



RETSEW'RON

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

April 1, 2011

Prez Sez...

Eric Dickinson

Brittany Jurgemeyer
Feeding the World

Arranged By:

Leslie Malcom

Greeter:

Diane Porter

Invocation:

Randy Gambill

Sergeant:

Kevin Smith

Scribe:

Randy Taber

I decided to bring back something that past-President Cam Torstenson said back in 2009. That is the Object of Rotary.

The Object of Rotary is to encourage & foster the ideal of Service as a basis of worthy enterprise and, in particular, to encourage and foster:

- FIRST ----- The development of acquaintance as an opportunity for service;
- SECOND - High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society;
- THIRD -- The application of the ideal of service in each Rotarian's personal, business, and community life;
- FOURTH - The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.



- Rotary International

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...

Bob Wersen

Tassel Ridge Winery

Tassel Ridge Winery was organized and founded by Bob Wersen in May 2006 and operates as four vineyards in Mahaska County near the thriving community of Leighton. The winery is now the largest producer of wine in Iowa, generating over 25,000 gallons annually. Wersen's strategy is to grow a diverse variety of grapes (11 varieties) to create product that is suitable to the palate of any consumer.

1990's. Wineries began to resurface in Iowa's more southern counties at that point and now stretch across the state with 95 wineries presently licensed to operate and over 1,200 acres in production. The present estimated economic impact to the state is over \$234MM from winery and vineyard operations.

Wersen concluded by sharing Tassel Ridge's process for "harvesting", fermenting (my favorite part), and distributing their product ... which can now be found in the friendly aisles of most Hy-Vee, Fareway or Dahls stores.

Kevin Smith, Scribe

Future Programs

4/8: Dr. Kirsten Borg
Novelist from Missouri

4/15: Michael Renner
Provost Drake University

Other Local Meetings

Tuesday

Ankeny, Ankeny Golf & Country Club, (11:45)
 Johnston, Hyperion Golf & CC, (7:00 am)
 Dallas Center, Memorial Hall, (Noon)
 West Des Moines, DM Golf & CC, (Noon)

Wednesday

East Polk County, Prairie Meadows, (7:00 am)
 Adel, Patrick's Restaurant, 211 S 7th St, #C, (Noon)
 The Greater Des Moines Club, Jimmy's (6:00 pm)

Thursday

Waukee, Des Moines Golf & Country Club, (6:45 am)
 Des Moines, Wakonda Club, (Noon)
 Winterset, Northside Cafe, (Noon)

Friday

Des Moines, AM, Wakonda Club at 3915 Fleur Dr. (7:00 am)

Health Corner

- Regular deep breathing has many benefits: it brings oxygen to your cells, awakens the nervous system and increases blood flow to your organs.

- To stay well hydrated, drink water throughout the day. Drink 1-2 extra glasses of water for every caffeine or alcoholic drink you consume.

- Most people get a powerful surge of energy from sunlight or bright indoor light. Try moving your desk chair closer to a window or better yet, take a five minute walk outdoors every few hours.



- When craving sweets, rinse your mouth with one teaspoon of baking soda dissolved in a glass of warm water. Do not swallow. Cravings should disappear quickly.

- To make water more enjoyable to drink consider adding 1 tablespoon of fresh squeezed juice to color and flavor the water.



We'll Be Singing . . .

America, the Beautiful

Song Time:

The Four-Way Test (#18)

Smiles

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

*The First of April, some do say
 Is set apart for All Fools Day;
 But why the people call it so,
 Not I, nor they themselves do know.*

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 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
Eric Dickinson, April 22	Doyle Sanders, April 22	Jenifer M-K, April 22	James Alan S., April 22	Wendi Wilson, April 22