

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

February 7, 2025

This Week's Program:

Darlene Wagner
Urbandale School
District-Programming

Arranged By:
Ed Arnold
Greeter:
Dan Boes
Invocation:
Mark McAndrews
Sergeant:
Bill D. Corwin
Scribe:
Tony Hunt

2024-25 Officers & Directors

Tim Olejniczak, President
Dianne Downing, 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
Jack Bell, Past President

Future Programs

2/14: Steve Dakin Rotary Foundation

2/21: Dave Wagner Underground Natural Gas Storage

Prez Sez

Tim Olejniczak

I hope that everyone is having a good week so far and had a good week-end! It is crazy to think that we are officially in February now and that it is Super Bowl Sunday this weekend. I am honestly so torn on who to cheer for in the Super Bowl, being a Vikings fan it is so hard to be happy for a team to win three in a row when your team has never won one. And you are going to see almost just as much of Taylor Swift than the football game when I am tuning in to watch football, but I really hate the Eagles so it will be a gametime decision for me. Even though I am envious of the Chiefs and tired of them winning I think you must be impressed with how consistent they have been as it isn't easy to constantly win especially



while you have a big target on your back. I think something can be learned from them about sticking to your training, being consistent and also being intentional with training and prep. Even though I never sniffed out being a pro athlete I do have a huge appreciation for professional athletes and everything that goes on behind the scenes. Even just playing NIAA in college and on scholarship everyone would always say oh wow it's so nice you get your college paid for just to play basketball. Don't get me wrong I am very appreciative of the scholarship, but no one ever realizes how much goes into it and it's not just playing games a couple nights a week. There is 6am weights and conditioning, then you go to class, then study table and film then actual practice. In the off season its hills and conditioning in the summer, getting X number of shots up each day, there is so much that goes on behind the scenes that no one sees. So, for the Chiefs to be doing what they are doing it truly is incredible and for them to be able to stay focus and do everything the right way for this many straight years its impressive.

So, to tie that into Rotary I think what people don't see is also how much goes into it behind the scenes. I know for me as president this year it has made me have a much higher appreciation to all our past presidents. The polio plus basketball game, people will see how much money was raised but Ed and those helping him put in so many hours in behind the scenes. I could go on and on, but my message is let's give thanks to those who do so much behind the scenes work to help us make an impact in our giving but lets also open the curtain to show others what we do behind the scenes. I think if some people saw all the work that goes in behind the scenes, it would make them appreciate what we do as Rotary even more and may lead them to want to join us.

Tim

Speakers

Angie Arthur & Amy Croll - Homeward Iowa

Thank you to Angie Arthur & Amy Croll for spendingyour day with Northwest Rotary and sharing your story of Homeward Iowa.



Other Locations

Monday

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

<u>Tuesday</u>

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, Downtown Holiday Inn – Mercy, (7:00 am)

Anniversary Dianne Downing 25 Years

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

Tim Olejniczak
Timothy.Olejniczak@edwardjones.com

Paul Harris Fellowship



Christmas is a great opportunity to honor loved ones and express your gratitude to them and your expectations for their future.

Doyle presents Paul Harris Fellowship to grandson, **Eliot Decaire.**

Upcoming Events

CFUM - February 17th & April 21

Board Meeting - February 27th, Noon Cozy Cafe

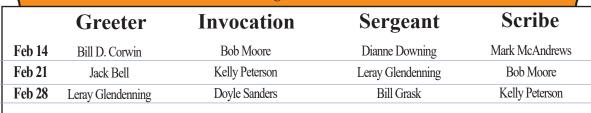
Polio Plus Night - February 28th Iowa Wolves

District Conference - April 12th





Ed Arnold - Program Chair



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

