



THE BETTENDORF ROTARY CLUB NEWS...

Bettendorf, Iowa, Rotary Club
March 2, 2022

Next:
March 9 at the Waterfront Convention Center

We'll hear Mayor Bob's State of City address

As we have for every year of our own Mayor Bob Gallagher's tenure at the head of Bettendorf city government, BRC will host the mayor's annual State of the City address next Wednesday, March 9.



There will be no regular meeting next week.

BRC will welcome all of the city's other service organizations, city employees and other citizens for the address at the Waterfront Convention Center.

We've been advised to arrive early for lunch service, beginning at 11 a.m. The mayor's address begins at 11:30.

March 2, 2022



New ways to look at good health

Covid-19 cut short **Joni Abbott's** 24-year broadcasting career on various QC radio stations, sending her to a "life crossroads." Her search for where to go next led her to a decision to "work only jobs that don't feel like work and that bring me joy," and that enabled her to "truly be in service to humanity."

Guided by her conclusion that "we have become disconnected from our bodies, food and what true overall health and well-being really look like," she mixed in her experience as a broadcaster to become a podcaster.

While she shared the outlines of approaches to good health other than Western medicine, which predominates in the U.S. and Europe, she acknowledged that "there is always the need for emergency medicine and surgical procedures." The other ways she described:

➔ **Homeopathy**, “a system of natural health care that has been in worldwide use for (more than) 200 years” which “treats each person... with the aim of stimulating their own healing ability.” She said the World Health Organization recognizes it as the “second largest therapeutic system” in the world.”

➔ **Ayurveda**, a Sanskrit term meaning “science of longevity,” puts emphasis on harmony between a person’s internal and external worlds, so that “everything we experience, be it a physical substance, a thought, or emotion, has certain qualities” that influence health.

➔ **Traditional Chinese medicine** in which the “vital force of life, called Qi, surges through the body.” Any imbalance in Qi – a change in the “opposite and complementary forces... called yin and yang” – can cause illness. Humans are believed to be a microcosm of the whole universe and its forces.

➔ **Diet and nutrition**, Joni said, gets focus from the Hippocratic quote, “Let thy food be thy medicine and thy medicine food.” But natural good food, water and air are being corrupted by chemicals that leave “everyone who consumes them vulnerable to illness...” She advocates “embracing more vegetables and fruits” and “clean, filtered water” in our diets. Extending the food as medicine concept, she said, “When diet is wrong, medicine is of no use; when diet is correct, medicine is of no need.”

Broadening the concept to “promote community, athletic performance, empowerment and support,” she advocated “a wholistic approach to health and wellness” such as what occurred in the second QC Fit Fest last month.

Announcements...

➔ **Membership push:** Rotary International set a goal of hiking membership worldwide from 1.2 million to 1.3 million this year. **Scott Naumann**, who is a key part of District 6000’s efforts to increase membership, reported that BRC has caught the attention of the district – and beyond – by adding 19 new members (20% rise) so far.

District 6000 as a whole has increased membership by 10%, DG Alka Khanolkar reported. But, Scott noted, some of the district’s clubs are still struggling with losses or no gains after Covid-19 complications.

We now have 113 members – even without activating a “satellite” club, yet, Scott said. We’ve proposed adding an early-evening club to serve those who can’t attend at noon on Wednesdays, but details are still being worked out. “We have momentum!” Scott said in his usual subdued manner.

President Larry Thein reminded us that we still have a few more new members to go before we achieve our goal of 30% growth for the year – so keep inviting guests to get acquainted with us and all of the ways we serve our community.



➔**BRC Board:** Larry invited any member who is interested in becoming part of the “presidential track” on the BRC Board to apply. It’s easy – just tell any current Board member – Larry asked all present to stand. The presidential track involves a five-year commitment as one rises through Board and officer positions.

➔**Lobsterfest:** Larry noted that planning is moving forward for LobsterFest – the evening of Saturday, June 11, right here on the grounds of Tanglewood Pavilion. The Planning Committee of a bout 20 members met Tuesday – and more are welcome to join, he said.

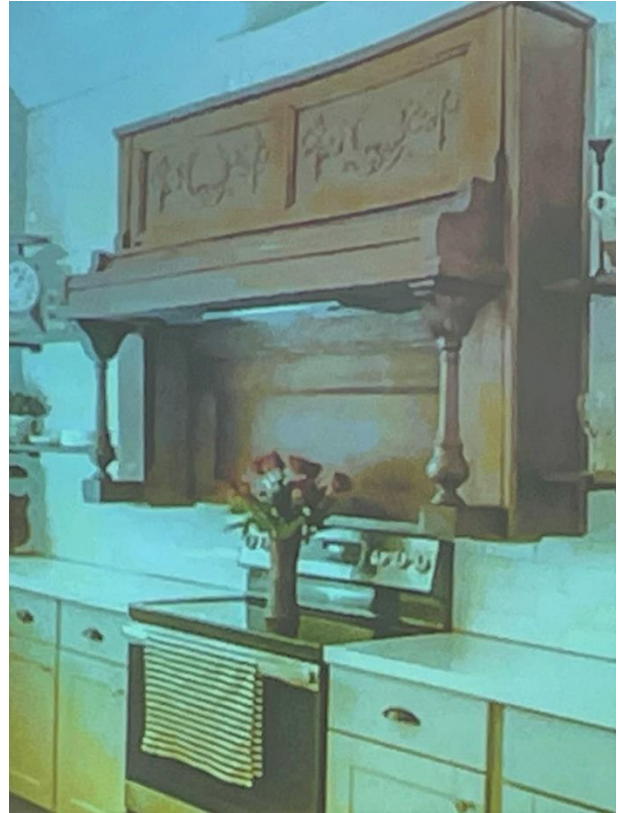


After the success of last year, the menu again will feature lobster rolls and steak, instead of whole lobsters flown in from New England. Our own **Decker Ploehn** will repeat as emcee.

Brian Goerdt invited members’ companies to begin planning their sponsorship level. Title Sponsors TBK Bank and Abbey Carpet Gallery have committed to repeat. Gold (\$2,500), Silver (\$1,000) and Bronze (\$500) levels are available – and sponsorship request forms with details were at each table.

Brian also passed out sheets of ideas for LobsterFest auction items – plus ways to add value to auction items, such as turning a lone art lesson into a painting date for four people.

➔**Remember the old piano? Dr. Carl Zies** took that vintage instrument off our hands – and out of our Tanglewood Pavilion meeting room. This is its new role in Carl’s home...



[I don’t imagine there are many long pieces being played now... and likely none at all before meals...]

BRC Happy \$\$ Plus...

President Larry Thein passed among the tables with the microphone to capture these bits of news that members wished to share: **Jeff Doty** – \$\$ for missing one birthday during his absence, with more to come for the other one... **Decker Ploehn** – “I thought it would be OK to rearrange the room to be closer to the screen – but now I can’t see” – so here’s \$\$ to move it back... **Dr. Tom Olson** – “I’m short too”, so more \$\$ to move it back + thanks to the city for “a new street”... **Greg Blaske** – joy in seeing his daughter follow in Dad’s footsteps as a physical therapist... **Jean Dickson** – “awesome” to be back + invitation to sign her petition as a candidate for Scott County Board of Supervisors... **Dan Harvey** – asks for

support as he does “a 4 x 4 x 48” – run 4 miles every 4 hours for 48 hours – in a fundraiser for STEAM on Wheels (supporting tech and arts education) this Friday to Sunday – follow him on Facebook or go to his website danharvey@extremebodyshaping.com for more details... Dan also sent along this address for more information: <https://www.facebook.com/1077628019/posts/10224156933245880/> ... **Shaun Langan** – “happy to see my nametag was still there when I arrived” – said he’d been gone so long... **Joy Dodson** – after attending parent-teacher conference, a deeper appreciation for what teachers do... **Ada Christopher** – gone a long time because of Covid, but attended by ZOOM and happy to be back in-person... **Dr Tom** again – “So you were ‘Home Instead’?”

The meeting opened...



Our guest speaker rang the bell, and **President Larry Thein** called the meeting to order, welcoming everyone. He asked **Jeff Bloemer** to lead the recitation of The Four-Way Test. Larry read

the names of members with March birthdays – and we sang “Happy Birthday” to them a bit later (see below). **Elias Alkhouri** led the Pledge of Allegiance. **Tom Howard** led the singing of the day’s patriotic song, “This Is My Country.” Larry led the Moment of Silence, during which we especially remembered our troops (thanks to **S.K. Nanda**) and the people of Ukraine, as they bravely fight against the unprovoked invasion by Russians (**Monica Kruse**).

Club Secretary Shelly Naumann introduced visitors: Laura Davis, Moline Rotary; Roy Springfield, guest of **Jeff Doty**; Trevor Sebbon, guest of **Larry Thein**; Ryan Kopf, guest of **Penny McGimpsey**; Derek Cockrell, guest of **Matt Sturdevant**; and Saloni Seth, guest of **Monica Kruse**.

After announcements and “BRC Happy \$\$ Plus”, we lived up to our reputation as a singing Rotary as **Tom Howard** led us in “Sing Rotarian,” “My Wild Irish Rose” – in anticipation of St. Patrick’s Day – and “Happy Birthday, Dear Rotarians” specifically these members with March birthdays (who also had fresh yummys to celebrate with):



04, **Tracy Naab**; 07, **Matt Sturdevant**; 21, **Jenny Garlach**; 22, **Rochelle Bougall**, 25, **Rick Bormann** and **Tim “Chopper” Shea**; 27, **Michael Simons**; 34, **Ron Crist**, **Dave Falk** and **Kevin Koellner**.

At the end...



... of the meeting today, **Ada Christopher** won the drawing for a free meeting make-up from among the 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:



March 9:
Mayor Bob Gallagher gives the State of the City address at the Waterfront Convention Center

April 22-23:
All-Iowa District Conference, Coralville Hyatt

June 4-8: Rotary International Convention, Houston, Texas; to register: <https://convention.rotary.org/en>
Saturday, June 11: LobsterFest

For more on Bettendorf Rotary...

Website:

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

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

To join BRC meetings via ZOOM...

<https://us02web.zoom.us/j/7823748708?pwd=Q1dKblVLSFhLZUJZVnA3YzVnLzRKZz09>

Meeting ID: 782 374 8708

Passcode: 236034

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, upstairs, Hy-Vee, 30th Street & 18th Avenue, Rock Island

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

BRC News staff...

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Rotary elsewhere...

2 special District 6000 meetings on Ukraine, Kentucky disasters...

District 6000 will conduct two special ZOOM meetings on **Friday, March 11**, to learn how Rotarians can serve through disaster relief / response operations, DG Alka Khanolkar announced.

→ Bill Tobin with ShelterBox will talk about disaster response relief in **Ukraine** and how we can help at 11:30 a.m. - 12:30 p.m. Register in advance for this meeting at this link:

<https://us02web.zoom.us/meeting/register/tZIsf-mprjwoH9VcOY0ShlfeIbWem5ILUUja>

→ At 7-8 p.m., PDG Steve Dakin will present an update on District 6000's disaster response relief in Kentucky.

Register in advance for this meeting at this link:

[https://us02web.zoom.us/meeting/register/tZItcumtqz0jH9IrNDPQfyiBa5fw9Uul9jai](https://us02web.zoom.us/join/https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/register/tZItcumtqz0jH9IrNDPQfyiBa5fw9Uul9jai)

After registering for either ZOOM meeting, you will get a confirmation email with information about joining the meeting, Alka said.

Rotary International adopts District 6000 resolution in fight against human trafficking...

Rotary International's Council on Resolutions in February adopted the resolution from our District 6000 urging Rotarians everywhere to work to oppose "the growing problem of modern-day slavery" – or human trafficking.

Several years ago Bettendorf Rotary became acutely aware of the existence of human trafficking – people being captured for forced labor or sexual exploitation – thanks to a program by Bettendorf's Maggie Tinsman. She told us that human trafficking exists right here in Iowa and the QC, in part because of our location on Interstate highways.

At today's meeting **Scott Naumann** reported that International had adopted the District 6000 resolution – which stemmed at least in part from BRC's awareness of the issue.

The measure adopted by Rotary International encouraged "all Rotarians to become more familiar with the growing problem of modern-day slavery, to be vigilant and report suspicious activity in this regard, and to work towards solutions to end the practice in all its forms."



– Charles M. Schulz

IN ROTARY FELLOWSHIP
Alka K Khanolkar | District 6000
Governor 2021-22
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Cell – 319-504-9857

All-Iowa District Conference...

The All-Iowa District Conference, April 22-23, combines Iowa's two Rotary districts – 6000 and District 5970 in northern Iowa. It's the first time in 75 years that the two districts have combined for a conference.

View your registration choices at <https://rotary6000.org/event/all-iow-district-conference/>.

You can register online or mail the form that's an attachment on this email: <https://mail.google.com/mail/u/0/?tab=rm&ogbl#inbox/FMfcgzGmtrMRVRTqKkXdpNhmndxVCMpm>.

The early bird price discount is available until March 22.

For more on Rotary District 6000:
<https://rotary6000.org/>

For more on Rotary International:
<https://www.rotary.org/>

The R.I.S.E. Action Team shares this thought:

“Don't worry about the world coming to an end today. It is already tomorrow in Australia.”