



NOR'WESTER

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

May 27, 2011

Prez Sez...

Eric Dickinson

Ann Olsen Schodde
US Center for Citizen
Diplomacy
Arranged By:
Chuck Corwin
Greeter:
Randy Taber
Invocation:
Jim Lipscomb
Sergeant:
Dave Crandall
Scribe:
Brad Helgemo

There are several areas that Rotary has set in place ways in which we use Rotary's students and Youth Programs. Let me give you a sprinkling of what I am talking about. Interact is a network of service clubs for junior high and high school students. This began back in 1962 and has over 300,000 members. Rotary Youth Exchange is a way for exchange students and host families to share cultures. Next year we will have Julia Crouse from Urbandale High School heading off to Germany for a year of learning. Next we have Ambassadorial Scholarships. This is a leadership training program for young people. Our own Jeff Bremer Chairs this committee for District 6000. To get more information on this, please take a look at page 60 in the May issue of the Rotarian.



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

Doug Elrick *Digital Intelligence*

Doug Elrick, the Director of Forensic Science for Digital Intelligence presented to the NW Des Moines Rotary on 5/20/11. Doug oversees the computer forensic analysis and data production for both criminal and civil cases. He has provided expert testimony in local, state, and federal court. Doug spoke to us about myths and hot topics in his field.

New trends in computer forensics include the growing size of storage. This makes it more difficult to extract evidence due to the sheer size of the hard drives today. Smart phones can also provide data much like a computer and can also provide GPS location. Finally, social networking can provide clues in criminal and civil cases. Often time someone can be victimized when providing too much information online, such as their schedule. The criminals too like to take photos and brag about what they have done on a social networking site. This often times can help lead to their arrest and conviction.

Most myths revolve around the deletion of data. Once an item is deleted, it moves to the recycle bin until it is emptied. Items are just as easily recovered from the trash can under your desk as they from the recycle bin. When the recycle bin is emptied the data still remains as available space until new data is saved over it.

Scribe, Dan Boes

Future Programs

- 6/3:** Computer Security by Phil Houle
- 6/10:** Rev. Sarai Rice DM Area Religious Council

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, 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)

Health Corner

• A Harvard School of Public Health Study discovered that on days people eat fast food they consume an average of 187 extra calories. These calories can lead to a six pound weight gain in one year.



• Increasing bean intake as part of a diet rich in fruits and vegetables might help prevent heart disease, lower cholesterol and even lower blood pressure.

• Numerous studies have found that people who have healthy eating habits feel they are capable of handling problems and are direct in solving problems, compared to unsuccessful dieters who avoid adversity and turn to food for solace.

• Researchers have found that people who eat breakfast think better & faster, remember more & react quicker, and are mentally more alert than people who skip breakfast.

• If you are interested in healthy eating, avoid shopping in the center aisles and end caps of grocery stores. The healthy choices are on the perimeter of the store.



We'll Be Singing . . .

Star Spangled Banner
 Song Time:
 God Bless America
 You're a Grand Old Flag

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

Jenifer Mercer-Klimowski

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

BIRTHDAYS

May 27 Doyle Sanders

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, 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
Ed Arnold, June 17	Wendi Wilson, June 17	David Nagle, June 17	Dan Boes, June 17	Bill Grask, June 17