



Nor'Wester

Rotary Club of Northwest Des Moines

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

March 8, 2019

This Week's Program:

Lisa Hiem

IA Natural Heritage
Foundation

Arranged By:

Beth Goedken

Greeter:

Wendi Wilson

Invocation:

Jim Lipscomb

Sergeant:

Janifer MK

Scribe:

Brenda AM

2018-19 Officers & Directors

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

Future Programs

3/15: Terry Dvorak
Energy Efficiencies
and Renewables

3/22: Bill D. Corwin
Pickle Ball Tournament

3/29: A.J. Johnson
City of Urbandale

Prez Sez

Penny Luthens



Hello, Rotarians. Yet another week has passed and the temperatures have shown no sign of rising. As we move into March, I am hopeful that Spring will eventually make its way here. Once again, when I see the temperatures less than favorable, I am reminded of all that I have to be grateful for. One being Rotary. This week, I was inspired to see what our friends on the internet said about Rotary and its premise. This is some of what I have found.

Rotary International is an international service organization whose stated purpose is to bring together business and professional leaders in order to provide humanitarian service and to advance goodwill and peace around the world. It is a non-political and non-sectarian organization open to all people regardless of race, color, creed, religion, gender, or political preference. There are 34,282 member clubs world-

wide, and 1.2 million individuals, known as Rotarians, have joined. (I imagine that this number has grown since it was last tallied.)

Rotarians usually gather weekly for breakfast, lunch, or dinner to fulfill their first guiding principle: to develop friendships as an opportunity for service. "It is the duty of all Rotarians," states the Manual of Procedure, "outside their clubs, to be active as individuals in as many legally constituted groups and organizations as possible to promote, not only in words but through exemplary dedication, awareness of the dignity of all people and the respect of the consequent human rights of the individual." The Rotarian's primary motto is "Service Above Self". Its secondary motto is, "One profits most who serves best."

After reading this, I feel a little warmer during this crazy Iowa Winter.

Scribbles...

Jeff Kahrs Opioid Epidemic in Iowa

Jeff Kahrs is the Region 7 Director for the US Department Health and Human Services. Region 7 comprises Iowa, Nebraska, Kansas and Missouri.

Mr. Kahrs gave the Club a brief overview of the development of the opioid crisis in the US, as well as outlining the steps the Department is currently pursuing to address the crisis. The most striking statistic to define the crisis is that the leading cause of death in people under 50 is accidental overdose.

The crisis developed over the past 25 years in three distinct phases: 1) legal medications were over-prescribed by physicians and bad actors set up sham pain clinics to prescribe legal medications (1994 – 2006); 2) people who lost access to prescriptions began using illegal drugs (diverted prescriptions or street drugs)

(2006 – 2013); 3) synthetic drugs became the drug of choice due to the small size, ease of manufacturing and potency (2014+).

The increasing potency of the synthetic opioids (fentanyl and carfentanyl) provides some additional concerns. The dose required to overdose gets increasingly small, leading to more accidental overdoses.

Just as the problem took years to develop, the path out of the crisis will be long and challenging. The first step is already underway in educating physicians and pharmacists to limit over-prescribing. Make Narcan more readily available to prevent deaths due to overdose. Gather more hard data on supply and networks providing the synthetics, to form more effective policy. Over time these steps should lessen the crisis we see today.

Scribe, Mark McAndrews



New Member

This & That



Ed Arnold Ed, with Bill D. Corwin and Bets Peters our newest member!
Give her a warm welcome!!

Trivia Question!

Rotary clubs all over the world are taking action to enhance basic education and literacy in their communities. Every community has different needs and different opportunities to serve. One of the ways we can help is to volunteer to pair up with a local school and be reading buddies with students. A child who is born to a mother who can read is ___% more likely to survive past the age of 5. Email penny.luthens@dmymca.org with your answer and a chance for an extra raffle ticket on Friday.



Awards!



Ed Arnold accepting a recognition award for our Club, for our support of the PolioPlus program.



Doyle Sanders being recognized by Assistant Governor, Chris Bertleson for our Rotary Foundations work.

Upcoming Events

Rotary Night at Iowa Wild Game
Friday, March 29 at 7:00 pm

Rotary Leadership Institute
First United Methodist Church
Apr 06, 2019
8:30 AM – 3:30 PM

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

Future Information



Ed Arnold - Program Chair

<u>Program</u>	<u>Greeter</u>	<u>Invocation</u>	<u>Sergeant</u>	<u>Scribe</u>
Mar 15 - Energy Efficiencies	Beth Goedken	Joe Kobes	Bob Moore	Ed Arnold
Mar 22 - Pickle Ball	Bob Moore	Dan Boes	Brenda AM	Leray Glendenning
Mar 29 - City of Urbandale	Laura Holmes	Wendi Wilson	Brad Helgemo	Ed Arnold

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