



NOR'WESTER

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

April 8, 2011

Prez Sez...

Eric Dickinson

Dr. Kirsten Borg
Novelist from Missouri

Arranged By:

Leslie Malcom

Greeter:

Doyle Sanders

Invocation:

Beth Goedken

Sergeant:

Beth Goedken

Scribe:

Julia Taylor

I would like to tell you about several things that are going on this month in regards to Rotary.

- Beginning April 10th is National Volunteer Week which runs through April 16th.
- April 22nd is a time to celebrate Earth Day with a trash pickup, flower planting, or compost demonstration.
- On April 28th it is time to take our daughters and sons to work day. This is a great way to celebrate Rotary's second Avenue of Service.
- April 28th thru April 30th is the District Conference for Rotary District 6000.
- Along with this Conference, there will be the 2011 Rotary District Conference Golf Tournament. So grab your clubs and head out to the course.



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...

Brittany Jurgemeyer *Feeding the World*

The April 1, 2011 meeting of the Rotary club of Northwest Des Moines was called to order by President Eric Dickinson promptly at 12 noon. President Eric announced that a Paul Harris Certificate was presented to Allen B. Hill, Lloyd's brother, in recognition of 10 years of providing the Nor'Wester. Sufficient Paul Harris Certificate points were provided by Lloyd Hill. Chuck Corwin made an announcement about the 3rd Annual Charles Gabus Memorial Bike Ride to be held on Saturday, June 4, 2011. All Northwest Rotarians are urged to participate.

Our speaker, Brittany Jurgemeyer, was invited by Leslie Malcom. Brittany is an ISU Junior and is one of 21 ISU National Collegiate Agricultural Ambassadors. She provided some statistics on food consumption and the costs of food for typical families in the United States, Ecuador and the African Nation of Chad. Families in those countries spend per week \$341.00, \$31.00 and \$1.23, respectively. U.S. families spend approximately 10% of their income on food. 75,000 people in Iowa are food insecure. 13.2% in Des Moines cannot afford regular meals. She finished by saying that there are many ways to increase food production, and the world's agricultural systems could feed 10 billion people. Our problem is one of "Distribution," not production. Editorial Comment: As Rotarians, we should be proud of our efforts to feed those in need around the world, including right here in Des Moines.

Future Programs

- 4/15:** Michael Renner
Provost Drake University
- 4/22:** Doug Bickford
& Sue Freeman

Scribe, Ed Arnold

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

- A natural whitener for clothing is pineapple skin. Soak pineapple skins in a bucket of water overnight. Remove the skins and soak the clothes for several hours in the water. Wring out the clothes and put through the rinse cycle of the washing machine.

- Avoid eyestrain with prolonged computer use by occasionally shifting your focus to distant objects in order to relax your eye muscles.

- To effectively brush your teeth, buy a toothbrush with a small head to easily reach all parts of your mouth, teeth and gums. It is best to brush your teeth twice a day for two minutes each brushing.



- A human brain makes up only 2% of your body weight; however it consumes 20% of the oxygen you breathe in. You can actually increase your creativity and learning power by taking a few minutes to relax and breathe deeply before starting any new project.



We'll Be Singing . . .

God Bless America

Song Time:

This is My Country

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

April 6 **Gil DeRoos**

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
Phil Houle, April 15	Larry Sample, April 15	Bill Grask, April 15	TBA, April 15	Cam Torstenson, April 15
Eric Dickinson, April 22	Diana Reed April 22	Jenifer M-K, April 22	James Alan S., April 22	Wendi Wilson, April 22
No Meeting, April 29	No Meeting, April 29	No Meeting, April 29	No Meeting, April 29	No Meeting, April 29