



NOR'WESTER

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

January 27, 2012

Prez Sez...

Wanda Armstrong

David Vaudt

State Auditor

Arranged By:

Julia Taylor

Greeter:

Roger Freerksen

Invocation:

Bill Grask

Sergeant:

Dianne D-Nelson

Scribe:

A. J. Johnson

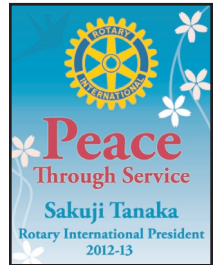
'Peace Through Service' is 2012-13 RI theme!

RI President-elect Sakuji Tanaka will ask Rotarians to build Peace Through Service in 2012-13.

Tanaka unveiled the RI theme during the opening plenary session of the 2012 International Assembly, a training event for incoming Rotary district governors.

"Peace, in all of the ways that we can understand it, is a real goal and a realistic goal for Rotary," he said. "Peace is not something that can only be achieved through agreements, by governments, or through heroic struggles. It is something that we can find and that we can achieve, every day and in many simple ways."

You can read the rest of President-elect Tanaka's speech at www.rotary.org/news.



2011-12 Officers & Directors

- Wanda Armstrong, President
- Brad Helgemo, President Elect
- Leslie Malcom, Secretary
- Dan Boes, Treasurer
- Ed Arnold, Director
- Jim Arthur, Director
- Jenifer M-K, Director
- Gil DeRoos, Director
- James Alan Smidt, Director
- Eric Dickinson, Past President
- Dianne D-Nelson, Exec Sec
- Bill Corwin, Exec Treas

Scribbles...

Whitney Packebush

Fareway Stores • Corporate Dietician

Ms. Packebush is in charge of Fareway's nutrition education efforts in their stores and writes their nutrition magazine. She is also in charge of their weekly TV segment and fields phone calls on nutrition and presents programs to school children.

She discussed the Food Pyramid and the importance of vegetables and fruits in our diet. They should occupy 50% of our plate. Meat portions should be the size to fit in the palm of our hand. Whole grains should be a major part of our diet.

Health and weight management is all about portion control.

She provided us with a booklet titled "Nutrition in the Fast Lane" and referred us to a web site "EatRight.org."

Now.....if we would only take her advice and counsel!

Scribe, Marv Johnson



Future Programs

2/3: John Bachman
WHO-TV News Anchor

2/10: Bill Riley

♥ 2/17: No Meeting
Valentine Party Week!

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, Mama Lacona'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)



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

Rotary Information

Welcome



*Meet Our New
 Rotarian*

Mary Polson
 Program Coordinator
 Urbandale Community
 Action Network

SAVE THE DATE!!!



Valentine's Social
 Monday February 13
 Salisbury House
 More to Come!!

BIRTHDAYS

Jan 26 James Fay

Future Information

<u>Program</u>	<u>Greeters</u>	<u>Invocation</u>	<u>Sergeant</u>	<u>Scribe</u>
<i>Chairperson:</i> Phil Houle	<i>Chairperson:</i> Chuck Corwin	<i>Chairperson:</i> Jim Pittman	<i>Chairperson:</i> Kevin Smith	<i>Chairperson:</i> Brenda A-Mailey
Vicki Foresman, Feb 3	James Allen Smidt, Feb 3	Brad Helgemo, Feb 3	Mark McAndrews, Feb 3	Phil Houle, Feb 3
Vicki Foresman, Feb 10	TBA, Feb 10	Phil Houle, Feb 10	John Pittman, Feb 10	Diana Reed, Feb 10
No Meeting, Feb 17	No Meeting, Feb 17	No Meeting, Feb 17	No Meeting, Feb 17	No Meeting, Feb 17