agencies survive the pandemic and which most desperately need help. Similarly, our hands-on projects have been curtailed by shelter at home and social distancing requirements. Today President Campbell offered us a “made for the pandemic” service opportunity. The project will be done in conjunction with the Rock Island – Milan School District. All volunteers need to do is read! You read a book aloud and your voice is recorded. The recording is then made available to our local schools so children can listen and learn, read along, and refugee children can improve their English skills by listening. Many club members have already signed up. If you want to help contact Angela at [campbell.angela@rigov.org](mailto:campbell.angela@rigov.org).

### HERE IS ANOTHER SERVICE OPTION

Each year the Botanical Center hosts a “Winter Nights Winter Light” display which is also a significant fundraiser for the Center. This year they need volunteers to help hang some of the thousands of Christmas lights in the display. If we have a group of volunteers willing to help, Rotary could take a 3-hour shift, and after “working”, finish off the shift with some hot chocolate or cider and donuts. This is a project that spouses and family members could join the crew! If you are interested, email Bob Swanson, [bobdebswanson@att.net](mailto:bobdebswanson@att.net). Once we know if there is interest, we will see what dates and times are available. Volunteer asap!

# ***Rock Island Rotary Trivia Night April 2021***

***Serving our community through our generosity of time,  
talent and treasure***



***It is NOT too early to start  
collecting great ideas and  
items for our  
Silent Auction.***

I've already started collecting some favorite products to make a Sustainable Products Basket (see below).

And there are always great sales around the holidays, closeouts from the summer that we can take advantage of.... not to mention the re-gifting opportunities!!



I've got a stash of baskets if you will need one and I am happy to take random items and put them together to make great baskets if you don't want to do a full basket.

Give me a call or e-mail with questions or donations.  
I will store things until April!

Sue Rector....563-343-7985.... srector3614@gmail.com

**ROCK ISLAND ROTARY/KIWANIS**  
**HOLIDAY PARTY 2020**

**The Magic of an Old-Fashioned Holiday at CIRCA 21**



Rated: PG      Wednesday  
Area Premiere!      December 9<sup>th</sup>

**Over half of our seats are gone. Reserve Now!**

In this heartwarming new musical, a dad's wish to celebrate an old-fashioned Christmas leads him and his family on a magical journey to another time where he learns that while remembering the past is important, the best way to hold on to tradition is to enjoy the Christmas present! This one-of-a-kind show, written for Circa '21 by longtime Bootlegger Brad Hauskins, is a nostalgic celebration of family that will leave you filled with the peace and joy of the holidays.

**\*\*Due to Covid-19 Restrictions the audience is limited to 50 guests. We had 48 of those seats which are sold on a first come basis to Rotary Club members and their guests. We now have just 27 seats available. Email Bob Swanson to make your reservations: [bobdebswanson@att.net](mailto:bobdebswanson@att.net)**

Tickets include a private pre-show Salon Party.  
Pre-Show Salon Party with Complimentary Hoers Devours and Cash Bar (5-6pm)  
Buffet Dinner (5:45-7:00pm)  
Bootleggers Warm-up Show (7:15pm)  
"Winter Wonderland" (7:30pm)  
TWO WITH DINING BOOK COUPON \$67.23\*  
ONE ADMISSION (NO COUPON) \$52.75  
TWO ADMISSIONS (NO COUPON) \$105.50  
\*Tip included (not including deserts & bar)  
Circa Subscriber? Pay Just \$3.50 per person for gratuity



**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