



Nor'Wester

Rotary Club of Northwest Des Moines

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

January 11, 2019

This Week's Program:

Julia Taylor
Rolling Green School

Arranged By:

Beth Goedken

Greeter:

Greg Hartley

Invocation:

Bill Grask

Sergeant:

Bob Moore

Scribe:

Wendi Wilson

2018-19 Officers & Directors

Penny Luthens, President
Beth Goedken, President Elect
Bill W. Corwin, Treasurer
Dianne Downing, Secretary
Wendi Wilson, Int'l Service
Bill D. Corwin, Membership
Brenda AM, Youth Services
Kasey Vogel, Public Image
Ed Arnold, Club Svs & Programs
Leray Glendenning, Past President

Future Programs

1/18: Rob Johansen
Urbandale Police Department

1/25: Tom Perrine
WDM Tallgrass Theatre

2/1: Jerry Holt
Urbandale Fire Department

Prez Sez

Penny Luthens



I am writing this on Sunday, January 6th. The day after my birthday and the official beginning of my new year. Today I hopped on the treadmill and found a new Netflix series to watch while running entitled "Tidying Up" with Marie Kondo. She is also the author of *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing*. I watched a couple of episodes to give me the incentive to do what I like to at this time of year and go through my stuff and see what I need, what is junk, and what I should donate. After getting off of the treadmill I went about my afternoon and went through some items on my desk. One of the things that I stumbled across was the most recent edition of *The Rotarian*. Wouldn't you know that there was an article that referenced Marie Kondo's book and her 6 step process as well! Her primary premise is, if the item doesn't give you joy anymore, then thank it and let go of it.

I believe that it is important to go through personal belongings on a regular basis and see

Scribbles...

Jan Herke & Bruce Bernard All-inclusive Playground

Jan Herke, Director Urbandale Parks and Recreation and Bruce Bernard, Chair Volunteer Committee shared with us information and fundraising efforts for an All-Inclusive Playground to be built next to the Urbandale's Miracle and Little League complexes, located at Northview Park in Urbandale.

There are over 20,000 kids with disabilities in the greater Des Moines area. The Urbandale All-Inclusive Playground will provide children of all ages and abilities and their families, including those with special needs, the opportunities to enjoy using

what has served its purpose in my life and now belongs somewhere else. In addition to that, it is also equally important to go through what you give time to and make certain that those are things that give you joy as well. Of course, many of us have personal and professional obligations that may take more time than we wish out of our weeks or months from time to time, but it is important to check yourself to make sure that you are affording yourself the opportunity to reboot when running on fumes.

When I think about things that I spend my time on that give me joy, Rotary is certainly on that list. At the stage of my life that I am in, I am sometimes unable to serve in all of areas that I wish I could, but I am thankful for our eclectic group of members who can utilize their skill set on what I hope gives them joy to better our Club and community.

This week, take a moment to check the ways you serve our Club and projects that you work on and access which ones truly give you joy. This is the biggest way we continue to rise up as a Club.

Here's to joy and finding it in 2019! I look forward to seeing all of you at Rolling Green Elementary School this Friday!



playground equipment and participation in fun outdoor activities.

The playground will feature a rubberized safety surface, swings with adaptive seats and harnesses, ramps throughout the playground, enabling children with mobility disabilities access to all play features, play equipment at wheelchair accessible heights, a rollertable providing kids with sensory

continued...

Scribe Continued...

stimulation, a merry-go-round with high back seats and transfer points for wheelchairs and walkers, a zip line with a molded bucket seat and harness, an adaptive seesaw and wheelchair glider, plus additional sensory components and features.



Construction of the playground will cost \$550,000 of which \$278,735 has been raised. Pledges and donations for the All-Inclusive Playground Project are still being accepted. Donations can be accepted as a one-time gift or a multi-year pledge.

To learn more go to www.urbandale.org/817/All-Inclusive-Playground

Scribe, Brenda Auxier-Mailey

Upcoming Events

Board Meeting Tuesday, January 15th

Polios Plus Des Moines Timberwolves Game
Saturday, February 2nd at Wells Fargo Arena.

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



Birthdays
Jan 5 Penny Luthens



Future Information

Beth Goedken - Program Chair

<u>Program</u>	<u>Greeter</u>	<u>Invocation</u>	<u>Sergeant</u>	<u>Scribe</u>
Jan 18 - Urbandale Police Dept.	Larry Sample	Mark McAndrews	Kasey Vogel	John Pittman
Jan 25 - WDM Tallgrass Theatre	Randy Taber	Le Ann Auxier	Ed Arnold	Laura Holmes
Feb 1 - Urbandale Fire Dept.	Doyle Sanders	Bob Moore	Leray Glendenning	LeAnn Auxier
<i>Can't complete your assigned duty?</i> Please assist Penny by finding your substitute!				

This & That

Trivia Question!

As we visit Rolling Green Elementary this week, what makes this school unique in Urbandale?



Email penny.luthens@dmymca.org

for your chance to earn an extra raffle ticket.

History of New Year Resolutions

When did ringing in the New Year become such a big deal? Some 4,000 years ago, Babylonians rang in their new year with an 11-day festival in March, and ancient Egyptians celebrated the advent of their new calendar during the Nile River's annual flood.

The origin of making New Year's resolutions rests with the Babylonians, who reportedly made promises to the gods in hopes they'd earn good favor in the coming year. They often resolved to get out of debt.

Sounds familiar? Many of us are still making that resolution today. So what's the secret to keeping it? Turns out, simply wanting to change is not enough; you need to make it stick. One way to do this is to share your resolution with others.

When you publicly share your resolutions you've involved others in your resolutions, then you can take steps to ensure that when they do check up on you, you have something positive to report!! So go ahead...SHARE!