



THE BETTENDORF ROTARY CLUB NEWS... in the time of Covid-19

Bettendorf, Iowa, Rotary Club
May 12, 2021, 54th Covid issue

*Next, at Tanglewood Pavilion
plus via ZOOM:*

May 19, 2021

Meet executive director of the QC Hispanic Chamber

Janessa Calderon has been executive director of the Greater Quad Cities Hispanic Chamber of Commerce since Dec. 1, 2020, and she's the scheduled speaker at our May 19 meeting. She has been a staff member of the nonprofit organization since 2018.



Founded in October 2008, the GQCHCC says its mission is "to support, promote and enhance the growth and success of local businesses and to leverage the community's assets,

contributions and unique Hispanic cultural identity to generate new business."

It carries out that mission through networking, advocacy and leadership among its members – including QC area businesses, nonprofit organizations, educational institutions and persons of any background. To learn more, click: www.gqchcc.com.

This issue:
May 12, 2021



Performance to improve health

As the speaker at our May 12 meeting, **Rita Dakolios** of Quad City Performance elaborated on the process the company she has helped run for 15 years uses to help its members overcome the effects of obesity and lead healthier lives.

"There have always been some people who are overweight," she said, "but obesity has become an epidemic especially since the 1990s." She cited the statistics that link obesity to increased risks of many ailments and diseases, from aches and pains to heart disease.

To illustrate the Performance approach to helping its members back to fitness and better health, Rita described "Joe," a hypothetical person who's "not a good candidate for a gym membership": He's 50 years old, weighs 150 pounds more than his optimum weight, has aches and

pains, poor nutrition and doesn't sleep very well. He's failed as a gym member.

At Performance, Rita said, "we know each member by name." That personal approach goes beyond the staff greeting each member by name, she added. Members know each other's names, their occupations and families – "it's a community atmosphere."

As for the staff, Rita said, "all are professionals with at least a bachelor's degree" in the pertinent sciences so they "know how the body works and what changes are needed" to improve each member's health. Staffers – referred to as coaches – continually study to upgrade their knowledge, she said, so they can work as a team.

When "Joe" decides to join Performance, she said, he first undergoes about a two-hour fitness assessment, covering his current state of health plus details of his previous attempts to improve his health – emphasizing what hasn't worked for him as well as what has.

Next comes a plan to get Joe started – encompassing exercise, nutrition and motivation so he can stay with the program, Rita said. As Joe progresses toward better health and increases fitness, his individual plan changes. Joe and his coach set short-term goals – such as his target weight two months out – and they confer weekly on gradually changing his habits, nutrition, exercise... every aspect of his life that contributes to his health.

Performance – located near the Middle Road roundabout – is open around the clock so it can fit every member's schedule, Rita said. To learn more go to <https://www.quadcityperformance.fitness>



Announcements...

→ **Lobster Rock 'n' Rolls, Aug. 21:** It started innocently enough, when **Ann Kappeler** stepped to the microphone and said **Decker Ploehn** (most of us earlier suspected something when he was greeting everyone in his beloved lobster garb) had an announcement.

He mumbled something about no LobsterFest this year, which distracted us just enough for a strangely familiar character dressed in skulls with an unplugged electric guitar flourish – who later identified himself as "Johnny Moonbeam" – to appear, accost our past president with a cluster of tropic fruits and intone:

"Look at that: 'Bananas Foster.' I've been waiting since before Covid to say that!"

Then in a nearly perfect Cockney accent (Is that a non sequitur? Or oxymoron?), he bounced details off our Club Crustacean:

→ Lobster Rock 'n' Rolls – "Like LobsterFest, only better"

→ Saturday, Aug. 21



→Hy-Vee is supplying all of the food
 →Sure, there'll be an auction
 →And cocktails
 →Sponsors? Already Abbey Carpet Gallery and TBK Bank have signed on as presenting sponsors – and there's plenty of opportunity for more

Moonbeam promised more information to come later. Stay tuned for updates.



It's Grillin' Time!
BACKYARD BLAST
Raffle
 One BIG WINNER!

\$20.00 per ticket

Drawing held June 9, 2021, from all Tanglewood Hills Pavilion Bettendorf Hy-Vee. Tickets not be present to win. Rules and information available at www.bettendorforotary.com

\$600 Traeger® Pellet BBQ Grill-Smoker from Bettendorf **Hy-Vee**.
 \$500 Gift Card from Wallace's Garden Center
 + \$100 Meat Bundle from Bettendorf Hy-Vee
 + \$100 Gift Card from Crawford Brew Works

All proceeds go to support local non-profits through:
Rotary
 Club of Bettendorf

To purchase tickets with check or cash email: bettendorforotary@gmail.com and a member will be in touch with you!

→**Backyard Blast Raffle:** Sales of tickets for BRC's fundraising raffle continue, and **Ann Kappeler** approached members at their tables asking if any needed more tickets to sell. At \$20 each, the money helps fund the full range of BRC projects.

The winning ticket will be drawn at noon Wednesday, June 9, at Tanglewood Hills Pavilion. The winner will receive:

- \$600 Traeger Pellet barbecue grill-smoker from Bettendorf Hy-Vee
- \$100 meat bundle from Hy-Vee
- \$500 gift card from Wallace's Garden Center
- \$100 gift card from Crawford Brew Works

→**BRC racing for others:** **Carol Foster** said that, by volunteering to walk a mile in the 17th Annual Family Walk part of the national GiGiFIT Acceptance Challenge to benefit kids with Down

Syndrome, **S.K. Nanda** and **Fred Anderson** enable BRC to support the group with a \$150 donation. The event takes place at Veterans Memorial Park at 8 a.m. Saturday, June 5.

BRC happy \$\$ plus...

Past President Carol Foster invited members to share their happy news, or just news, or views...

Sharon Sarver – “Happy that skit is over” + this is two meetings in a row for me... and you know I started ‘Happy to Have a Make-Up’ but I’ve never won it... **Ann Kappeler** – happy not to have been in the skit... **Tim Lane** – looking for more sponsors – contact me (563-320-9161 or timlane7@gmail.com)... **Fred Anderson** – happy... but don't put my name in the hat, so Sharon can win.

The meeting opened...

The bell sounded, and **Past President Carol Foster** called to order the 54th meeting of the Bettendorf Rotary Club in the time of Covid-19.



She led the recitation of The 4-Way Test. She allowed **Tom Howard** to stay in the room – rather go to the exterior door, as a Covid precaution – as he sang, “This Is My Country,” the day's patriotic song. Carol led the Pledge of Allegiance and the Moment of Silence, during which we

honored our troops, those suffering with the Covid virus and those who care for them, and the Afghan schoolgirls killed in the recent bombing of their school. No visitors attended today.

At the end...



... of the meeting today, **Sharon Sarver** received the “Happy to Have a Make-up” drawn from among the names of members who shared their news in today’s installment of “BRC happy, etc. \$\$.”

Make up at another QC club...

[NOTE: If you know of any listings that need to be updated, please notify the editor; thanks]

Monday, noon: Davenport – Thunder Bay Grill

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

BR News staff...

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Upcoming meetings...

Meeting programs thanks to Program Chair **Scott Naumann, 563-505-7953;**

scottnaumann@msn.com:

May 19: Janessa

Calderon,

executive

director of the

Greater Quad

Cities Hispanic

Chamber of

Commerce



For more on Bettendorf Rotary:

Website:

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

Facebook: <https://www.facebook.com/bettendorfrotary>

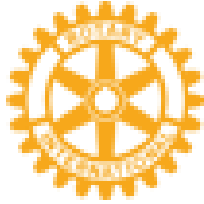
To join BRC meetings via ZOOM, at noon every Wednesday:

<https://us02web.zoom.us/j/85935276889?pwd=RFhGOGQ0eU5vaEFNYjB2TjR4WWtydz09>

Meeting ID: 859 3527 6889

Passcode: 069113

Rotary



For more on Rotary International:

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

Rotarians elsewhere...

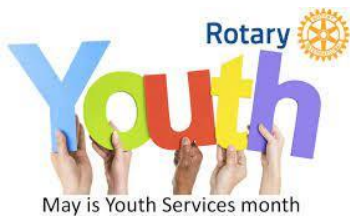
The Rotary Foundation Minute...

[Thanks to **S.K. Nanda**, BRC's Rotary Foundation chair]



Welcome to Week 2 of Rotary International's Youth Month

This is May, the month dedicated to the activities of Rotary Youth Service programs. This past week we have been bombarded with terrible news about the unrelenting impact of the Covid-19 pandemic, especially in India. Rotary Clubs and Rotary Districts have been responding in several ways to ease the untold hardships resulting from the virus in India.



Several clubs around the world have sent truckloads of oxygen canisters, ventilators, masks and necessary PPEs to combat the plague.

The Rotary Club of Cupertino (Los Gatos, Calif.) is among several clubs in Rotary District 5170 that have partnered with other organizations to help ease India's Covid-19 crisis. In a report by

Anne Gelhaus, editor of *The Bay Area News*, Cupertino Rotarians, together with Rotary e-club of SV Smart Village and the nonprofit Pratham USA, are raising funds to support a global grant for an oxygen generator for Covid-19 patients in New Delhi, as well as an effort to provide for more immediate distribution of oxygen products.

“India is experiencing a huge surge in Covid-19 cases,” said Ramesh Hariharan, past governor of Rotary District 5170. “This has resulted in overwhelming the country's hospitals and led to thousands of people dying. India has also experienced a massive shortage of oxygen, and the administration is struggling to vaccinate people amid this surge.” To donate, visit <https://www.classy.org/give/338345/#!/donation/checkout>.

In Rotary,
Olabisi Gwamna, PhD
Mount Pleasant, Iowa Rotary
Editor, Foundation Minute



Rotary District 6000 governor...

Inspiration to start this week of District Conference with a smile and maybe a chuckle:

It's hard to explain puns to kleptomaniacs because they're always taking things literally.

Proud to be a Rotarian,
Steve Dakin
District Governor 2020-21
steve@retiredfun.net