

The Sunrise Sentinel



Newsletter for the Rotary Club of
Council Bluffs Centennial

January 25, 2017

Upcoming Programs/ Greeters:

February 1: Club assembly

February 8: (tba)

February 15: Jill Ferguson,
Sexual Assault Nurse Examiner
Program (Bob)

February 22: Pottawattamie
County Humane Society
(Rick)

March 1: Scholarship recipi-
ents

March 8: Scott Darrah (tba)

Birthdays/Anniversaries:

Jan. 7: Dr. Cary Jackson

Jan. 16: Bob Collins

Jan. 20: Chris Reed



Jeremy Capo

This morning, we met Iowa West-
ern's Athletic Director, Jeremy Capo. Jer-
emy was born in Colorado Springs. His
parents were divorced however both
were willing to allow him to spend time
with each.

As a result,
he has lived
in many
different ar-
eas of the
country as
his parents
moved a lot.
He graduat-
ed high
school in
Kansas and
went to col-
lege. While
in college,
he stated he
had a pas-
sion for ath-
letics and
knew he
wanted to



be involved in coaching. His first job in
an athletic department was actually Jere-
my volunteering his time. He worked as
a compliance officer within the athletic
department which he shared was not ex-
actly what he wanted to do but gave him

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Upcoming Greeter Assignments

February 1: Brian Moon
February 8: Mitch Kay
February 15: Chuck Hannan
February 22: Jaymes Sime
March 1: tba
March 8: Scott Darrah
March 15: Lucinda Klein-Lombardo
March 22: Sarah Nabors

Club Officers and Directors:

Dan Reese: President
Bob Collins: President Elect
Cary Jackson: President-nominee
Lucinda Klein-Lombardo, Secretary
Chris Reed, Treasurer
Scott Darrah: Past President
Kyle McGinn: Board Member (2018)
Craig Dreismeier: Board Member (2017)

Greeter Assignments/Program Host Assignments & Room Set - Up Assignments

You have heard the adage that “it takes a village”, well we have that and then some with our club. Recently, Jaymes sent out information to the club as to responsibilities for Greeter/Program Hosts and Room Set Up assignments for all members of the club. Our newsletter will incorporate a rolling calendar as a reminder for when your turn is to come about. I thought it would be helpful to reiterate the information in that email as to responsibilities with each assignment.

Greeter: Although not new to our club but certainly new to many of our members, we will be bringing back our Greeter responsibilities. The newsletter will identify this assignment for the upcoming weeks for your convenience. Essentially your job as a greeter, is to do just that: greet our members and guests. Its great to have a friendly face greet you at the door so when it is your turn, please plan on being in the room by at least 7:00 a.m. If you are waiting for guests to arrive, you can always help out with setting up the room. It does not take long to do. Also, if you can't make it for your week, please try and switch with another Rotarian or contact Jaymes and let him know accordingly.

Program host/Room set up: This is a combined role. As you know, when you are the program host, you are responsible for setting up the program for that week. Once a program has been identified, please make sure you share that information with Jaymes and with Craig so we can make sure this information is shared with the rest of the club. If you need ideas for possible programs, please see Jaymes. In addition to the program for that day, you are also responsible for setting up the room and taking down the room both before and after the visit. If you have questions as to what is needed in setting the room up/where to find items, etc. please visit with Jaymes.

(Jeremy Capo - Iowa Western Community College cont'd)

great experience. From there, he worked at Colorado State University in Pueblo in its athletic department for a period of seven years. In 2013, he left to take on the athletic director position at New Mexico Junior College. He shared that he worked in this capacity for



two years and while there, he indicated that not only were the athletic teams very successful but also fundraising for the college was successful. His experience there help him secure his current position at Iowa Western Community College. He was hired as its athletic director in June 2016. Jeremy described Iowa Western's athletic programs as being in the top one percent of all junior colleges in the United States.

When he took over as the athletic director at Iowa Western, he created three department goals: Rings, Diplomas and Leaders. As to the Rings, he stated that he wants the programs to compete for championships. Diplomas references his emphasis on all student athletes leaving the college with his/her diploma. As to Leaders, he shared that when student athletes leave Iowa Western with their diplomas and championships, they will be equipped with leadership skills which will carry them on to their next great institution.

Jeremy also shared their programs "Areas of Emphasis" for the 2016-2017 academic year. Those ten areas include: Making a difference; student development; student athlete retention and graduation rates; service opportunities in the community; recruitment; complying with the rules of junior colleges; fiscal responsibility; alumni; development and for athletes to compete at the highest level of competition.

Jeremy has a vision of how he wants to take Iowa Western to the next step.

On top of everything else, Jeremy is a former Rotarian. He was encouraged to come back to Centennial possibly as a member. Thanks to Dan for lining up this program.

Souper Bowl

It is that time of the year again. On February 3rd and 4th our club will once again participate in our Souper Bowl event to raise funds for our local food



banks. Cary indicated this morning that eight area food banks benefit from this event. Cary sent around a sheet this morning looking for volunteers. If you did not get a chance to sign up, you will get a chance in the upcoming weeks. Otherwise, please make sure you contact Cary and let him know how you can help. It is also a great way to get family members involved for a very worthy cause. A big thanks again to Cary for leading this effort.

Centennial Makes a Difference

This morning we received two separate thank you notes for work Centennial members have done. First, Dan shared a Thank You from Shelter Box related to our club's donation towards this disaster relief effort. We also received a Thank you from the Salvation Army for those participants who rang bells in December. That note referenced that our group was responsible for collecting \$559.16 for the six hours it worked. All of the funds raised in Southwest Iowa stay in Southwest Iowa. Thanks to all who have helped make these events both a great success.

Make Up Opportunities

Monday: North- Noon, Eppley Airport Conference Center;

Bellevue- Noon, D.J.'s Dugout, 2440 Cornhusker Road;

Millard- Noon, German American Society, 3717 S. 120th Street;

Tuesday: Morning- 7:00 a.m., Happy Hollow Club, 1701 S. 105th Street;

Northwest- Noon, Champions Run, 13800 Eagle Run Drive;

Southwest - 5:15 p.m. D.J.'s Dugout, 17666 Welch Plaza;

Wednesday: Downtown- Noon, Field Club, 3615 Woolworth Ave.;

Thursday: Suburban- Noon, Anthony's 7220 F Street; Western Douglas County- 7:00 a.m. Elkhorn Common Ground Community Center, 1701 Veterans Dr.; Council Bluffs- Noon, Council Bluffs Senior Center;

Friday: West- Noon, Champions Run, 13800 Eagle Run Dr.

Online makeup: <http://www.rotaryclubone.org>

