



## *The Bettendorf Rotary Club News*

*News of the March 25, 2009, meeting*

**Next meeting, noon Wednesday, April 1, 2009 at the Fortune Garden. Everyone Welcome. Featuring:**

### **Frank Mitvaksly: “A Walk in the Woods”**



Here's Frank's description of the program – and the experience behind it:

“It's actually a little more than ‘A Walk in the Woods.’ I'd sort of call it ‘A Walk in the Woods for the Truly Insane’ when you intend to backpack and camp outside for the weekend in subzero conditions in the middle of nowhere.

“Essentially, the presentation is about winter camping in northern Wisconsin (Chequamegon-Nicolet National Forest to be exact). It's actually quite a profound experience. My brother-in-law, Michael Selburg – Mike is the minister at First Presbyterian Church in Morrison, Ill. – and I choose a weekend in January, drive to Nicolet, jam on the backpacks and make for the backcountry. We emerge several days later with all body parts intact.

“Sometimes the weather has been quite balmy... 30-plus in the daytime. Other times it has been very dangerous... minus 25 ground temperature. Always, though, the scenery is extraordinarily serene and peaceful.

“Mike and I will talk about what it's like to survive outside in extreme cold temperatures. We'll also talk about our gear (we'll have some of it there) and WHY we do this.

“The program has little, if anything, to do with Rotary, but I suppose it might be a little change of pace, which I hope people will enjoy.”

# Rotary News and Announcements



**Nicole McWilliams**  
**President**

The meeting opened with the singing of “America the Beautiful” and a moment of silence.

#### Announcements:

- Noon meeting on **April 22** will be in the Iowa Room of the new Riverfront Convention Center. We’ll get a tour of the facilities.
- **Red Badge meeting 6-7:30 p.m. April 23** at the Isle of Capri.
- **Lobsterfest** sponsors’ logos are needed NOW; contact Frank Mitvalsky.



#### **March 25 Program:**

Sandra Quilty, co-chair of Iowans for Wellness & Prevention:

“Keeping Iowans as healthy as possible for as long as possible can improve quality of life, relieve strains on the healthcare system and reduce costs for individuals, employers and taxpayers. Wellness and prevention includes... smoking cessation, diet, regular exercise, management of chronic disease, health screenings, sticking with treatment regimens and regular doctor visits....”

IWP in the 2009 Iowa legislative session promotes “... legislation that would provide tax credits for small businesses who have qualified wellness programs for their employees....”

More information:  
[info@iowans4wellness.org](mailto:info@iowans4wellness.org),  
or call (515)226-0698.

#### **Sergeant-at-arms:**

**Joe Douglas** collected \$86 for our foundations plus a \$100 check from Rich James for our scholarship fund. Joe enlightened us about collective nouns. He left out a few: a bench of aldermen... a shuffle of bureaucrats... a sneer of butlers... an illusion of magicians... a conjunction of grammarians... a scolding of seamstresses... a cavalcade of horsemen... a blast of hunters.... He has lots more.

#### **“We’re a singing Rotary”**

“The Great Battle of the Collegiate Fight Songs” continued, under the direction of Carter LeBeau, aided and abetted by Bernie Vogel. This time: “The UNI Fight Song” (Rich James got his revenge) and “On Wisconsin,” Tom Coley’s alma mater. Soon we’ll hear the “ISU Fight Song (Go Twister Sisters).”



**Visiting Rotarians & Guest**

**Rotarians:** Ardo Holmgren, Rock Island,  
Civil Engineer  
Pat Keir, Davenport, Education

**Guest:** Michael Schnell with Greg Blaske  
(Michael received a membership info kit)

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**MISSING TODAY**

Adams-2, Atnip, Brown, Cameron, Chambers-  
2, DeDoncker-2, Dobesh-12, Ellstrom-12,  
Freemire-2, Hartsock, Heninger-2, Jahn-4,  
Kempton-12, Koos-4, Kraft-3, Legare-4, Link-  
12, Lofgren-12, Lokenvitz-4, Mangler,  
L.Miller-7, Naumann, Pelecky-3, Ploehn,  
Powers, Rabine, Ross-2, Selden, Spelhaug-5,  
Spyrow-12, St. Laurent-6, Swan-12, Tyler-2,  
Worley-8.

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**MAKE-UPS**

Duncan Cameron at Naples, Fla.  
**At today's committee meeting:** Tom Coley,  
Joe Douglas, Carl Loweth, Dennis Heinrich,  
Diane Ricketts-McCool, Rich James, Steve  
Habenicht, Bob Gallagher, David Deuth, Fred  
Anderson, Brian Kennedy, Tony Calabrese,  
Ann Kappeler, Simon Bowe, Harrison Cass,  
David Falk, Audie Foster, J.P. Haffernan,  
Gene Miller, Frank Mitvalskky, Dick Schillig



*From Mr. Brian Kennedy,  
program chairman:*

**Upcoming Featured Speakers**

- ➔ April 8: Jim Spelhaug, PV Schools celebration of 100,000 hours of community service
- ➔ April 15: Bill Onions, CPA, Stimulus Spending & your Taxes
- ➔ April 29: State Rep. Linda Miller, Legislative Session Recap

**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

