



NOR'WESTER

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

January 14, 2011

Prez Sez...

Eric Dickinson

Kent Henning

Grand View University

Arranged By:

Leslie Malcom

Greeter:

Phil Houle

Invocation:

Jim Arthur

Sergeant:

Liz Nead

Scribe:

Joe Kobes

Our weekly club meeting is a special time for Rotary membership.

It provides a time to visit with fellow members, meet visitors, and new members.

As you all know, Rotary clubs have a reputation for being friendly clubs and usually follow a few simple steps. Members are encouraged to sit in a different seat or at a different table each week or to sit with a member they may not know very well. I am now asking our own members to do very much the same thing. Ask new members or visitors to join your table and share the conversation rather than eating in silence. Members should also make a special point of trying to get acquainted with all members of the club.

Soon we will all realize that warm friendship is the cornerstone of a great Rotary club.



Reminder: Our meeting on Jan. 14, 2011, will be at Christopher's in Beaverdale.

2010 Officers & Directors

- Eric Dickinson, President
- Wanda Armstrong, President Elect
- Brad Helgemo, Secretary
- Marcus Dunn, 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

Scribbles...

Shane Goodman Living Magazine

Our speaker was Shane Goodman, editor of Cityview and a principal of Living Magazine.

Shane is a proud and committed Iowan and his values in life begin with Faith and Family.

He has been in the print media business for 21 years and considers his mentors to be Gary Gerlach, Michael Gartner and David Belin.

His first newspaper effort was Point Blank with Jon Gaskell and that paper preceded Cityview. Shane also publishes the local newspapers in Johnston, Adel, Grimes and Urbandale. They are free papers and they are distributed at various retail outlets. Shane reported

that 8 of 10 people that pick up their respective newspapers, read them.

His company has 22 employees and 50 contractors and is totally convinced that employees have to be loyal, hard working and talented.....in that order.

Shane worked for the Des Moines Register in retail advertising for a number of years and is convinced that in spite of the Register's declining readership that PRINT IS NOT DEAD!

He sees a bright future in locally owned free newspapers with total focus on the communities that they serve.

Respectfully submitted
Marv Johnson, Scribe

Future Programs

1/21: Brock Earnheart & Terry Geiger

1/28: The Invasion of Panama

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, Jimmy's (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

- If you want to keep your mind sharp, vary your daily routines and learn new things often.

- If you continue to think and act the same way - you will continue to get the same results. You must be willing to think and act differently if you want to change.

- Avoid drinking fluids with meals. Fluids will dilute your natural digestive enzymes. It is best to drink fluids either 30 minutes before a meal or 30 minutes after a meal.



- Did you know clutter could rob your energy? Start to clear your clutter and notice how much better you feel.

- To make exercise more enjoyable, focus on all the benefits such as increased energy, weight loss, stress reduction and increased metabolism.



We'll Be Singing . . .

TBA

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

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elliotspudmom@yahoo.com

BIRTHDAYS

Jan 13 **Marv Johnson**

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
Eric Dickinson, Jan. 21	Paul Kirpes, Jan. 21	Brenda A-Mailey, Jan. 21	James Allan, Jan. 21	Leslie Malcom, Jan. 21
David Crandall, Jan. 28	Joe Kobes, Jan. 28	TBA, Jan. 28	James Allan, Jan. 28	Roger Nyberg, Jan. 28
Phil Houle, Feb. 4	Jim Lipscomb, Feb. 4	Chuck Corwin, Feb. 4	Diana Reed, Feb. 4	Diane Porter, Feb. 4