



RURWESTER

Rotary Club of Northwest Des Moines

May 20, 2011

Doug Elrick

Digital Intelligence

Arranged By:
Leslie Malcom
Greeter:
Josh Asche
Invocation:
TBA
Sergeant:
TBA
Scribe:

Prez Sez...

Sharing Rotary with New Members

Of all the obligations a person accepts when joining a Rotary club, the one which most Rotarians fail is sharing Rotary. Every individual Rotarian has an "obligation to share Rotary with others and to help extend Rotary by proposing qualified persons for Rotary club membership. It is estimated that fewer than 30 percent of the members of most Rotary clubs have ever made the effort to propose a new member. Thus, in every club, there are many Rotarians who rarely share their positive experiences of Rotary membership with other individuals. To remain relevant, Rotary clubs must include all



Eric Dickinson

professions and businesses within their community. Have you accepted your obligation to share Rotary? The procedures are very simple, and everyone must know at least one person who should belong to Rotary.

2010-11 Officers & Directors

Dan Boes

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

Future Programs

5/27: Ann Olsen Schodde
US Center for Citizen
Diplomacy

6/3: Computer Security by Phil Houle

Scribbles...

Terri Hamm Mercy Hospital

Terri Hamm, Registered Nurse Stroke Team Coordinator with Mercy Hospital shared with us information we all need to know about stroke.

Three facts on strokes:

- 1. Strokes are the leading cause of adult disability
- 2. Strokes are the third leading cause of death
- 3. The average age of a person having a stroke is 49 years of age

Symptoms of the onset of a stroke:

- A sudden, severe headache
- Sudden burred vision or a decrease in vision
- Sudden weakness or numbness of the face, arm or leg on one side of the body
- Trouble speaking or understanding simple statements
- Sudden dizziness, loss of balance or coordination

Risk factors:

Hypertension
High Cholesterol
Smoking
Diabetes
Age
Lack of Exercise
Family History
Race

If you are experiencing a stroke you have 3 hours to get treatment. Call 911 immediately and ask to go to an emergency room. Do not go to an urgent care facility or your doctor; the medication needed is only available at hospitals. Terri said, "Time is Brain" stroke treatment must occur within a 3 hour window.

Scribe, Brenda Auxier-Mailey

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)

<u>Wednesday</u>

East Polk County, Prairie Meadows, (7:00 am)

Adel, Patrick's Restaurant, 211 S 7th St, #C, (Noon)

The Greater Des Moines Club, WDM Marriott (6:00 pm)

Thursday

Waukee, Des Moines Golf & Country Club, (6:45 am)

Des Moines, Wakonda Club, (Noon)

Winterset, Northside Cafe, (Noon)

<u>Friday</u>

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



We'll Be Singing . . .

God Bless America

Song Time:

This Is My Country (I'll bring the sheets.)
When You're Smiling (#82)

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

Jenifer Mercer-Klimowski

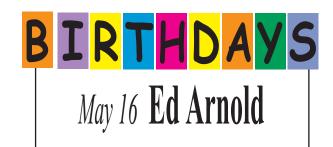
Phone: 515-237-2203 Fax: 515-237-2283 elliotspudmom@yahoo.com

Health Corner

- Studies show that people who take regular vacations are less likely to have heart attacks and report lower levels of stress and depression.
- Deep breathing is an excellent stress management technique. Breathe in deeply to the count of 6, hold your breath for a moment and listen to the sounds in your environment, then exhale to the count of 6.
- Gardening can be a great form of exercise.
 It builds stamina, strength and flexibility - the three keys to overall fitness.



- Research has shown that being out in nature relieves mental stress and fatigue and creates a positive mood.
- Health is something we do for ourselves, not something that is done to us; a journey rather than a destination; a dynamic, holistic, and purposeful way of living.



Future Information

	<u>Program</u>	<u>Greeters</u>	<u>Invocation</u>	<u>Sergeant</u>	<u>Scribe</u>
T	Chairperson:	Chairperson:	Chairperson:	Chairperson:	Chairperson:
	Leslie Malcom	Wanda Armstrong	Jim Pittman	Beth Goedken	Larry Sample
	Chuck Corwin, May 27	Randy Taber, May 27	Jim Lipscomb, May 27	Dave Crandall, May 27	Brad Helgemo, May 27
	Phil Houle, June 3	Julia Taylor, June 3	Leslie Malcom, June 3	Dave Nagel, June 3	Chuck Corwin, June 3
	Bill Corwin, June 10	Cam Torstenson, June 10	Mark McAndrews, June 10	Liz Nead, June 10	Gil DeRoos, June 10