



**THE  
BETTENDORF  
ROTARY  
CLUB NEWS**  
Bettendorf, Iowa, Rotary Club  
Feb. 6, 2019, issue

***Next meeting:***  
Wednesday, Feb. 13, 2019  
**Tanglewood Pavilion**



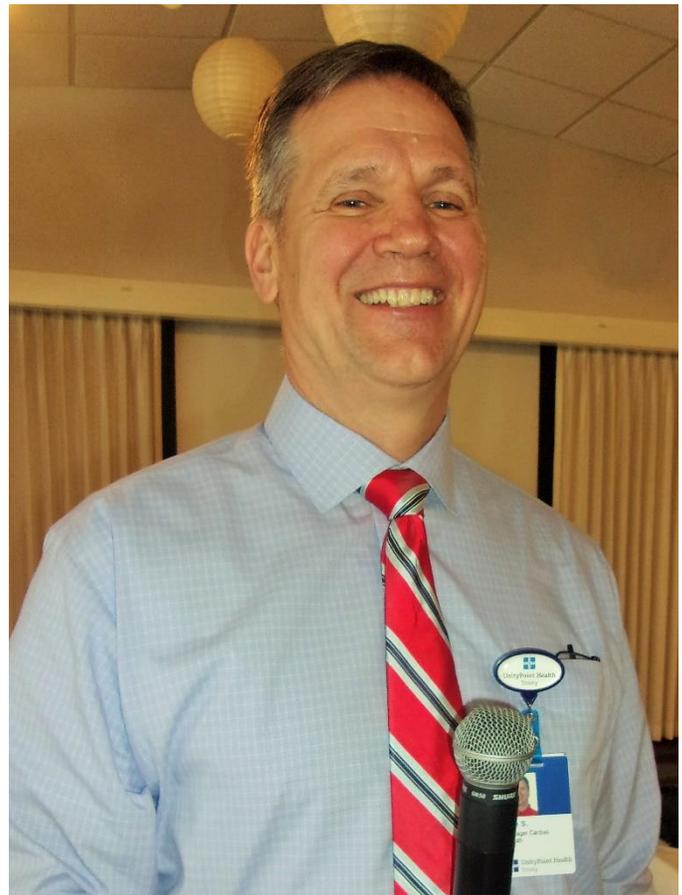
**Arconic official to share his business insights**

Rob Woodall (taking a selfie in this 2016 photo) is the manufacturing director of the Arconic – formerly Alcoa – Davenport Works. As an official of one of the Quad Cities’ largest employers, he is scheduled to be the guest speaker at our Feb. 13 meeting.

Opened in 1948, the QC Arconic facility makes aluminum products for aerospace components and sheet/plate customers. It has about 2,200 employees.

The name changed in 2016 as the firm separated into two companies.

***Last meeting:***  
Wednesday, Feb. 6, 2019



**Reversing effects of heart disease**

If current trends continue, it’s been estimated half of the U.S. population will be suffering with heart disease by the year 2035. To turn that situation around, our Feb. 6 speaker – **Dan Saskowski**, manager of cardiac rehabilitation at the Unity-Point Health – Trinity hospital in Bettendorf – has instituted the Pritikin Program at Trinity’s Cardiac Nutrition Center.

Results have been “super, fantastic – we’ve improved peoples’ health and

lives,” Dan said. He quoted some dramatic numbers: after three weeks on Pritikin, he said 83% of patients had lowered their blood pressure or didn’t need BP medication anymore; LDL (or bad) cholesterol was down 23%; triglycerides (fat in the blood) dropped by 33%, and chronic inflammation decreased. “We’ve had great success with people sticking to this program,” he said.

Much of the growth in heart disease is due to Americans’ poor eating habits and lack of exercise, he said, and the Pritikin Program is built on three “pillars” that address those factors head-on:

- Regular exercise – at least 30 minutes a day, 5 days a week
- Healthy eating – a holistic, plant-based diet low in fat, sugar and sodium
- A healthier mind-set – education focuses on giving patients in the program the skills and knowledge to manage their disease without drugs or surgery. The education piece of the program even includes a cooking school on Fridays in which they learn about 150 Pritikin recipes.

Current enrollment in the program is limited to patients with a history of surgery or heart attack, or a diagnosis that problems seem imminent, Dan said. But he said he is working on expanding it toward more prevention, since the two major causes of cardiac disease – lack of physical activity and poor dietary habits – are reversible.

### **New member induction...**

→**Mike Ingleby:** A former president of BRC (1994-95), realtor **Mike Ingleby** rejoined and was inducted by **S.K. Nanda**, with pinning help from **President Bill Daley**. Based on his 35-year career in real estate, Mike said he is launching a new firm, Realty-One Group.



On the personal side, he has three adult kids and five grandchildren.

Recalling Mike’s earlier time in the club, S.K. said that, when song leader **Tom Howard** was not in attendance, Mike would fill in. “I always requested ‘Yellow Submarine,’” S.K. said. “And he always led our singing of it.”

### **Announcements...**

→**LobsterFest: Tim Lane** reminded us that in two days, it will be *only 4 months to*

#### **LobsterFest 2019.**

He reported that about three-fourths of the sponsors from last year’s record fest had re-committed their support, and some auction items “are starting to roll in.” But he urged all members to begin planning how they will be involved in this year’s event – and contact him, **Ann Kappeler** or **Secretary Johanna Blevins** to volunteer.



→**Pinewood Derby: President Bill Daley** thanked **Joe Champion** and **Tom**

**Kook**, who joined him in judging the Pinewood Derby at Cub Scout Pack 54 two Saturdays ago, and he thanked **Frank Mitvalsky** for spearheading BRC's relationship to the pack.

➔ **Grants rescheduled:** **Bill** said, because of weather-cancellations the last two weeks, the presentation of BRC's grants to QC area charities has been rescheduled for **Wednesday, March 6**. Because of the extra meeting time, lunch service will begin at 11:15 a.m., and the presentations will begin at 11:45, he said.

➔ **Agape Center donation:** Since dangerous weather caused cancellation of the previous two meetings, **Bill** proposed using the dues money not used to pay for lunches on those days – about \$1,000 – as a donation to the Agape Center food program. The club agreed by a show of hands.



➔ **'Rotarian at Work' T-shirts:** Although he didn't announce this, **Bill** stands ready to provide a *free* "Rotarian at Work" T-shirt – for us to wear while working on community-service projects – for each BRC member. If you haven't picked yours up yet, or need to order one, contact **Bill**.

### **BRC Happy \$\$...**

**President Bill Daley** collected **\$137** from these Rotarians who shared their

happiness: **Kevin Kraft** – he'd been absent lately, so he made amends with \$20... **Tim Lane** – didn't seem too heartbroken about missing last week's record low temps, while on a Caribbean vacation... **Decker Ploehn** – "Hug a snow plow driver" for their work keeping city streets relatively snow-free... **Tom Howard** – celebrating 59<sup>th</sup> anniversary



### **The meeting opened...**

After the bell rang, **President Bill Daley** called the meeting to order and welcomed everyone back after cancelled meetings for two weeks of dangerous winter weather. He led the recitation of The 4-Way Test. Song leader **Tom Howard**, accompanied by **Penny McGimpsey** on the piano, led the singing of "America the Beautiful." **Bill** led the Pledge of Allegiance and Moments of Silence, during which we honored our troops and Bettendorf neighbors in need of support, and we learned that **Dick Paplinski's** brother had died. After introductions, and some announcements, we joined in singing "Sing Out a Song of Rot'ry," "Get Together Song" and "Happy Birthday, Dear Rotarians" for those with February birthdays. They are: 03, Tom Kellenberger; 07, Michael Raso; 10, Gwen Tombergs; 13, Shawn Langan, Paul Scranton; 15, Russell Wright; 16, Tim Downing; 22, Tricia Gross; 23, S.K. Nanda; 25, Craig Windmiller

## Secretary Johanna Blevins introduced...

### Visiting Rotarians:

Don Sierk, North Scott Rotary  
Mary Macumber Schmidt, UnityPoint Health  
- Trinity & Davenport Rotary

### Guests:

Dan Saskowski, UnityPoint Health – Trinity, speaker  
Carrie Lamb, Sterling Federal Bank, **Shawn Langan** guest

In all, 45 Bettendorf Rotarians attended and were joined by 2 guests and 2 visiting Rotarians.

### Missing today...

Ashby, Bennett, Boeye, Chambers, Calabrese, M., Christopher, Coin, G., DeDoncker, Dobesh, Doty, Dunbridge, Early, Falk, Felsing, Franks, Gallagher, Jr., Garlach, Geordt, Hassel, Higgs, Kappeler, Keith, Kellenberger, Kraus, Larsen, Lawrence, Lokenvitz, Loweth, Mannix, Marbach, Martinez, Mickle, Mielnik, Mitvalsky, Mohr, Morrison, Naab, Naeve, Naumann, O'Brien, Rabine, Raso, Ricketts-McCool, Ross, Sarver, Saul, Scranton, Shea, Slavens, Spelhaug, Thein, Tombergs, Wells, Werner, Worner, and Yoder



### And at the end...

... of the meeting today, **Decker Ploehn** 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 \$\$.

## Upcoming meetings... and more

Meeting programs thanks to President **Bill Daley** and program chair **Scott Naumann**, [scottnaumann@msn.com](mailto:scottnaumann@msn.com), 563-505-7953:



**Feb. 13:** Rob Woodall from the QC Arconic plant

**Feb. 20:** Bettendorf Rotary hosts as our own **Mayor Bob Gallagher** delivers the State of the City address at the Waterfront Convention Center

**Feb. 27:** Meet the new director of Quad City International Airport

**March 6:** LobsterFest grant presentations at Tanglewood Pavilion; lunch at 11:15 a.m., program will begin at 11:45

### For more on Bettendorf Rotary:

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

# Rotary



### For more on Rotary International:

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