



# THE BETTENDORF ROTARY CLUB NEWS

**Bettendorf, Iowa, Rotary Club**  
**July 23, 2014, issue**

## ***Next meeting:***

Wednesday, July 30, 2014, at  
The Fortune Garden Restaurant

## **Fire-safety speaker aims to educate the public**

**John Hutchcroft**, owner of American Fire Safety in Davenport since 1985,



estimates he has informed or trained more than 50,000 people about fire safety over those years.

“It is our mission to provide the most complete and up-to-date comprehensive fire

safety education to people in our community,” his Web site says.

John is the featured speaker at the July 30 meeting, and his presentation is full of surprising facts and observations about home fires in today’s homes and offices.

For example, today’s fires spread faster, produce denser black smoke and contain far more chemicals that are lethal to humans than fires of half a century ago.

John’s background includes specialized education in fires – how to prevent them and how to fight them – from the Department of Homeland Security and the National Fire Academy.

## ***Last meeting:***

Wednesday, July 23, 2014



## **Real food is key to good nutrition**

**Kathy Mellen**, a lecturer in health promotion at the University of Iowa, shared some insights into a properly nutritious diet – and shared some practical strategies on how to achieve one – as she answered the question, “If You Are What You Eat, Then What Should You Eat?” at the July 23 meeting.

Stating, “There is no *bad* food,” Kathy said what we should all strive for in a nutritious diet is enough vitamins, minerals and fiber to meet your body’s needs for nutrition. “You can get that,” she said, “by eating real food” – not what comes in a box at the supermarket.

By real food, Kathy said, she means fruits, vegetables, proteins and whole



grains – and some “indulgences” in moderation. “If you want a piece of chocolate,” she said, “eat it. And enjoy it.

“We don’t do that enough,” she continued. “The first couple of bites are the most

enjoyable. So slow down and enjoy them. But you don’t necessarily have to eat half a plate of ice cream” to satisfy your “sweet tooth.”

Based on the current U.S. Government guidelines for a healthy, nutritious meal, Kathy offered some rules that answer the “what should I eat” question:

→ Eat *real* food – not something out of a box. “Ask yourself, ‘would Grandma recognize it as food?’” she said.

→ But what *kind* of food, she continued. “Mostly plant-based,” she advised – fruits, vegetables, whole grains with some animal protein and dairy.

→ How *should* I eat, she asked rhetorically. Her advice: “Not too much – apply the Japanese ‘80% rule’ – that is, you’re probably satisfied when you’ve eaten about 80% of what you think you want to eat.”

While real, fresh, locally grown food is best, she acknowledged it’s not always available. Garden-grown vegetables, or those from Iowa’s abundant farmers’ markets, should dominate a summer diet, she said, but in winter when the price of broccoli that’s grown thousands of miles away – or even on another continent – is very high, “frozen is as nutritious as



fresh,” she said. Even canned vegetables, she added, can be nutritious – but take the precaution of rinsing them before cooking to wash off some of the large amounts of salt used as a preservative.

In summary, she said good, healthful nutrition doesn’t have to be complicated. She advised: Be flexible... make a shopping list before you go to the store – and stick to it... cook enough for leftovers a day or two later – it saves time and energy. If you have questions, she advised, follow the guidelines at the Web site [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov).

## Announcements...

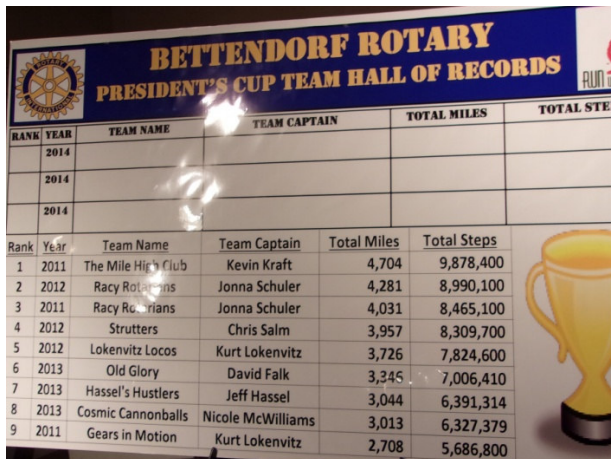


→ **President’s Cup Challenge / 20<sup>th</sup> Run with Carl: Dick Schillig** updated the performance during Week 3 of the four teams of walkers (runners, bikers, etc.) in the Challenge:

→ Daley Dashers (**Bill Daley** captain) covered 277 miles during the week for a 3-week total of 788 miles

→Dim-wits (**Dimy Doresca** captain) logged 203 miles for the week, and 568 total miles  
 →Wessel’s Warriors (**Heather Wessel** leading) walked 423 miles since last report for a total of 760  
 →Meanwhile, the Bod Squad (**Andy Erpelding** at the helm) didn’t turn in a report, since the captain is on vacation, so its total remains 270 miles

The Bod Squad’s performance prompted this comment from Dick: “There is growing suspicion the Bod Squad is ‘sand-bagging’... we’ll see when the team leader returns from his exotic vacation.”



Rank	Year	Team Name	Team Captain	Total Miles	Total Steps
1	2011	The Mile High Club	Kevin Kraft	4,704	9,878,400
2	2012	Racy Rotarians	Jonna Schuler	4,281	8,990,100
3	2011	Racy Rotarians	Jonna Schuler	4,031	8,465,100
4	2012	Strutters	Chris Salm	3,957	8,309,700
5	2012	Lokenvitz Locos	Kurt Lokenvitz	3,726	7,824,600
6	2013	Old Glory	David Falk	3,345	7,006,410
7	2013	Hassel's Hustlers	Jeff Hassel	3,044	6,391,314
8	2013	Cosmic Cannonballs	Nicole McWilliams	3,013	6,327,379
9	2011	Gears in Motion	Kurt Lokenvitz	2,708	5,686,800

Dick went on to note that the highest scoring team from all prior President’s Cup Challenges was **Kevin Kraft’s** Mile High Club of 2011 – 4,704 miles, or 9,878,400 total team steps.

Urging all teams to “keep on steppin’,” Dick said participants earn 10 miles’ credit for either running / walking in Run with Carl or volunteering. **Mike Vollbrecht** will have sign-up sheets for volunteer opportunities at the July 30 meeting.

On meeting day, it was 40 days until Run with Carl.

→**Rotary Night at the Ballpark: Jonna Schuler**, coordinating BRC attendance at Rotary Night at the Ballpark on Aug. 5, sold tickets at the meeting – and will give the purchased tickets to members next week. If you missed that opportunity, but want to go, call Jonna before you finish reading this newsletter: **344-7066**.

→**Operation Keep Kids Warm:** Rotary District 6000 has announced “Operation Keep Kids Warm.” The District challenged each club to raise money to buy warm winter coats for kids in need. The funds will go to the District, which will buy the coats and send them to us to give out in our community. **President Sharon** asked each Rotarian to consider a \$20 gift to the campaign. For every \$20 pledged, Sharon will donate an additional \$1 to the campaign – so if all 105 members pledge \$20 we’ll raise \$2,205. That will buy about 150 coats to help keep local kids warm.

**History with Harry...**  
 (Harry Coin looks through BRC archives to discover what the club was doing on this date in years past...)



Looking back 60 years, I found over 450,000 mentions of Rotary clubs helping the Salvation Army’s efforts... from ringing donation bells to funding hospices, to jointly operating food banks, to painting and renovating houses. The program today, in this room on Wednesday **July 23, 1958**, was Salvation Army Major Herbert J. Hester. Five years earlier, in **1953**, Major Hester gave the opening invocation in both the Iowa

Senate and House of Representatives.

You'll notice common problems such as "reluctance to commit over time" and "failure to maintain connections" is just not one of this club's challenge areas.

Here are some more examples:

**Jim Slavens**, here today? Well he was here 45 years ago today in **1969**, mentioning past club president Karl Schafer was released from the hospital.

Another example: Many of you remember long-time member John Riepe. John died this January at 91. 34 years ago today in **1980**, it was John's first day at Rotary, John was the guest of Chuck Munson. 17 years after that day in 1980, in '97, we hear that Chuck Munson, still a member, had his cancer come back.

You just read these minutes over the decades and see the connections among us, again and again. Week to week maybe we don't see it so much. Looking at it over time, it's a real eye-opener you know. It's impressive, really.

Here's another example of our club's nurturing progress over the years: It was **Decker Ploehn's** guest Steve Grimes who today in **1997** presented the new ideas for expanding Crow Creek Park and plans to buy more land. Today in **2003** our club hosted Decker who gave "The State of the Union Address - City of Bettendorf." Fast forward to today: the mayors are club members and they give the addresses and we help host the event annually down at the Waterfront.

Finally in **2008**, Connie Mangler got a postcard from **Carter LeBeau**; Carter wrote Connie during Carter's then 35th "beer and brat" fest biking across Iowa, along with 10,000 of his



closest RAGBAI friends. Carter quoted: "This would be a lot more fun, if it weren't for the bicycling!"

And that WAS the news!



[NOTE: In today's mail, received a postcard from **Kaye LeBeau** that Day 6 of RAGBRAI, Friday, July 25, is officially Carter LeBeau Day. Kaye's card reports, "Eight family

members are riding this year to honor Carter...." Ed. Fred]



**Jon Ryan**

**Happy \$\$...**

(Named in honor of the late Bettendorf Rotarian, punster, jokester and all-around good guy)

**President Sharon** collected \$251 especially from these happy members: **John DeDoncker** – happy to have **Linda Miller** in the Iowa House from the BRC membership, and, hoping for another, invited to fundraiser for **Mark Ross** at DeDoncker home... **Dawn Saul** – plea to support the First Day school-supplies donation drive in Bettendorf: "leave a bag with supplies in it for your mail carrier on Aug. 2" – or bring it to that week's BRC meeting, **President Sharon** added... **Alexei Bibik** – "sister gave birth to her second child, a son, 39 minutes ago"... **George Coin** – "another 100 miles biking, so another \$100"... **Dave Deuth** – when the Malaysian airline was shot down over Ukraine, son and daughter-in-law were safely in South Africa... **Decker Ploehn** – kudos to **Jeff Hassel** and **Steve Piart** for coordinating

the volunteers who staffed *our* hole No. 1 at the JDC – “the Classic director said ours was the best’ ... **President Sharon** – happy to be back from vacation in Toronto, New York City and Washington, D.C.... **Steve Piart** – happy family was here for a visit... and now happy they’re gone.



### The meeting opened...

**President Sharon Sarver**, returned from two weeks of vacation, called the meeting to order, led the recitation of The 4-Way Test – and added the Pledge of Allegiance to the Flag to our opening ceremonies. **Tom Howard**, with piano accompaniment by **Ruth Symmons**, led the singing of “America the Beautiful.” After Moments of Reflection and introductions, the songfest concluded with “Be a Friend” and “In the Good Old Summertime.”

### Upcoming meetings...



... Thanks to program chair **Scott Naumann**, [scottn@midlandcom.com](mailto:scottn@midlandcom.com), 445-4260:

**Aug. 6:** Mark Warner, University of Iowa, Student Financial Aid... Funding College

**Aug. 13:** Dr. Steven Anderson, Aging Brain in the Workplace

**Aug. 20:** Visit by District Governor John Ockenfels

**Sept. 10:** Dr. Dennis Marchiori, chancellor of Palmer College of Chiropractic

### Secretary Johanna Smith introduced:

#### Guests:

Kathy Mellen, speaker

Ruth Symmons, pianist

#### Visiting Rotarians:

Chuck Geisewite, Rotary Club of San Antonio, Texas

Duncan Cameron, Rotary Club of Naples, Fla.

52 Bettendorf Rotarians attended and were joined by 2 visiting Rotarians and 2 guests.

### Missing today...

(Number in parentheses: total meetings missed since July 1, 2014):

Arndt (3), Blaske, Boeye (4), Bowe (4), Brown (4), Bush (4), Dickson (2), Dobesh, Doland, Doresca, Duda (2), Eikenberry (4), Ellstrom (4), Erpelding (2), Falk (2), Featherstone (3), Felsing, Franks (3), Gallagher, Sr. (3), Gallagher, Jr., Glass (2), Hartsock (3), Hill, Hinton (4), Hipple (3), James, Kappeler (2), Kellenberger (3), Kennedy (4), Larsen (3), Lokenvitz (2), Love-Sherrick (3), Loweth, McWilliams (3), Mannix (4), Mitvalsky (2), Morrison, Naeve (4), Nanda, Nelson (4), Olson (3), Oswald (2), Powers (2), Salm (4), Spelhaug (3), Stone (2), Stopulos (2), Werner (4), Willsher (4), Windmiller (4), Worley (3), Zachary (3)

### Make-ups...

**Results Marketing 4<sup>th</sup> of July Celebration:** Brad Morrison, Tim Lane

**John Deere Classic:** Jeff Hill, Kevin Kraft, Ken Vandersnick

Dawn Saul (Happy to Have Meeting Make Up)

### BRC News staff...

**Editor, reporter:** Fred Anderson

**Photographer:** Glenn Kass

**Correspondent, Web-site host:** Johanna Smith

### For more on Bettendorf Rotary Club:

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