



THE BETTENDORF ROTARY CLUB NEWS

Bettendorf, Iowa, Rotary Club
Aug. 13, 2014, issue

Next meeting:

Wednesday, Aug. 20, 2014, at
The Fortune Garden Restaurant

District 6000 governor will pay us a visit

We'll meet and hear from District 6000
Gov. **John Ockenfels** as the highlight of
the Aug. 20 meeting. He and his wife
Deb are visiting each club in the district



to celebrate the 100th anniversary year of
District 6000 and “spread the light” of
Rotary in keeping with the theme of RI
President Gary Huang.

Rotary started in 1905, John says in his
greeting on the D6K Web site, but
districts developed later. District 6000
started in 1915, and “our first district

governor was John Knutson from Sioux
City, Iowa.”

As for spreading the light of Rotary, John
echoes Gary Huang and his theme,
“Light Up Rotary,” when he says, “For
too long Rotary has quietly gone about its
business of ‘doing good in the world’ and
not telling people outside of Rotary how
great of an impact we have had
throughout the world.” To correct that
deficiency, John is asking each club in
the district to participate in a Rotary Day
event where the focus will be on sharing
the Rotary message with our community.
You’ll hear more about this goal on the
20th.

Last meeting:

Wednesday, Aug. 13, 2014

The aging brain in the workplace

Iowa, a state whose average age is one of
the oldest in the U.S., is seeing workers
in that aging
population staying
on the job later in
life. “So, how will
this play out?”
asked University
of Iowa
neuroscientist **Dr.
Steven Anderson**
at the Aug. 13
meeting.



Discussing the implications of “The
Aging Brain in the Workplace,” Steven
said it’s easy to observe and track age-
related changes in the body – “but
changes in brain function are not so
easy.” Diagramming the “complicated
wiring” of the brain – “about a billion

neurons... with about 7,000 synapses each” – he noted that aging can cause some adverse physical effects on the brain, which can diminish cognition, which can negatively impact job performance.

That’s the bad news, he said. But the good news, he continued, is that “the brain is ‘plastic,’” it can adapt to its physical changes, and “we’re still able to learn new things with age.” In addition, he said, there is great variability among people, and while some may lose some job-related abilities as they age, others may not.



While some of what happens as we age can be linked to our genetic

background and adverse events beyond our control, such as accidents, he noted that several kinds of activities – which we can control – can help offset deteriorating cognition, and help us maintain good job performance as we age.

These activities, he said, include physical exercise, social engagement, intellectual challenges (such as working crossword puzzles or learning a new language), a good attitude and proper nutrition.

Announcements...

- **President’s Cup Challenge / 20th Run with Carl:** With three weeks left in the challenge, **Dick Schillig** gave a quick run-down on the results of Week 6:
 - **Bod Squad (Andy Erpelding** captain) is leading the Challenge with 1,612 miles
 - **Daily’s Dashers (Bill Daily** captain) is No. 2 at 1,595 miles



- **Dim-Wits (Dimy Doresca** captain) has a total of 1,549 miles
- **Wessel’s Warriors (Heather Wessel** captain) has walked 1,257 miles

Dick commented, “Only 17 miles separate first and second-place teams. Rumor has it there is ‘ringer’ during a 100-mile run this week for Daily Dashers. Team effort can displace the ‘ringer’ .”

He reminded all Rotarians to add 10 extra miles to their team total by registering to participate in a Run with Carl event plus 10 more by volunteering.

Volunteer coordinator **Mike Vollbrecht** (mvollbrecht@shive-hattery.com / 309-277-1978) passed out signup sheets this week – and at next week’s meeting – for these jobs:

- Packet pickup and late registration
- Course volunteers for Labor Day morning – traffic control, water stops...
- Bottled water pickup, pre-race
- And donations of cookies or muffins for the post-run refreshment table

It’s just 18 days until Run with Carl.

→ **Operation Keep Kids Warm:** Members can still pledge until Sept. 24 – \$20 is the suggested minimum – for Rotary District 6000’s Operation Keep Kids Warm, **President Sharon** said. .

The Club has already raised around \$1,300 for the project. For every \$20 pledged, she will donate \$1 more. If all 105 members pledge \$20 we will raise \$2,205 – enough to buy about 150 coats to help keep QC kids warm.

→ **Ribs + a Youth Exchange opportunity: Doug Peterson** of the Iowa



QC Rotary Club had two announcements:
→ The Iowa QC Club's fundraiser – "Ribs 4 Kids" – is this Friday (Aug. 15) evening at Kelly's Pub on 53rd Street with all proceeds going to support the club's projects,

including...

→ Rotary Youth Exchange, in which the club is sponsoring a Belgian student who is studying at PVHS this year. "We need more host families," Doug said. To serve as a host, contact Doug at:

louandoug@mediacombb.net.

→ **District governor next week:** District 6000 Gov. **John Ockenfels** will be the guest speaker next Wednesday, Aug. 20. "Let's have a great turnout," **President Sharon** urged.

→ **Golf Outing:** **John Rabine** reiterated the date – Sept. 10 – for the day of golf and dinner *al fresco* instead of a meeting on that Wednesday. "It's a good time to get together," he said, and he added:
→ "You don't have to be a Rotarian to play – in fact, you could form a foursome with some friends or neighbors."
→ "There are plenty of opportunities for you to sponsor a hole" – at only \$100.



That announcement prompted John's Golf Outing co-conspirator **Ken Vandersnick** to hold up a hole-sponsor sign from last year. It promoted Weerts Funeral Home – which prompted **Dr. Tom Olson** to inquire, "Does that mean **Dave (Deuth, of Weerts)** and **Dave (Chambers, of McGinnis-Chambers Funeral Homes)** will sponsor bigger holes?"

President Sharon restored order, and the announcements continued:



→ **Rivermont scholarship winner:** **Todd Zachary** introduced this year's Rivermont Collegiate recipient of the BRC Scholarship, **Shravya Potula**, who is enrolled as a freshman in pre-med at Baylor University.

➔ A second order is going out for polo shirts. If you would like a shirt, please email Johanna at bettendorfrotary@gmail.com with your size and whether you want French Blue or Yellow. Money is due by Aug. 27.

➔ **Cancer support group needs help:** You can help ensure that the Greater Quad Cities Us Too Prostate Cancer Support Group, which educates and supports men who have the cancer and their families, will continue to receive funding from the Quad City Marathon – by signing up and participating in its 1-mile **Walk for Prostate Cancer** on Saturday, Sept. 27.

Prostate-cancer survivor **Fred Anderson** asked members to sign up and walk. Early registration is \$20 until Sept. 12; \$25 until 10:30 a.m. Sept. 27. Walkers age 17 and under pay \$15 for early registration, \$20 for late registration.

To register, go to: https://secure.getmeregistered.com/get_information.php?event_id=9631 and scroll down to the orange **Register** button.

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



I decided to research how far back the tradition of singing goes for this club. On this day, **Aug. 12th** in this room in **1958** the first thing on the agenda was the singing of “America.” This week in **1966**, Len Miller inducted today’s song leader **Tom Howard** into our club – 48 years

ago! And the meeting opened with “America.” Tom was fined \$1 for having his picture in the paper today in **1969**, and the meeting that day opened with “America.”



Tom Howard with John Rabine...

Today in **1975**, the meeting opened with the singing of... “America.”

And today in **1980**, the meeting opened with the singing of... “America.”

Did you know “America” and “Hail Columbia” were the popular national anthems from 1831 until 1931 when “The Star Spangled Banner” was adopted. That one has 17 years to go to tie “America’s” run.

One hundred years after George Washington’s presidency, the author of “America” added this to his song in 1889: “Our joyful hearts today, Their grateful tribute pay, Happy and free, After our toils and fears, After our blood and tears, Strong with our hundred years, O God, to Thee.”

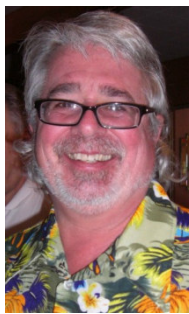
And here we are still, a century and a quarter after that. No pressure on us now or anything....

Today in **1997**, the meeting opened with “America,” and Tom Howard put his house on the market because he was moving to a condo.

And today in **2003**... yup, it was “America.”

And today in **2008**, Tom Howard and **Bernie Vogel** led the songs, but according to **Chuck Mooney**, things changed up for the meeting opener. Chuck wrote in the minutes the meeting that day opened with “My Country ’Tis of Thee” (also known as “America”). I couldn’t make this stuff up if I tried.

And that WAS the news!



Jon Ryan
Happy \$\$...
(Named in honor of the late Bettendorf Rotarian, punster, jokester and all-around good guy)

President Sharon collected **\$249** – with special amounts from these happy folks: **Todd Ashby** – with a deadline of Aug. 22, inviting nominations for QC businesses to receive an outstanding “MRA” business award – contact Mark McLaughlin at Results Marketing (322-2065 / Mark@ResultsIMC.com)... **George Daugherty** – daughter was married... **Mark Ross** – hiking with son in the Rockies, then taking him to college – where he did so well on exams that he’ll start with sophomore status... **Ken Vandersnick** – \$\$ on behalf of **Dave Deuth**’s Gold Outing sign... **Todd Zachary** – \$\$ for introducing Shravya Potula... **Dr. Tom Olson** (*pun alert*) – after taking Dad to the eye doctor last week, Tom took him to the car dealer for “a new Cad-aract” (you were warned)...

Tom Howard – \$\$ for 48 years as a Bettendorf Rotarian... **George Coin** – 100 more biking miles... **Decker Ploehn** – “George is on our team!”

The meeting opened...

President Sharon Sarver called the meeting to order, led the recitation of the Four-Way Test and the Pledge of Allegiance to the Flag. **Tom Howard**, accompanied by pianist **Gail Baldwin**, led the singing of the day’s patriotic song, “God Bless America.” After Moments of Reflection and introductions of visiting Rotarians and guests, the singing concluded with “Vive le Rotary: and “Let There Be Peace on Earth.”

And at the end of the meeting...

George Coin won the “Happy to Have a Meeting Make-Up” drawing at the close of the meeting. (**Steve Pieart** won that coveted distinction last week.)

Upcoming meetings...



... Thanks to program chair **Scott Naumann**, scottn@midlandcom.com, 445-4260:
Aug. 20: Visit by District Governor **John Ockenfels**
Sept. 10: Dr. Dennis Marchiori, chancellor of Palmer College of Chiropractic

Secretary Johanna Smith

introduced:

Visiting Rotarian:

Doug Peterson, Iowa Quad Cities Rotary

Guests:

Dr. Steven Anderson, University of Iowa, speaker

Dr. Murthy, guest of **S.K. Nanda**

Shravya Potula, Rivermont Collegiate scholarship recipient



April Bender, HomeInstead Senior Care, guest of **Steve Habenicht**
 Walter Solveson, guest of **Dr. Tom Olson**
 Jennifer Garlach, Boys and Girls Clubs of the QC, guest of **Decker Ploehn**
 Gail Baldwin, pianist

In all, 64 Bettendorf Rotarians attended and were joined by 1 visiting Rotarian and 6 guests.



Missing today...

(Number in parentheses: total meetings missed since July 1, 2014):
 Arndt (6), Bowe (6), Brown (7), Bush (7), DeDoncker (3), Death (4), Downing (2), Eikenberry (7), Ellstrom (7), Erpelding (3), Featherstone (6), Franks (5), Gudgel (5), Hassel (3), Hill (2), Hintermeister (3), Hinton (7), Hipple (5), Kappeler (5), Kellenberger (6), Kennedy (7), Larsen (4), Lizak (2), McWilliams (6), Mannix (7), Morrison, Naeve (6), Nelson (7), Oswald (4), Powers (2), Ricketts-McCool (4), Salm (7), Scranton (6), Sherrick (4), Tirone (3), Werner (7), Windmiller (7), Worley (6)

Make-ups...

Dick Schillig, Rotary Club of Davenport
 Dick Schillig, Lake of the Ozarks Daybreak Rotary
 Chelsea Powers, eClub One Online
 Board of Directors meeting: Sharon Sarver, Jonna Schuler, Chelsea Powers, Dimy Doresca, Tim Lane, Chris Glass, Jim Spelhaug
 Happy to Have a Meeting Make-Up: Steve Piart, George Coin



BRC News staff...

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For more on Bettendorf Rotary Club:

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

For more on Rotary International:

<https://www.rotary.org/>

