



NOR'WESTER

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

June 10, 2011

Rev. Sarai Rice
 DM Area
 Religious Council
Arranged By:
 Bill Corwin
Greeter:
 Cam Torstenson
Invocation:
 Mark McAndrews
Sergeant:
 Liz Nead
Scribe:
 Gil DeRoos

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

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

6/24: No Meeting
 Iowa Cubs Outing

Prez Sez...

Eric Dickinson

What a wonderful group of Speakers we had this Rotary year. It all began with Past President Wendi Wilson talking to us about the State of Eye Care. In August we had DG Gary Welch come in and talk to us about the importance of getting the Rotary message out there. September brought us Chris Beck from the Science Center of Iowa. Sara K., the Moodle Expert came in and talked to us in October. In this, learning takes place 24/7. Now let's skip ahead. On February 4th our own Rotarian David Crandall presented the program where he outlined the real story behind the US invasion of Panama in 1989. March 25th brought us Bob Wersen from the Tassel Ridge Winery. June then brought us our own Phil Houle. Phil talked to us about Computer Security and what a presentation it was. It will soon be time to hand the gavel to incoming President Wanda Armstrong. I am sure her year as President will be a GREAT one.



Scribbles...

Computer Security

Phil Houle enlightened us with the need for vigilance to identify Malware as we move through the internet.

Phil, a Drake University professor since 1974, a longtime Northwest member, a former club President, and involved with computers since the early 1960's, demonstrated how fast computing and communication has changed. (We all remember when all we had was "Sneaker Net", when you would take a big floppy disk from one computer and walk it over to another computer to transfer information.)

Using an example of "Moore's Law, the expansion of memory and computing power is increasing at an increasing rate. Today's smart phones (smarter than most of us) have more computing power than the largest three room super computer of

the 1960's. A Slide Rule, what is that? (The only way to tell an engineering student from everyone else when I was on campus.)

Definitions: Specific Malware--attacks a flaw in a software program. Solution, updated from software company.

Universal Malware: will work anywhere. Solution: Anti-virus programs.

How to be safer:

- Always install updates from vendor, automatically if possible
- Run anti-virus software that is updated automatically
- Never open unexpected attachments
 - Never click on links in email
 - Never click on pop-up windows -even to close them
- Don't visit sites that use sex to lure (yes Mom)
 - Porno sites are very dangerous
 - 90% of traffic is related to porn.

Submitted by Chuck Corwin

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 great way to motivate yourself to exercise first thing in the morning is to lay out your exercise clothes and prepare a water bottle the night before. When you wake up in the morning you will see your exercise clothes and be inspired to get moving.

• It is important to sleep in a dark room. Your biological clock is controlled by light and dark signals.

• If you are having a craving for an unhealthy food, first do 10 pushups or jumping jacks and then decide if you still want that food.



Often when you do something physical you can interrupt that craving pattern.

• Studies show that we require at least 7-9 hours of sleep per day. Sleep deprivation will suppress your immune system and make you more susceptible to infections.

• For a natural facial scrub: Combine 2 Tbs. of finely ground oatmeal with 1 Tbs. of almond oil and gently rub into the skin, avoiding the eyes. Rinse off with warm water.



We'll Be Singing . . .

My Country 'Tis of Thee

Song Time:

The 4-Way Test (#18)

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

"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>
<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
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
TBA, July 1	TBA, July 1	TBA, July 1	TBA, July 1	TBA, July 1