



**THE
BETTENDORF
ROTARY
CLUB NEWS**
Bettendorf, Iowa, Rotary Club
March 23, 2016, issue

Next meeting:
Wednesday, March 30, 2016, at
Tanglewood Pavilion

**An opportunity to learn
about Family Resources**

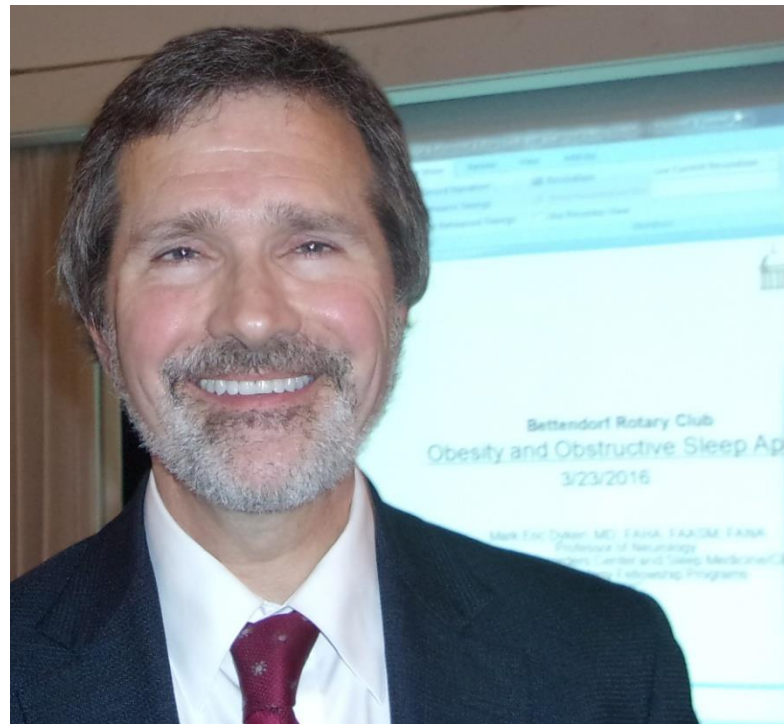
Mary Macumber Schmidt, who has been president of Family Resources since last March, is the scheduled speaker at our March 30 meeting. She has worked with the social services agency for about 20 years.



As its name implies, Family Resources provides services to meet needs across a broad range of social issues, including mental health, foster care, domestic violence, sexual assault, temporary housing and longer-term housing, healthcare, family restoration and special-needs adoption.

In addition, Family Resources carries out educational programs to prevent and reduce childhood trauma in Scott and Rock Island counties; to help prepare kids for food-service work; and to help incarcerated fathers develop positive parenting skills.

Last meeting:
Wednesday, March 23, 2016



**Obesity linked
to sleep apnea**

Obesity is a risk factor in Obstructive Sleep Apnea (OSA), said **Dr. Mark Dyken**, director of the Sleep Disorders Clinic, University of Iowa Hospitals and Clinics, the featured speaker at our March 23 meeting. And OSA obese patients – whom he defined as having a body-mass index above 30 – are at increased risk for hypertension, heart disease, stroke and death, he added.

Mark cited a number of celebrities – huge pro-football linemen, overweight movie stars and other heavy public figures – to illustrate his point. Often, when it's reported that a celebrity with a weight problem "died in his sleep," obstructive apnea may be the actual cause, he said.

The throats of patients with OSA experience closure when the patients lie down to sleep. An enlarged neck circumference – common among overweight patients with sleep apnea – can put pressure near the top of the windpipe, causing it to restrict or completely cut off air flow to the lungs. “That’s really not a good thing,” Mark quipped.

Patients who go to the University of Iowa Sleep Disorders Clinic for sleep studies provide Mark and his colleagues an opportunity to study the effects of OSA on the body. In a sleep study, sensors are attached to many parts of the body to monitor all functions – literally, from head (brain activity) to toe (restless leg syndrome), with detailed attention to heart and lungs.



Mark showed printouts and videos from actual sleep studies to demonstrate how each bodily function reacts during an apnea episode – which may occur several times per minute throughout the night.

For a time, surgeons would perform a tracheotomy, removal of some of the throat tissues near the larynx, for patients with sleep apnea. But, Mark said, it was painful, it damaged the patient’s voice and it rarely cured them.

Now the most common treatment is the use of a C-PAP (constant positive air-pressure) machine, whose air flow keeps the top of the throat open throughout the night.

The meeting opened...

President Kevin Kraft called the meeting to order and led the recitation of The 4-Way Test. **Tom Howard**, accompanied by pianist **Deana Severs**, led the singing of “This Is My Country.” President Kevin led the Pledge of Allegiance to the Flag and presided over the Moment of Silence. During that time, we remembered the Rev.

Gene Miller, who died March 20; his funeral will be 11 a.m. Saturday, April 9, at Asbury Methodist Church, with visitation 4-7 p.m. Friday, April 8, at McGinnis-Chambers Funeral Home and one hour before the service at the church on Saturday morning. Gene’s wife Doris asked that memorials be given to the Rotary Foundation – either the Bettendorf club’s, or the International.



After introductions by **Jonna Schuler**, Tom led the singing of “A Helping Hand” (two verses) and “Zip-a-Dee Doo-Dah” from the classic Disney movie *Song of the South*.

Announcements...

➔ **Memory of Gene Miller: Past District Gov. Bill Tubbs** praised Gene as “a friend, mentor and great Rotarian” – and urged donations, as memorials to Gene, to the Rotary Foundation. His favorite project is Polio Plus – “we’re so close to eradicating it worldwide,” he said. If you need help, contact Bill (btubbs@northscottpress.com).

➔ **Updating BRC’s international projects: Tim Lane** reported that the

BRC-initiated project to provide clean water for a village in southwestern Haiti



has made good progress: water-storage cisterns have been purchased, and training of villagers is underway. BRC's \$2,000 initial contribution became \$13,000 when more than a

dozen other clubs added funds – and that money rose to full funding of about \$80,000 for the overall project.

In addition, Tim reported the BRC Board voted to raise \$8,000 to initiate a project in Nicaragua – BRC's third sanitation project there – to fund the building of 78 brick outhouses in a remote village.

➔ **Bike racks on Duck Creek Parkway:** President **Kevin Kraft** invited interested members to a meeting with Bettendorf Park and Recreation officials – at 11:45 a.m. Friday, March 25, at the Middle Park Lagoon to decide where the five bike racks funded by a grant from BRC are to be located.

➔ **2016 LobsterFest Sponsors to date:**



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Triumph Community Bank (**DeDoncker**)
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Werner Restoration (**Werner**)
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History with Harry... (Harry Coin looks through BRC archives to discover what the club was doing in years past...)

Hearing the sad news about **Gene Miller**, today is a day to notice milestones. Gene was present about a year ago when the club heard a summary of his many years of service (60 years of Rotary membership); you can read it in the newsletter archives. It was a rich story beginning with his service as an educator

in a depression-era slum and a life-changing experience: witnessing the attitude of a can-do pack of Boy Scouts – who all had polio. Rev. Gene Miller joined the Lisbon, Iowa, Rotary in 1955, and because of Rotary's polio-eradication project he transferred to our club in 1982.

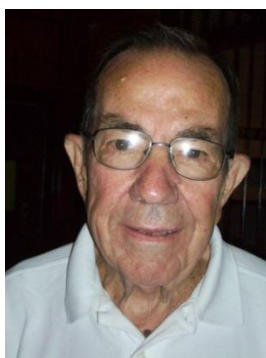
Four years later, this month in 1986, Rotarian and club Past President **Dave Falk** brought a guest: **Decker Ploehn**. This May 14 will be Decker's 30th year with Rotary.

You've heard that **Fred Anderson** has



earned recognition for our club's excellent newsletter. 30 years ago, **Chuck Mooney** edited our newsletter, named "The Spokesman" – then too we won recognition: for "best newsletter" in the "clubs with

membership 100 and over" category. The same day we won that award, Past



President **Doyle McCully** was nominated to be district governor. Lesson to Kevin: if you're looking for a promotion, be nice to Fred...

Looking back 40 years this month, **Tom Howard** was there when our club sent a telegram to Des Moines in support of our Bettendorf Bulldogs team in the state championship. (For those afflicted with recent-birth syndrome, a telegram is a

hand delivered twitter printout – only more expensive).

Fast forward to only 10 years ago this week, President **Frank Mitvalsky** asked for help putting Rotary stickers in each of the dictionaries to be handed out to 4th graders – and Gene Miller led the singing.

Though I've overlooked too many who have passed – **Carolyn Leutwyler, Jon Ryan, Doyle McCully, James Stewart, Bill Harvey, Faye Clow, Chuck Mooney, Lee Semenow, Ron Essner, Carter LeBeau, Bill Reagan, John Riepe, Glenn Kass, Gene Miller** – it is our honor to remember you.



Jon Ryan
Happy \$\$...

(Named in honor of the late Bettendorf Rotarian, punster, jokester and all-around good guy)

President Kevin Kraft collected \$324 with

special amounts from:

Kris Stone – \$16

because the Iowa State Cyclones are in the Sweet 16 in the NCAA Basketball



Tournament, "and I'll be there" when they play Friday...

Jim Spelhaug – \$75 for birthday "plus more," he said, noting birthday

contributions fund the BRC's seven

annual scholarships – "research shows that grads who delay going to college

right after high school have less than 5% chance of finishing college”... **Harry Coin** – back from two weeks’ vacation in Florida; he said Dad **George** is getting better after his biking accident... **Todd Ashby** – can still register for the Leader-Cast session (for information or to register: todd@resultsimc.com / 563-322-2065) + remember the Rivermont Collegiate “Wonderland” gala fundraiser, Saturday, April 9, (contact **Curtis Fee**, 563-359-1366 / cfee@rvmt.org) + opportunity to as a Junior Achievement volunteer in the Kindergarten at Rivermont... **Steve Piart** – he and Marilyn celebrated St. Patrick’s Day in an Irish pub... in Japan... **Dave Deuth** – wrote his last check to the University of Northern Iowa for his daughter’s fees ... **Jerry Felsing** – glad to be back after two weeks’ absence... **Decker Ploehn** – expect a call Sunday, April 10, asking for donations during the Children’s Therapy Network telethon... **Ann Kappeler** – \$20 “echoing Jim Spelhaug’s comment” on the importance of scholarships... **Dick Schillig** – echoing Ann’s echo + “166 days to Run with Carl”... **Tim Lane** – could use a little scholarship help with three daughters in college next year.

Stand-in Secretary Jonna Schuler introduced...

Visiting Rotarian:

Bill Tubbs, North Scott Rotary

Guests:

Susan and Liz Coin (**Harry Coin** guests)

Deb Anderson (**Fred Anderson** guest)

58 Bettendorf Rotarians, 1 visiting Rotarian and 3 guests attended.

And at the end...

... of the meeting, **Kris Stone** won a Happy to Have a Make-up in the drawing from among all those members who participated in *Jon Ryan Happy \$\$*.

Make-ups...

Rich James, Rotary Club of Summit County, Colo. (4)



Make up at another QC club...

Monday, noon: Davenport – The Outing Club
Monday, noon: Moline – Trinity Lutheran Church, Moline

Monday, 6 p.m.: QC Illinois – Club Room, HyVee, 7th Street & John Deere Road, Moline

Tuesday, 7:15 a.m.: River Cities – Brothers Restaurant, Rapids City

Tuesday, noon: Rock Island – QC Botanical Center

Wednesday, noon: Bettendorf – Tanglewood Pavilion

Wednesday, 5 p.m.: Mini Meet – Lunardi’s Restaurant, Davenport

Thursday, 7 a.m.: Iowa Quad Cities – J-Bar, Elmore Avenue, Davenport

Thursday, noon: East Moline – Christ United Methodist Church

Thursday, noon: Milan – Pinnacle Country Club

2nd and 4th Thursdays, 5:30 p.m.: Twin Rivers

Rotary After Hours – Bierstube, Moline

Friday, noon: North Scott – Steeplegate Inn, Davenport

Upcoming meetings...



... Thanks to program chair **Scott Naumann**, scottn@midlandcom.com, 445-4260:

March 30: Mary Schmidt, president, Family Resources

April 6: Kathy Morris, Conversion to single-stream

recycling in Scott County

April 13: Pat Angerer, Retired NFL player from Bettendorf

April 20: Ed Tibbets, *QC Times* political reporter

April 27: Rear Adm. Chase, USN: Navy Executive Engagement; one of the meetings with QC business, education and civic leaders to discuss the importance of having a strong U.S. Navy and its benefit for us as a region.

May 11: Tomeka Petersen, Ponseti Non-Surgical Clubfoot Repair

May 18: “BettenDo” done-in-a-day project – details to come later

June 1: Past District Governor Gary Welch, Rotary Youth Leadership Academy

June 8: Annual luncheon with Miss Iowa candidates.

June 15: LobsterFest wrap-up



BRC News staff...

Editor, reporter, photographer: Fred Anderson

Correspondent, Web-site host: Johanna Smith

For more on Bettendorf Rotary:

<http://www.bettendorffrotary.com/>



For more on Rotary International:

<https://www.rotary.org/>