



# Nor'Wester

Rotary Club of Northwest Des Moines

[www.clubrunner.ca/northwestdesmoines](http://www.clubrunner.ca/northwestdesmoines) / Fridays @ Noon - UGCC 4000-86th St. Urbandale

## Prez Sez

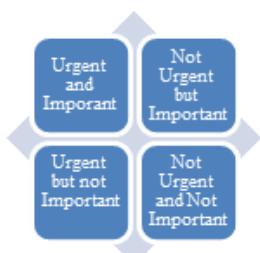
Leray Glendenning



What happens if there is a gap between the clock and the compass – between your commitment, appointments and schedules and your values, vision, principles and conscience? According to Stephen Covey in his book, *First Things First*, there are some practical things you

can do if you wish to be guided by the compass rather than driven by the clock.

Notice the box with four quadrants. Despite our best efforts to manage our time well, all of us will likely find ourselves spending some time in all the quadrants. This is not necessarily detrimental.



However, if you tend to procrastinate, you will find yourself often in the Quadrant One, in which everything important becomes a crisis problem. On the other hand, if you tend to be unmotivated by any goals, you will find yourself in Quadrant Four: lost in trivia, games, and junk mail. If we allow ourselves to be constantly pushed around from the outside by what appears to be urgent to others, i.e. interruptions, meaningless meetings and endless entertainment, then you will likely please someone but YOUR goals will ultimately be frustrated. The need is to begin to find ways in which you can move more of the activities in your life into Quadrant Two. It is here that you will be able to give some time to think and plan about doing things right BEFORE they become urgent! How do you distinguish between what is urgent and what is important? Let's talk about that next time!

## Scribbles...

### Wade Lookingbill *Courage League Sports*

Our speaker on August 18th was Wade Lookingbill, Director of Development, Courage League Sports.

Wade joined us as the last-minute substitute for Michelle Henaman. He over-viewed the creation of College League Sports by Melissa Clarke-Wharff, who was inspired by her son, Jack, who had suffered multiple strokes. Located in Urbandale at 4405 - 121st Street, Courage League has a facility with 11,000 sq. ft. of sophisticated gym space and 1,000 sq. ft. for parents. It has been operating there for the past four years and now serves about 1,000 kids and 500 adults with disabilities on a monthly basis.

Nearly 90% of the annual budget goes for programming and about 70% of members are subsidized. No one has ever been turned away as a participant.



Courage League serves about 500 families and 1,200 individuals in a 30 mile radius throughout Polk County. A second facility is targeted for Ankeny within the coming year.

Scribe, Bob Moore



August 25, 2017

*This Week's Program:*

Kristen Winters  
Endow Urbandale

Arranged By:

Leray Glendenning

Greeter:

Joe Kobes

Invocation:

Brad Helgemo

Sergeant:

Julia Taylor

Scribe:

Roger Nyberg

### 2017-18 Officers & Directors

Leray Glendenning, President  
Penny Luthens, President Elect  
Bill Corwin, Treasurer  
Dianne D-Nelson, Secretary  
Doyle Sanders, Rotary Foundation  
Wendi Wilson, Int' Service  
Ed Arnold - Membership  
Mark McAndrews, Youth Services  
Kasey Vogel, Public Image  
Beth Goedken, Programs  
Brenda A-M, Past President

### Future Programs

9/1: No Meeting

9/8: Doyle Sanders  
Rotary Foundation

9/15: Golf Outing

9/22: TBA

## 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, check the District 6000 website for time and location

### Thursday

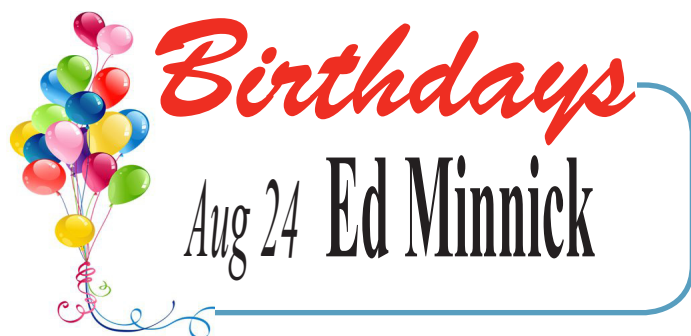
Waukee, Des Moines Golf & Country Club, (6:45 am)

Des Moines, Wakonda Club, (Noon)

Winterset, Pizza Ranch, (Noon)

### Friday

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



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

## Chuck Corwin Memorial Update

An additional donation of a Buffalo Bike has been received in our Club. This brings us to a total of 28 bikes, of which 27 have been matched creating a grand total of 55 bikes! This wonderful and we still have ten more months for this project. Governor Mike Ruby reports from a webinar with the president of WBR that while in Zambia, recently, he witnessed the presentation of a lot of bikes to students. Gov. Ruby writes: "The head master made a speech, there was a big celebration with song, dance, other speeches, and a really big deal was made of the presentations because getting a bike IS a really big deal for a family. In many cases the \$147 bike is the single largest asset a family owns. That's a pretty sobering thought and just one more reason of what a big impact these bikes and this program makes on residents of developing countries." Thank you to all who have participated and those who will yet participate!



Join other Rotary Members and donate \$147 to purchase a Buffalo Bicycle to honor our good friend Chuck!

## Upcoming Events

CFUM - Monday, August 28

### Golf Outing

Friday, September 15, 2017 - UGCC  
Lunch at 11:30. Shotgun start at 12:30

## Future Information



**TBA - Program Chair & Cindy Ray - Meeting Coordinator Chair**

<u>Program</u>	<u>Greeter</u>	<u>Invocation</u>	<u>Sergeant</u>	<u>Scribe</u>
Sep 1 - No Meeting	No Meeting	No Meeting	No Meeting	No Meeting
Sep 8 - Rotary Foundation	Bill Corwin	Wyatt Earp	Kasey Vogel	John Pittman
Sep 15 - Golf Outing	Golf Outing	Golf Outing	Golf Outing	Golf Outing
<p><i>Can't complete your assigned duty?</i> Please assist Leray by finding your substitute!</p> <p>Email that information to lglandenni@aol.com also please cc Jenifer Mercer-Klimowski - jmercerc-klimowski@emcnl.com.</p>				