



# NOR'WESTER

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

**June 3, 2011**

## Prez Sez...

*Eric Dickinson*

### Computer Security

Phil Houle

Arranged By:

Phil Houle

Greeter:

Julia Taylor

Invocation:

Leslie Malcom

Sergeant:

Dave Nagel

Scribe:

Chuck Corwin

### CHARLES GABUS MEMORIAL BIKE RIDE

Our Charles Gabus Memorial Bike Ride is scheduled for Saturday, June 4th and I wanted to thank all of our membership for the work they have put forth in setting up the Bike Ride for this year.

It takes a lot of early morning meetings and energy from our members to get this done right. We have all done our part selling raffle tickets, as well as helping to sponsor this ride. Now we need all of our membership to get behind this event to really be able to

benefit our community and our world. I will see each of you tomorrow as we work to make this our biggest event of this Rotary year.



## 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

## Ann Olsen Schodde

### Citizen Diplomacy

Ann Olsen Schodde is the President and CEO of the U. S. CENTER for CITIZEN DIPLOMACY here in Des Moines, Iowa. Ms. Schodde has been involved in education and international relations throughout her thirty-year career. She earned a Bachelors degree in Political Science and Speech at the University of Wisconsin and a M.Ed. from Cornell University. Her talk focused on the "Citizen Diplomat."

#### Major points:

In the US, we have 304 Million citizens with passports which represents about 1/3 of the population. All are citizen diplomats, hopefully good ones.

In the area of International Activities;

1. One Million citizens in volunteer service abroad spending 124 Million hours @ worth of \$2,508 Million;

2. In the area of Government sponsored exchanges, there are 55,300 Americans and 2.3 Million international, in addition there are 7,876 Peace Corp workers and 12,782 Foreign service workers;

3. Higher Education, there are 262,000 Americans abroad & 672,000 international students in the US;

4. At the High school level there are 2,255 students involved;

5. The US sends 7.389 Million business travelers annually;

6. Faith-based missions account for 149,179 long-term commitments & there are 107,403 short-term mission trips;

7. Expatriates account for 5.26 Million overseas citizens; and

8. the US Military have 510,539 personnel stationed OCONUS. In summary we provide 63.6 Million Travelers spending \$112.3 Million/Annually.

International Diplomacy is every US Citizen's responsibility.

Scribe, David Crandall

### Future Programs

**6/10:** Rev. Sarai Rice  
DM Area  
Religious Council

**6/17:** Theresa Bomhof  
Nat'l Alliance on  
Mental Health

## 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

- Adequate sleep is essential for good health. To ensure a good night's rest avoid eating shortly before bedtime. The process of digestion requires a lot of energy and may keep you up.
- To maintain a youthful lifestyle, slow down and pace yourself. Quit scurrying around like a squirrel preparing its nest for winter.
- Exercise is a key to a healthy lifestyle.
- Children learn best by example instead of lecturing to them about healthy eating.
- According to a 3 year study at Harvard University, exposure to bright sunlight first thing will have a positive impact on the retina that leads to better focus and energy production in the brain.



*We'll Be Singing . . .*

TBA

**BIRTHDAYS**

May 31 **Chuck Corwin**

June 1 **Mark McAndrews**

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

*"Take Me Out to The Ball Game"*

*Iowa*



Thursday, June 23rd  
Rotary's Iowa Cubs Outing!!

## Future Information

<u>Program</u>	<u>Greeters</u>	<u>Invocation</u>	<u>Sergeant</u>	<u>Scribe</u>
<i>Chairperson:</i> <b>Leslie Malcom</b>	<i>Chairperson:</i> <b>Wanda Armstrong</b>	<i>Chairperson:</i> <b>Jim Pittman</b>	<i>Chairperson:</i> <b>Beth Goedken</b>	<i>Chairperson:</i> <b>Larry Sample</b>
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
No Meeting, June 24	No Meeting, June 24	No Meeting, June 24	No Meeting, June 24	TBA, June 24