

THE ROTATOR

WEEKLY BULLETIN OF THE ROTARY CLUB OF COUNCIL BLUFFS

CLUB 1506 (153)/DISTRICT 5650 CHARTERED APRIL 1, 1915 VOL. 41/NO. 14

Rotary International Theme
2015-2016



Be a gift to the world



2015-2016 Officers

President – Rick Guill
Past Pres. – Steve Chamley
& Membership
Pres. Elect – Stacy Schultz
RI Fndn. – Mick McKinley
Treasurer – Paul Hamilton
Secretary – Donna Pritchard
Sgt. at Arms – Stan Grote

Board Members

Scott Hartman 16
Stacy Schultz 16
Jay Simms 16
Tom Hanafan 17
Kathy Rieger 17
Verne Welch 17
Stan Grote 18
Eric Hamilton 18
Keith Jones 18
Phil Meyer 18

Executive Director

Wendy Chubick

THIS WEEK - Thur., Oct. 29, 12 PM

Vocational Talks - Speakers TBA
The Center, 714 S Main St, Council Bluffs

OCTOBER MEETINGS/EVENTS

- 01 Caitlin Hoffman, Live Well Council Bluffs
- 08 Brenda Moran, STARS Scholarship Program
- 09 Fairmount Park Grand Opening
- 13 Board Meeting, 12 pm, US Bank, 421 S. Broadway, 4th Floor
- 15 Soup Luncheon Fundraiser, Masonic Temple
- 22 Lois Turner, Parkinson's Network
- 29 Vocational Talks: TBA (Rick Guill arranging)

OCTOBER BIRTHDAYS

- | | |
|----------------|------------------|
| 01 Jill Orton | 12 Pete Tulipana |
| 02 Verne Welch | 13 Erin Johnson |
| 06 Ed Lynn | 18 Nancy Coziahr |
| 09 Carol Wood | 18 Paul Hamilton |

OCTOBER	Song Leader	Clipper	Greeter
01	Steve Chamley	Doug Goodman	Paul Crane
08	Jill Orton	Cati DeMasi	Pat Dougherty
15	N/A	N/A	N/A
22	Kathy Rieger	Stan Grote	Mark Brandenburg
29	Rick Killion	Doug Drummey	Christine O'Connor

Rotary Club of Council Bluffs
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Website: www.noonrotaryclub.org

MAKE UP OPPORTUNITIES

MONDAY

North – Noon, Eppley Airport Conference Center
Bellevue – Noon, DJ's Dugout, 10308 S 23rd St
Millard – Noon, German American Society, 3717 S 120th St

TUESDAY

Morning – 7 am, Happy Hollow Club, 1701 S 105th St
Northwest – Noon, Champions Run, 13800 Eagle Run Dr
Southwest Night – 5:15 pm, DJ's Dugout, 17666 Welch Plaza

WEDNESDAY

Downtown – Noon, Field Club, 3615 Woolworth Ave
Council Bluffs Centennial – 7 am, Hy-Vee, Madison Ave

THURSDAY

Suburban – Noon, Anthony's, 7220 F St
Western Douglas County – 7 am, Elkhorn Common Ground
Community Center, 1701 Veterans Dr

FRIDAY

West – Noon, Champions Run, 13800 Eagle Run Dr

E-Club Meeting Links:

www.rotaryclub7210.org
www.rotaryclubone.org
www.rotaryclubny1.com
www.rotaryclub7890.org
www.rotaryclubsouthwest.org
www.rotaryclub34.org

Rotary Links:

Rotary International Website: www.rotary.org
District 5650 Website: www.rotarydistrict5650.org
District Facebook: www.facebook.com/rotarydistrict5650

Rotary Events

Rotary Metro Luncheon - Thur., Nov. 5, 11:30 AM-1 PM at UNO's Baxter Arena in Aksarben Village, Omaha. Keynote speaker: Mike Kemp, UNO Associate Athletic Director. Cost: \$30/per person. Guests welcome. Please see the **attached flyer**. This event will be our Nov. 5 meeting since it is the same day and time. 2 attendance credits will be granted.

Announcements

Welcome to new member Richard Gibson!

Rotary dues statements were emailed Oct. 1. Dues are due Nov. 1. The Board voted to raise annual dues to \$300 (previously \$270); Semi-Annual Dues to \$150 (previously \$135) to keep up with rising costs.

The club board primary election will be Nov. 12. If you do not want to be on the ballot, please inform the Exec. Dir.

Club Elections are Dec. 17. The nominating committee has begun its search for the 2016-17 President Nominee. If you are interested in being nominated, contact Steve Chamley.

Thank you to Celebrate Catering for providing our weekly meals. Please contact Stacy to cater your event. Call 712-322-2580 or visit www.celebratecatering4u.com.

Member Donations to The Rotary Foundation (TRF)

2015-16 Goal: \$9,100 (Based on \$100/91 members as of 7/1/15)

Raised: \$4,320

% to goal: 47%

July – Sustaining (\$100 or more): Donna Barry, Steve Baumert, Martha Bruckner, Del Campbell, Steve Chamley, John Cool, Scott Hartman, Jason James, Dan Kinney, Ric Miller, Chris Olson, Kathy Rieger, Cindy Schmader, Tara Slevin, Ron Tekippe, Emmet Tinley; **Other:** Dick Christie, Jen Doebelin, Rick Guill, Carol Horner, Charlie Johnson, Mike Kenealy, Larry Knotek, Stacy Schultz, Wendy Schultz, Tom Whitson, Lisa Yilmaz

August - Sustaining: Cati DeMasi, Donna Pritchard, Kara Wesely, Carol Wood

September - Sustaining: Paul Crane, Doug Drummey, Doug Goodman, Marsha Williams; **Other:** Chris Rochleau, Scott Tricker

October - Sustaining: Don Gross, Stan Grote, Bob Jacobsen, Justin James, Bob Knox; **Other:** Mike Hoy, Linda Primmer

October Board Meeting Summary

Membership Report:

Attendance: 53%

Current membership: 99

Treasurer's Report:

Income: \$3,504.04; Expenses: \$6,396.83; Deficit: \$2,892.79; YTD Deficit: \$5,185.07

-District Dues/PETS paid \$3,285

-Masonic Temple Rent paid \$350

Other Business:

- Pat Dougherty will maintain club website.
- Board members will begin contacting low/no attending members to encourage attendance.
- Club will support Children's Square with some type of holiday campaign/collection. Details will be announced in November. Children's Square will be the Dec. 3 program.
- No club meetings: Nov. 26-Thanksgiving, Dec. 24-Christmas Eve, Dec. 31-New Year's Eve

Program 10/22/15

Lois Turner - Parkinson's Network

The Parkinson's Network exercise program follows the 3 Es:

Everyone is welcome. This includes people using walkers and wheelchairs who are accompanied by a caregiver, friend or relative.

Everything - Classes can be taken by people with Parkinson's Disease, Multiple Sclerosis, other neurodegenerative diseases, older adults, people with balance issues, etc.

Everywhere - As expansion continues, managers in 7 U.S. regions are in the process of starting classes all over the

country. As of July 2015, classes are being conducted in 24 cities in 8 states. The Center's classes started in Sept. 2015.

The Parkinson's Network offers the Parkinson's Disease community an opportunity to participate in an exercise class that was designed by a person with Parkinson's Disease (Gary Sobol) for people with Parkinson's Disease. The exercise instructors for this class are taught an exercise philosophy that specifically addresses eight categories of functional deficits often associated with Parkinson's disease:

Rigidity – Muscle stiffness & resistance to movement

Hand Dexterity – Problems with handwriting, fine-motor tasks

Akinesia – Inability to move spontaneously

Bradykinesia – Slow movements

Postural Stability – Impaired posture and coordination

Balance – Problems with falls, stability

Cognition – Problems acquiring new knowledge, multi-tasking

Gait – Problems with shuffling, range of motion

The Foundations Class lays a base for people with Parkinson's who are newcomers to Parkinson's Disease exercise. This class incorporates exercises that target improving specific deficits with emphasis on strength, balance and flexibility. The exercises are enhanced by including cognition, voice and fun! In order to receive the most benefit from the class, attending 2-3 times per week is recommended.

Foundation Classes are offered at The Center:

Mondays & Wednesdays 11 AM-12:15 PM

Tuesdays & Thursdays 5 PM-6:15 PM

For more information visit www.parkinsonsnetwork.org or www.thebcenter.org; or contact Lois Turner at 712-323-5995 x236.