



THE BETTENDORF ROTARY CLUB NEWS

Bettendorf, Iowa, Rotary Club
Oct. 20, 2010, issue

Next meeting:

Noon Wednesday, Oct. 27, 2010, at
The Fortune Garden Restaurant

Learn all about Dist. 6000's FAMSCO...

FAMSCO (Fire and Medical Supply Co.) was founded 20 years ago by Rotarians of District 6000 for humanitarian purposes. Its president, Iowa City Rotarian **Karin Franklin**, is the guest speaker at our Oct. 27 meeting.

FAMSCO accepts medical and firefighting equipment (including fire trucks) and supplies to be used by needy communities in developing countries, its Website, www.famsco.org, says.

To meet these needs, FAMSCO partners with Rotarians abroad, who accept the shipped materials and make sure they get to the communities or institutions that need them. To acquire donated supplies, equipment and usable vehicles in the U.S., the organization works with hospitals, clinics, fire departments, ambulance services and others who would be willing to donate such materials.

Karin was director of Iowa City's Department of Planning and Community Development for nearly 20 years.

Last meeting:

Wednesday, Oct. 20, 2010



Fascinating facts about human spine

First, there was the spine model on the table. Then there were the toys. Finally, he handed out Oreos and marshmallows – all to teach us about the human spine. And our guest speaker at the Oct. 20 meeting – **David Wilder**, associate professor of biomedical engineering and associate professor of occupational and environmental health at the University of Iowa – did just that. He's also a faculty member at Palmer College of Chiropractic.

Using all those props, David discussed all the engineering problems that can plague



the spine. For example, subjected to long-term downward force, the spine, like one of his toys, can collapse because of long-column buckling. The

Oreo-marshmallow-Oreo “sandwich” was an effective way to illustrate what can happen to one spinal disk... until people started eating their visual aids.

Amid all the fun, David made some serious points about back health: Sitting, because of the way it stretches one side of the spine and compresses the opposite side, leads to lumbar-region pain. The jolts and vibrations from simply riding in a car cause repetitive-motion type injuries.

His basic advice for good back health: “Be careful. Try to plan your movement – especially when the back is involved. Exercise. Maintain moderate weight.”

The meeting opened...



... with No. 3 in the depth chart, Club Service Chair **Mark Ross**, presiding. After he led the recitation of The 4-Way Test, we all sang “America the Beautiful.” During Moments of Reflection, we learned of the passing of former

member Warner Schaeffer-Junger.

Then the singing resumed: Song leader **Carter LeBeau** – expertly accompanied by **Bernie Vogel** – selected “The Happy Wanderer,” inexplicably “On Wisconsin” (later he explained, “because of them beating No. 1 Ohio State.” OK, Carter, you can come back) and – making amends – “The Iowa Fight Song” and “Iowa Victory Song.”



Secretary Chuck introduced...:

... NOBODY – neither visiting Rotarians nor guests. That momentarily stymied Mark – he said he had worked a long time on Chuck’s introduction, so he gave it anyhow: “Brett Favre’s massage therapist...”

Presentation...

→ **New members.** **S.K. Nanda** noted that Rotary International has less than \$50 million to raise to meet the goal of \$200 million to receive matching funds from the Gates Foundation to defeat polio worldwide. Then he inducted two new members:



→ **Amber Castro**, a designer for 10 years with Knilans’ Furniture, Davenport, whose husband works for the Army corps of Engineers. Her birthday is Aug. 5 and email is

knilans@knilansfurniture.com.



→ **Steve Sorenson**, the principal of his own consulting firm, Strategy in Business; he and his wife are parents of two. His birthday is Aug. 4 and email is steves@strategyinprogress.com.

(You'll find birthdays and emails for other recently inducted members below.)

Announcements...

→ **Youth Harvest project.** With the fun, educational trip to a Scott County farm scheduled for later that day – and some 400 kids looking forward to the hay ride, petting zoo and pumpkin patch – **Tim Lane** invited more volunteers to help.

→ **Jr. Achievement.** For anyone looking for an opportunity to volunteer, **Dawn Saul** has details of a need for help with Junior Achievement. **Call Dawn: 322.0577.**

→ **Dictionaries delayed – again.** After the meeting, **Jim Spelhaug** emailed those who had volunteered to give dictionaries to 4th graders in all the schools in Bettendorf that there had been another delay in the delivery of our dictionaries. New times will be scheduled.

→ **Charity deadline nearly here.** The deadline to apply for grants from the Bettendorf Rotary Charities Fund – **Nov. 1** – is mere days away. For a blank application form, visit our Website – www.bettendorfrotary.com.

The news...

This was the news to us, as reported by **Lora Adams: QC Times** reports the



retirement of **S.K. Nanda** (see below)... barracuda bites woman... Anita Hill now would rather not check her voice-mail... Ginny Thomas apparently has issues... Chilean miner Yonni Barrios has reasons for going back to work... and, baby, does Arkansan Doug Wilson rely on his iPhone way too much...

Sergeant at Arms...

Apparently, not a lot of folks were happy – but **Mark** sought out **Ryan \$\$**, managing to accumulate \$104 for our foundations + \$100 from **Dick Schillig** for our scholarship fund. Dick was happy about a lot of things, including the return of **Chelsea Powers** after maternity leave... **Dave Deuth** was happy the Vikings beat the Pack....

Missing today:

Ahlstrand-2, Atnip, Boeye, Bowe-3, Brown-3, Brummel-8, Calabrese, Chambers-2, Coley-2, DeDoncker-2, Dobesh-5, DeBuhr, Eikenberry-6, Ellstrom-16, Felsing, Foster, Freemire, Freese-2, Gallagher, Habenicht-2, Heinrich-3, Heninger-6, Hintermeister-2, Hinton-6, Jochmann-3, Jones-12, Kappeler-2, Kennedy, Kraft, Lanum-3, Lokenvitz-3, Loweth, Mangler, Naumann-3, Pelecky-2, Ploehn-2, Richard -6, Ricketts-McCool, Sarver, Schuler, Sherrick, Spelhaug, Volbrecht

Make-ups:

Chelsea Powers @ www.rotaryclub7890.org

At today's committee meeting: Mark Ross, Jim Legare, Lora Adams, Tim Downing, Duncan Cameron, Todd Larsen, Frank Mitvalsky, Nicole McWilliams, S.K. Nanda, Linda Miller, Dick Schillig, Lee Semenow, Joe Douglas, Paul Scranton, Fred Anderson, Rick St. Laurent.

Upcoming meetings...

Oct. 27: Karin Franklin, Iowa City Rotarian and president of the board of FAMSCO (Fire and Medical Supply Co.): update on this District 6000 humanitarian and education foundation

More news...

→ **Nanda retires.** The *Quad-city Times* published a prominent story on the retirement of our own **S.K. Nanda** after more than 40 years with the Army Corps of Engineers. You'll find this bit of philosophy, paraphrasing Amelia Earhart (who knew they'd met...?): "If someone has already built a runway, take off. If there is no runway, then take a shovel and start building one." [Seems like an enterprising Sgt. @ Arms could have found that a **fine** offense....] (By the way, S.K.'s new email is s.nanda@mchsi.com)

→ Recent new members' info:

Glenn Kass: birthday March 13; email:

glennkass@yahoo.com

Susan Praul: birthday Feb. 10; email:

susan-praul@us.aflac.com

Jen DeBuhr: birthday April 23; email:

elmcrcconsultant@seniorsstar.com

News Staff...

Editor, reporter: Fred Anderson...

Correspondent: Chuck Mooney...

Photographer: Carter LeBeau...

Webmeister: Ralph Heninger...

Website host: Harry Coin

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

