



THE BETTENDORF ROTARY CLUB NEWS...

in the time of Covid-19

**Bettendorf, Iowa, Rotary Club
June 30, 2021, 60th Covid issue**

*Next, at Tanglewood Pavilion
plus via ZOOM:*

June 30, 2021

Presidential gavel to pass from Rick to Larry...



As June ends next week, so too does the term of **President Rick Bormann** – and the gavel, that traditional symbol of leadership, will symbolically pass to **President-elect Larry Thein**.

Rick took office three months after the U.S.

hunkered down to slow the spread of the Covid-19 pandemic. Like every other entity in the society, Bettendorf Rotary was still defining how it could stop meeting but still serve. In the waning weeks of **Past President Carol Foster**'s term, we group-shared emails about how members were serving. Then 60 weeks ago we resumed publication of the *BRC News* and soon we were back to meeting weekly – but only via ZOOM. Gradually, as the pandemic evolved, we've (almost) fully returned to normal. Rick and Larry will lead us through that continuing transition.

This issue:
June 23, 2021



How Heart Assn. helps – count 'em

To make certain she was addressing the heart health issues her audience was most interested in, **Cathy Brandt**, corporate events director for the Northeast Region of Iowa of the American Heart Association / American Stroke Association, asked members at the June 23 meeting to choose from this list:

- Impact in the QCA:** How support for AHA impacts local communities
- Urban / suburban vs rural:** Heart health inequalities, rural vs in-town

→ **7 salty myths:** how to keep healthy blood pressure and manage salt intake.
→ **Hands-only CPR:** chance of surviving cardiac arrest drops 10% per minute – this improves the odds until help arrives

While she focused on the topics that got the most “votes,” she provided the salient points of all four topics for the reader of *BRC News*:

→ **Impact in the QCA:** Cathy described some of the impacts AHA has on all Iowa communities, including: hiking the tobacco tax to help prevent youths’ use of it... expanding smokeless public places in Iowa... and funding an Iowa Stroke Patient Care Program, in light of a 44% rise in strokes among people age 20-44 since 2000 – thus cutting patient-care through Medicaid

→ **Urban / suburban vs rural:** Country folk have higher death rates from heart disease and stroke and die an average of three years earlier than those in urban areas, Cathy pointed out, because of lower household income... fewer years of post-high school education... slower job growth and higher unemployment... fewer housing rental options... limited transportation to get to work, or to medical care... and, ironically, fewer affordable food options.

→ **7 salty myths:** She “busted” these myths about sodium in the diet: “eliminate sodium completely” – but the right amount is needed for good health... “sea salt has less sodium than table salt” – nope, both have about 40%... “I don’t usually salt my food” – but about 75% of salt comes from processed food... “high salt levels only come from food” – some over-the-counter drugs have a lot of sodium, so read labels... “lower sodium foods have no taste” – add herbs, spices of citrus... “my blood pressure is normal

so I don’t worry” – but AHA recommends using less than 5,500mg per day (not a huge amount).

→ **Hands-only CPR:** Cardiac arrest, or an irregular heartbeat that disrupts blood flow to vital organs, is about 90% fatal without immediate action. Hands-only is as effective as full CPR; it has two parts: (1) call 9-1-1 if you see a teen or adult suddenly collapse, and (2) push hard and fast to the center of the chest at 100-120 beats per minute (the tempo of the Bee Gees song “Stayin’ Alive”).

Cathy punctuated her presentation with details of how she saved her sons from dying when they had heart problems. And **Rick Bormann** described how his daughter collapsed while riding in a car – but **Frank Mitvalsky**’s son knew immediately how to start CPR and save her. She’s fine now, he added.

Presentation...

→ **Rotarian of the Quarter:** Even though many aspects of our daily life were halted or reduced, schools were still



in operation, and their staff and teachers were among the essential personnel that BRC wanted to thank for their service. Over the course of Covid, BRC purchased 1,283 lunch meals for the employees who work in all of Bettendorf’s public and private schools – and **Monica Kruse** earned Rotarian of the Quarter honors for organizing the entire process, week after week.

Announcements...

➔ **Tiny House project: Joe Campion** reiterated the details of the work opportunity on finishing the tiny house BRC is helping fund in inner-city Davenport

“Basically, we are going to plant some shrubs and a tree, lay mulch and landscape gravel and clean up some weeds. The Green Thumbers, Davenport, will supply the shrubs and material, Bettendorf Rotary supplies the muscle” – work gloves, a shovel and other tools



Work is slated to begin 9 a.m. Saturday, June 26. From Bettendorf, Joe gave these directions: go west on River Drive, turn right on 4th Street, turn right on Marquette and just after crossing 6th Street turn right at the alley.

“The Tiny Houses are ahead and to the left, in space behind the One Eighty Community Center, at 1117 and 1119 W. 7th St.

“With our usual turnout of volunteers,” Joe said, “this project should only take a few hours.”



Saturday, August 28, 2021

Tanglewood Hills Pavilion, Bettendorf

➔ **Lobster Rock ‘n’ Roll:** Last week, each table was asked to contribute to the process of developing packages of auction items. All of those lists were turned over to **Shannon Chap**, who is following up on each of them via email.

Meanwhile, efforts are ongoing to enlist more sponsors. In addition to Presenting Sponsors TBK Bank and Abbey Carpet Gallery, companies, or individuals, can become sponsors at these support levels:

Presenting sponsor: \$5,000

Gold sponsor: \$2,500

Silver sponsor: \$1,000

Bronze sponsor: \$500

Please contact any committee member with your ideas:

Ann Kappeler:

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Gwen Tombergs:

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Shannon Chap:

Shannonchap@gmail.com

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Tim Lane: Timlane7@gmail.com



BRC happy \$\$ plus...

President Rick Bormann took the microphone into the room so members could share their news or views: **Bill Daley** – daughter’s wedding + birthday, so “rounded up to 60... but I don’t think I look that old”... **Ken Vandersnick** – cousin trying to qualify as a member of the U.S. Olympic team in competition tomorrow.

The meeting opened...



President Rick Bormann called the meeting to order and led the recitation of the 4-Way Test. **Tom Howard** led the group singing of our patriotic song, “This Is My Country.”

Rick led the Pledge of Allegiance and the Moment of Silence, when we especially remembered our troops and those suffering from Covid-19.

Club Secretary Shelly Naumann said we had no visitors or guests.

After “BRC happy \$\$ plus,” Tom returned to lead the group singing of “Sing, Rotarians, Sing” and “The Happy Wanderer.”

At the end...

... of the meeting today, **Ken Vandersnick** 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.\$\$ plus.”



Make up at another QC club...

[NOTE: To update any of these listings, please notify the editor; thanks]

Monday, noon: Davenport – Davenport YMCA

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 & more...

Meeting programs thanks to Program Chair **Scott Naumann**, 563-505-7953; scottnaumann@msn.com:

June 30: The gavel passes from **President Rick Bormann** to **President-elect Larry Thein**

Saturday, Aug.

28: BRC's Lobster Rock 'n' Rolls fundraising event and auction at Tanglewood Pavilion

Sept. 22: Annual BRC Golf Outing at Palmer Hills Golf Course – no regular meeting, but grilled steak and more after the golf that evening



BRC News staff...

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Many thanks to **S.K. Nanda** for his excellent photos

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For more on Bettendorf Rotary...

Website:

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

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

To join BRC meetings...

... on ZOOM, every Wednesday noon:

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

Meeting ID: 859 3527 6889

Passcode: 069113



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 3 of Rotary International's Fellowship Month.



It's been a very busy week for Rotarians all over the world, especially as clubs and districts prepare for a new Rotary Service Year. New presidents, secretaries and board members are being sworn in and attempts are being made to keep the 4-Way Test relevant.

In the midst of all these, TRF keeps on doing good globally, equipping medical clinics and centers with life-saving equipment, donating relief materials to victims of natural disasters and as recently as a few days ago, improving the personal hygiene of teenagers. The Rotary Club of Haenertsburg, South Africa, with the help of a Rotary Foundation Global Grant, came to the aid of schoolgirls in rural Limpopo by introducing them to reusable sanitary kits. The R1.78 million (124,000 USD) grant will train 25 candidates in fabric

design as well as entrepreneurial skills from the Junior Achievement curriculum. As we welcome new club officers, let us all remind ourselves of the change that is possible when The Rotary Foundation transforms your gifts into service projects that change lives both close to home and around the world.

Since it was founded more than 100 years ago, the Foundation has spent more than \$4 billion on life-changing, sustainable projects. With your help, we can make lives better in your community and around the world.

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



**Rotary District
6000
governor...**

*Inspiration to
start this week
with a smile and
maybe a chuckle
(Version 51):*



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