



**THE
BETTENDORF
ROTARY
CLUB NEWS**
Bettendorf, Iowa, Rotary Club
April 4, 2011, issue

Next meeting:
Noon Wednesday, April 11, 2012,
at The Fortune Garden Restaurant

**Hear what’s new
from ISU Extension**

Iowa State University’s Scott County Extension “offers programs that support families, horticulture, 4-H youth development, business and industry, communities, agriculture and continuing education,”



according to its Website. **Becky Bray**, its director, is the guest speaker at our April 11 meeting.

ISU Extension “builds

partnerships and provides research-based learning opportunities to improve the quality of life in Iowa” through many programs. For example, if you’d like to learn from a Scott County’s master gardener, check these classes in April: 10 – “Insects and Pest Management,” 17 – “The Basics and More of Vegetable Gardening,” 24 – “Conifers.” All are 7-9 p.m. at the Scott County Extension Office, 875 Tanglefoot Lane, Bettendorf. They cost \$5. Call 359-7577 to register.

Last meeting:
Tuesday, April 4, 2012



**Initiative aims to
boost QC health**

As the executive director of the Quad City Health Initiative, **Nicole Carkner** faces a challenging task: working cooperatively with all segments of the community to improve everyone’s health.

One daunting reality that she revealed at the April 4 meeting: the biggest factors in determining each person’s health status are linked to the choices we make. Health status, she said, depends 30% on genetics, 10% on contact with the healthcare system, 15% on social status, 5% on the environment – and 40% on the individual’s lifestyle.

To achieve a more healthy QC – focusing mostly on Scott and Rock Island counties – the QCHI staff and board, and hundreds of volunteers, work together with every sector in the community, she said.

Carkner outlined three issues of primary importance:

→ Cardiovascular health, which includes such wellness campaigns as Activate QC and Tobacco-free QC

→ Oral health, with the Smiles for All project, and

→ Behavioral health, including QC Hearts and Minds



In all of these issues, the QCHI forms coalitions of groups working or interested in the issue to achieve “changes in

health status that we can measure,” she said. The 2012 Community Health Assessment, which tracks trends in the two-county area, reveals such progress as lower death rates from cardiovascular disease and auto accidents, and a lower teen birth rate, she said.

Still, there is plenty of room for continued improvement, she pointed out, noting that 9 of 10 Quad-City adults have at least one of the cardiovascular risk factors, such as being overweight, having hypertension, having elevated cholesterol or lacking exercise in their lifestyle.

To learn more, and to see some of the QC’s latest health “report card,” go to <http://www.healthforecast.net/> and click on Quad Cities, IA.

The meeting opened...

... with **President Scott Naumann** leading the recitation of “The 4-Way Test.” Stand-in song director **Carter LeBeau** led the singing of “America the Beautiful,” accompanied by pianist **Wilma Nicole**. After Moments of Reflection and introductions, the singing resumed: “How Great Thou Art” and “Easter Parade” – tunefully exploring the season from sacred and ladies’ haberdashery perspectives. We also wished a musical “Happy Birthday, Dear Rotarians” to these members marking April birthdays: 5, **Pat Stopulos**; 13, **Chuck Mooney**; 14, **Gary Hintermeister**; 23, **Jen DeBuhr**, **Rita Nelson**; 26, **John Rabine**; 28, **Mike Vollbrecht**; 30, **George Coin**

Secretary Chuck introduced:

Guest:

Alexei Bibik with **Ozzie Oswald**

Visiting Rotarians:

Ken Tank, North Scott: Farmer

Margo McInnis, North Scott: Tourism

PDG Bill Tubbs, North Scott: Publisher

Bill in turn introduced the visiting **New Zealand Rotary Exchange Team:**



From left, seated: **Pip Bolton**, **Duane Wells**; standing: **Damian Dixon**, (**Ken Tank**, No. Scott), **Laura McKenzie**, (**Bill Tubbs**, President Scott), **Nirav Shah**, **Warren Patterson**

The New Zealand team leader, **Warren Patterson**, introduced the other members of his team: **Damian Dixon, Duane Wells, Laura McKenzie, Nirav Shah, Pip Bolton**. Warren said the group had flown 7,918 miles from Auckland to attend this meeting – and to tour various cities, towns and farms around Iowa. If you struck up a conversation that you weren't able to finish, you could continue chatting at the North Scott Rotary meeting Friday or at the QC River Bandits season opener Thursday. He noted a few of the differences between the U.S. and New Zealand – including the observation that in the U.S. the loo swirls clockwise at the conclusion of a performance, opposite “down under.”

New member induction...



S.K. Nanda inducted our newest member, **Elisa Topper**, the new director of the Bettendorf Public Library. Formerly director of the Dundee, Ill., library, Elisa has two daughters –

both working in market research – and a husband who owns a Chicago market research firm.

Announcements...

➔ **Social night.** Our April social is being billed as “The Amazing Wine Tasting Event” at the Red Crow Grille, **6-8:30 p.m. Thursday, April 19.** Heavy hors d'œuvre featuring exotic new creations by the chef will be included in the \$50 per ticket event – with \$5 from each coming back to our club. Questions?

Contact **Chris Glass** – 355-7174; cglass@terrostar.com.



➔ **LobsterFest. Kathy Duda** – noting that the opportunity to be the event's Presenting Sponsor – announced that music throughout the Fest will be provided by

Bettendorf musician Danika Holmes (www.danikaholmes.com/.)

When asked how many days to the event, **Carter LeBeau** demurred and said, “Just a second” – which caused **President Scott** in mock panic to shout, “We gotta hurry!”

To help when you approach potential sponsors, everything you – and the prospective sponsor – need to know has been condensed onto one easy-to-use sheet of paper.

➔ Davenport Rotary fundraiser.



President Scott said the Davenport rotary will present his troupe's production of “Whacked at the Wedding,” to raise funds for its charitable

giving. The mystery unfolds at 6 p.m. Saturday, April 14, at the Davenport American Legion. Cost is \$50 per person, which includes dinner.

The News...



After thanking **Warren Patterson** for setting the tone with his bathroom observations – and expressing her appreciation, in a very personal way, for the New Zealand accent, **Lora Adams** summarized the day's *other* news:

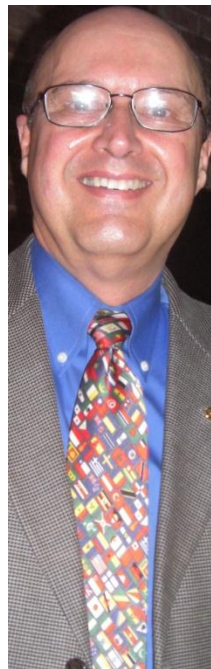
Bettendorf will reconstruct Tanglefoot Lane, 18th Street – Greenbrier Drive.... Allegiant Air now charges \$35 per carry-on bag.... Mitt Romney wins GOP primaries in Wisconsin, Maryland and D.C.... A crane in New York City collapses, killing one.... Five Albuquerque firemen win \$10,000 in the lottery, donate part to help a sick friend.... Briton buys an Andy Warhol original – which he drew at age 10 – and it's worth “low millions.”... 93-year-old Rachel Veitch is retiring her 1964 Mercury Comet with 576,000 miles on it.... A Texas man, 76, faces murder charges after shooting his dog for pooping on the floor, then his other dog and then his wife.... A West Des Moines man was arrested for doing wee-wee on the chairs of his female Farm Bureau co-workers.... New York police nabbed a thief who stole a woman's cell phone – then called to “hook up” with her and sell the phone back to her.

Sergeant at arms...

President Scott collected \$162 for our foundations. **Ryan Happy \$\$** came from these generous members: **Paul Murphy** – sharing condolences with other Big 12 fans over the NCAA championship game... **Rich James** – \$\$ for each month in the ages of his granddaughter and grandson... **Carter LeBeau** – Romney's primary wins... (and later:) **Decker Ploehn** – he's on the QCHI Board (see above).

Missing today...

Ashby-3, Blaske-3, Bowe-4, Brown-6, Cahalan-14, Calabrese, Carter-2, Chambers-8, DeBuhr, DeDoncker-5, Dobesh-9, Edwards-4, Eikenberry-4, Ellstrom-14, Glass, Hinton-14, Kappeler-3, Kennedy-2, Nelson-14, Pelecky-14, Powers, Ricketts-McCool, Sarver, Schutte, Sherrick, Sorensen, St. Laurent-4, Volbrecht-9, Willsher-5, Worley-14



Make-ups...

John Archer @ North Scott

Mark Ross @ North Scott

At today's committee meeting: Phil Kinsley, Kevin Kraft, Jean Dixon, John Archer

Upcoming meetings...

... Thanks to program chair **Brian Kennedy**. Have program ideas? Contact Brian: 340-5114, bmfkennedy@att.net

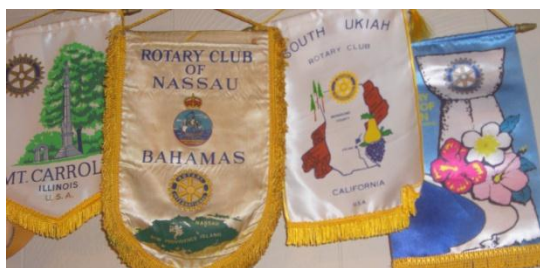
April 11: Becky Bray, ISU Extension

April 18: Tony Singh, Hiking the Appalachian Trail



News staff...

Editor, reporter: Fred Anderson...
 Correspondent: Chuck Mooney...
 Photographer: Carter LeBeau...
 Webmeister/Web-site host: Chris Glass



Make up at another QC club...

Monday, noon: Davenport – The Outing Club
 Monday, noon: Moline – Christ the King Catholic Church
 Monday, 6 p.m.: QC Illinois – Arbor Village Club House, Moline

Tuesday, 7:15 a.m.: River Cities – Brothers Restaurant, Rapid City
 Tuesday, noon: Rock Island – QC Botanical Center
 Wednesday, noon: **Bettendorf** – Fortune Garden Restaurant
 Wednesday, 5 p.m.: Mini Meet – Lunardi’s Restaurant, Davenport
 Thursday, 7 a.m.: Iowa Quad Cities – The Lodge, Bettendorf
 Thursday, noon: East Moline – Christ United Methodist Church
 Thursday, noon: Milan – Pinnacle Country Club
 Friday, noon: North Scott – Steeplegate Inn, Davenport



Bettendorf Rotary resources

Hot links where you can find answers to many questions about Rotary.

The history of Bettendorf Rotary, and more:
<http://www.bettendorffrotary.com/local.htm>

Bettendorf Rotary in the community:
<http://www.bettendorffrotary.com/community.htm>

Bettendorf Rotary’s current officers:
<http://www.bettendorffrotary.com/current.htm>

Bettendorf Rotary’s committees and their chairs:
<http://www.bettendorffrotary.com/committ.htm>

Links to Rotary International, Rotary Foundation, Polio Plus... and more:
<http://www.bettendorffrotary.com/links.htm>
 Link to District 6000’s Website:
www.rotary6000.org