



Nor'Wester

Rotary Club of Northwest Des Moines
www.clubrunner.ca/northwestdesmoines / Fridays @ 11:45 - Ramada, 5000 Merle Hay Road

August 16, 2024

This Week's Program:

Jason Parkin
WHO Meteorologist

Arranged By:

Dianne Downing

Greeter:

Wendi Wilson

Invocation:

Mark McAndrews

Sergeant:

Dan Boes

Scribe:

Tony Hunt

2024-25 Officers & Directors

- Tim Olejniczak, President
- TBA, President Elect
- Bill W. Corwin, Treasurer
- Dianne Downing, Secretary
- Ed Arnold, Board Member
- Bill D. Corwin, Board Member
- Tony Hunt, Board Member
- Kelly Peterson, Board Member
- Jack Bell, Past President

Future Programs

8/23: Dave Miglin
Broadlawns Hospital
Update

8/30: No Meeting

9/6: Mike Schoville
Club Membership

Prez Sez

Tim Olejniczak

Hope everyone is having a great week so far! To me one of the most craziest things since our meeting last Friday has been the weather, I didn't know that fall was already here! I honestly don't think I can think of a time that the temps were this low during the Iowa State Fair, ever since I can remember the fair has always been such a hot week and you left drenched in sweat! I am not sure if anyone has gone out to the fair, and if anyone is going out to the fair after they read this, but... If you do go out you need to try the bacon cheeseburger eggrolls, they maybe my new favorite food at the fair and located right by the craft beer tent. I also tried the fried PB&J uncrustable, it could be just me but I was underwhelmed by it and thought it was way to much bread/dough. Then if you are like you me you have your normal that you have to get each time you go to the fair for me those are: Strawberry smoothie, State Fair Lemonade, apple eggroll, Old time root beer, and bauder's ice cream, they have an amazing peppermint ice cream dessert. In case you are wondering, yes I feel miserable once I leave the fair.



Something though that I thought of while at the fair is I wonder if Rotary could ever do something to help send family with kids to the fair for the day. I am not sure how it would be done, and if it is something that could be collaborated with some other clubs, but I think it would be neat if next year we could send 5-10 families to the state fair who normally couldn't afford to go. I know I will get some heat for bringing them up, but Nebraska does what they call their red carpet experience to sporting games, but mainly football. Yes, it is a way for donor to buy the seats so they can keep saying the sell out streak continues but what I love about the program is it allows families who normally couldn't afford to go to a game a chance to attend. I think one reason I have a soft spot for this is that I have a soft spot for kids, and I feel like some kids may not fully understand why they aren't able to do something, or why someone at their school gets to go do something that they can't do. I could be wrong but I just don't think a kid especially 10 and under understands that the reason they can't go do things is because of finances. So, that is my goal and something I plan on bringing up is to see if we could give 5-10 families a red carpet experience to the Iowa State Fair courtesy of Rotary.

A quick note on Rotary though, we still really need golf teams and sponsors so please send a text, email, or give a call to anyone who you think maybe a good fit for our golf tourney. Also, we are always looking for members, and open to ideas on how to grow/attract new members. I have received some good ideas already that I will be presenting to the board this week. Also, please don't ever hesitate to reach out to me if you have any questions, comments, or concerns. I hope everyone has a great rest of their week!

Scribbles...

Alysa Goethe - Iowa Diabetes Association

Alysa Goethe from the Iowa Diabetes Association, presented an excellent program on disease of diabetes in the state of Iowa. She, herself, has been a diabetic since she was eleven years old. Though not a diagnosis that one would ever wish for, it has provided one of the platforms of advocacy which contributed to Alysa being selected as Miss Iowa in 2024.



Continued...

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, Community State Bank, (Noon)
 West Des Moines, DM Golf & CC, (Noon)

Wednesday

East Polk County, Lutheran Church of the Cross (7:00 am)
 Adel, Adel Public Library, 303 S. 10th St. (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

Trail Clean-Up - August 25 at 1:30 pm

CFUM - August 26

NW Rotary Golf Tournament - August 29

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

Tim Olejniczak

timolejniczak7@gmail.com

Scribbles

There are two major types diabetes. Type I is a chronic, incurable, autoimmune disease in the which the pancreas no longer produces insulin in the body. Therefore, the patient becomes insulin dependent. Type 2 is a treatable disease in which the body becomes insulin resistant and the pancreas does not produce enough insulin. Type 2 diabetes usually onsets in adults rather than children. However, it is becoming more prevalent among children. It can be managed and treated with medication with the possible outcome of remission.

300,000 Iowans are known to have diabetes. 810,000 adults are known to be prediabetic. The cost of care and support for these patients, annually, is two billion dollars. The Diabetes Association started in Iowa in 2007 with the purpose of providing Exceptional Care, Education and Support to the patients and families of diabetics. The core values include, exceptional experience gleaned from 75 years, being focused and fun, promoting teamwork and providing excellent quality with passion and enthusiasm.

Diabetes is a growing issue in our communities and it is the hope that the Iowa Diabetes Association can significantly address this issue by providing resources to encourage and empower people to live healthy lives. When asked what two things can people do to prevent or reduce the onset of diabetes, Alysa replied with three action items: "Physical movement, reduce complex carbohydrates and eat more vegetables!"

One can find additional information at www.iowadiabetes.com or by emailing: info@iowadiabetes.com or agoethe@iowadiabetes.com or by phone: 515-329-6800.

Scribe, Leray D. Glendenning

Birthdays

August 11 Bill D. Corwin



Future Information

Ed Arnold - Program Chair



	Greeter	Invocation	Sergeant	Scribe
Aug 23	Jack Bell	Bob Moore	Bill D. Corwin	Joe Kobes
Aug 30	No Meeting	No Meeting	No Meeting	No Meeting
Sep 6	Dan Boes	Jack Bell	Dianne Downing	Mark McAndrews
<i>Can't complete your assigned duty?</i> Please assist Tim Olejniczak by finding your substitute!				