



THE BETTENDORF ROTARY CLUB NEWS...

**Bettendorf, Iowa, Rotary Club
Sept. 15, 2021**

*Next, at Tanglewood Pavilion
plus via ZOOM [See p. 6]:*

Sept. 22, 2021

Looking ahead: How we'll put service above self...

In a way, **President-elect Brian Goerd** will begin his presidential term early –

starting with the Sept. 22 meeting. He'll lead a discussion about our club and the many opportunities members have for serving communities – from Bettendorf to the world – through Rotary.

Stacks of forms – “Committee Interest Sign-Up” – were found on each table at today's

meeting. They list more than a dozen ongoing projects and initiatives that BRC carries out yearly – and each one represents opportunities where BRC members can apply their interests or expertise to help others.

Look over that sign-up form, check off an item or two where you can make a difference, and come next week prepared to help BRC serve all of the communities of which it's a part.



***This issue:*
Sept. 15, 2021**



Focus on mental illness disorders

On practically the eve of the organization's most visible fundraising event, we learned a good deal about mental and emotional disorders at our Sept. 15 meeting from **Christina McNamara-Schmidt**, development manager of the Greater Mississippi Valley Chapter of NAMI, the National Alliance on Mental Illness.

NAMI Walks Your Way – a 5-K walk, Christina emphasized, “although we always welcome some runners” – steps off at 9:30 a.m. Saturday, Sept. 18, near the Bandshell in Bettendorf's Veterans Memorial Park. Social and educational activities begin at 8 a.m.

Mental health disorders have long caused those who experience them – and often their family members – to be stigmatized, Christina said. But these biologically based brain disorders can be caused by triggers in their environmental – and

largely are not the fault of the person with the illness or their family, she explained.

When an episode of mental illness occurs, it's "deeply traumatic," disrupting every aspect of the lives of the person affected and their family, she added.

In her presentation, Christine discussed some of the factors that may contribute to someone developing a mental health condition:

- They're usually not the result of one event; rather, research suggests there are multiple, often linked causes – such as genetics, their environment or lifestyle
- A stressful home life or job – or traumatic life events, such as the death of a loved one, or a major illness – may make it more likely
- In some cases, biochemical processes may go awry, or brain structures may not be normal.

Everyone experiences emotional ups and downs, but when they go too far they may signal mental illness; for example:

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or difficulty concentrating or learning
- Extreme changes in mood
- Irritability or anger that lasts a long time
- Difficulty interacting with other people
- Changes in sleeping habits or complaints of ailments without apparent causes

While there are often "gray areas" between normal and mental illness symptoms for many of the behaviors on the list above, others are more clearly symptoms of mental illness:

- Difficulty perceiving reality
- Substance abuse
- Suicidal thoughts

The Mississippi Valley chapter of NAMI serves the Iowa counties of Scott, Muscatine, Clinton and Jackson, and the Illinois counties of Rock Island, Henry and Mercer

To learn more about NAMI or register for Saturday's NAMI Walk, you can go to: www.namiwalks.org/greatermississippivalley. To contact Christina: 563-370-8925 or go to development@namigmv.org



Presentation...

→ **Paul Harris Fellow + 1: Steve Sorensen** received his Paul Harris Fellowship "plus one" pin from **S.K. Nanda**, signifying that Steve has donated \$2,000 to the Paul Harris Foundation.

Before presenting the pin, S.K. explained how every member of BRC contributes to the foundation with each dues payment. Every year, BRC members give \$100 to the Rotary Foundation as part of quarterly dues. The club doubles those payments for a member's first five years – until he or she becomes a Paul Harris Fellow. Through dues and individual donations after that, PHF pins acquire jewels – rubies for four pins, emeralds for four and a diamond at \$10,000.

Last year, S.K. said, TRF spent \$362 million on projects worldwide to improve

peoples' lives. (click on one of the links under the headline "Lifelong learning with Rotary" near the end of the newsletter).

Announcements...

→**Golf Outing: President Larry Thein** noted that "17 foursomes" had played in last Wednesday's annual BRC golf classic followed by food at the pavilion with its close-up view of Palmer Hills' new putting area.



At the dinner, emcee **Decker Ploehn** announced the results:
→Last-place team with a score of 72 comprised (first names omitted – but you know who you are) **Sorensen, Vandersnick, Yoder and Rabine.**
→Third-flight winners with a score of 65 were **McGimpsey, Kappeler, Arnette and Sarver.**
→Second flight winners with a score of 63 were **Simons, Nelson, Shef and Lane.**
→The 2021 champions with a score of 55 were **Falk, Ploehn, McCool and Campion.**

Pin event winners were:
→No. 2 long drive, men: **Steve Sorensen**

→No. 5 long drive, women: **Kaitlym Hart**

→No. 9 longest putt: Kevin Schultz

→No. 13 closest to pin, men: **Decker Ploehn**

→No. 17 closest to pin, women: Robin Radall

Sandy Yoder had the lucky ticket number for the flat-screen TV.

Thanks for the event's success went to co-chairs **Dean Kraus** and **Maria Osterberg** – with special thanks to the sponsors:



→**Red Badge meeting:** Also known as "the fireside chat," since some name badges of recently inducted members didn't have red stickers – but it didn't occur near a fire either – the Tuesday evening meeting gave new members the opportunity to learn more about Rotary from members of the BRC Board and others. Recently inducted members at that meeting were:

→**Broch Biggerstaff**

→**Terry Thompson**

→**Gary Mohr** (who became a member some years ago, but had missed this meeting because of Iowa Legislature meetings)

→**Jillian Aschliman**

→**Elias Alkhouri**

→**Marcia Erickson**

Larry Thein promised another “learn more about Rotary” meeting before too long, to serve others who had joined during the Covid-19 hiatus.

➔**Lobster Rock ‘n’ Roll:** In the first regular meeting since our lobster-themed fundraiser, **Ann Kappeler** thanked all members who contributed to its success. She asked the planning committee to stand... then those who took an active role in the event... the sponsors... those who gave auction items... the ticket-purchasers... those who contributed money... those who enjoyed the event. In other words, the whole room was standing, and she thanked us all for the Lobster R ‘n’ R’s success.



Afterward, **Larry Thein** thanked Ann with a mum plant in full bloom. (Later, after the meeting adjourned, **Dr. Tom Olson** quipped, “We all knew about it, but we kept mum.”)

➔**Charities Board:** The board, with its newly expanded membership, met before the weekly meeting, and chair **Jeff Hassel** made two announcements:

The application deadline has been extended to Nov. 1 – and he said **Carol Foster** would send out a new release.

Also, because of the success of Lobster R ‘n’ R, BRC likely will be able to exceed the usual \$25,000 in grants to QC

charities. **Larry Thein** nodded his agreement with the likely budget for charitable giving this coming year.



➔**An Acre of Warmth:** Noting that the box to collect members’ contributed blankets was virtually full, **Joe Campion** asked members who had not already raided their closets to “bring ‘em in” to next week’s meeting. He said he and **Kevin Koellner** are adding up the square footage and “we may be past an acre and on our way to a square mile.”

Giving that momentum a push, he said **Monica Kruse** had contacted Bettendorf Schools, which promised to add blankets or cash contributions.

For members who want to contribute so BRC can buy more blankets, Joe said checks should be made payable to Bettendorf Rotary, with a memo for blankets – or for a charitable tax credit, make the check payable to the BRC Foundation.





BRC Happy \$\$ Plus...

President Larry Thein took the microphone around the room and invited members to share their happiness and other news: **Mayor Bob Gallagher** – nearing the end of his term atop the organization of mayors of cities all along the Mississippi River – major achievement: development of a system for tracking the origin of trash in the river, so it can be reduced... **Mike Simons** – 38th anniversary... **Sandy Yoder** – thankful he won the TV set at the golf outing... **Mike Vondran** – a few foursomes left for the HAVlife fundraising golf outing + governor proclaimed September as HAVlife Month in Iowa – permanently... **Mayor Bob** added Bettendorf will soon do the



same... **Bob Gallagher Sr.** – 54th anniversary... **John Rabine** – it's National Library Card Month – make sure your get one, free, if you don't already have one... **Tim Lane** – donned a hard hat as he showed how he sustained a head wound at the Golf Outing last Wednesday... **Monica Kruse**

– urged support of the Sunday, Sept. 26, benefit for Jessica Dell, 15-year-old girl with terribly debilitating illness: 1-6 p.m. at The Rock, 302 1st St., Coal Valley, Ill., 309-948-1966 of 309-509-3402.

The meeting opened...

After the bell rang, **President Larry Thein** called the meeting to order, introduced the day's guest speaker and led the recitation of The Four-Way Test.



Tom Howard, accompanied by pianist **Penny McGimpsey**, led the singing of the day's patriotic song, "God Bless America."

Larry led the Pledge of Allegiance and the Moment of Silence – when we especially remembered our troops, and we learned that **Ken Vandersnick** is ill, and **Dick Hanzelka** is undergoing a medical procedure. We also remembered the passing of Davenport Rotarian Jim Wentzel and Carol Voelliger, widow of the late **Norm Voelliger**.

The day's guests were: Dougal Nelson, Moline Rotary; former and returning member Jean Dickson; Rachel Kroeger, guest of **Maria Osterberg**; Dave Sheffield, guest of **Mike Simons**; and today's speaker, Christina McNamara-Schmidt, development manager of the Greater Mississippi Valley Chapter of NAMI, the National Alliance on Mental Illness

After Announcements and Happy \$\$ Plus, **Tom Howard** led the singing of "The More We Get Together."

At the end...



... of the meeting today, **Bob Gallagher Sr.** won the drawing for a free make-up from among the names of members who shared their news in today's installment of

"BRC Happy.\$\$ Plus."

Upcoming meetings & more...

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

Sept. 22: Brian Goerdt will lead a discussion about our club and the many moving parts of the initiatives and endeavors that we're engaged in.

Dec. 1: District Gov. Alka Khanolkar and her husband Kiran plan to visit BRC



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

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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 (effective through June 29, 2022):

<https://us02web.zoom.us/j/86114972491?pwd=c3RZdm5qL01EckFWZzFrSjZkZ01ZZz09>

Meeting ID: 861 1497 2491

Passcode: 816180

Rotarians elsewhere...

For more on Rotary International:

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

The Rotary Foundation Minute...



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

Lifelong learning with Rotary...

We've all adapted and found new ways of

connecting during the COVID-19 pandemic, from online Rotary club meetings to virtual visits with family. The same is true for education in many places around the world: COVID-19 disrupted learning for children and adults. But amid the challenge, educators and communities are using their creativity to find ways to keep students learning. This requires support from people of action like you, who give schools the digital tools they need and empower teachers to continue to provide meaningful learning opportunities.

With your help, The Rotary Foundation can fund projects and programs like these that increase communities' capacity to offer a basic education and promote literacy:

→The Red Sweater Project in Tanzania that helps keep students in school, <https://www.rotary.org/en/former-soccer-star-leaves-it-all-on-field-improve-education-tanzania> supported by the Rotary Club of Lewis River (Battle Ground), Wash., USA

→A broadband project to make virtual learning available to a whole state, <https://www.rotary.org/en/high-speed-internet-isnt-luxury-its-essential-for-21st-century-education> supported by the Rotary Club of Denver, Colo., USA

→Camino Seguro, or Safe Passage, which offers education, nutrition and counseling for children and adults in Guatemala, <https://www.rotary.org/en/educating-in-a-pandemic-and-beyond>

supported by the Rotary Club of Guatemala La Reforma, in addition to other clubs in Canada, Guatemala and the United States

Thank you for your service and support.

Sincerely,
The Rotary Foundation

Rotary District 6000 governor...



Weekly R.I.S.E Action Team message:

R.I.S.E. Action Team Chairs Joyce Taylor and Sarah Simon share these words.

"Life would be tragic if it weren't funny." - Stephen Hawking

Rotary Summit – save the date...

Mark your calendar to login for the virtual One Rotary Summit ZOOM on Wednesday evening, Oct. 20. Every Rotarian is invited to participate. I would especially like the chairs of Membership, The Rotary Foundation and Public Image of all clubs to participate.

In Rotary Fellowship
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