



Nor'Wester

Rotary Club of Northwest Des Moines

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

Prez Sez

Jack Bell

Early March 2020 - not many want to go back there...but here I go: Exactly four years ago I was at Nourish Now and we, like nearly everyone else in the world, knew something was happening. I remember Governor Hogan's press conferences followed by county leaders trying to decipher what it all would mean. We started to contact restaurants and other organizations in the food industry – cafeterias, casinos, and caterers. No one knew what to expect, and if they had an inkling, they didn't want to face it.

Then March 11 hit, more press conferences with terms such as “essential workers” and “social distancing”. The night of March 15 I drove to the Maryland Live casino, which was set to close at 7pm (notwithstanding that, or possibly because of it, all the seats at the blackjack tables were full). I spoke with the food and bevi person about our food recovery program. Others at Nourish Now did the same, and within a few days we were recovering box trucks full of perishable food. Over the next week we received so much that we had to enlist the County, with their personnel and vehicles, to help us store and distribute thousands of pounds of food, very shortly after we received it.

And then, as if the needle had been lifted from the record, the music (and food) stopped. No more caterers catering, no more office cafeteria pickups, grocery stores had empty shelves (think: the toilet paper aisle after a bad weather forecast). At the same time food insecurity was skyrocketing. Because of various types of assistance from the County and other organizations, we were able to set up distribution sites at church and school parking lots and start to help meet the increased need.

The “other organizations” that I mentioned included Rotary. Over the years we had established strong relationships with six local clubs, and because of the members' continued interest and involvement with us, I started dialing. In no time, we had Rotarians volunteering and providing funding, via foundations. I often reflect on that time and how instrumental Rotary was to our mission, which at one stage was providing food to over 15,000 people each week. That's just one of the many reasons I'm proud to be a Rotarian.

Rotary Creates Hope, Jack

Scribbles...

Dr. Jimmy Reyes - Diabetes Mgmt & Familial Project - Nigeria



Jimmy Reyes, Ph.D., DNP, AGNP, RN, FRE: An Assistant Professor of Practice in the Nursing & Public Health department at the University of Northern Iowa, Jimmy Reyes's impact extends beyond the university walls. He is also actively working in Nigeria to counter the rapid increase in Type 2 diabetes. This form of diabetes, also known as adult-onset diabetes, is a chronic condition that affects how the body regulates and utilizes sugar (glucose) as fuel. If left unchecked, it can lead to severe complications such as clogged blood vessels, heart disease, limb amputation, blindness, and kidney damage. Globally, an estimated 780 million people will have diabetes if the current trend continues, disproportionately affecting nations

Continued...

March 15, 2024

This Week's Program:

Tim Olejniczak
Professional Development

Arranged By:

Tim Olejniczak

Greeter:

Tim Olejniczak

Invocation:

Wendy Kriegshauser

Sergeant:

Dan Boes

Scribe:

Jake Heston



2022-23 Officers & Directors

Jack Bell, President

Tim Olejniczak, President Elect

Bill W. Corwin, Treasurer

Dianne Downing, Secretary

Ed Arnold, Board Member

Bill D. Corwin, Board Member

Kelly Peterson, Past President



Future Programs

3/22: TBA

3/29: TBA

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, Echo Valley Golf Course, (6:30 am)
 West Des Moines, DM Golf & CC, (Noon)

Wednesday

East Polk County, Caring Hands, (7:00 am)
 Adel, 1016 Main St. Raccoon Valley Comm. House (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, Embassy Club - Ruan Bldg, (Noon)
 Winterset, Pizza Ranch, (Noon)

Friday

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

Scribbles Continued...

like Nigeria, which is witnessing significant increases in all types of chronic diseases. The reasons behind this trend include changing demographics, economic challenges, and underserved areas lacking access to medical care.

Dr. Reyes is currently focused on the assessment phase of his project. Both quantitative and qualitative data are being compiled to find solutions tailored to the community being served. The likely solutions to curb diabetes within the community revolve around behavior changes, nutrition, physical activity, and stress management. While these approaches are not new in the fight against diabetes, it is vitally important to engage families and communities effectively to support these efforts. Dr. Reyes leaves us with a poignant quote attributed to Mahatma Gandhi, which guides his life: "You must be the change you want in the world."

Scribe, Dan Boes

Upcoming Events

- District Assembly - Saturday, March 30
- Pickleball Tourney - April 12 & 13
- District Celebration - Saturday, April 20
- CFUM Full Service Meal - Monday, April 22

1,786 lbs
 Clothes Drive
 Goal: 1,000 lbs!

Items for the Nor'Wester should be submitted by end of the day each Monday. Please send to:
Jack Bell
 jackbell@yahoo.com



Birthdays

Feb 26 Tony Hunt

Future Information



**CREATE HOPE
 in the WORLD**

Ed Arnold - Program Chair				
	Greeter	Invocation	Sergeant	Scribe
Mar 22	Julia Taylor	Leray Glendenning	Bill D. Corwin	Tony Hunt
Mar 29	Wendi Wilson	Bill Grask	Dianne Downing	Joe Kobes
Apr 5	Kelly Peterson	Jake Heston	Mark McAndrews	Tim Olejniczak
<i>Can't complete your assigned duty?</i> Please assist Jack Bell by finding your substitute!				