



THE BETTENDORF ROTARY CLUB NEWS...

Bettendorf, Iowa, Rotary Club
March 16, 2022

Next:
March 23 at Tanglewood Pavilion

United Way QC strives to boost young readers

About a month ago, United Way Quad Cities launched a campaign, Read United QC, to help struggling young readers improve their reading skills. **Renee Gellerman**, president and CEO, and our

own **Melissa Pepper** will tell us more at the March 23 meeting – including how we can help.



Read United QC aims to help at least 500 preschool to 3rd grade students in Scott and Rock Island counties by pairing a volunteer mentor with each child who the school districts identify as needing extra help.

Local reading assessments made since the start of the Covid-19 pandemic found only 30% of 3rd graders meet grade-level proficiency. Before Covid-19, 61% of QC 3rd graders were reading at expected grade level.

“By engaging students in books and with reading volunteers, we can give them the opportunity to practice reading and develop literacy skills,” Rene told reporters. Reading is key to future success in school and in life.

March 16, 2022



‘Bystander’ CPR can save lives

CPR – cardio-pulmonary resuscitation – saves lives. That’s the bottom line. Whether it’s the technique that usually comes to mind – rapidly pushing on the person’s chest plus mouth-to-mouth breathing – or the simplified Hands-Only technique – only pumping the chest – CPR begun as soon as someone collapses can save that person’s life.

At our March 16 meeting, **Cathy Brandt**, the American Heart / Stroke

Association's corporate events director for the Northeast Region of Iowa, which includes the Quad Cities, explained Hands-Only CPR. "Think of this as 'bystander CPR'," she said. It's virtually as effective in saving a life as the traditional technique, which includes mouth-to-mouth breathing.



In teaching us about Hands-Only CPR, Cathy explained the difference between a heart attack and cardiac arrest, which people often think are the same.

A heart attack occurs when blood flow to the heart is blocked. In cardiac arrest, the heart malfunctions and suddenly stops beating. "Nine out of 10 times when cardiac arrest happens outside of a hospital, the person does not survive," Cathy said. A heart attack can result in cardiac arrest, so she listed the **warning signs of heart attack**:

- Discomfort in the center of the chest – which feels squeezing, fullness or pain – that lasts more than a few minutes, or goes away but returns
- Discomfort or pain in other parts of the upper body – one or both arms, back, neck, jaw or stomach

- Shortness of breath with, or without, chest discomfort
- Other signs may include a cold sweat, nausea or lightheadedness

If you see someone with any of these heart attack symptoms, Cathy said, call 9-1-1 and – especially if the person stops breathing – perform Hands-Only CPR until first responders arrive.

While these symptoms may not mean the person is actually having a heart attack, she said, let trained professionals make the diagnosis. "There's no harm in a false alarm," she emphasized.

The signs of cardiac arrest are sudden and much more drastic than for heart attack:

- Sudden collapse
- No pulse
- No breathing

No pulse and no breathing mean the heart is not supplying oxygen to the person's brain. "Each minute without oxygen means some brain damage," Cathy emphasized.

There are only two basic steps in Hands-Only CPR – but Cathy said the details are also very important:



- Call 9-1-1. If you're alone with the person in distress, do this first yourself. If others are present, point to one specific

person (if they have a phone, that's even better), and say, loudly and clearly, "You! Call 9-1-1!"



- Begin Hands-On CPR
- Interlace your hands
- With the heel of your palm, compress the chest deeply
- Release fully between compressions
- Keep your elbows straight
- Push with your full upper body, not just arms
- Push 100-120 times per minute in the center of the chest. You'll hit that tempo if you sing the song "Stayin' alive..."

You may have to do CPR for several minutes, until help arrives, Cathy said. If someone nearby says they're certified in CPR, let them take over, she advised. "They'll know how to do the switch."

A training video shows proper technique: <https://cpr.heart.org/en/cpr-courses-and-kits/hands-only-cpr>

Cathy invited us to become involved in the 2022 Quad Cities Heart Walk: check-in opens at 8 a.m. Saturday, June 11, at Schwiebert Riverfront Park, 101 17th St., Rock Island. For more information, call 815-541-1945.

Announcements...

→**BRC Board:** President Larry Thein said there's still time for any member who is interested in becoming part of the presidential track on the BRC Board to apply – just tell any current Board

member. Members who want to be considered will be interviewed in about two weeks, Larry added.

→**Retaining members:** Bettendorf Rotary is leading District 6000 in recruitment of new members this year with about a 20% increase in membership since last July, Larry said.

Recruitment and induction just begin a member's Rotary journey, however, so Larry announced the formation of a New Member Retention Committee, and he introduced its co-chairs: **Sharon Sarver** and **Ann Kappeler**.

Ann and Sharon began by asking the room what it is about Bettendorf Rotary that embodies the Rotary spirit and helps persuade guests to apply for membership. People called out "an acre of warmth... holiday food baskets... LobsterFest... golf outing... fellowship... dictionaries" and more. It all boiled down to the classic Rotary credo: service to the community.

To help new members "catch" that spirit, Ann and Sharon announced they will be recruiting two kinds of existing members – the **sponsors** of new members and experienced **mentors** – to help new members learn more about possibilities to become engaged and stay involved.

The Retention Committee plans a number of ways to engage new members – a



“BettenDo” service to benefit the community... social events... ice-breaker opportunities... more use of social media to keep us connected.

The first “retention” meeting continued immediately after adjournment.



→ **Lobsterfest:** The next meeting of the committee planning LobsterFest – the evening of Saturday, June 11, on the grounds of Tanglewood Pavilion – is scheduled for **5:15 p.m. Tuesday, March 22, at Realty One Group, 4726 N. Brady St. Davenport.**

The goals for this year’s event are:

→ Clear \$100,000

→ Attract 350-400 guests – 400 makes attaining the monetary goal most likely, “so invite people who know what a fundraiser is all about,” Larry said. He added, “We need lots of interesting auction packages for guests to bid on.”

BRC Happy \$\$ Plus...



President Larry Their roamed among the tables with the microphone so members could share their news: Larry – decided to check out **Dan Harvey’s**

challenge at Ferrell’s Extreme Body-shaping – but he couldn’t keep up, since it was Week 8 of the 10-week program...

Dan – announced the next 10-week challenge, which goes beyond exercise to include nutrition and other factors, begins April 9 + reported his recent “4-by-4-by-48” (run 4 miles every 4 hours for 48 hours) fundraiser for charity brought in \$1,800... **Bill Daley** – something about staying in shape by laying out flooring...

Fred Anderson – happy birthday to son John today and daughter-in-law Gretchen

tomorrow... **Dr. Tom Olson** – with a nod to **Will Doland**, back after missing a few meetings: “Where there’s a Will, there’s a way”... **Mary Macomber Schmidt** – happy birthday to her husband... **Dr. Tom** again (you could tell he’s letting loose after being “punned-up” without a Happy \$\$ for a week) – “Happy St. Patrick’s Day, even though I’m not very Irish... May the floss be with you”... **Gwen Tombergs** – thanks to **Dave Sheffield** for a business referral... **Will Doland** – \$\$ for his birthday and missed meetings... **Sharon Sarver** – happy that son got his first job, at I-80 Truck Stop + he and girlfriend are buying a house... **Marcia Erickson** – birthday tomorrow... **Steve Sorenson** – enjoyed babysitting 5-month-old grandson... **Jonna Schuler** – happy to visit and see everyone... **Marr Sturdevant** – thanks for supporting Boy Scout Troop 24... **Scott Naumann** – thanks to **Gwen** for all she does + mocking appreciation for St. Pat’s Day socks... **Dave Sheffield** – happy to report recent Pediatric Cancer Foundation fundraiser brought in \$1.4 million.



The meeting opened...

The bell rang, and **President Larry Their** called the meeting to order and welcomed Cathy Brandt of the QC Heart

/ Stroke Association. He asked **Carol Foster** to lead the recitation of The 4-Way Test. Larry tapped **Bill Daley** to lead to Pledge of Allegiance. **Tom Howard**, accompanied by **Penny McGimpsey**, led the singing of the day's patriotic song, "America the Beautiful." Larry led the Moment of Silence, during which we remembered our troops, prayed for the victims of Russia's invasion of Ukraine and wished for Russian dictator Putin to show some humanity.

Club Secretary Shelly Naumann introduced guests: Diane Lestor, Andrew Crocker, Mylene Hanzelka, wife of **Dick Hanzelka**, **Mark Carlson**, visiting Rotarian from Moline, and **Past President Jonna Schuler**, visiting from Kentucky.

After announcements, Tom and Penny returned to lead us in two more songs: "All Hail to Rotary" (Navy folks would recognize the tune: "Anchors Aweigh") and "When Irish Eyes Are Smiling"... for reasons obvious to all who can read a calendar.

At the end...



... of the meeting today, **Dr. Tom Olson** 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."

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

Upcoming meetings & more...

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



March 23: Read United QC,

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

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

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Rotary elsewhere...

District Education Assembly...



The District Education Assembly – especially for presidents-elect, president-nominee and other incoming officers such as membership, Foundation and public image chairs – will be 9 a.m.-2 p.m.

Saturday, April 2, at the Des Moines Area Community College, or DMACC.

All of those named officials, and others interested in club leadership, “are encouraged to attend this event to help your club during the upcoming year,” wrote District Secretary Carolyn Scharff.

“Topics are designed specifically in areas of club development,” Carolyn said. District Governor Elect Steve Wieneke will summarize the Rotary Theme and goals for next year.

Check in starts at 8:30 a.m. with coffee and refreshments.

The DMACC campus is at 602 N. 2nd Ave. W., Newton, IA 50208. The meeting is scheduled for Room 210A at the west end of the building.

To register – either to attend in-person or remotely:
<https://rotary6000.org/event/district-training-assembly-5/>

All-Iowa District Conference...

Our District Conference is next month and if you haven’t already registered, the Early Bird Discount rate is available until March 22.

If you plan to book a hotel room at the Hyatt, you have until March 31 to get the reduced rate of \$119, which includes internet and ramp parking. Learn about the speakers, activities and register at:
<https://rotary6000.org/event/all-iow-district-conference/>.

District 6000 governor...

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

I always wanted to be somebody, but now I realize I should have been more specific.

– Lily Tomlin

IN ROTARY FELLOWSHIP
Alka K Khanolkar | District Governor
2021-22
Rotary District 6000
Email - akhanolkar6000@gmail.com
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For more on Rotary District 6000:
<https://rotary6000.org/>

Rotary Foundation minute...



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

Welcome to Week 2 of RI's Month of Water and Sanitation

This week's Foundation Minute informs every Rotary club and district of the opportunity to meet all of the needs that the humanitarian crisis of the war in Ukraine is causing. The needs of the neighboring countries accepting the refugees from Ukraine encompass not only The Rotary Foundation's Water and Sanitation focus but in actuality all 7 Areas of Focus. Read below and see how we as Rotarians can help....

The focus on everyone's laser these days has been the emergency situation in Ukraine, where as many as 5 million people have been displaced and more than 2 million have fled their homes and are in dire need of emergency aid. In response to that humanitarian crisis, TRF has designated the Rotary Disaster Response Fund as the main avenue for contributions from donors around the world to support relief efforts by Rotarians.

The RI website announces that TRF has approved the following:
Now through June 30, 2022, designated Rotary Districts that border Ukraine and the Rotary District in Ukraine may apply for grants of up to \$50,000 each from The Disaster Response Fund.

During same period, other impacted Rotary Districts can apply for \$25,000 grants from the Disaster Response Fund. Now through April 30, 2022, Rotary Districts can transfer unallocated District Designated Funds to support the Ukraine Disaster Response Fund.

While the Disaster Response Fund is the official avenue for TRF, Rotary and Rotaract Clubs are encouraged to create their own responses to the humanitarian crisis in Ukraine.

TRF is coordinating with partners and regional leaders, like The United Nations High Commission on Refugees, ShelterBox and The Rotary Action Group for Refugees, Forced Displacement, and Migration, to explore effective solutions to the humanitarian needs.

In Rotary,
Olabisi Gwamna, Club Secretary
Mount Pleasant Rotary,
Editor, Foundation Minute

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

