



The Bettendorf Rotary Club News

News of the March 18, 2009. meeting

**Next meeting, noon Wednesday, March 25, 2009 at the
Fortune Garden. Everyone Welcome. Featuring:
Sandra Quilty, Co-Chair
Iowans for Wellness & Prevention**

In a program rescheduled from February, Sandra Quilty, the co-chair of Iowans for Wellness & Prevention, or IWP, will inform us about her organization's efforts to educate Iowans about the benefits of wellness and preventive healthcare.

As the IWP Website says, "Iowans for Wellness & Prevention is dedicated to working together with Iowans to find private and public sector solutions to encourage healthy behavior...." The organization "believes the health care system should be reoriented to support these healthy, preventative measures to increase people's quality of life and reduce overall health care costs." IWP advocates the "Five Pillars of Wellness and Prevention":

Health Screenings: Health screenings – especially for cholesterol, triglycerides, blood pressure and cancer – are important to living a healthy life because they can help detect problems early.

Smoking Cessation: It's important to take a comprehensive approach to tobacco cessation, including interaction with health care providers, counseling and medications.

Immunizations: People should work with their health care providers to follow current recommended immunization schedules, for infants, children and adults, the IWP says.

Body Mass Index: Being overweight increases risk of heart disease, high blood pressure, type 2 diabetes, stroke and other problems, so the IWP advocates a BMI of less than 25.

Exercise: Important in wellness and prevention, at least 30 minutes of exercise on most days helps people maintain healthy weight and blood pressure.

Formerly the state director of government relations for the American Cancer Society of Iowa, Ms. Quilty received her law degree from the Saint Louis University School of Law and a B.A. from the University of Washington.



By Connie Mangler & Fred Anderson

Rotary News and Announcements



Nicole McWilliams
President

The meeting of March 18, 2009, opened with the singing of “This Is My Country” and moments of reflection.

Announcements:

→ The District Assembly is on March 28, and anyone interested in attending should contact President Nicole.

→ Lobsterfest needs volunteers for the Silent Auction – contact Nicole or a Lobsterfest committee member.

Members in the news:

Gary Koos starred last weekend as a philandering dentist in Playcrafters Barn Theatre’s production of “Murder at the Howard Johnson’s.”



March 18 Program:

Scott Crane, president of the United Way of the Quad Cities Area, informed us of the organization’s status and plans, including its Birth-to-Work Agenda to combat high school dropout rates, and the Imagination Library program that gives a book a month to children in Scott County. United Way offers opportunities for Rotarians to serve

Note:

This is the final edition of the newsletter for Editor Connie Mangler. Please thank her for all her hard work.

Fred Anderson becomes the editor effective with the next issue. He asks for your support... and patience.

Sergeant-at-arms:

Bernie Vogel collected \$100 for our foundations, informing us about the life of St. Patrick. At the end of his session, Jim Slavens recalled an incident involving Bernie in a pub in Ireland – when Bernie “played every Irish song I’d ever heard, and then some, leading the whole town in singing. And he played it all without music.”



“We’re a singing Rotary”

Tom Howard led a rousing medley of Irish tunes, accompanied by **Bernie Vogel**. For a finale, Tom sang the Purdue University fight song.... Too bad Rich James wasn’t there to lead the UNI fight song....

Visiting Rotarians & Guest

Rotarians: Tom Fedje, Davenport, Edgerton Women’s Health Center; Terry Westbrook, East Moline, banking; Roger Killion, Davenport, communications
Guest: Kimberly Crane, QConline, with Scott Naumann

MISSING TODAY

Adams, Blaske, Bowe, Brown, Cameron, Cass, Chambers, DeDoncker, Deuth, Dobesh-11, Douglas, Eikenberry, Ellstrom-11, Falk, Freemire, Foster, Habenicht, Haffernan, Heinrich, Heninger, James, Jahn, Kempton-11, Kennedy-2, Koos-8, Kraft-2, Lanum-2, Legare-3, Link-11, Lofgren-11, Loweth-2, Lokenvitz-3, G. Miller, L. Miller-5, Mitvalsky, Nielsen-2, Pelecky-2, Ploehn, Richards-4, Ross, Ryan, Schillig-2, Spelhaug-4, Spyrow-11, St. Laurent-5, Swan-11, Tyler, Worley -7.

MAKE-UPS

Duncan Cameron at Naples, Fla.
At today's committee meeting: Bob Gallagher, Phil Kinsley, Diane Ricketts-McCool, S.K. Nanda, Tony Calabrese, Tom Coley, Jerry Felsing, Ann Kappeler, Brian Rossmiller, Nicole McWilliams.



From Mr. Brian Kennedy, program chairman:

Upcoming Featured Speakers

- ➔ April 1: Frank Mitvalski, “A Walk in the Woods”
- ➔ April 8: Jim Spelhaug, PV Schools celebration of 100,000 hours of community service
- ➔ April 15: Bill Onions, CPA, Stimulus Spending & your Taxes

Please use this news!
Invite prospective new members who might appreciate our speakers.

Lunch and program only \$8 per visitor, payable at the door.

Make up a meeting at nearby Rotary Clubs:

- 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

