



**THE
BETTENDORF
ROTARY
CLUB NEWS**
Bettendorf, Iowa, Rotary Club
Aug. 10, 2016, issue

Next meeting:
Wednesday, Aug. 17, 2016, at
Tanglewood Pavilion

**Spotlight to shine on
Friendly House programs**

Terry Hendershott, assistant director of the Friendly House, Davenport, is the scheduled speaker at the Aug. 17 meeting.

“Since 1896,” according to the Friendly House Website, the organization “has sought to meet the needs of the community. In conjunction with the overall mission... to enrich lives and strengthen neighborhoods, we strive to provide quality, accessible and affordable programs to all who seek to use our services. Our mission provides that we work with the entire family unit, providing support and programming for all aspects of family life.

“Friendly House continues to offer programs targeting economically challenged individuals and families, providing programs and services for preschool aged children through senior citizens which support our family-based approach to service.”

Terry joined Friendly House in 1999, after earning his masters in youth and human service administration from the University of Northern Iowa.

Last meeting:
Wednesday, Aug. 10, 2016



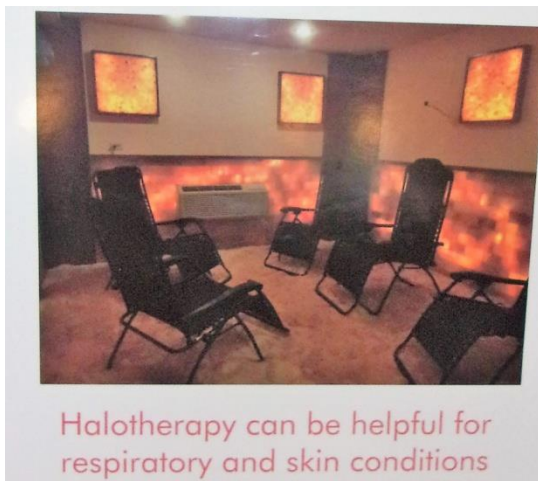
**Salt therapy aids
ailing lungs, skin**

Dr. Amanda Friemel, who operates Friemel Chiropractic and SALT Holistic Health on Valley Drive in Bettendorf, described the benefits of halotherapy, or salt therapy, at the Aug. 10 meeting.

Amanda turned to the salt treatment as a therapy for her son with asthma, because she didn't like the notion of having him constantly under medication. Halotherapy improved his condition so much, she said, that “there have been no more emergency-room trips since.” That experience led to creation of the Salt Room at her clinic.

The Salt Room, which can accommodate up to five patients at a time, is built using Himalayan-salt bricks in the floor and walls.

In halotherapy, a device called a halogenerator grinds pharmaceutical-grade salt into “negatively charged ions, which are released into the air and then inhaled,” according to a flyer available at the meeting. It continued, “These negative ions attach to the positive ions



(toxins) in the body, neutralizing the charge, thus promoting detoxification (similar to a Neti-Pot, but for your lungs).” Amanda said halotherapy is beneficial in less-serious lung ailments and dermatological problems.

Announcement...

➔**Run with Carl:** Because BRC is a sponsor of Run with Carl, the Labor Day events that raise funds for the Carl D. Schillig Memorial Scholarships, **President Jonna** announced that we have three complementary race registrations. “If you can run a less-than-10-minute mile,” Jonna quipped, “let me know you want one.”



New-member induction...

➔**Jim Partridge:** **S.K. Nanda** inducted **Jim Partridge** into membership. The retired former owner of Griggs Music in Davenport, came to the QC in 1960, “as an educator,” he said. Jim and his wife Sandra are parents of 3 daughters, grandparents of 7 and great-grandparents of 5.



Jon Ryan
Happy \$\$...
(Named in honor of the late Bettendorf Rotarian, punster, jokester and all-around good guy)

President Jonna Schuler collected \$110 with some special amounts coming from: **John Rabine** – termed the day’s singing by BRC as “awfully good”... **Tom Howard** – pianist Gail Baldwin posted German composer Carl Orff’s “Carmina Burana” on Facebook, reminding Tom of singing that work at Carnegie Hall (yes, *that* Carnegie Hall)... **Bill Daley** – honored to be part of “putting Bettendorf

Public Library back together” after it was damaged by a plumbing accident...

Frank Mitvalsky – about to embark on 10th annual canoe trip in Wisconsin, with kids – “a 10-hour trip we cover in three days,” he quipped... **Dick Schillig** – 26 days to Run with Carl.

The meeting opened...

President Jonna Schuler rang the bell, welcomed one and all and led the recitation of The 4-Way Test. **Tom Howard** – a *capella* – led the singing of “America the Beautiful.” Jonna led the Pledge of Allegiance to the Flag and presided over the Moment of Silence, during which we learned



that Jonna’s 90-year-old father-in-law has entered hospice and two of **Pat Stopulos**’s cousins have died.

After introductions, Tom (now accompanied by **Scott Naumann**’s musical laptop) led the further singing – since we *are* a Singing Rotary – of “R-O-T-A-R-Y” and “Sunny Side of the Street.”

Secretary Johanna Smith introduced...

Guests

Amanda Friemel, D.C., Friemel Chiropractic, speaker

Cassandra Chavera, Friemel Chiropractic, speaker

45 Bettendorf Rotarians attended and were joined by 2 guests.



And at the end...

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

In other BRC news...

➔ **Monthly Board meeting:** As it does at 5 p.m. on the second Tuesday of each month, the Bettendorf Rotary Club Board of Directors met on Aug. 9 in the conference room of iHeart Media, 3535 E. Kimberly Road, Davenport. Meetings typically last about an hour, and they provide a review of the club’s recent and current activities and a glimpse into its near future. Any BRC member is welcome to attend.



Missing today...

Bennett, Blaske, Boeye, Bush, Carroll, Chambers, Coin, H., Coin, G., DeDoncker, Dugan, Eikenberry, Elledge, Featherstone, Felsing, Franks, Gallagher, Jr., Garlach, Gause, Hager, Hill, Hurd, Kraft, Kraus, Larsen, Lawrence, Lokenvitz, Love-Sherrick, Marbach, Martinez, Meyers, Mickle, Mickle, Morrison, Naeve, Nelson, Oswald, Paplinski, Piart, Ploehn, Powers, Ricketts-McCool, Ross, Sarver, Schneden, Schwab, Scranton, Sherrick, Slavens, Sorenson, Stopulos, Thein, Tombergs, Vandersnick, Webster, Wells, Werner, and Worner

Make-ups...

August Board meeting: Schuler, Lane, Foster, Spelhaug, Dobesh, Kraft, Nanda, Smith and Anderson

LobsterFest meeting: Lane, Kappeler, Stone, Schuler, Schmit, Kraft and Smith



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... and other BRC events...

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



Aug. 17:

Aug. 19: Rotary Night at Modern Woodmen Park:

5:30-7 p.m. Rotary

Fellowship and Networking; 7 p.m. first pitch; **Bill Daley (563.759.7767)**

Aug. 20: BRC at the QCSO Pops Concert: 3 p.m. gates open; 7 p.m. Eagles Greatest Hits concert begins

Aug. 31: President Jonna Schuler: Club Assembly

Sept. 5: Labor Day – Run with Carl

Sept. 7: Bettendorf Rotary Club Annual Golf Outing, Palmer Hills Golf Course

Sept. 21: District Governor's annual visit

Oct. 13: QC-wide Service for Success event, Rogalski Center, St. Ambrose University

Future meeting: Former QC TV newscaster Carolyn Wettstone: "How I Kicked the Cancer Fairy's Butt"

October events:

→Online applications available for the next round of charitable grants made possible by LobsterFest

→Presentation of a personal dictionary to each 4th grade student in the city of Bettendorf

BRC News staff...

Editor, reporter, photographer: Fred Anderson

Correspondent, Website host: Johanna Smith

For more on Bettendorf Rotary:

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