



NOR'WESTER

Rotary Club of Northwest Des Moines
www.clubrunner.ca/northwestdesmoines

March 25, 2011

Prez Sez...

Eric Dickinson

Bob Wersen

Tassel Ridge Winery

Arranged By:

Leslie Malcom

Greeter:

Roger Nyberg

Invocation:

Gene Gabus

Sergeant:

James Alan S

Scribe:

Kevin Smith

As Rotarians, we find many stories of need and the people (often Rotarians) who help meet the world's needs. Some times these things happen right here in our own back yards. I am speaking of the floods in Iowa of only a short time ago.

We should never forget that these needs are around us every day. In my nearly 50 years, I have never seen as much devastation as what has happened in Japan. Both a 9.0 hurricane and a tsunami at the same time can wreak havoc on everything around you. Both in loss of life and in livelihood. Always remember that the Japanese people will need our help in re-building their country. One time our enemy and now one of our greatest allies.



2010-11 Officers & Directors

- Eric Dickinson, President
- Wanda Armstrong, President Elect
- Brad Helgemo, Secretary
- Bill Corwin, Treasurer
- Ed Arnold, Director
- Jim Arthur, Director
- Dan Boes, Director
- Jenifer M-K, Director
- Diane Porter, Director
- Wendi Wilson, Past President
- Dianne D-Nelson, Exec Sec
- Bill Corwin, Exec Treas

Scribbles...

Committee Meetings and District Governor Visit

Our District Governor, Gary Welch and his wife Colleen joined us today. Gary filled us in on the upcoming District Gov. Conference April 28-30, 2011 at the Courtyard by Marriott, 2405 SE Creekview Drive, Ankeny, IA

Registration is \$110.

Register on line at:

http://www.clubrunner.ca/dprg/dxhome/_home.aspx?did=6000

Some highlights of the event are:

1. We will be hosting the group study exchange from New Zealand
2. Simon Estes will be a guest with along with a High School choir from South Africa

3. The keynote speaker is Jennifer Jones, coordinator of public relations for North America.

It's going to be a FUN event with games, "laughing monkeys," a service project, both a silent and a live auction, great entertainment, awards, something for everyone!

Any questions about the District Conference can be directed to:

Terry L Welch
3002 NE. Briarwood Dr., Ankeny, IA
Cell 515-419-3707 Home 515-964-7432
e-mailgwelch3002@msn.COM

Gary also presented the club with an award. We have become a 100% Paul Harris Fellow Club. After his presentation we had committee meetings.

Scribe, James Alan Smidt

Future Programs

4/1: Brittany Jurgemeyer
Feeding the World

4/8: Dr. Kirsten Borg
Novelist from Missouri

Condolences

All of us at Northwest Rotary, would like to give our most heartfelt sympathies to Dave Nagel on the passing of his mother.

Our thoughts are with you and your family during this difficult time.

*Death leaves a heartache no one can heal,
Love leaves a memory no one can steal.*

Health Corner

- A therapeutic bath is a great way to unwind. Pour two cups of Epsom salt into a warm bath and soak for ten to fifteen minutes.
- A great way to reduce stress is to return to your childhood. Find some crayons and draw a picture, rent your favorite childhood movie or blow bubbles. Have fun going back to a simpler time and watch your stress melt away.
- As you set health & wellness goals, write down specifically what you want to achieve & when you want to achieve these goals. Read your goals daily so they become part of you.
- To ensure the best digestion and absorption of all the nutrition at a meal, sit at a table in a pleasant, quiet environment.
- Lying down after a meal tends to turn off or reduce the rate of digestion. Walking or light-exercise after meals keeps the blood circulating and organs active.



We'll Be Singing . . .

God Bless America

Song Time:

I've Been Workin' on the Railroad (#41)

When You're Smiling (#82)

Items for the Nor'Wester should be submitted every Wednesday by Noon. Please send to:

Jenifer Mercer-Klimowski

Phone: 515-237-2203

Fax: 515-237-2283

elliotspudmom@yahoo.com

BIRTHDAYS

March 17 Beth Goedken

March 19 Dave Nagel

Future Information

<u>Program</u>	<u>Greeters</u>	<u>Invocation</u>	<u>Sergeant</u>	<u>Scribe</u>
<i>Chairperson:</i> Leslie Malcom	<i>Chairperson:</i> Wanda Armstrong	<i>Chairperson:</i> Jim Pittman	<i>Chairperson:</i> Beth Goedken	<i>Chairperson:</i> Larry Sample
Leslie Malcom, April 1	Diane Porter, April 1	Randy Gambill, April 1	Kevin Smith, April 1	Randy Taber, April 1
Leslie Malcom, April 8	Diana Reed, April 8	Beth Goedken, April 8	Paul Kirpes, April 8	Julia Taylor, April 8
Phil Houle, April 15	Larry Sample, April 15	Bill Grask, April 15	Beth Goedken, April 15	Cam Torstenson, April 15