



THE BETTENDORF ROTARY CLUB NEWS

Bettendorf, Iowa, Rotary Club
May 27, 2009, issue

Next meeting:

Noon Wednesday, June 3, 2009, at the Fortune Garden Restaurant



Get set, get fit with sports nutritionist

The pools are open, the bike paths are full of joggers, walkers and cyclists – it’s time to concentrate on fitness. This week’s speaker is Scott Herkes, a certified sports nutritionist, who owns Max Muscle Sports Nutrition at Duck Creek Plaza.

Scott will share his views on the benefits of exercise and a healthy diet in a presentation that reveals “the top 10 secrets to getting lean now.”

Herkes has certifications from NESTA and Exercise and Nutrition Works, two organizations that certify personal trainers. He says, “I have worked with literally thousands of people since opening Max Muscle over a year ago. These people include professional athletes as well as many people that just want to lose some body fat and get in better shape.”

To learn more, drop by his store near The Home Depot, or email him at scott.maxmuscle@mchsi.com.

Last meeting:

Wednesday, May 27, 2009 ...

Donna works for a duck, Lee looks for engineers’ heads, Scott doesn’t sell only phones...



During Vocational Service presentations at the May 27 meeting, we learned more about what three members – Lee Seminow, Donna Freese and Scott Naumann – do for

their employers. **George Daugherty**, chair of the Vocational Service Committee, introduced the program.

As district sales coordinator for Aflac, **Donna Freese** works with employers or individuals to provide insurance coverage that supplements other kinds of insurance



to pay workers cash when they have to miss work. She works for a really cool boss – the most adventurous duck on TV. In his most recent adventure, he has partnered with Disney-Pixar on the

just-released movie “UP.” To see what’s up with the duck, here’s a link:
<http://www.aflac.com/us/en/Default.aspx>.

(Aflac, by the way, stands for American Family Life Assurance Co. of Columbus, something Donna didn’t mention. You have to read the fine print on the Aflac Website.)



Lee Semenow, as Vice President, Engineering with Triumph Consulting of Bettendorf – a provider of human resource and management consulting services – is a head-hunter who

searches for engineers on behalf of Triumph’s client companies. What they do with those heads is not Lee’s business....

Triumph Consulting is part of a larger organization of some 200 locally owned offices in 27 countries that also hunts for the heads of people who do accounting, banking, financial, clerical, legal, information technology and manufacturing work. To get a more complete picture, check out:

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



Scott Naumann says he does a whole lot more than sell telephones as a consultant for Midland Communications, Davenport. And, after telling us how he builds relationships

with potential clients, sometimes even before actually selling them a phone... everyone in the room last Wednesday was pretty much ready to buy a phone system from him....

Midland Communications is a distributor of NEC America products with a customer base that includes general businesses, government agencies, universities, colleges, hospitals and hotels. To learn more, click:

<http://www.midlandcom.com/master.htm>



Ann Kappeler graphically showed how far we have to go

LOBSTERFEST TICKET SALES LEAP AHEAD – 75 YET TO GO!

→ **Ann Kappeler** and **Rich James** teamed to update the membership on the current status of ticket sales for the **LobsterFest**. As you read this newsletter,

just about two weeks remain before the event. As Ann made her announcement, 100 tickets



remained to be sold, or checked out by members to be sold.

Rich, as chair of the Bettendorf Rotary's Charitable Giving Fund, reminded us of the good work accomplished with the money raised during LobsterFest. Last year the fund gave awards to eight area recipients, including Alternatives for the Older Adult, Moline; the American Red Cross of the Quad Cities; Big Brothers Big Sisters of the Mississippi Valley, Child Abuse Council of the Quad Cities and the "Spartan Sparkles," a squad of the Pleasant Valley High School Cheerleaders made up of children with special needs.



As Rich was leaving the rostrum, President-elect **Dave Deuth** grabbed the microphone and asked members to commit to selling additional blocs of tickets – and they signed up to take 25 more tickets, leaving 75 still to be sold.

Remember, the goal for this third year of LobsterFest, is to raise \$30,000 to assist charities in the Quad Cities and beyond. The event is scheduled for Saturday, June

13, on the grounds of Rivermont Collegiate in Bettendorf.

Live lobsters will be flown to the Quad Cities from New England the day before and prepared fresh for the event, scheduled for 5:30-10 p.m.

LobsterFest features the menu of a "Down East" Maine picnic – lobster, sausage, steamed vegetables, boiled potatoes, appetizers and homemade desserts.

LobsterFest tickets are \$60 per person – the same as in 2008. To order tickets, or to help in any other way, contact **Frank Mitvalsky at 764-8361**.

Announcements...

→ President-Elect **David Deuth**

presided at the meeting, which opened with the singing of "This Is My Country," led by Tom Howard and accompanied by – after returning from his tour of



Italy's Rotary clubs – Bernie Vogel. During Moments of Reflection, Dave announced the death of Dee Springer, the mother of Barb Asefi, a past president of our club.

Tom and Bernie continued the songfest, in this meeting after Memorial Day, with the singing of the songs of the four main branches of the military: "As the Caissons Go Rolling Along" ... "Anchors Aweigh" ... "The Marine Hymn" and "The Air Force Song" (listed in our songbooks under its old name, the Army Air Corps; the name changed in 1979).



Gary Hintermeister, S.K. Nanda, Andy Gudgel



➔ **S.K. Nanda**, Bettendorf Rotary’s roving ambassador to the world, inducted two new members – **Andrew Gudgel and Gary Hintermeister**. Andrew is a loan officer at the Davenport branch of Blackhawk Bank & Trust, on Elmore Avenue. Gary is an architect with Downing Architects, Bettendorf, which provides architecture and interior design services to



commercial, institutional and residential clients.

Secretary Chuck introduced: visiting Rotarians...

Tom Torrey, Rock Island, Outdoor Advertising

Leanne Shaw, Moline, Banking

... and guests

Greg Adamson with Linda Miller

Peg Walker with Jon Ryan

Greg and Rebecca Johnson with Phil Kinsley

Heather Cross with S.K. Nanda

The News...

Fred Anderson reported on the nomination of Sonia Sotomayer to replace retiring Supreme Court Justice

David Souter... the impending bankruptcy of General Motors... prediction that the recession will end this year... terrorist attacks in Pakistan... a tantrum by North Korea... the cancer death rate continues to fall... and this, dateline Lincoln, Neb.:



“Police are looking for a man who stole cigarettes while disguising himself as a beer carton.

“The man walked into a Kwik Shop convenience store before dawn Monday wearing an empty Bud Light box on his head as a mask. He also had wrapped something around one of his hands, suggesting he was armed, police said. But the man never showed a gun.

“The bandit left with nine packs of smokes valued at nearly \$50, police said.

(The bandit is still at-large, but police are combing the neighborhood for piles of cigarette butts and empty beer cans....)

Sergeant at arms...

➔ Pinch-hitting Sergeant-at-arms David Death collected \$180 for our foundations by asking members to share “happy bucks” stories. Among them:

Decker Ploehn, his daughter’s wedding... **Jon Ryan and Bob Gallagher**, a business plug...

Phil Kinsley, his daughter’s



wedding... **Bernie Vogel**, banner from Rotary Club di Vicenza in Berici, Italia... **Carter LeBeau**, the Chicago Cubs won a game... **Tom Ahlstrand**, his daughter is job-hunting aided by Tom's networking with Rotarians in the Los Angeles area... **David Deuth**, his son graduated... (and probably some more who volunteered faster than one old newsletter editor could write...)

Missing Today:

Adams-2, Brown-4, Calabrese, Cameron, Cass-2, DeDoncker-2, Dobesh-2, Eikenberry-2, Ellstrom-2, Falk-3, Felsing-2, Foster J-3, Habenicht-3, Hassel-2, Heinrich-3, Kempton-21, Kennedy-7, Koos-6, Lanum-4, Larsen, Link-21, McWilliams, Mangler-2, Nielsen-2, Pelecky-5, Richards-2, Ricketts-McCool-2, Ross-2, Schillig-2, Selden-2, Spyrow-2, St. Laurent-2, Stradt-2, Swan-21, Tyler-11, Worley-7.

Make-ups:

Linda Miller at the club that doesn't put its name on the make-up card.
 Bernie Vogel at the Rotary Club di Vicenza, Berici, Italy
At today's 'Lobsterfest' meeting: Jon Ryan, Karen Atnip, Carl Loweth, Greg Blaske, Jim Legare, Simon Bowe, Tom Coley, Dave Chambers, Chelsea Powers, Bob Gallagher, Harry Coin, Steve Pieart, Tim Downing, Kevin Kraft, S.K. Nanda, Tom Ahlstrand, David Deuth, Donna Freese, Ann Kappeler, Decker Ploehn, Linda Miller, Joe Douglas, Fred Anderson.

Upcoming featured programs

From Brian Kennedy, program chair:

➔ **June 10:** Dick Schillig, Run with Carl Scholarship presentation

➔ **June 17:** Betsy Pratt of the Red Cross

Bettendorf Rotary resources

Hot links where you can find answers to many questions about Rotary.

What is Rotary? How did it get started? The object of Rotary. Avenues of Service, the Four-Way Test, the history of Bettendorf Rotary: <http://www.bettendorfrotary.com/local.htm>

Bettendorf Rotary in community involvement: <http://www.bettendorfrotary.com/community.htm>

Bettendorf Rotary's current officers: <http://www.bettendorfrotary.com/current.htm>

Bettendorf Rotary's committees and their chairs: <http://www.bettendorfrotary.com/committ.htm>

Links to Rotary International, Rotary Foundation, District 6000, Polio Plus... and more: <http://www.bettendorfrotary.com/links.htm>

'Staff' for this issue of The Bettendorf Rotary Club News:

Fred Anderson, editor, photos... Carter LeBeau, photos... Chuck Mooney, reporter... Ralph Heninger, Webmeister.



Make up at a nearby Rotary Club:

- Monday, noon.....Davenport - The Outing Club
- Monday, noon.....Moline - Calvary Church of the Quad Cities
- Monday, 6 pm.....QC Illinois - Moline Club
- Tuesday, 7:15 am..... River Cities - Brothers Rest. Rapid City
- Tuesday, noon....Rock Island - QC Botanical Ctr.
- Wednesday, noon....Bettendorf - Fortune Garden
- Wednesday, 5 pm.....Mini Meet - Lunardi's
- Thursday, 7 am.....IA Quad Cities - The Lodge
- Thursday, noon....East Moline - Christ United Methodist Church
- Thursday, noon.....Milan - Milan Community Center
- Friday, noon.....North Scott - Steeplegate Inn