



Nor'Wester

Rotary Club of Northwest Des Moines

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

Prez Sez

Jack Bell

One of the main reasons I joined our club was the focus on service, and one of the projects I heard mentioned the most (and most fondly) was the dinner prep at Children and Family Urban Movement, otherwise known as CFUM. I recalled from my days at Nourish Now that cooking projects were always the most popular with volunteer groups and it seems that the same was the case here. However, like nearly every other group activity, the complications of COVID put a temporary pause in our involvement with the Supper Club at CFUM. The question I heard the most over the past 12-18 months was probably: "When will Supper Club start again".



CFUM re-started Supper Club slowly beginning in the spring of 2023...first it was one evening a week (alas, not on Mondays, which was our preferred evening), then three (alas...) and recently, finally, the "full service" Supper Club would once again be held on each evening of the week. We created a Sign-Up Genius, talked about menus, and confirmed with HyVee. HyVee does so much in the local community with donations of bakery, produce and more.

We were ready, and then, as if somehow reprising the fall of three years ago, COVID re-appeared and CFUM went back to the "grab and go" service as opposed to sit-down meal that we all were ready to continue. So, this Monday, Ed once again stopped by HyVee - who generously provided boxes full of sandwiches, fruit, a drink, chips, and a treat - loaded up his car and brought everything to the church. I brought our exchange student Juan along to help and we served nearly 80 individuals in less than an hour.

One of the CFUM leaders, Darlena, was there and told me she's been involved since 1996. CFUM has become a valuable staple in that neighborhood, through Supper Club, Breakfast Club, and several after-school "havens" for the students across the street at Moulton. I always enjoy my time there, am heartened by the impact CFUM has in the area and am proud that Rotary is associated with such an impactful group.

Rotary Creates Hope, Jack

Scribbles...

Mark Kriegshauser - Soybean & Carbon Capture

Mark Kriegshauser gave an interesting talk about how Benson-Hill is working in agriculture to develop protein from soybeans using advancements in breeding and DNA that can result in a protein replacement that will taste and have the same characteristics of actual meat or protein. The financial advantage provides a protein replacement when the country and company can't afford the actual beef. This is accomplished using AI algorithms to pull and develop the characteristics so that the product looks like/tastes like the actual protein/ or beef.

Benson-Hill has a crushing plant in nearby Creston, Iowa. Farmers can raise the products and use the land stewardship with NON- GMO seeds and their resulting crop is then processed/ crushed at the Creston plant.

Continued...

November 3, 2023

This Week's Program:

Maddie Vrieze

Rotary Interact

Arranged By:

Ed Arnold

Greeter:

Bob Moore

Invocation:

Leray Glendenning

Sergeant:

Julia Taylor

Scribe:

Kelly Peterson



2022-23 Officers & Directors

Jack Bell, President

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Bill W. Corwin, Treasurer

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Ed Arnold, Board Member

Bill D. Corwin, Board Member

Kyle Pieper, Board Member

Kelly Peterson, Past President



Future Programs

11/10: Andrew Bartek
Physical Therapy

11/17: Kelly Peterson
Rotary DEI

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)
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

No Meeting- Thanksgiving
Friday, November 24

Coats for Kids - TBD

Salvation Army Bell Ringing
Saturday, December 2

President Elect Orientation
District Annual Meeting - February 17, 2024

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

Benson Hill, says the company has acquired ZFS Creston, LLC, an established food grade white flake and soy flour manufacturing operation in south-west Iowa . The investment fulfills a final step in Benson Hill's ability to convert its proprietary soy-beans into value-added soy protein ingredients for the underserved human and pet food categories.

Carbon capture, minimum till, cover crops and types of land stewardship were also discussed.

Scribe, Julia Taylor



Which President made turkey pardoning an annual event?
Answer: George H.W. Bush

How many calories on average are consumed, per person, at Thanksgiving dinner?
Answer: 4,500

How much did the world's most expensive Thanksgiving dinner on record cost?
Answer: \$150,000 at New York City's Old Homestead Steakhouse

Future Information



Ed Arnold - Program Chair

Greeter

Invocation

Sergeant

Scribe

Nov 10	Mark McAndrews	Bill Grask	Wendi Wilson	Dan Boes
Nov 17	Joe Kobes	Jake Heston	Bill D. Corwin	Tim Olejniczak
Nov 24	No Meeting	No Meeting	No Meeting	No Meeting

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



CREATE HOPE
in the **WORLD**