CREATE LASTING IMPACT

Rotary

Nor'Wester

Rotary Club of Northwest Des Moines

www.clubrunner.ca/northwestdesmoines / Fridays @ 11:45 - Cozy Cafe 8535 Birchwood Ct.

October 30, 2026

This Week's Program:

Marquel Stuedmann & Liz Keller

Golden Concierge Business

Greeter:
Jack Bell
Invocation:
Tim Olejniczak
Sergeant:
Brad Helgemo
Scribe:
Tony Hunt

Future Programs

11/6: Bennett Buckley
Introductions Real Estate

11/13: DG Bill Bruce
District Governor Visit

11/20: Rick Stammer
Rotary Youth Exchange

Message from the President

Wendi Wilson



World Polio Day is observed globally on October 24th, with this year's theme being "Together, we end polio." On Friday, we featured a video and a presentation from our own Ed Arnold, who shared the personal impact of the virus. We also hosted Nate Buch, a senior account executive with the Iowa Wolves and a member of the DSM AM club, who presented plans for this year's fundraiser.

Fortunately the United States saw its last case of polio in 1974. Rotary International began its fight to eradicate the disease in 1979 by partnering with the Philippine government to immunize 6 million children. In 1985, Rotary established the PolioPlus initiative, and in 1988, it became a founding member of the Global Polio Eradication Initiative. By 2007, the Bill and Melinda Gates Foundation joined the final push for global eradication. Today the wild poliovirus remains endemic in only 2 countries. Over the decades, Rotary members have contributed more than 2.9 billion and countless volunteer hours to protect more than 3 billion children worldwide.

There are two forms of the poliovirus. Wild poliovirus are the naturally occurring strains that circulate in the environment. Of the 3 strains of the wild poliovirus only one strain remains. The other form is the variant poliovirus. This is the vaccine-derived circulating form.



Black Bean Soup



Ingredients: 2 tbls extra-virgin olive oil
1/2 small white or yellow onion chopped
1 chipotle chile from 1 can of chipotles in adobo, finely chopped (1 tablespoon)
1 (15-ounce) can black beans, undrained
1 1/2 cups chicken stock or vegetable stock
1/2 tsp lime zest plus 1 tbls juice from lime
3/4 teaspoon Diamond Crystal kosher salt; for table salt, use half as much by volume

Instructions: In large saucepan, heat oil on medium-high until shimmering. Add onions, stirring occasionally, until just softened, about 5 minutes. Add chipotle chile stirring constantly, until fragrant, about 1 minute.

Stir in black beans and their liquid, lime zest and juice, salt, and 1 cup of the broth; bring to a simmer. Then reduce to medium-low. Cover and cook, undisturbed, until the flavors meld and the mixture is slightly thickened, about 10 minutes.

Uncover, and using a potato masher, mash about 3/4 of the beans. Increase heat to medium-high, and stir in remaining 1/2 cup of broth. Continue to cook until mixture is creamy and thickened, 2 to 5 minutes. Thin to the desired texture with additional broth, if needed.

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2026-27 Officers & Directors

Wendi Wilson, President
Mark McAndrews, President Elect
Bill W. Corwin, Treasurer
Bill W. Corwin, Secretary
Ed Arnold, Board Member
Bill D. Corwin, Board Member
Tony Hunt, Board Member
Kelly Peterson, Board Member
Dianne Downing, Past President

Other Locations

Monday

West Polk County, Food Depot, 3000 SE Grimes Blvd, Suite 200 in Grimes (Noon)

Tuesday

Ankeny, Ankeny Golf & Country Club, (11:45)
Ankeny, Magee's Irish Pub, (6:00 pm)
Johnston, Hyperion Golf & CC, (7:00 am)
Dallas Center, Memorial Hall, (Noon)
Norwalk, City State Bank, (Noon)
West Des Moines, DM Golf & CC, (Noon)

Wednesday

East Polk County, Lutheran Chuch of the Cross (7:00 am)
Adel, Adel Public Library, 303 S. 10th St. (Noon)

Thursday

Waukee, Des Moines Golf & Country Club, (6:45 am)
Des Moines, Embassy Club - Ruan Bldg, (Noon)
Winterset, Pizza Ranch, (Noon)
Rotary Club of HOPE, First & Third Thursday of Month (5:30 pm - Virtual Zoom Meeting)

Friday

Des Moines, AM, Wakonda Club, (7:00 am)

Upcoming Events

Clothing Drive

October 13-Nov 3 at Lifeteime

Prez Sez continued...



In communities with low immunization rates, this form can mutate and cause paralysis just like the wild poliovirus. Surveillance for polio is done through the testing of samples from people with acute flaccid paralysis. This lets us know where the virus is spreading.

Ed Arnold shared a heartfelt story about his two cousins, who contracted the poliovirus in 1951. His cousin Danny experienced a severe headache that left him partially paralyzed in both legs and completely paralyzed in his right arm. Within two weeks, Danny's older brother, Jerry, also contracted the virus and lost partial use of his left leg. Because polio stunts limb growth, Jerry required multiple surgeries to staple his knee, preventing his unaffected leg from growing so that he could remain mobile. Growing up, Ed was very close to his cousins and saw them nearly every week; witnessing their struggles firsthand ignited his passion for the eradication of polio.

Nate Buch talked about the Iowa Wolves participation in our annual fundraiser. Last year the DSM area clubs sold 837 tickets. The goal this year is to reach 1000 tickets. The Wolves will again give back $10 per ticket sold to the PolioPlus campaign. The game this year will be held January 22, 2027 at 7pm. It is a Minnesota Timberwolves theme night so the Dance and Cheer team will be present along with several Iowa Wolves alumni. This year is also the 10 year anniversary of the Iowa Wolves team and they will be unveiling new colors, a new logo and basketball floor design.



Future Info

Bill D. Corwin - Program Chair

	Greeter	Invocation	Sergeant	Scribe
Nov 6	Dan Boes	Kelly Peterson	Bill D. Corwin	Mark McAndrews
Nov 13	Justin Nickel	Doyle Sanders	Dianne Downing	Tim Olejniczak
Nov 20	Jeff Bremer	Julia Taylor	Leray Glendenning	Doyle Sanders

Can't complete your assigned duty? Please assist by finding your substitute!

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

Wendi Wilson

wwilsonod@gmail.com

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