

# The Sunrise Sentinel



Newsletter for the Rotary Club of  
Council Bluffs Centennial

November 16, 2016

## Upcoming Programs/ Greeters:

November 23: No meeting

November 30: Club assembly

December 7: Dr. Sarah Nabors (tba)

December 14: tba

December 21: Holiday party

December 28: No meeting

## Birthdays/Anniversaries:

November 11: Jan Stone

November 26: Larry Peters



## IOWA SENIOR GAMES

Today we heard from Chuck Long and Matt Beatty who spoke to us about the Iowa Senior Games. Iowa fans know Chuck Long from his days in quarterbacking the Hawkeyes. Since his quarterbacking days, he has been involved in coaching football and is now



working for the Big Ten Network as a football analyst and announcer at Big Ten football games.

Additionally, Chuck is the CEO Executive Director of the Iowa Sports Foundation. A component of this is the Iowa Senior Games which is directed by Matt Beatty. The thirty first Iowa Senior Games will be held in West Des Moines Iowa from June 21– 25. The Iowa Senior Games is an Olympic style competition for individuals ages fifty and up. Age brackets are broken up into five year increments. Competitors come from not only Iowa but the entire United States to compete. Chuck shared that they have participants from every county in Iowa. He shared that Iowa has one of the best senior games programs in the nation. There are over sixty different sports with over 100 events taking place. We learned that regional competitions will be taking place throughout the State in an effort to compete and prepare for the Iowa games. These competitions start with the Winter Iowa Senior Games taking place from February 24-26 in the Quad Cities. A Western Iowa Senior Challenge will

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## Upcoming Greeter Assignments

November 23: No meeting  
November 30: Ron Searcy  
December 7: Bob Collins  
December 14: Cary Jackson  
December 21: Club assembly  
December 28: No Meeting  
January 4: Jo Peters  
January 11: Bob Mantell  
January 18: Craig Dreismeier  
January 25: Kyle McGinn  
February 1: Brian Moon  
February 8: Mitch Kay  
February 15: Chuck Hannan

## 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.

## (Senior Games continued)

take place in Council Bluffs from April 21-23 and an Eastern Iowa Senior Challenge will take place in Cedar Rapids from May 12-13. They are looking for sponsors for the Western Iowa event, so if you or someone you know might be interested in sponsoring this event, please contact either Chuck or Matt. The games are a way to promote wellness and healthy living for adults. Physical activity is a way to promote the quality of life for all individuals with these events being geared for seniors. It is a great way to get out, compete and make new friends. For more information and contact information for both Chuck Long and Matt Beatty, you can check out their website at [www.iowaseniorgames.org](http://www.iowaseniorgames.org). Thanks to Nancy for arranging for this terrific presentation.



## CONGRATULATIONS SCOTT!

Today Scott was recognized for becoming a Paul Harris Fellow plus Eight (PHF +8). This is quite an accomplishment and a credit to Scott for his commitment to the Foundation.



## CENTENNIAL NEWS

This year we will once again be adopting a family for the holidays. We will have a family of four: a husband and wife and their two children ages 10 & 7. Our club has a budget of \$300.00 and on November 30, we will be looking for additional contributions from club members. We need individuals who are willing to shop and individuals who are willing to wrap these gifts. If interested, please visit with Lucinda.

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We will again participate in the Christmas Store at Children's Square. We are looking for items the students at Children's Square can select to wrap and give to family members. We need toys, gift items for women, gift items for men, items for teens, etc. This is a great opportunity to re-gift items or clean out your closet. Please bring items to a club meeting, or you can drop them off to Lucinda at Children's Square.

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Our club will once again be ringing bells for the Salvation Army. We will be participating on December 3, 2016 from Noon to 6:00 p.m. at the JC Penny's store in Council Bluffs. Shifts are one hour each. If you are able to help out with this worthwhile cause, please visit with Rick Stone.

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We are approaching that time of the year for our club's elections of leadership roles for the club. Although the exact date has not yet been determined, we will hold this election in December. We are looking for individuals interested in serving as club president for the 2017-2018 year; club president for the 2018-2019 year; and as an at large board of director for a two year term. Lucinda has agreed to serve as secretary and Mitch has agreed to serve as treasurer. If you are interested in serving, please visit with Dan.

## PASTA LUNCHEON UPDATE

Chris gave us the final numbers from the pasta luncheon. We had a net profit of \$3,972.10. This is \$704.42 from last year! Thanks to all who made this year's event a great success.



## MEETING CANCELLED FOR NOVEMBER 23

Just a reminder that we are not meeting next Wednesday in order for all to get ready for the Thanksgiving Holiday season. Have a great Thanksgiving!

## 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.

