



**THE
BETTENDORF
ROTARY
CLUB NEWS**
Bettendorf, Iowa, Rotary Club
Nov. 7, 2012, issue

Next meeting:
Wednesday, Nov. 14, 2012, at
Fortune Garden Restaurant

**Hennepin Canal: more
than a long, wet park**

The Hennepin Canal has had a fascinating history, from an early 19th-century concept to link the Illinois and Mississippi rivers to a state park that now spans five counties, including Rock Island.

At the Nov. 14 meeting, **Bill Griffins** will elaborate on the history of the canal.

While the Hennepin Canal never served its originally conceived purpose as a “short-cut” between Chicago and the Mississippi, it played a key role in another historic engineering feat – the building of the Panama Canal. And now it is a recreational attraction.



Last meeting:
Wednesday Nov. 7, 2012



**Therapies help
body heal itself**

Searching for relief from allergies, **Scott Naumann** discovered **Pamela A. Taylor, ND**, a practitioner of an alternative medicine known as naturopathic medicine in Moline. After he introduced her, she provided background on several therapies she uses to treat patients.

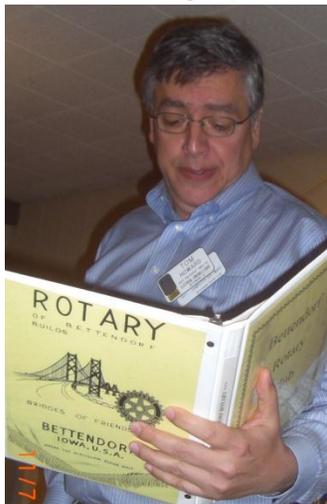
The philosophy behind naturopathy, she said, is this: “If you give the body what it needs, and get out of its way, it will often heal itself.” Developed in the U.S. around 1900, naturopathy draws from a number of nature-related healing traditions, some of them centuries old. Dr. Taylor discussed some of them, such as aromatherapy and hydrotherapy.

Aromatherapy uses various kinds of aromatic substances or mixtures, chiefly made from plant materials, which she referred to as essential oils, to improve a person's health. They may be administered in the air around a patient, inhaled directly or applied to the skin through massage or in a bath. Dr. Taylor described aromatic formulations to aid men's or women's health.

Hydrotherapy techniques – many of which are also commonly use in physical therapy – take advantage of the properties of water, such as changes in temperature or hydrostatic pressure, to aid healing.

Often, Dr. Taylor combines therapies from several traditions to treat patients. To learn more about naturopathic medicine, or Dr. Taylor's practice – including books on healing that she has authored – phone 309-797-3271 or visit www.pamelataylornd.com.

The meeting opened...



President Mark Ross led the recitation of the 4-Way Test to open the meeting. The day's song leader, **Harry Coin**, led the patriotic song, "God Bless

America," with **Scot Naumann** accompanying on the musical notebook.

After Moments of Reflection, the singing resumed with a rousing "Anchors Aweigh" and "Happy Birthday, Dear Rotarians." The November birthdays are:

4, **Fred Anderson**; 6, Nicole McWilliams; 9, Becky Hinton; 13, John Sherrick; 14, Scott Naumann; 18, Rev. Gene Miller, John Riepe; 21, Brent Werner, Jean Dickson; 27, Cathy Duda; 30, Ken Vandersnick

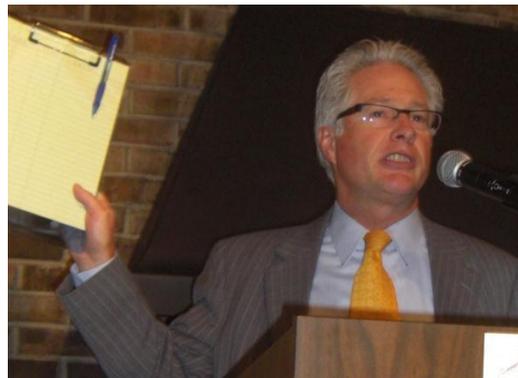


Secretary Chuck ('Chief strategist for the Romney campaign') Mooney introduced:

Visiting Rotarians:

Marcia Brandt, North Scott: Marketing
John Fraser, Iowa City Noon: Business Consultant

Announcements...



➔ **Thanksgiving baskets.** **Kevin Kraft** asked for 10 volunteers to deliver Thanksgiving food baskets, and he sent around a sign-up sheet for the Saturday, Nov. 17, event. Volunteers will pick up the baskets at HyVee and deliver then between 10 a.m. and 4 p.m. Kevin will provide details via email.

➔ **Dictionaries.** **Jim Spelhaug** said three more volunteers were needed to deliver dictionaries to Bettendorf 4th graders – and three BRC members signed up on the spot. Delivery dates begin Nov. 12. Details will be provided via emails.



The news...

Lora Adams reported: After yesterday's election, there are 19 women in the U.S. Senate... and no more political ads (for a while)... Gov. Branstad and legislative leaders pledged bipartisan cooperation.... Nicolas Sheley was convicted on eight counts of 1st degree murder.... A New York man is suing a church after a crucifix fell on him, crushing his leg, which had to be amputated.... An Ohio woman must wear a sign – “Only an idiot would drive on the sidewalk to avoid the school bus” – because that's what she did.... A Chinese man sued his ex-wife for giving birth to an ugly child – and the judge awarded him \$120,000.

Jon Ryan Happy \$\$...

President Mark collected \$180 for our foundations + a birthday gift of \$36 from **Nicole McWilliams** + \$25 each from **Linda Miller & Carl Loweth** for our Scholarship fund. Cash came from **John Archer** – happy to be back at a meeting, after walking in 75 parades during his campaign... **Linda Miller** – “I won last night, thanks to **Mark Ross**, my

campaign manager”... **Carl Loweth** – appreciation for John and Linda for running for election... **Diane Ricketts-McCool** – kudos also for John and Linda's families... **Sharon Sarver** – thanks to all BRC members who attended last week's meeting at Family Resources... **Steve Pieart** – met a woman there who graduated from Family Resources and now is working on a master's degree... **Jonna Schuler** – daughter Paige, a PVHS cheerleader, was chosen one of the 32 cheerleaders to go to All-State... **Greg Blaske** – son Colin made the newspaper – part of the PVHS football team.... **John Fraser** (visiting Rotarian) said he was happy to be here, although “Mark twisted my arm” (he was wearing a sling).

Missing today...

K. Adams-3, Boeye-3, Bowe-17, Brown-17, Bush, Calabrese, Chambers-2, DeDoncker-3, Dickson-4, Dobesh-3, Duda-4, Edwards-8, Eikenberry-15, Ellstrom-7, Felsing-2, Glass, Gudgel, Harrison-15, Hassel-4, Hinton-4, Kappeler-6, Kennedy-3, Lang, Lokenvitz, McGimpsey-3, Marvin-9, Mitvalsky-2, Murphy-9, Murray-17, Nelson-17, Olson, Ploehn-2, Powers, Praul-5, Schutte, Scranton-4, Semenow, Sitrick-4, Sorensen, Stopulos, Topper, Voigts, Volbrecht-8, Worley-16



Make-ups....

Chris Glass @ online make up
L. Miller @ North Scott

Make up at another QC club...

Monday, noon: Davenport – The Outing Club
Monday, noon: Moline – Christ the King Catholic Church
Monday, 6 p.m.: QC Illinois – Arbor Village Club House, Moline
Tuesday, 7:15 a.m.: River Cities – Brothers Restaurant, Rapid City
Tuesday, noon: Rock Island – QC Botanical Center
Wednesday, noon: **Bettendorf** – Fortune Garden Restaurant
Wednesday, 5 p.m.: Mini Meet – Lunardi's Restaurant, Davenport
Thursday, 7 a.m.: IA Quad Cities – The Lodge, Bettendorf
Thursday, noon: East Moline – Christ United Methodist Church
Thursday, noon: Milan – Pinnacle Country Club
Friday, noon: North Scott – Steeplegate Inn, Davenport

Upcoming meetings...

... Thanks to program chair **Brian Kennedy**. Have program ideas? Contact Brian: **340-5114**, bmfkennedy@att.net
Nov. 14: Bill Griffins, History of the Hennepin Canal
Nov. 21: Stephanie Carmichle, The Project of the Quad Cities



In other BRC news...

Brian Rolf has resigned from our club, **Secretary Chuck** reported.

News staff...

Editor, reporter: Fred Anderson...
Correspondent: Chuck Mooney...
Photographer: Carter LeBeau ...
Webmeister/Web-site host: Chris Glass

For more on BRC – and Rotary – see:
<http://www.bettendorffrotary.com/>