



Nor'Wester

Rotary Club of Northwest Des Moines

www.clubrunner.ca/northwestdesmoines / Fridays @ Noon - UGCC 4000-86th St. Urbandale

June 9, 2017

This Week's Program:

Larry Jablonski
"Drive Your Bike" Camp

Arranged By:

Chuck Corwin

Greeter:

Helen Turner

Invocation:

Bill Corwin

Sergeant:

Mark McAndrews

Scribe:

Brad Helgemo

2016-17 Officers & Directors

Brenda A-M, President

Leray Glendenning, President Elect

Bill Corwin, Treasurer

Dianne D-Nelson, Secretary

Jim Arthur, Rotary Foundation

Wendi Wilson, Int' Service

Ed Arnold, Membership

Mark McAndrews, Public Image

Penny Luthens, Service to Youth

Bill Grask, Past President

Future Programs

6/16: Kathy Forst
Urbandale Centennial

6/23: Jayne Armstrong
Small Business
Administration

6/29: President's
Inauguration
Christopher's

Prez Sez

Brenda Auxier-Mailey



Rotary Meeting Make Ups

Summer is here and for many of us that means we will be going on those long-awaited vacations and missing a Rotary meeting.

According to Rotary International Bylaws, a member can make up for a missed meeting within two weeks before or after the meeting. So, if you have a planned vacation and you are going to miss our Friday meeting, you can make up for it up to two weeks before our meeting date. If you miss a meeting, you have up to two weeks after the missed meeting to make up. If our club does not have a meeting, Rotary members do not need to make up for that meeting.

There are several ways to make up for a missed meeting. Check out those options later in this newsletter.

Remember to report all your make-ups to our Club Secretary, Dianne Downing-Nelson at dmdowning-nelson@dmacc.edu to get credit for your makeup. When reporting a makeup please include the following information: function name, date, and the missed meeting you would like to apply the make-up towards.

Enjoy your summer vacations!

Scribbles...

T.J. Page Iowa Corn - E15 & E85



Our speaker last week was an ISU graduate from the east side of Des Moines, named TJ Page, who represents Iowa Corn. Iowa Corn is made up of two entities, the Iowa Corn Promotion Board and the Iowa Corn Growers Association. The Iowa Corn Growers Association lobbies for the 7,500 corn farmers at the state and federal level. They have collaborative activities with the Iowa Corn Promotion Board, which works for all growers to expand markets and promote the use of corn. As a licensed entity, it promotes the use of ethanol, which benefits the renewable fuels industry. Ethanol blended gas has a new standard, it is 15% ethanol/ 85% gas. Iowa is #1 in ethanol production in the U.S. We make over 14 billion gallons of ethanol per year, which reduced greenhouse gas emissions by a whopping 41 million metric tons, and makes up to over 4.7 million of Iowa's GDP. Most racecar events now use E85 fuel, which helps our corn growers. That is why all Iowans and Rotarians should support the Iowa Corn 300 July 9th At the Newton Raceway! Support Iowa Corn!

Bill Grask, Scribe

Other Locations

Monday

West Polk County, Toyota of Des Moines, (Noon)

Tuesday

Ankeny, Ankeny Golf & Country Club, (11:45)
 Johnston, Hyperion Golf & CC, (7:00 am)
 Dallas Center, Memorial Hall, (Noon)
 Norwalk, Echo Valley Golf Course, (6:30 am)
 West Des Moines, DM Golf & CC, (Noon)

Wednesday

East Polk County, Prairie Meadows, (7:00 am)
 Adel, Patrick's Restaurant, 211 S 7th St, #C, (Noon)
 The Greater Des Moines Club, Okoboji Bar & Grill on
 86th in Johnston on the 1st & 2nd Wed. (6:00 pm)

Thursday

Waukee, Des Moines Golf & Country Club, (6:45 am)
 Des Moines, Wakonda Club, (Noon)
 Winterset, Pizza Ranch, (Noon)

Friday

Des Moines, AM, Wakonda Club at 3915 Fleur Dr. (7:00 am)



We need extra hands for the next CFUM Supper Club!

Monday, June 26th
 4:15 PM to 6:00 PM
 Trinity United
 Methodist Church
 1548 8th St, Des Moines, IA
 Contact Larry Sample
 if you are able help!

Volunteers Needed!

Items for the Nor'Wester should be submitted
 by end of the day each Monday. Please send to:

**Jenifer Mercer-
 Klimowski**

Phone: 515-237-2203 Fax: 515-237-2283
 jmercerc-klimowski@emcnl.com

Did You Know?

Rotary Attendance

Regular attendance is essential to a strong and active Rotary club. The emphasis on attendance is traced back to 1922, when Rotary International announced a worldwide attendance contest that motivated thousands of Rotarians to achieve 100 percent attendance, year after year. Many Rotarians take great pride in maintaining their 100 percent record in their own club or by making up at other Rotary club meetings.

Although the RI Bylaws require members to attend only 60 percent of all meetings, many clubs encourage more frequent attendance, because the absence of any member deprives the club of the value of its diversified membership, the contributions of all members to ongoing club projects, and the personal fellowship of each member. The club's board of directors may determine appropriate reasons for excusing absences. From time to time, proposals have been made to give attendance credit for various reasons or to lower the minimum requirement, but such attempts have not been adopted by the Council on Legislation.

In 2016, the Council on Legislation representatives voted to eliminate limitations on how Rotary clubs conduct their meetings. They recognized that club health is not determined by attendance alone. Rotary clubs now have the option of reducing their meeting frequency, as long as they meet in some way at least twice per month. Clubs are still expected to forward attendance reports to the district governor within 15 days of the last meeting of each month. These decisions do not modify the current rules of the Standard Rotary Club Constitution. Clubs that want to adopt these changes will need to amend their bylaws. Clubs that wish to continue to adhere to the traditional requirements regarding meetings, attendance, structure, or categories of membership may do so.

The Rotary of Northwest Des Moines Club Bylaws as voted on by members on Friday, January 13, 2017 requires 60 percent attendance.

Future Information



Chuck Corwin - Program Chair & Cindy Ray - Meeting Coordinator Chair

<u>Program</u>	<u>Greeter</u>	<u>Invocation</u>	<u>Sergeant</u>	<u>Scribe</u>
June 16 - Urbandale Centennial	Penny Luthens	Dianne Downing-Nelson	TBA	Laura Holms
June 23 - Small Bus Admin.	Mark McAndrews	Wyatt Earp	Jenifer Mercer-Klimowski	Wendi Wilson
June 30 - No Meeting	No Meeting	No Meeting	No Meeting	No Meeting
<p><i>Can't complete your assigned duty?</i> Please assist Brenda by finding your substitute!</p> <p>Email that information to bjamemail@gmail.com also please cc Jenifer Mercer-Klimowski - jmercerc-klimowski@emcnl.com.</p>				



Nor'Wester

Rotary Club of Northwest Des Moines

This & That

Ways to Make Up Meeting Absenses

Here are several ways to make up for a missed meeting:

- **Attend a Club Function** - a monthly board meeting, a committee meetings, a Club social event, RYLA (Rotary Youth Exchange) meetings or RYLA camp, a Club fundraising event, or a Club service event).
- **Attend Another Rotary Club's Meeting** - area club meeting dates and times are published in our weekly Nor'Wester; be sure to bring back some kind of proof of attendance. Most clubs have a makeup card.
- **Attend a District Rotary Function** - District Conference, District Planning Sessions, PETs Training, Rotary Youth Exchange Student planning sessions, Rotary International Convention, or RYLA camp.
- **Complete an Online Makeup** - Go to the Rotary of Northwest Des Moines home page, <http://portal.clubrunner.ca/1664>
 - On the left-hand side scroll down to Links; under Links find and click on "on-line Rotary make-up site."
 - On the right-hand side look for the box "Makeup For A Missing Meeting," then choose a category from the dropdown; now select "search for a video to watch" or "search articles to read."
 - Choose a video or article from the list; once you have spent at least one-half hour watching videos or reading article, select "request a makeup confirmation."
 - Complete and submit the makeup form.
 - Make a donation to the online club.
 - Now open up your email and forward the "Rotary eClub One Makeup Confirmation."

Upcoming Events

CFUM Supper Club - **Volunteers Needed**

June 26 - 4:15 PM to 6:00 PM

Trinity United Methodist Church

1548 8th St, Des Moines, IA

Contact Larry Sample if you are able to help out!!

Installation Dinner

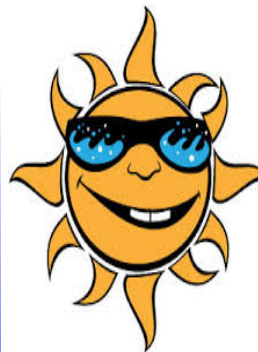
Thursday, June 29 - Christopher's

Social at 6:00 - Dinner at 6:30

TRICKS TO BEAT THE HEAT!

Close Your Blinds

Unshaded windows allow sunlight to creep in and heat up your office or home. Closing your curtains and blinds can knock down the amount of heat your space will absorb by up to 45 percent, according to the U.S. Department of Energy



Chill Your Cheeks and Feet

Your cheeks and the soles of your feet are packed with blood vessels that don't contract in the presence of cold.

Apply an ice pack or a cool, damp cloth to these areas. You'll lower your body temperature 50 percent more after 5 minutes!

Hang Out In a Blue Room

In a study at Hanover College in Indiana, people who sat in blue-shaded rooms felt cooler than those who hung in red-hued rooms, even when the air temperature was exactly the same.

Research shows exposure to the color red may be biologically arousing, while blue is calming. This could explain how blue tones literally chill you out.