



The Bettendorf Rotary Club News
Feb. 18th, 2008. Guests Welcome at our next meeting, Wed.,
Feb. 25th, 2008 Noon at the Fortune Gardens. Featuring:

Sandra Quilty, Co-Chair Iowans for Wellness/Prevention at Rotary

Make plans to join us on 2/25 for what promises to be a very enlightening discuss of preventative health care. Iowans for Wellness & Prevention is a not-for-profit organization dedicated to educating the public about the many benefits of wellness initiatives. Their goal is to promote public discussion to encourage wellness and good personal health care.

Ms Quilty will share with our club "The Five Pillars of Wellness and Prevention", which include diet, exercise, not smoking, regular doctor visits, and health screenings. The Centers for Disease Control (CDC), and other reputable health organizations have recommended guidelines for healthy living. IWP encourages individuals to take responsibility for their own health by working with their doctors to develop a plan for following these recommendations.

Sandra will share with us the importance of early detection of health issues (i.e. Cholesterol, blood pressure, and triglycerides). The CDC recommends that total cholesterol be less than 200mg/dL, triglycerides be less than 150 mg/dL, and that blood pressure be less than 120/80.

Regular check-ups for cancer after age 50, smoking cessation, immunizations, body mass index, and exercise are all critical components to good health.

An interesting point about Body Mass Index is the CDC recommends that a person's BMI be less than 25. BMI and other biometric measures, such as waist circumference, are indicators of poor health. Being overweight or obese can increase risk for heart disease, high blood pressure, type 2 diabetes, stroke, and other health problems.



By Connie Mangler

Rotary News and Announcements



**Nicole McWilliams
President**

We opened our meeting with the singing of "God Bless America", followed by several moments of silence for personal reflection.

**Fred Anderson
The News**



S.K. inducted our newest member:

Kurt Lokenvitz.

kloenvitz@gen.hfmt.com

Congratulations Kurt!

**A "business quote"
from your Editor
Connie Mangler**



By working faithfully eight hours a day you may eventually get to be boss and work twelve hours a day.

Robert Frost



**Mike Freemire
Sergeant-at-arms**

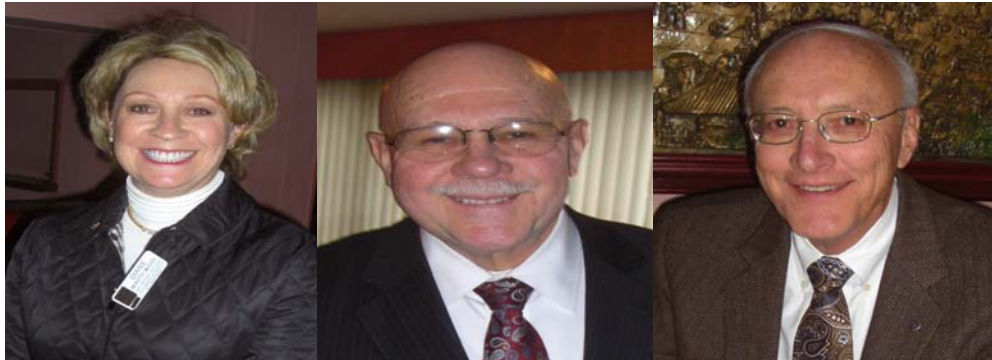
Collected \$132 for our foundation



Tom Howard
Leading songs with Bernie Vogel at the Piano.



Vocational Service Talks



Last week George Daugherty our Vocational Service Director introduced speakers from the talents of our own memberships.....

- **Diane McCool** with Professional Touch Cleaning – Diane purchased her company one year ago and she is proud to report they were still able to grow by 12% in today’s economy. She feels the key to their success is paying attention to detail and offer quality work. Their company specializes in commercial carpet, duct, window and tile cleaning. They have 60 employees and 150 accounts and certified by the National Housekeepers Association.
- **Dick Schillig** with RJS & Associate (Insurance & Investment Planner) - Dick has been in the Insurance business for 30 years and provides his clients trusted counsel and valuable financial solutions. He offers an extensive selection of services to meet the needs of clients at various stage of life with emphasis on protection and preservation of assets. Many of us know that Dick is also an officer for the annual “Run with Carl”.
- **Tim Downing** with Downing, Architect P.C. - “Bettendorf Event Center, St. John Vianney Catholic Church, Rivermont Collegiate and Fairmont Public Library, these are the buildings you know and have seen around town; they are the work of the extraordinary Architects” said Tim. The services they provide are Addition/Alteration, Architecture, Design, Interior Architecture, Master Planning, Programming, Renovation, Space Planning, Surveys/Studies, and Sustainable Design. Their focus is Banking/Financial, Government Offices, K-12 Schools, Offices, Park Buildings, Religious Facilities, Shopping Centers

Thank you Diane, Dick and Tim for an outstanding summary of your occupation!

By Connie Mangler

New Update on Lobsterfest



We currently have 112 tickets signed out for our third annual event!

Frank wanted to remind everyone that tickets will be available for purchase, or to sign-out to sell at each meeting.

Ticket price is \$60 individually or you can purchase a table for \$480.

Please make note that May 15th is the deadline for turning back in tickets that you were not able to sell. Otherwise, it's up to the member to buy the ticket(s) or take ultimate responsibility for finding a seller.



Please make sure when returning your ticket stubs, that you complete all the information. Rick Hartsock has offered to take on the responsibility of recording all ticket holders' information and we appreciate all his time and efforts in taking on this task.

Remember this wonderful and fun event could make an excellent Fathers Day Gift!

Membership Drive Update

Todd Larsen reminded us how many points each team has in the membership drive....



- Blues Brothers & Sisters – 55 points
- Golden Retrievers – 23 points
- The Green Machine – 21 points
- Red Menace – 13 points

Soon, Scott stormed into the room motivating us in his referee voice. His energy kick started enthusiasm in the members to focus on bringing in more guests.



Scott was quick to flash in "F" to any member who has not brought in a guest. *Todd and Scott, thanks for the fun and energy you both created for this campaign.*

Visiting Rotarians & Guest

Mike Hakanson with Scott Naumann (kit)

MISSING TODAY

Adams -2, Atnip, Bowe -4, Brown -4,
Cameron, Cass, Chambers -3, Coley -6,
DeDoncker, Dobesh -7, Douglas,
Eikenberry -2, Ellstrom -7, Falk, Freese -
2, Habenicht, Hartsock, Jahn -7, Kappeler,
Kempton -7, Koos -4, Lanum, Legare,
Link -7, Lofgren -7, Loweth, L.Miller -6,
Pelecky -2, Ryan -3, Selden -3, Spelhaug,
Spyrow -7, St. Laurent, Swan -7,
Volbrecht, Worley -3.

Make Ups

Duncan Cameron at Daytona Beach, Fl. &
Daytona Beach Oceanside, Fl.

Linda Miller at North Scott

At committee meetings today : Bob

Gallagher, Phil Kinsley, Diane Ricketts-
McCool, Kevin Kraft, Mike Freemire, Greg
Blaske, Carter LeBeau, Ken Vandersnick,
Dick Schillig, Dennis Heinrich, Frank
Mitvalsky, Scott Naumann, Carolyn
Leutwyler, Nicole McWilliams, Steve Piart,
Brian Kennedy, Decker Ploehn, Chelsea
Powers, David Death.



*From Mr. Brian Kennedy,
program chairman:*

Upcoming Featured Speakers

- **March 4th:** Decker Ploehn/Nancy Donovan (Isle of Caprie)
- **March 11th:** Dr. Chris Rossi, Executive Director of Humanities Iowa

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

