



THE BETTENDORF
ROTARY CLUB NEWS
Bettendorf, Iowa,
Rotary Club
Jan. 10, 2018, issue

Next meeting:

Wednesday, Jan. 17, 2018,
At Tanglewood Hills Pavilion

**HAVlife works to prevent
lost potential in youths**

Displayed over a video of happily playing children, the homepage for HAVlife, displays this message:

“Full of athletic aspirations, musical passions, and artistic talents, dreamers ages 10 to 15 have a zest for life that runs deep. Unfortunately for some, financial burdens and life’s obstacles trump ambition, leaving dreams untouched and potential lost. Through local school systems, community organizations and generous individuals, HAVlife™ works with these individuals to Prevent Lost Potential!”

At our Jan. 17 meeting, Mike Vondran and Kim Guy of HAVlife will talk about their program and its efforts to raise funds to prevent that lost potential in youth. In 2017, HAVlife says it impacted the lives of 945 youths in the areas of art, music and sports. It works out of three chapters, in the Quad Cities, Johnson County, Iowa, and Dubuque, called the Tri-States chapter.

For more, visit <https://www.havlife.org/>.

Last meeting:

Wednesday, Jan. 10, 2018



**Jerry Schroeder and Megan Pedersen of the
QC office, Alzheimer’s Association of Iowa**

An update on Alzheimer’s

Jerry Schroeder, senior program specialist in the Quad-Cities office of the Alzheimer’s Association of Greater Iowa, related a “memory moment” he experienced recently:

“I’ve known my mother’s birthday for 64 years,” he said, “but I forgot it.” It came back to him shortly, he said during remarks at the Jan. 10 meeting. But the incident caused him to ponder the question that occurs to many as they reach ages 60 and beyond: Was that a normal memory lapse, part of an expected cognitive change “at this age” – or was a sign of the beginning of Alzheimer’s?

Some 5 million Americans have the brain disease called Alzheimer’s, he said, and about three times that many of us are projected to have the disease by mid-century. Our health-care system spends about \$250 billion on Alzheimer’s

treatment now – and will likely spend \$1 trillion by 2050. “So it’s a serious issue,” Jerry said – and there’s still no certain prevention for it.

Still, while we can’t vaccinate against Alzheimer’s, research has revealed a good deal about the disease and things we can do earlier in life to have a positive impact on it, or other forms of dementia, Jerry said.

About a third of people of advanced age die either of, or with, Alzheimer’s, he said. And the difference is significant, he pointed out: While complications of Alzheimer’s may cause a death, many patients with the disease die because of other natural causes – and some of them don’t even show signs of the disease.

While “Alzheimer’s begins during childhood,” Jerry said, many kinds of factors can contribute to its progression: illness, poor nutrition, injury, smoking,

alz.org | alzheimer’s association

genetic factors – all impact brain health. But a healthy life – such as good nutrition, regular exercise and not smoking – lowers the risk of developing the disease and slows its progression. And those tactics, rather than development of a “vaccine,” are the focus of much current research, Jerry said.

Since all of us are aging, we all can potentially help by donating to Alzheimer’s research, volunteering to participate in research, join the association’s annual fundraising walk (each September) and strive to lead a healthy lifestyle, said Megan Pedersen of the Davenport office.

The Quad-City office of the association is at 2208 E. 52nd St., Suite B, Davenport. It

is open 8 a.m.-4:30 p.m. Monday-Friday. For more information, call 563.293.8056.

Announcements...

➔ **BBBS Putt-A-Round: President Tim Lane** still needs a couple more members to complete the BRC roster for two teams to “three-peat” as champs of the Rotary Challenge at the fundraiser for Big Brothers Big Sisters of the Mississippi Valley. The Rotary Challenge rolls off at 5:30 p.m. Thursday, Feb. 1, in the Great River Hall of the RiverCenter in Davenport. Contact Tim to sign up (tim.lane@edwardjones.com).



➔ Spotlight on Rotary in the QC:

Rotary clubs from throughout the Quad Cities have combined efforts to raise funds to build the Miracle Field, where kids can play baseball regardless of what physical limitations they may have.

On **Thursday, Jan. 25**, the combined Rotaries will present a check for \$65,000 to the City of Davenport to support construction of that field.

That event, at the Rogalski Center, St. Ambrose University, will also shine a spotlight on other ways Rotary enriches

the lives of Quad-Citizens. Media coverage is being planned.

It's an opportunity to meet Rotarians from other clubs – and an ideal way to show off Rotary to prospective new members of our club. President Tim and

leaders of the other clubs are encouraging members to attend – and invite prospective new members.

Rotary



The event is scheduled to begin with a social time at 5:30 p.m. with appetizers and drinks, and the program beginning at 6:15. Rotarians attend free, and guests are just \$10.

Event planners ask Rotarians to RSVP: <https://www.eventbrite.com/e/quad-city-wide-rotary-membership-recruitment-event-tickets-41144948649>

→ **Pinewood Derby judges still needed:** **Frank Mitvalsky** said two Bettendorf Rotarians are still needed to be judges at the Cub Scout Pack 54 (“our Cub pack”) Pinewood Derby the morning of Saturday, Jan. 20, at Paul Norton Elementary School. Judges should plan to arrive about 8:45. To volunteer, contact Mit (fmitvalsky@califf.com).

→ **Rotary Student Exchange:** **Harry Coin** urged any member who wants to participate in the Rotary program that brings a foreign student to Bettendorf for to study and learn about the U.S. to contact him (hgcoin@gmail.com). He said there are two opportunities to serve:
→ Host the exchange student for 3 months during the school year – non-Rotarians may also participate this way
→ Help coordinate the student’s visit and host-family activities – two volunteers are needed, and it will take about 20

hours’ total work spread over the time of the student’s time here, Harry said.

Dr. Julie Meyers has helped coordinate the visit of this year’s exchange student, **Alessandro loMaestro**.

→ **Red Badge meeting:** The Red Badge meeting, when new members learn much more about Rotary’s “big picture” – and then take the red sticker off of their badge – is scheduled for 6 p.m. Wednesday, Feb. 13, at Jersey Grill, Davenport.

BRC Happy \$\$...

President Tim Lane collected \$204 with special amounts from these especially happy Rotarians: **Decker Ploehn** – happy to be here after carotid artery surgery... narrowly averting a stroke... **Dr. Julie Meyer** – “Glad to see you back, Decker”... **Greg Blaske** – lots of family birthdays within the past month... **Jim Spelhaug** – Iowa schools won the Girls Basketball Shootout, Iowa, 5 – Illinois, 2... **Phil Dunbridge** – participating in (former Bettendorf Rotarian) Lora Adams’ production of “Sleuth”... **Steve Pieart** – soon headed for ice fishing in Minnesota... **Dick Schillig** – 236 days to the 24th Run with Carl.

The meeting opened...



President Tim Lane called the meeting to order and led the recitation of the 4-Way Test. Song leader **Tom Howard**, accompanied by pianist **Tewanta**

Lopez, led the singing of “This Is My Country.”

Tim led the Pledge of Allegiance and Moments of Silence, during which we learned of the death of **Peggy**

Schneden's mother, and we remembered Bettendorf friends in need of support, the victims of natural disasters who still need aid, and our troops.

After introductions, we sang "That Rotary Wheel" and, in hopes of an early spring, "Edelweis."



Allysa, Mayor Bob and Bob Gallagher Sr.

Secretary Johanna Smith introduced...

Guests:

Tewanta Lopez, pianist
 Megan Pedersen, Alzheimer's Association
 Jerry Schroeder, Alzheimer's Association
 Allysa Gallagher, guest of **Mayor Bob Gallagher** and **Bob Gallagher Sr.**
 Jeff Reiter, City of Bettendorf, guest of **Decker Ploehn**

In all, 55 Bettendorf Rotarians and 5 guests attended the meeting.



And at the end...

... of the meeting, **Greg Blaske** won the "Happy to Have a Make-up" in the drawing from among all those members who shared their happiness in this week's *BRC Happy \$\$*.

Missing today...

Ashby, Bennett, Boeye, Chambers, Cochran, Crist, DeDoncker, Dobesh, Doland,

Eikenberry, Franks, Hassel, Hill, Kappeler, Kraus, Larsen, Lawrence, Lokenvitz, Mannix, Marbach, Martinez, Mickle, Mohr, Morrison, Naeve, Nelson, O'Brien, Rabine, Raso, Ricketts-McCool, Ross, Sarver, Saul, Schneden, Scranton, Seemann, Shen, Slavens, Tombergs, Wells, Werner, Worner

Make-ups...

Board Meeting: **Lane, Nanda, Schuler, Daley, Bormann, Spelhaug 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, Hy-Vee, 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 Hills 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. 17: Mike
Vondran and Kim
Guy: HAVlife and
youth potential

Jan. 24: Jim
Albracht: rebirth of
the QC
Steamwheelers

Thursday, Jan. 25:
Combined Iowa QC
Rotary event at the
Rogalski Center, St. Ambrose University:
Miracle Field donation

Jan. 31: Bettendorf Rotary will award grants
to 15 QC not-for-profit organizations.

Feb. 7: Matt Coss, *QC Times* sports editor

Feb. 21: Bettendorf Rotary hosts **Mayor
Bob Gallagher**'s State of the City report –
noon, at Waterfront Convention Center

June 9, 2018: LobsterFest XII



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For more on Bettendorf Rotary:

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



For more on Rotary International:

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

BRC News staff...