



**THE
BETTENDORF
ROTARY
CLUB NEWS**
Bettendorf, Iowa, Rotary Club
Jan. 2, 2013, issue

Next meeting:
Wednesday, Jan. 9, 2013, at
Fortune Garden Restaurant

**A memorial to the
fallen of Newtown**



Bettendorf Rotary is a prime mover in the memorial for the victims of the mass shooting at Sandy Hook Elementary School in Newtown, Conn., which will take place the evening of Monday, Jan.

14. **Dave Deuth** will present a program at the Jan. 9 meeting on the role of such a memorial event, which will involve all of the Quad-City Rotary clubs, in providing an opportunity for this community to share its expressions of support for the people of Newtown.

Last meeting:
Wednesday Jan. 2, 2013

**YogaG: helping
abuse victims**



YogaG, an organization that provides free yoga classes to women and their children in domestic abuse shelters, came to the Quad Cities because of a rather circuitous sequence of circumstances, according to **Sarah Johnson**, YogaG founder and guest speaker at the Jan. 2 meeting.

Because she had suffered a mini-stroke and “couldn’t get all the words out” while reading to her young daughter, Sarah said, she turned to the discipline of yoga to help her “unite the mind, body and spirit.” The practice of yoga led to her enrolling in a yoga teacher-training

program, which – because of her experiences as a Family Resources board member and as an attorney with some domestic abuse clients – led her to the idea of providing “trauma-sensitive yoga” for women who had been involved in traumatic experiences and who were now living in shelters.

Yoga “adds a level of body awareness” to traditional therapy for women who are victims of assault or other crimes, Sarah explained. And that helps them “not make the crimes against them such a big deal,” she said. That realization helps enable them to go on with their life and not allow an awful thing to dominate the rest of their life, she added.

Trauma-sensitive yoga, Sarah said, encourages students:

- To experience the present moment without over-reacting, even when something happens that reminds them of their trauma;
- To make choices without fear of punishment for “making the wrong choice,” and
- To feel the rhythm of “moving together as part of something” in yoga exercises – a feeling that can help them not feel so alone.



Sarah introduced **Jennifer Vondracek**, executive director of YogaG. To learn more, go to <http://www.yogaG.org/>, or contact Jennifer: jenniferv@yogaG.org or 414-839-

5248, or Sarah at 563-424-7721 or sarah@yogaG.org.

The meeting opened...



The meeting was called to order by **President Mark Ross**, who led the recitation of the 4-Way Test and the singing of “God Bless America.” During Moments of Reflection,

we learned that **Todd Ashby**’s wife’s father is seriously ill. After introductions, **Tom Howard**, aided by **Scott Naumann** and his ever-tuneful musical laptop, led the singing of “Auld Lang Syne,” “Smile... and the World Smiles with You” and the monthly favorite, “Happy Birthday, Dear Rotarians.” For January,

they are: 10, Chris Glass; 14, Mark Ross, Carrie Voigts; 16, Tony Calabrese; 17, Jon Ellstrom; 20, George Daugherty; 25, Dave Deuth, **Lee Semenov**; 29, John Archer.



Secretary Chuck ('new head coach of the Chicago Bears') Mooney introduced:

Guest:

Carey Ralston with **Chris Glass**

Announcements...

→ **Holiday party.** **Chris Glass** reminded all members of the Holiday Party Jan. 5 at Crow Valley Country Club – sign up online, or those present could sign up on the sheet at the meeting.



→ **Help for Newtown, Conn.** **Glenn Kass** said the vigil to memorialize the victims of the Newtown atrocity now involves all Quad-City Rotary clubs. It is scheduled to begin at **6:30 p.m. Monday, Jan. 14, at Modern Woodmen Park.** Everyone in and around the QC is invited – it's not just for Rotarians. The event has generated news coverage from the *Quad-City Times*, QC online and CBS-4. A link is on our Facebook page, (www.facebook.com/bettendorffrotary).

→ **Red Badge meeting.** **President Mark** reiterated that the Red Badge Meeting –

especially for all newer members with a red patch on their name badge – will be 5 p.m. Tuesday, Jan. 15, at Farraday's Restaurant near the Isle of Capri; any member can get a make-up by coming at 4:30, Mark said.

Jon Ryan Happy \$\$...

President Mark collected \$148 for our foundations + \$20 birthday money. The loot came from **Mark Ross** – his birthday (the microphone failed to broadcast the exact number)... **Steve Pieart** – soon going to spend time, in Florida, with **Joe** and **Jan Douglas**... **Carter LeBeau** – \$5 for the Northwestern bowl-game win... which prompted **George Daugherty** and **Ken Vandersnick** to chip in some \$\$ too... **Dr. Tom Olson** – Congress brought the nation back from the “fiscal cliff”... **Harry Coin** – both Northwestern and Stanford won bowl games... **Mark Ross** again – his son scored 30 on his ACT test



Missing today...

K. Adams, L. Adams, Archer, Ashby, Bibik, Boeye, Bowe, Brown, Castro, Chambers, DeDoncker, Deuth, Dickson, Dobesh, Edwards, Eikenberry, Ellstrom, Felsing, Franks, Gallagher, Sr., Gudgel, Habenicht, Harrison, Hartsock, Hassel, Heninger, Hintermeister, Hinton, James, Kappeler, Kennedy, Kraft, Lokenvitz, McWilliams, Marvin, Mitvalsky, Murphy, Murray, Nelson, Oswald, Praul, Ricketts-McCool, Salm, Schuler, Spelhaug, Topper, Volbrecht, Werner, Worley



Make-ups...

Ken Vandersnick @ Davenport

Upcoming meetings...

... Thanks to program chair **Brian Kennedy**. Have program ideas? Contact Brian: **340-5114**, bmfkennedy@att.net

Jan. 16: Gigi's Playhouse by Michelle Hornbuckle

Jan. 23: Special meeting to present 2013 Bettendorf Rotary Charitable Grants, at the Riverfront Convention Center

Jan. 30: Margaret Kuehl, director of the Family Museum

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

News staff...

Editor: Fred Anderson...

Reporter: Harry Coin...

Correspondent: Chuck Mooney...

Photographer: Carter LeBeau ...

Webmeister/Web-site host: Chris Glass

For more on BRC – and Rotary – see:

<http://www.bettendorffrotary.com/>