



# Nor'Wester

Rotary Club of Northwest Des Moines

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

June 23, 2017

***This Week's Program:***

Jayne Armstrong

Small Business Administration

Arranged By:

Chuck Corwin

Greeter:

Mark McAndrews

Invocation:

Wyatt Earp

Sergeant:

Jenifer M-K

Scribe:

Wendi Wilson

***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***

6/29: President's Inauguration at Christopher's

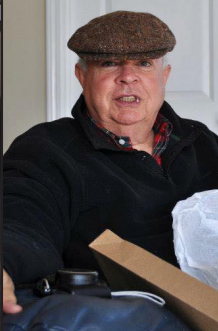
6/30: No Meeting

7/7: TBA

7/14: Chief Jerry Holt Urbandale Fire Department

## Goodbye Dear Friend

*What moves through us is a silence, a quiet sadness, a longing for one more day, one more word, one more touch. We may not understand why you left this earth so soon, or why you left before we were ready to say good-bye, but little by little, we begin to remember not just that you died, but that you lived.*



# A Year In Review by Brenda Auxier-Mailey

Our Club ended the 2016-17 Rotary year with 36 members (63% male and 37% female). We brought back into our Club Beth Goedken, and gained new member LeAnn Auxier.

All of our 36 current Club members participated in at least one service project, with the total of 611 service hours completed. Service opportunities included Rolling Up Our Sleeves to fill backpacks for Urbandale School students, selling tickets to the Iowa Energy game to raise money for polio eradication, providing warm coats to kids attending Urbandale, St. Pius X School and Metro West Learning Academy, serving up root beer floats for Special Olympics, ringing bells for the Salvation Army, donating t-shirts for Dresses for Girls in Africa, serving meals at Children and Family Urban Movement, volunteering at Jolly Holiday Lights, honoring fallen police officers by writing letters of support and providing candles at their vigil, volunteering and providing money to Josh the Baby Otter, a water safety program, and Rolling Up Our Sleeves at Rolling Green Elementary to talk with student about careers. Other events and activities for the year included make-up socials, the multi-club 100-Year Rotary Foundation Celebration, Christmas Party, and an Iowa Cubs tailgate and game.

Our Club gave money to the following organizations and programs so that they could continue their good work: Urbandale Public Swimming Pool for Josh the Baby Otter Program, Jeff Hill Basketball Camp, Polio Plus, Iowa Miles of Smiles Team, Urbandale Schools Hero in Education Award, post-secondary scholarship, Drive Your Bike to Camp, and Jake the Puppy Foundation.


We also worked to make our Club stronger by updating our Bylaws, completing a visionary process and creating a strategic plan, and creating a Facebook page.

Our Club helped strengthen the Rotary Foundation by being a major organizer of the multi-club 100-Year Rotary Celebration, increasing Paul Harris Society giving, major gift givers, and bequest society members.

Our Club continued with the sponsorship of the Urbandale High School Interact Club, and sponsored three students to attend RYLA this summer.

In order for our Club to continue to give money to great causes, we held two major fundraisers: our annual golf outing and the Mayor's Annual Bike Ride.

Our Club has accomplished a lot this year and we should all be proud to be a Rotarian.



**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  
jmercer-klimowski@emcnl.com

## 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

## 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 30 - No Meeting	No Meeting	No Meeting	No Meeting	No Meeting
July 7 - TBA	Ed Arnold	Joe Kobes	Bob Moore	Cody Johnson
July 14 - Urbandale Fire Dept.	Ed Minnick	Brenda Auxier-Mailey	Penny Luthens	Marv Johnson
<i>Can't complete your assigned duty?</i> Please assist Brenda by finding your substitute!				
Email that information to <a href="mailto:bjamemail@gmail.com">bjamemail@gmail.com</a> also please cc Jenifer Mercer-Klimowski - <a href="mailto:jmercer-klimowski@emcnl.com">jmercer-klimowski@emcnl.com</a> .				





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## This & That

### Scribbles...

#### *Kathy Forst* *Urbandale Centennial*

Kathy Forst informed and entertained the club with stories and facts about Urbandale as the city is celebrating its centennial year. From early days as a coal mining site, to a transportation hub as the trolleys arrived, to the modern day, the city has been constantly evolving. The centennial year of celebration is capped off by a couple of weeks of special activities that can be found at <http://urbandale100.org/>. Highlights include an ice cream social, Urbandale's Got Talent, the June 30th Gala Celebration, and all of Urbandale's traditional 4th of July Celebration.



Continuing our theme of centennials, President-elect Leray Glendenning introduced District Governor Elect Mike Ruby's service project for the coming year. Celebrating the bi-centennial of the invention of the bicycle, PE Glendenning challenged the Club to raise funds sufficient to sponsor a Buffalo Bike for each member of the Club. A sample of the Buffalo Bike was at our meeting. The bike is strong, durable, reliable and simple to maintain. The sustainability of this project is further enhanced by training local mechanics to repair and maintain these bikes.

By providing basic transportation the bike can enhance education, serve as an engine for economic development, promote health care, and give families and communities a chance to better their lives. To get the full story on these bikes visit the web page at <https://world-bicyclerelief.org/en/>.

Scribe, Mark McAndrews



#### **Rotary Youth Leadership Awards**

We were glad to welcome Brad Holland a RYLA Student.  
Thanks to Mark McAndrews & Brad!!



### *Birthdays*

June 19 Jim Arthur

June 23 Brad Helgemo

June 23 John Waldron

### **MORE TRICKS TO BEAT THE HEAT!**

#### **Drink More Water**

You know how important it is to stay hydrated all year round. When you're sweating a lot, either because of exercise or the summer heat, drinking enough water becomes even more important. As the CDC suggests, think of your body like an air conditioner:

As with other hydration myths, water isn't your only option, but it's free and easily accessible for most of us.

#### **Optimize Your Windows**

You might not need to run your air conditioner if you pay a little more attention to your windows in the summer. Close the windows and use insulated drapes to keep the sun out during the day and open them at night when the sun is down.

You can also hang a damp towel in front of the window to cool the air flowing into your home and open opposing windows or windows on the top and bottom floors for maximum air flow.

