



## Prez Sez

*Bill D. Corwin*

As I am writing this, my family and I have been celebrating Easter for several day now. Happy Easter to All.

An update on the Josh the Baby Otter Grant for swimming lessons, that we got about 18 months ago, now. As you have probably heard, the Urbandale Pool is closed permanently and will be demolished. Our Club member LeAnn Auxier's job has changed within the Urbandale Parks and Rec system. We had grant money to pay for swimming lessons for children at the pool. A big thank-you to Past President Beth Goedken for all her work to get the terms of the Grant updated, so we can still get the money to a group to pay for swimming lessons. We were not sure how this would all work, but between Beth and our faithful Treasurer Bill W. Corwin, they are making headway on a new solution. More to come on this one.



Club Visits for the Pickleball tournament do start this month and Raffle ticket selling season is upon us. See the upcoming event box for opportunities for you to sell 5 or more sheets. If you want to visit a different Rotary club to talk about our tournament, see Joe's Sign-up sheet for the dates and times. If everyone in the Club does their part in selling, this will one of the best years in fund raising on the tickets, ever.

To everyone reading this message, thanks for all you do for the good of the world.

## Scribbles...

*Michael TanHaken & Lacie Navin*  
*Your CBD Store*



Father-daughter team Michael and Lacie own and operate several locations of the Your CBD Store, in Urbandale, Valley Junction, Ankeny, Sioux City and soon in Waukee. Their stores specialize in selling holistic products that utilize CBD, or cannabidiol compounds. [Researched by your Scribe: Cannabidiol is a phytocannabinoid discovered in 1940. It is one of 113 identified cannabinoids in cannabis plants, along with tetrahydrocannabinol [THC], and accounts for up to 40% of the plant's extract.] CBD is derived from the hemp plant, a relative of marijuana, but it does not contain THC at a hallucinogenic component level. Sales of hemp-based products have been legal at various levels under federal law since 2018, and in Iowa since 2019 and 2020.

Michael and Lacie explained that the human body generally knows what it needs, to be well. CBD products act on the endocannabinoid system in the human body (look it up on Wikipedia!), which is primarily a part of the nervous system, starting with receptors in the brain. CBD products are particularly useful in dealing with pain control, such as from fibromyalgia and arthritis. Because they help with pain control, they also improve sleep patterns. It can be sold in consumable form, such as oil, capsules, gummies and hard candies, or in creams and ointments for external application.

Continued...

**April 9, 2021**

***This Week's Program:***

**Brad Reiners**  
 Hoover Presidential  
 Foundation

-- Hybrid + Zoom --

Arranged By:

Bill W. Corwin

Greeter:

Shannon Heinen

Invocation:

Matt Nelson

Sergeant:

Beth Goedken

Scribe:

Larry Sample

***2020-21 Officers & Directors***

- Bill D. Corwin, President
- Open, President Elect
- Bill W. Corwin, Treasurer
- Dianne Downing, Secretary
- Eric Idehen, Board Member
- Donna Larson, Board Member
- Bob Moore, Board Member
- Kyle Pieper, Board Member
- Matt Nelson, Board Member
- Beth Goedken, Past President

***Future Programs***

**Meeting Type Subject To Change**

**4/16:** TBA  
 Hybrid + Zoom

**4/23:** TBA  
 Hybrid + Zoom

# Other Locations

Monday

West Polk County, Toyota of Des Moines, (Noon)

Tuesday

- Ankeny, Ankeny Golf & Country Club, (11:45)
- 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, Prairie Meadows, (7:00 am)
- Adel, Patrick's Restaurant, 211 S 7th St, #C, (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, Wakonda Club, (Noon)
- Winterset, Pizza Ranch, (Noon)

Friday

Des Moines, AM, Wakonda Club at 3915 Fleur Dr. (7:00 am)

**DON'T WAIT.  
VACCINATE!**

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  
jmercer-klimowski@emnl.com

# Scribe Continued...

CBD is not an FDA-approved medical compound, and cannot be ordered by prescription, but can be recommended by a physician just like any other over-the-counter treatment product - think Aspercreme, Icy Hot and ibuprofen. For quality control, Your CBD Store markets products from a single manufacturer, SUNMED (www.Sunflora.org) based in Florida, and the product is USDA-certified organic.

This program was very interesting, informational and educational.

Scribe, Jenifer Mercer-Klimowski

## Upcoming Events

**NEW!** Rotary Social Event  
Ruby Tuesday's - 86th street in Urbandale  
Wednesday, April 21 - 5:30 pm

-- District Events --

**LIVING THE 5 WAY TEST DISTRICT CONFERENCE**  
On Zoom or Ankeny Courtyard Marriott  
Apr 24, 2021 - 5:00 PM - 9:00 PM

**3rd annual Pickleball for a Purpose Tournament**  
Smash Park West Des Moines - May 15, 2021 - 8:00 - 5:00

**Hy-Vee Raffle Ticket Sales**  
Saturday & Sunday - May 22 & 23 and May 29 & 30

**Join Zoom Meeting -- Meeting ID: 317 412 7211 Password: 840343**

<https://us02web.zoom.us/j/3174127211?pwd=ck5FdHZDYmhwZXJJN0xDUmxnZUIGUT09>

## Future Information



**Ed Arnold - Program Chair**

<i>Program</i>	<i>Greeter</i>	<i>Invocation</i>	<i>Sergeant</i>	<i>Scribe</i>
Apr 16 - TBA	Bill W. Corwin	Danny Mielneczek	Mark McAndrews	Doyle Sanders
Apr 23 - TBA	Dianne Downing	Eric Idehen	Jenifer M-K	Kelly Peterson-Cruse
Apr 30 - TBA	Leray Glendenning	Marv Johnson	Bob Moore	Julia Taylor
<i>Can't complete your assigned duty?</i> Please assist Bill D. by finding your substitute!				