



THE BETTENDORF ROTARY CLUB NEWS

Bettendorf, Iowa, Rotary Club

June 16, 2010, issue

Next meeting:

Noon Wednesday, June 23, 2010,
at The Fortune Garden Restaurant



Zumba® combines Latin music, exercise

“Let’s face it,” the promo begins, “working out can be healthy, rewarding and beneficial (but boring) UNTIL NOW!” The answer to this dilemma? It’s the subject of our June 23 program – Zumba®, which “fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away....” This exercise method combines interval training (alternating fast and slow rhythms) and resistance training “to tone and sculpt your body while burning fat.”

We’ll learn more about Zumba® from **Patrice Williams**, a certified personal trainer and group fitness instructor for more than 5 years, and **Pauline Miller**, who lost 40 lbs. using this method and has been a Zumba® instructor for 3 years. They teach at Skellington Manor in Rock Island.

(MORE tantalizing previews of next week’s meeting appear throughout this issue of *The BRNC*...)

Last meeting:

Wednesday, June 16, 2010

‘Host It Here!’ helps bring visitors to QC

Meetings, conventions, reunions, sports events, agriculture... these and other good reasons bring visitors to the Quad Cities. And our speaker at the June 16 meeting – **Margo McInnis**, director of sales for the Quad Cities Convention & Visitors Bureau – told us about all the ways our CVB can help meeting planners in the QC... and these services are *free*.



Those free services from the CVB’s “Host It Here!” program help find answers to such issues as finding a place to meet and a place to stay... other activities to fill their time... getting media coverage... securing volunteers to help... and much more. And the CVB provides this help for all sorts of groups:

professional organizations, church groups, service organizations, schools, families, hobby clubs....

Along the way, Margo shared some interesting facts, including:
→Tourism has a \$125 million annual economic impact on the QC



→USA Today topped an April 2010 article, “10 great places to make a baseball pilgrimage,” with these words about Modern Woodmen Park: “Baseball has been played on the same riverfront grounds since 1931. Recent renovations to the 4,000-seat venue — home to the Class-A Quad Cities River Bandits — added picnic areas, an outfield berm, two team stores and a hot-tub deck. ‘Home runs hit to right field often land in the Mississippi River,’ said baseball devotee Graham Knight (the source for the article and owner of the website baseballpilgrimages.com.)

During the Q&A, someone asked for help getting onto Arsenal Island; Margo replied, “Sure, we can help you get on... with a little time and a lot of paperwork.” In response to that, **President Dave** quipped, “In my business, I can get you onto the Arsenal too... permanently....”

The meeting opened...

President Dave opened the meeting by leading members



in **The 4-Way Test** and the singing of “God Bless America.” During Moments of Reflection, he revealed that **Rev. Gene Miller** has been in hospital getting his heart monitor adjusted. The singing, led by Songmeister **Tom Howard** with tuneful help from Pianomeister **Bernie Vogel**, concluded with the Rotary stalwart “A Helping Hand” (to the tune of “The Happy Wanderer”).

Secretary Chuck introduced: Visiting Rotarians...

Jay Schares, Cedar Falls, Iowa: Insurance
Tom Fedje, Davenport: Edgerton Women’s Health Center

... and Guests:

Frank Wegrarz with Joe Douglas
Lisa Sievert with Joanna Schuler

Announcements...

→ **LobsterFest**. **Ann Kappeler** said there’s be a post-event meeting at Rivermont Collegiate on Thursday morning. **Scott Naumann** provided some



follow-up information – and led long applause of thanks for all who served on the LobFest Committee, and all the sponsors

(the list follows; you can thank them, too, by giving them your business).

Decker Ploehn and Duncan Cameron

started to auction off the remaining beverages from



the LobsterFest... but **S. K. Nanda** bought the whole kit and caboodle (though no actual kits or caboodles were harmed...) for \$100. Look for more follow-up info on the event at a Bettendorf Rotary meeting coming soon to a Chinese restaurant near you...

Here are all the sponsors – including some whose names you haven't seen in these columns before:



Presenting Sponsor: Califf and Harper, attorneys at law
Gold: THE National Bank
Silver: Professional Touch Cleaning Service, Weerts Funeral Home,

RJS and Associates, Iowa American Water and UnitedHealthcare
Corporate Partners: Rivermont Collegiate, Results Integrated Marketing, HyVee Food Stores, Scott Community College, and The Isle

Bronze: Steve's Mirror & Glass, Gallagher & Gallagher attorneys at law, Wagner's Cleaners, Rich James-Wells Fargo Advisors, Russell Electric, Midwest Seafood, Bowe Machine Company, Nelson Chiropractic, Paul J. Scranton-Morgan Stanley Smith Barney,



Carter and Kaye LeBeau and McGinnis-Chambers Funeral Home

Media: *Quad-City Times*, WOC Talk Radio 1420, Mickle Communications, Mediacom and KWQC-TV

Cash donations: Jim Russell \$100, John Rabine \$150, Lindquist Ford \$200, Sitrick & Associates \$100, Allied Waste \$200, Missman Stanley c/o Pat Eikenberry \$100, Brad Boeye \$200.

Thank you all!!



➔ **Rotary in Motion challenge.** With now 80 days until Run With Carl, **Dick Schillig** announced the Rotary in Motion Challenge: a contest between two teams of Bettendorf Rotarians (captained by **Kurt Lokenvitz** and **Kevin Kraft**, neither of whom attended the meeting... hmm... what does *that* portend...??) (but I digress) in a contest to see which team can amass the greatest number of steps, converted to miles, between the official start date, July 4th, and Labor Day, Sept. 6 – that's 9 weeks plus 1 day.



The prize – a full year of bragging rights with a promised snazzy traveling trophy.

Rotarians accepting the challenge will sign up during the next couple meetings. Kurt and Kevin will select team members (we're not quite sure how...). Each

participant will receive a team assignment, pedometer and tracking sheet – and record their performance daily. The challenge ends at the conclusion of the Run With Carl 5-mile event.



As a public service, for training purposes, *The BRCN* presents this vital info:
 → 2,100 steps = 1 mile (ignoring slight

variations for height, stride, etc.)

→ Registering and participating in the Labor Day Run With Carl earns a bonus of 10 miles – even without running the 5-mile or 5K event

→ Other exercise may be converted to Challenge miles using these equivalents:

- 1 mile biking = ¼ Challenge mile
- 1 mile swim = 3 Challenge miles

The winning team will be announced at the meeting of Wednesday, Sept. 8, and receive the official Bettendorf Rotary Bragging Rights trophy – and retain that honor until Labor Day 2011.

→ John Deere Classic. We still need more volunteers for Sunday, July 11.

Pick up uniforms at John Deere World Headquarters:

→ Tuesday, June 22 (4-8 p.m.)

Wednesday, June 23 (4-8 p.m.)

Thursday, June 24 (10 a.m.-2 p.m.)

Previews of next week...

→ Our water-purification project in Peru has been given the green light – **Lee Semenow** will have a report.

→ Our club’s undisputed champion of making up, **Carter LeBeau**, has been on the road again. He’s now made up at a total of **823 clubs!** Here’s the proof... see more next week.



New members...



S.K. Nanda inducted our two newest members: **Kirsten Adams**, co-owner

(with her husband) of Home Healthcare, and **Wayne Jochmann**,

who retired from Alcoa after 39.75

years (sounds like a career to me!).

Kirsten is a Quad-Citizen “by choice,” and Mom to three kids. Wayne and his bride are parents of four kids and five grandchildren.



Sergeant at Arms...

President Dave donned his Sgt. Duds and collected \$178 in **Ryan \$\$** from these folks who are happy because...: **Ann Kappeler** – her birthday... **Brian Kennedy** – the Big 12 only shed 2 teams, so now Big 12 = 10... Big 10 still = 11, Pac 10 = 12... (don't colleges teach *math* anymore?)... **Rich James** – his daughter continues to recuperate at home... **Decker Ploehn** – going to son's wedding in Montana... **President Dave** – successful LobFest... **Tom Howard** – 3 fraternity brothers, each with 50-year anniversaries...

Missing Today:

Adamson-2, Ahlstrand, Atnip-2, Blaske, Boeye, Bowe-9, Brown-9, Brummel-5, Calabrese, Chambers-3, Coley-6, DeDoncker, Dobesh, Downing, Eikenberry-4, Ellstrom-22, Foster, Freemire-2, Gudgel, Haffenann-20, Hinton, Jones, Kraft, Lane, Lanum, Legare, Larson, Lokenwitz, Lundin, McWilliams, G. Miller, L. Miller-2, Pelecky-6, Pear -2, Richards, Ricketts-McCool, Ross-2, Scranton, Selden-4, Sherrick-3, Schuttes-3, Volbrecht, Worley-13.

Make-Ups:

Those attending the LobsterFest Saturday night.

The meeting ended...

... with **President Dave** paraphrasing author Edith Wharton, who said there are two ways of spreading light – the candle... and a mirror... Think about it... the metaphor is obvious... there will NOT be a quiz later...



In other Rotary news...

On June 12, **S.K. Nanda** had an outstanding reason for not eating lobster at Rivermont: He received the Distinguished Alumnus Award for the College of Engineering at the University of Iowa. The induction ceremony was held at the Levit Center on campus, where Dr. Barry Butler, dean of the College of Engineering, made the presentation to S.K.

Future meetings...

... thanks to the efforts of Program Chair **Brian Kennedy**. Use this information to invite potential new members:

June 23: Zumba – Nicole McWilliams

June 30: Installation of Jeff Hassel as president for 2010-2011

News Staff...

Editor, reporter Fred Anderson...

Correspondent Chuck Mooney...

Photographer Carter LeBeau...

Webmeister Ralph Heninger