



**THE
BETTENDORF
ROTARY
CLUB NEWS**
Bettendorf, Iowa, Rotary Club
Jan. 11, 2017, issue

Next meeting:
Wednesday, Jan. 18, 2017, at
Tanglewood Pavilion



**Learn more about QC
Hispanic C of C**

The scheduled speaker at our Jan. 18 meeting is **Zenaida Landeros**, program director of the Greater Quad Cities Hispanic Chamber of Commerce. The QC Hispanic Chamber exists “to support, promote and enhance the growth and success of our local businesses and to leverage the community’s assets, contributions and unique Hispanic cultural identity to generate new business,” according to its Website.

The GQCHCC came into being in 2008, when Hispanic-owned businesses met to form an organization to benefit member companies. At that meeting Bob Ontiveros, the founder of Group O, a 40-year-old Rock Island supply-chain and packaging company, told the group how the U.S. and Illinois Hispanic Chambers had helped his firm. To learn more, go to <http://www.gqchcc.com/>.

Last meeting:
Wednesday, Jan. 11, 2017



**An integrative
way to stay well**

Unlike traditional Western medicine, Mandala Integrative Medicine in Davenport goes beyond treating a disease to explore all the possible causes that contributed to the ailment, explained **Aaron Howard**, health coach and senior manager of the practice.

Aaron, along with co-presenters (from left, above) **Rumaisa Rahman**, director of outreach and media relations, and **Farrakh Khawaja**, director and co-founder, explained the Mandala Circle of Wellness, during a presentation at the Jan. 11 meeting.

The Circle of Wellness (p. 2) graphically illustrates how these eight factors influence each other – and all impact a person’s health: Relaxation... Relationships... Finances... Employment... Spirituality... Sleep... Exercise... and Food.

Aaron used the example of a patient with heart disease to illustrate how the Circle would work. In consultation with the patient's cardiologist, **Dr. Sayded Shah**, an internist who is co-founder of Mandala and its medical director, would oversee the medical aspects of treatment. Meanwhile, Aaron said, other members of the practice would work to eliminate stressors in each category in the Circle. "Everyday health of the whole person is our goal," he said. The ultimate goal, he added, would be a person who no longer needed drugs to maintain health.



To illustrate how the Circle's factors impact each other, Rumaisa asked, "Are you getting enough sleep – a minimum of seven hours a night?" If not, she said, you might not feel fully alert, so you grab a coffee and a snack (maybe not the most nutritious). You might not be fully productive, so your boss gets upset with you. You take it out on your family when you get home. You skip your exercise, grab a bite of "something" and work into the night at home to complete what you didn't finish at work. All of that builds resentment and illness-promoting stress, she said. "We work on all of it," she added.

The trio went on to describe the process through which the Mandala lifestyle

gradually improves patients' wellness: It begins with a 30-minute lifestyle assessment with a health coach. That includes an evaluation of the patient's health concerns and goals and produces solutions to improve overall wellness. One example could be a shift to an anti-inflammatory diet – the top 15 foods are green leafy vegetables, bok choy ("Chinese cabbage"), celery, beets, broccoli, blueberries, pineapple, salmon, bone broth, walnuts, coconut oil, chia seeds, flaxseeds, turmeric and ginger – since inflammation is a contributing factor in much illness.



Mandala patients reinforce each other through weekly meetings and group activities such as yoga, hiking and dining together, they said. For more information, go to <https://mimqc.com/>.

Announcements...

➔**Prayers for Dave Deuth: Bill Daley** reported that **Dave Deuth** is scheduled to undergo a stem-cell transplant later this month at the Mayo Clinic. Bill is organizing a 24-hour prayer vigil and will pass around a signup sheet at next week's meeting for members willing to commit time to it.

➔**Dates to remember:**

➔**Charitable grant awards** will be presented to 12 QC charities, at the meeting of Wednesday, **Jan. 25**, at Tanglewood Pavilion

➔**BRC's annual Social**, is slated for Wednesday, **Feb. 22**, at Davenport Country Club – more info to come...

→**State of the City address** by our own **Mayor Bob Gallagher** is scheduled for Wednesday, **Feb. 15**, at the Waterfront Convention Center – come a bit early to get a good seat for this event, which replaces that day’s regular BRC meeting.

Presentation...



→**Thanks to Deana Severs:** Song leader **Tom Howard** presented BRC piano player **Deana Severs** a token of appreciation for her tuneful mealtime music and accompaniment during our weekly songfests.

It’s not hard to include Rotary Foundation in your will

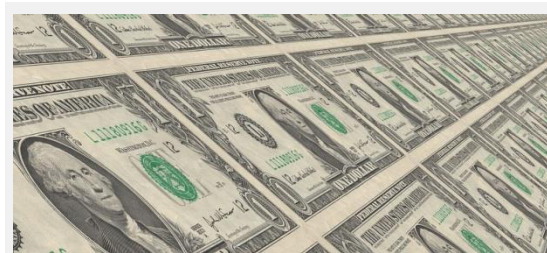
By Jim Slavens

You can get a basic last will and testament prepared for free by one of these attorneys, fellow members of Bettendorf Rotary:

- **Bob Gallagher Sr. or Bob Gallagher Jr.**, Gallagher Millage & Gallagher PLC
- **Frank Mitvalsky**, Califf & Harper P.C.
- **Dave Franks**, Franks & Roeder

At the same time, you can make a Rotary Legacy gift to the Rotary International Foundation. So far the Rotary Foundation has provided \$1.5 billion in benefits to the world’s poor population. Your gift will provide either results right now or future benefits to the poor of the world, depending on how the gift is structured. Recently the Rotary Foundation was recognized for the fact that very little of the fund was used for any purpose other than benefits to the world’s poor people.

Also remember you can bequeath stocks, bonds, personal property, land, homes or other assets to the Rotary Foundation. For more information, contact [Jim Slavens](#) or [Carl Loweth](#) of our club.



Happy \$\$...

President Jonna Schuler collected **\$253** With commemorations for happiness from:

Frank Mitvalsky – thanks to **Ron Crist** and **Richard “Ozzy” Oswald** who will be judges at the Pinewood Derby of our Cub Scout Pack 54... **Bill Daley** – it’s a pleasure to see the amazing results when working with fellow Rotarians, such as **President Jonna...** **Tim Lane** – loved having them home, but good to see 3 daughters returning to college... **Brad Morrison** – reiterating his invitation to “Let’s [W]rap – all you need to know about vehicle graphics” (including lunch and actual wrapping of a car), 11 a.m.-1 p.m. Thursday, Jan. 12, at Riverbend Sign Works, 979 40th Ave., Bettendorf; riverbendsignworks.com to sign up... **Dr.**

Tom Olson – encouraging thoughts about **Dave Deuth**: much in common with Dave’s brother-in-law, who’s an endodontist “and bald doo” + “the stem-cell procedure will be OK”... **Kevin Kraft** – happy we met the 2016 goal for



contributions to the Bettendorf Rotary Foundation endowment fund – so giving a \$104 check + \$1 cash for new member... **Dick Schillig** – only 237 training days to Labor Day and the Run with Carl

The meeting opened...

The bell sounded. **President Jonna Shuler** called the meeting to order and led the recitation of the 4-Way Test. **Tom Howard**, accompanied by **Deana Severs** on piano, led the singing of “America the Beautiful.” President Jonna led the Pledge of Allegiance. During the Moment of Silence we learned **Todd Ashby**’s father has entered hospice, and we asked for healing for **Dave Deuth** in his cancer fight.

After introductions, the singing continued with “All Hail to Rotary” and “Auld Lang Syne” (two verses plus just a little SFX of the Baby New Year crying).

Secretary Johanna Smith introduced (Jan. 4)...

Visiting Rotarians Guests

Tom Mielnick, guest of **Johanna Smith**
Deana Severs, pianist
Todd Seeman, Reference Audio, **Windmill** guest
Charles Schwab, guest of **Frank Schwab**
Bill Tubbs, North Scott Rotary
Don Sierk, North Scott Rotary
John Daly, Rock Island Rotary
Rumaisa Rahman, Mandala Integrative Medicine, speaker

Farrakh Khawaja, Mandala Integrative Medicine, speaker
Aaron Howard, Mandala Integrative Medicine, speaker
Jennifer Vondraceck, Mandala Integrative Medicine

In all, 61 Bettendorf Rotarians attended and were joined by 8 guests and 3 visiting Rotarians .

And at the end...

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



Missing today...

Bennett, Boeye, Coin, G., DeDoncker, Dobesh, Downing, Eikenberry, Elledge, Featherstone, Franks, Gallagher Jr., Hager, Hassel, Hurd, Hutcheson, James, Kappeler, Kellenberger, Larsen, Lawrence, Mannix, Martinez, Meyers, Mickle, Mohr, Naab, Naeve, Nelson, Pieart, Ploehn, Powell, Powers, Ricketts-McCool, Ross, Sarver, Saul, Schmit, Scranton, Shea, Sherrick, Webster, Wells, and Worner.

Meeting make-ups...

Rich James, Rotary Club of Summit County, Colo.

Kevin Kraft, Rotary Club of Paradise Valley, Ariz.

Christmas Basket Deliveries: **Bennett, Carroll, H. Coin, Foster, Gallagher Jr., Garlach, Hager, Higgs, Kraus, Lane, Mannix, Meyers, Naeve, Smith, Tombergs**

January Board Meeting: **Daley, Dobesh, Oswald, Lane, Slavens, Nanda, Foster, Kraft, Spelhaug, Schuler and Smith**

Red Badge Meeting: **Dobesh, Oswald, Lane, Slavens, Nanda, Foster, Kraft, Spelhaug, Schuler, Smith, Naeve, Wells, Hanzelka, Tombergs, Partridge, Higgs, Powell, Campion, Crist, Naab, Pacha and Gross**



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 more

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



Jan. 18: Zenaida Landeros, Greater Quad Cities Hispanic Chamber of Commerce

Jan. 25: Charitable grant awards to 13 QC charities; come early

Feb. 15: State of the City address by our own **Mayor Bob Gallagher** – Waterfront Convention Center

Feb. 22: BRC’s annual social – Davenport Country Club

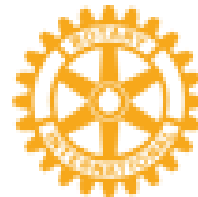
BRC News staff...

Editor, reporter, photographer: Fred Anderson
Correspondent, Website host: Johanna Smith

For more on Bettendorf Rotary:

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

Rotary



For more on Rotary International:

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