



NOR'WESTER

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

May 20, 2011

Prez Sez...

Eric Dickinson

Doug Elrick

Digital Intelligence

Arranged By:

Leslie Malcom

Greeter:

Josh Asche

Invocation:

TBA

Sergeant:

TBA

Scribe:

Dan Boes

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 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.



Scribbles...

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

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 blurred 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

Future Programs

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

6/3: Computer Security
 by Phil Houle

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, WDM Marriott (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)

- 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.



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

BIRTHDAYS

May 16 Ed Arnold

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
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