



Nor'Wester

Rotary Club of Northwest Des Moines

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

Prez Sez

Jack Bell

I can imagine a crossword puzzle hint: D5 Across, a six-letter word that connects a flight around the world to end polio with a trail clean up from 128th to 142nd street in Urbandale. And that word would be, of course, Rotary.

This past Sunday we had a good turnout on a beautiful spring day to do a bit of spring cleaning near the Des Moines Christian School in Urbandale. Led by Bill D Corwin, we began around 1 pm, with promises of homemade blueberry pie & whipped cream (and Gatorade) at the finish line. I made the wise investment of two Grabber Reacher tools, for which my back thanked me that evening. We began on a stretch from about 130th to 134th that was nearly pristine, save for a few cigarette butts and some bottles of Fireball. Bill D and Ed somehow came up with a 6-pound piece of iron that hopefully was not part of contraption that illuminates households of Urbandale.

During our time on the trail, there were several joggers, walkers and riders enjoying the day - with many of them offering thanks for making their path a bit tidier.

The Flight to End Polio program will be held on Tuesday, May 14 at the Grand Living at Tower Place in West Des Moines. We will hear the two pilots, Rotarians John Ockenfels and Peter Teahen, describe how they flew a single engine Cessna T210M around the world last year from early May until late July, raising awareness and funds towards the eradication of polio. Please let our good friend John Rodgers from the WDM Club know if you plan on attending.

And that's how Rotary connects a street in Urbandale Iowa with a 25,000-mile flight around the world from Cedar Rapids and back.

Thanks very much also to Tim for standing in for me this Friday - I'm headed to Denver to see a colleague from the Budapest days. We're going to experience the gauntlet (sans an iron glove) known as the Wine Spectator Grand Tour.

Rotary Creates Hope, Jack

Scribbles...

Dr. Wendianne Wilson - Advances in Vision Care

- Presbyopia-Aging of the eye effects near vision, constricts the pupil. New medicine Vuity-recycled drops that was previously used for glaucoma. Some side effects.
- Myopia Management - Approved treatment. There has been an epidemic of near sightedness in children. There are contact lenses to slow progression up to 50% also, Atropine drops and Ortho K glasses to help with this condition.
- Diabetes and the Eye- Leading cause of blindness in adults. Retinopathy, diabetic macular treatment, intravitreal injections, lasers and vitreal therapy, lasers.
- Cataracts-Clouded Lenses. Surgery which implants a lense in the correction for this however there are different quality of lenses which are different types of surgeries and have different types of results and vision post -surgery. It is said that Rembrandt later in life perspective was muted by his cataracts.

Continued...

May 10, 2024

This Week's Program:

Kelly Peterson
Campfire

Arranged By:

Kelly Peterson

Greeter:

Dan Boes

Invocation:

Tony Hunt

Sergeant:

Bob Moore

Scribe:

Doyle Sanders



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

5/17: No Meeting

5/24: Elizabeth Weyers
Farmers Market

5/24: Scott Raecker

6/7: Kaity Patchett
Capital Crossroads

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)

Upcoming Events

Flight to end Polio Presentation, May 14
Raffle Ticket Sales at Hy-Vee, May 18, 19, 25 & 26
Club Board Meeting, May 24

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

Jack Bell
jackbell@yahoo.com

Scribe Continued...

• Lid Hygiene - Wendy emphasized the importance and the effectiveness as a preventive measure. Regular hygiene of your eyelid removes biofilm, debris, bacteria and even eyelid mites (Demodex). There are wipes that help and drops such as xdemyl that can be a part of your hygiene routine.

• Dry Eye - The sting, burn, sensitive to light, blurred vision and feeling like something is in your eye that you often get. It is an unhealthy membrane gland that is depleted. There are many new treatments for dry eyes: pulse light treatments, thermal treatments, eye drops, tyrvaya nasal spray, and even injections.

Wendy concluded by talking about the development in lenses: digital lenses to provide a more precise, wider field of vision and office lenses for multiple screens vision clarity.

Scribe, Kelly Peterson



Big
THANK YOU
to all
who came out
and helped
with the
Trail Cleanup.

Future Information



Ed Arnold - Program Chair

Greeter

Invocation

Sergeant

Scribe

May 17

No Meeting

No Meeting

No Meeting

No Meeting

May 24

Bill D. Corwin

Joe Kobes

Tim Olejniczak

Kelly Peterson

May 31

Dianne Downing

Mark McAndrews

Julia Taylor

Wendy Kriegshauser

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



**CREATE HOPE
in the WORLD**