



NOR'WESTER

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

April 15, 2011

Prez Sez...

Eric Dickinson

Michael Renner
Provost Drake University

Arranged By:

Phil Houle

Greeter:

Larry Sample

Invocation:

Bill Grask

Sergeant:

Kevin Smith

Scribe:

Cam Torstenson

I read an article in the Rotarian recently about how to raise funds.

It brings out how different clubs from around the world have worked to raise money. One that was organized by the Rotary Club of Naples, NY has what is called the Naples Grape Festival, which offers wine tasting and a grape pie contest every September. The Rotary Club of Paarl, South Africa auctions off wine, art and jewelry each September at an area vineyard.

On a run from Oklahoma City to Fort Worth, Texas, The Heartland Flyer is transformed into the Casino Wine Train by the Rotary Club of Oklahoma City.



Even though our Club does not raise a glass to raise funds, we have chosen a couple of options that work out very well. The first one involves setting up an Iowa Energy/Polio Plus game each year to help the world eradicate itself of polio. This year we Made 3 times what we made during our first year. The second one involves the Charles Gabus Memorial Bike Ride. We have used the proceeds from this ride locally, nationally, and internationally as well. Great job Club in helping us to better the world around us.

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...

Dr. Kirsten Borg Novelist from Missouri

Today Dr. Kirsten E. A. Borg came to speak to us about the two books she has written. Dr. Borg is a retired educator. She has been a college professor of history and political science, and instructor of English to international students. She also spent time in Russia as visiting professor at Kubanski State University in Krasnodar, Russia.

village of the Volga River. It continues through the violent Russian Revolution, and reaches its climax in the monumental battle to defend the Motherland against the Nazis in WWII.

Her other book is *Tsarevina*. This book is about Sophia Alexeyevna Romanov. She was the Tsar's daughter and became the first woman to rule Mother Russia. She ruled during the 17th century which was a bloody time in Russia's history. She protected the throne, acting as Regent while her younger brother matured into his destiny as Tsar Peter the Great. Sophia struggled to maintain her balance of loving Peter and realizing the harsh truths about him.

Dr. Borg explained that her book *Rodina* is a saga of Russian history, told through a quietly heroic Russian family. The story opens in 1861, the year the Great Emancipation of Russian serfs, in a

Scribe, Beth Goedken

Future Programs

- 4/22: Doug Bickford & Sue Freeman
- 4/29: No Meeting District Conference
- 5/6: No Meeting DT Rotary Anniversary

Other Local Meetings

Health Corner

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)

-- SPECIAL NOTE --

April 29th we will be at the District Conference.
May 5th we will be helping the Downtown Des Moines Club celebrate its 100th anniversary.
We will not be having our regular Friday meetings either of those weeks

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

Jenifer Mercer-Klimowski

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 elliotspudmom@yahoo.com

- Through exercise you increase muscle mass and increase your oxygen intake. The faster your metabolic rate, the easier it is to burn calories and increases your energy.

- For a simple nutritious vegetable dip: blend one banana, one avocado and one small clove of garlic until smooth.

- Lavender essential oil is a natural sedative. It promotes relaxation.

- If you have sore feet, heel pain or foot cramps roll a golf ball under the ball of your foot for 2 minutes a day. This feels great and relieves tension.



- To ensure a good night's rest, it is best to sleep in a completely dark room. Even a small amount of light will interfere with your sleep.

BIRTHDAYS

April 10 **Gene Gabus**

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
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
No Meeting, May 6	No Meeting, May 6	No Meeting, May 6	No Meeting, May 6	No Meeting, May 6