

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

#### June 3, 2011

### Computer Security CHAI

Phil Houle

<u>Arranged By:</u> Phil Houle <u>Greeter:</u> Julia Taylor <u>Invocation:</u> Leslie Malcom <u>Sergeant:</u> Dave Nagel <u>Scribe:</u> Chuck Corwin

#### 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

#### Future Programs

6/10: Rev. Sarai Rice DM Area Religious Council6/17: Theresa Bomhof

Nat'l Alliance on Mental Health

# Prez Sez...

#### **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



Eric Dickinson

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...

### 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.

### Other Local Meetings

#### <u>Tuesday</u>

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) <u>Thursday</u> 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)



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

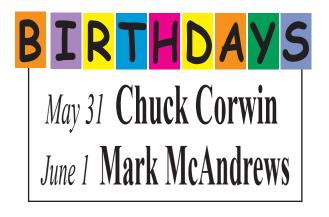
• Adequate sleep is essential for good health. To ensure a good night's rest avoid eating shortly before bedtime. The process of digestion requires a lot of energy and may keep you up.

• 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.



"Take Me Out to The Ball Game" 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>                |
|-------------------------------|---------------------------------|------------------------------------|-------------------------------------|------------------------------|
| Chairperson:<br>Leslie Malcom | Chairperson:<br>Wanda Armstrong | Chairperson:<br><b>Jim Pittman</b> | Chairperson:<br><b>Beth Goedken</b> | Chairperson:<br>Larry Sample |
| 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                 |

NORTHWEST ROTARY CLUB • P.O. Box 3715 • Urbandale, IA 50323