



NOR'WESTER

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

January 28, 2011

Prez Sez...

Eric Dickinson

The Invasion of Panama

Arranged By:
David Crandall

Greeter:
Joe Kobes

Invocation:
John Pittman

Sergeant:
James Alan

Scribe:
Roger Nyberg

I am the kind of person that likes to know what we have accomplished so far this Rotary year. Over the last 28 weeks we've:

- Worked with Special Olympics in Grimes
- Worked a \$2500 matching grant with Kachuna Nigeria
- Created 3 Reading Corners at medical facilities in the Des Moines area
- Ran the Special Olympics Root Beer Float Project
- Served several dinners with Children & Family Urban Ministries
- Rang the Bell for the Salvation Army
- Held a Rotary Night with the Iowa Energy basketball team to raise money for Polio Plus
- Planning our 3rd Annual Charles Gabus Memorial Bike Ride
- Had a **LOT** of **FUN** along the way!



Only a little over half way through the year and **Wow!**

Scribbles...

Terry Geiger

Terry Geiger grew up in Nebraska and spent 35 years in the bank management field before retiring from Great Western bank in Leon. He has been a Rotarian for 22 years.

Terry talked to us about taking part in Rotary's Project Safari 2010; zones 28 & 29. The purpose of this Rotary project is to change lives in Nigeria. This is the third trip in the 15 year commitment to view and rate the Rotarian projects that are planned or in progress in Nigeria. Terry explained that each Rotarian pays his/her own way on these trips and they are there to check on the sustainability of the projects.

Nigeria is twice the size of California (California's population is 35 million) but it has 150 million people. Accessibility to water (clean/working wells) and latrines are the major projects along with building schools for the children.

Terry showed us slides from projects including: Guida Village near Abuja which has a couple well/water and school projects, Kaduna where he visited NW Rotary's latrine/well project (signage was displayed noting our club's project), St. Gerard's Hospital in Kaduna where the Rotarians participated in polio immunizations, Subon Gero where a well & generator project was taking shape, Kaduna where the Rotarians repaired school desks, Adonai Orphanage & Widow Center and several other smaller projects.

Terry explained that a typical well will cost between \$8-\$22K to build. The Nigerians do not have the money to drill the wells and maintenance is a major part of the problem. They don't know how to service the wells to keep them operational.

Terry concluded by asking club members to get involved and take part in a Rotary project like this if they can.

Scribe, Leslie Malcom

2010 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

- 2/4: Emilie Hasen New Hearing Technology
- 2/11: Randy Worth Merchant's Warehousing
- 2/15: Valentine's Day Party
- 2/18: No Meeting

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

- Medical evidence suggests that for optimum health and function the average adult should get 7-9 hours of sleep daily. Chronic sleep deprivation can lead to weight gain, diabetes, heart disease, stroke and memory loss.

- "Happiness isn't a state, it's a skill. It's the skill of knowing how to take what life throws your way and make the most of it." Gary Null

- If you fall in love with fresh fruits and vegetables, and incorporate a wide range of them in your diet, you will naturally decrease fat intake and reduce health risk.

- Ask yourself, how healthy am I? Do I incorporate elements of health in my life, fresh air, pure water, whole food, exercise, rest and sleep, deep breathing, sunshine and peace?

- The best time to drink water is 15-30 minutes before a meal or 2 hours after a meal.



We'll Be Singing . . .

God Bless America
 Song Time:
 I've Been Workin' on the Railroad (#41)
 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



Jan 26 James Fay

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
Phil Houle, Feb. 4	Jim Lipscomb, Feb. 4	Chuck Corwin, Feb. 4	Diana Reed, Feb. 4	Diane Porter, Feb. 4
Paul Kirpes, Feb. 11	Mark McAndrews, Feb. 11	Bill Corwin, Feb. 11	James Allan, Feb. 11	Diana Reed, Feb. 11
No Meeting, Feb. 18	No Meeting, Feb. 18	No Meeting, Feb. 18	No Meeting, Feb. 18	No Meeting, Feb. 18