



THE BETTENDORF ROTARY CLUB NEWS

Bettendorf, Iowa, Rotary Club
June 3, 2009, issue

Next meeting:

Noon Wednesday, June 10, 2009,
at the Fortune Garden Restaurant

‘Run with Carl’ scholarship winners



Next week, June 10, we celebrate one of the Bettendorf Rotary’s premier events – title sponsorship of the annual “Run with Carl” – as **Dick Schillig** announces this year’s

scholarship recipients.

Each year “Run with Carl” raises funds for the Carl D. Schillig Memorial Fund, which awards four-year scholarships to one graduating senior each from Bettendorf and Pleasant Valley high schools.

The eight current scholarship recipients attend Iowa State University (3), St. Ambrose University (1), University of Iowa (1), Simpson College (1), Luther College (1) and Evangel University in Missouri (1).

“Run with Carl,” which is a group of races that have run through the streets of



Bettendorf for the last 15 years, memorializes the life of Dick and Juanita Schillig’s son Carl through college scholarships and promotion of the sport of running. Carl was a 15-year-old student at Pleasant Valley when he died in a car-pedestrian accident while participating in the Civil War Reenactment at the Village of East Davenport in 1994.

In 2005, Bettendorf Rotary became the title sponsor of “Run with Carl.” The 15th anniversary of the event is Labor Day, Sept. 7, 2009. To learn more, go to <http://www.runwithcarl.com/pages/main.html>.

Last meeting:

Wednesday, June 3, 2009 ...

Get lean and healthy the Max Muscle way

When **Scott Herkes**, who owns Max Muscle Sports Nutrition at Duck Creek Plaza, told the Bettendorf



Rotary about exercise, a healthy diet and getting lean on June 3, he had two objectives in mind:

- Introducing us to a healthy eating style that we could adopt for the rest of our life, and

- Explaining why body composition is key for weight loss and for athletes.

Along the way, the certified sports nutritionist included some concepts from the Max Muscle methods embodied in “The Top 10 Secrets to Getting Lean Now.” Those secrets:

1. Set a goal, and don’t let anything stop you!
2. Visualize your goal
3. Get obsessed – become more focused on achieving your goal
4. ‘Double-split’ aerobic training with two 20-30-minute workouts daily
5. Eat smaller meals, more often throughout the day
6. Eat a high-protein diet
7. Choose low-calorie carbohydrates – mostly fibrous veggies and fruits
8. Incorporate a weight-training program
9. Use fat-burning and blocking nutrients – burn more calories than you eat
10. Cleanse your colon for effective weight loss.

And Scott added some helpful, everyday pointers for weight loss and lean living: Eat five or six moderate meals (less than 400 calories each) spaced evenly through the day. Shop the periphery of the supermarket (where unprocessed foods are), and leave the center of the store alone. Negotiate with the waiter to make your food the way you want it (leave the mayo off your grilled chicken sandwich). An apple plus protein (an egg or some turkey) make a good snack.

For more information:
www.qcmaxmuscle.com.

LOBSTERFEST UPDATE: CRUSTACEANS ORDERED, TICKETS STILL AVAILABLE

→ LobsterFest will soon be a reality – 5:30-10 p.m. Saturday, June 13. **Some tickets remain, and sales continue...** The order for lobstahs went to Larry the Lobstahman in Bah Hahbah, Maine, shortly after the June 3 meeting. Here’s hoping yours will be among them.



Crustaceans During Wednesday’s meeting, **Ken Vandersnick** announced that he had obtained a football autographed by former NFL player and Hall of Fame member Paul Krause to be offered as a silent auction item at the LobsterFest.

Kevin Kraft volunteered to sponsor the acquisition of the sports memorabilia item – to the tune of \$75.

And President Nicole announced that **Mike Freemire**’s company is donating the printing of the Fest programs.



It’s that spirit of generous giving – plus a whole lot of fun! – that forms the basis for LobsterFest. Proceeds from the event go to

Bettendorf Rotary’s Charitable Giving Fund, which last year gave grants to eight not-for-profit recipients. The goal for this

third year of LobsterFest is to again raise \$30,000 to assist charities in the Quad Cities and beyond.

Live lobsters will be flown to the Quad Cities from New England the day before and prepared fresh for the event, a “Down East” Maine picnic of lobster, sausage, steamed vegetables, boiled potatoes, appetizers and homemade desserts.

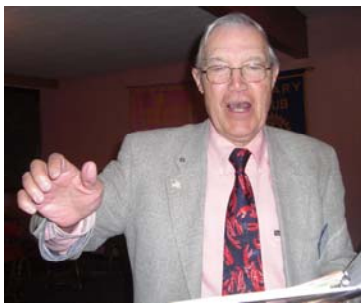
LobsterFest tickets are \$60 per person – the same as in 2008. **To order tickets, contact Rick Hartsock, 523-2121 or Nicole McWilliams, 332-3071.**

Announcements...



→ President **Nicole McWilliams** presided at the meeting – noting her mixed feelings that this is the first meeting of the last month of her presidency.

The meeting opened with the singing of “America The Beautiful” with **Carter LeBeau**



acting as song leader with piano accompaniment by **Bernie Vogel**. After a

Moment of Reflection, the songfest continued: “It’s a Grand Old Flag,” because Flag Day occurs during June (the 14th – fly Old Glory proudly!); our very own LobsterFest “hymn,” composed by Bernie and sung to the tune of “Jambalaya” – “... Son of a gun, we’ll



have big fun at the Lobster Fest-a....” – and, of course “Happy Birthday, dear Rotarians.”

→ **Lisa Brown** announced that more volunteers are needed to staff the Bettendorf Rotary Hole No. 1 at the John Deere Classic. **Decker Ploehn** added some details about golf pros who have recently committed to participate in the tournament.

→ **Jim Spelhaug** introduced Pleasant Valley High School student **Rachel Ittis**, the recipient of one of the Bettendorf Rotary



scholarships. Her comments during the meeting reflected the thank-you letter she sent to Club Secretary Chuck Mooney; here are excerpts:

“I would like to thank you... for selecting me as the recipient of the 2009 Rotary Scholarship... Receiving this scholarship was truly an honor, and I look forward to pursuing my degree in elementary education at Concordia University Nebraska.

“... After graduating from this program, I plan to teach in a foreign country and to serve those who would otherwise not receive an education. After serving on two missions to the slums of Guatemala City, Guatemala, I have seen the heartbreaking conditions of poverty and ignorance and want to use my education to serve children like those I saw in Guatemala... I want to give these

children hope – hope of a brighter future and a life full of opportunity....”

Secretary Chuck introduced: visiting Rotarian...

Dudley Hanson, Davenport, Engineer

The News...



Lora Adams reported the day’s news: President Obama’s trip to the Middle East... a reported threat from Osama bin Laden... the French airliner that disappeared in the Atlantic... the New

York City store owner who gave \$40 to a would-be robber... a car in Switzerland that lost all four wheels at once.

Sergeant at arms...

→ Pinch-hitting Sergeant-at-arms (calling himself “Private-first-class-at arms”)



Mike Freemire collected \$142 for our foundations using a variety of persuasive techniques. Meanwhile, two birthday members added more than that: **Steve Habenicht** “doubled down” and gave *twice* his tender

age of 50 – plus \$5 – and **Carter LeBeau** presented a check reflecting his age, \$83.

OPPORTUNITY: If you enjoy public speaking and helping friends part with some money, there are **OPENINGS in the sergeant-at-arms schedule** for the REMAINING JUNE MEETINGS. **Contact Ben Selden: 449-1070.**

Missing Today:

Atnip, Bowe, Coley, Deuth, Dobesh, Ellstrom -3, Haffernan, Hassel-2, Kappeler, Kempton-22, Kennedy-8, Koos-7, Lanum-5, Larsen, Link-22, Mangle -3, Mitvalsky, Pelecky-6, Pieart, Ricketts-McCool-3, Ross-3, Sarver, Selden-3, Spyrow-3, St. Laurent-3, Stradt-3, Swan-22, Tyler-12, Worley-8.

Make-ups:

At today's committee meetings ..

Tony Calabrese, Dave Falk, James Richards, Dick Schillig, Scott Tunnicliff, Lora Adams, Joe Douglas, Linda Miller, Bob Gallagher, Tom Ahlstrand, Donna Freese, Ken Vandersnick, Rich Hartsock, Jon Ryan, Jim Legare, Lisa Brown, Steve Habenicht, S.K. Nanda, Duncan Cameron, Decker Ploehn, Bernie Vogel, Rich James, Scott Naumann, Fred Anderson, Nicole McWilliams.

Upcoming featured programs

From Brian Kennedy, program chair:

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

‘Staff’ for this issue of *The Bettendorf Rotary Club News:*

Fred Anderson, editor... Carter LeBeau, photos... Chuck Mooney, Nicole McWilliams, reporters... 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