



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 our largest, if not the largest service project we perform is our annual Coats for Kids endeavor. It all begins in the springtime, when we sell raffle tickets concurrently with our annual Pickleball tournament fundraiser. While proceeds from both go to the benefit of our foundation, Service Above Self, most of the funds are earmarked for the purchase of upwards of 400 brand new winter coats for students in local schools.

We purchase the coats from an organization called Operation Warm, based in Pennsylvania, and founded in 1998 by Dick Sanford. Rotarian Dick read a newspaper story back in the late 90s about local schoolchildren waiting for a bus on a cold PA morning, and many did not have adequate clothing. He went to a local store and purchased every coat in stock and arranged through his Rotary Club to personally give them to the students in need. It quickly became a District 7450 program and has grown ever since to the extent that over 100 Rotary Clubs, including the Rotary Club of NW Des Moines, have joined the mission.

Kelly Peterson leads the overall project and personally reaches out to a number of local schools and other organizations, obtains total amounts and size requests and then the coats get delivered to the Campfire of Iowa location, space she also generously provides for sorting, packing and loading. As a side point, you'll note that she does not appear in any accompanying pictures, which can (and should) be blamed on the author of this article.

On Monday evening, about 10 of us, fueled by pizza from Big Tomato, organized the coats by size and location and then hauled the results out to each car for delivery. I delivered to both CFUM (a NW Club long-time favorite) and Joppa (keeping in theme with DG Dennis' Areas of Service). Both organizations were extraordinary grateful for the shipment and my guess is they will begin being worn by this weekend and certainly before Thanksgiving given upcoming forecasts.

Scribbles...

Andrew Bartek - Physical Therapy

On Friday, the Rotary Club of Northwest Des Moines welcomed Andrew Bartek owner of Elevate Physical Therapy. Andrew was inspired to enter the field of physical therapy because of an injury of his own when he was a young man. After not responding to initial chiropractic treatment. He was told the injury would require surgery on his disc. Unsatisfied by this alternative, he sought other treatment options that led him to physical therapy. As a result of the therapy, he was fully rehabilitated and was able to go back to the normal functions of his life without surgery.

His practice has encountered challenges along the way, including how patients are referred by physicians (Stark Law changes) to COVID-19 in 2020 when therapists could not take patients in person for a period of time. Proudly, his practice has weathered the storm and currently has locations in Johnston and Ankeny with plans of additional expansion.

He further explained the philosophy used in his practice. The belief is physical therapy is an individualized active process of treating pain through movement. Their approach is based on an understanding of body mechanics and the fact that all of the body's systems are integrated. They believe one on one care with your physical therapist is the best method for accomplishing this task. Elevate seeks to optimize each patient's outcome to restore movement, reduce pain, increase strength, and return to normal activities.

Dan Boes, Scribe

November 17, 2023

This Week's Program:

Kelly Peterson

Rotary DEI

Arranged By:

Kelly Peterson

Greeter:

Joe Kobes

Invocation:

Jake Heston

Sergeant:

Wendi Wilson

Scribe:

Tim Olejniczak



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

11/24: No Meeting
Happy Thanksgiving

12/1: PDG
Steve Wieneke
Rotary Leadership Institute

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)

This & That



Upcoming Events

No Meeting- Thanksgiving
 Friday, November 24

Salvation Army Bell Ringing
 Saturday, December 2

Christmas Dinner - Wednesday, December 20

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

Future Information



Ed Arnold - Program Chair

	Greeter	Invocation	Sergeant	Scribe
Nov 24	No Meeting	No Meeting	No Meeting	No Meeting
Dec 1	Dave Piersel	Tony Hunt	Dianne Downing	Doyle Sanders
Dec 8	Julia Taylor	Joe Kobes	Leray Glendenning	Wendy Kriegshausser
<i>Can't complete your assigned duty? Please assist Jack Bell by finding your substitute!</i>				



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 in the WORLD