



NOR'WESTER

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

October 15, 2010

Prez Sez...

Eric Dickinson

Rachel Caufield

Drake University

Arranged By:

Doyle Sanders

Greeter:

Bill Corwin

Invocation:

TBA

Sergeant:

Kevin Smith

Scribe:

Gene Gabus

As most of you probably do not know, I graduated from Northeast Missouri State University in Kirksville, Missouri.

On Saturday, October 23, 2010, RI President Ray Klinginsmith, who actually lives in Kirksville, will be helping to put on a special event for the benefit of Districts 6000 & 5970 Youth Exchange Program. I have talked recently with DG Gary Welch on how registrations for this event have been going. Unfortunately, we only have 44 registered so far of a planned 200+.

Remember, this is a fund raising event for the Youth Exchange Program and we are asking you to please attend and support our Youth Exchange program.

Think of the excitement of actually meeting the RI President.

This is your chance. Let's make it happen.



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

In Memory of Our Friend...

Bob Dabrieo

Rotary Charter Member

*Those we hold closest
to our hearts
never truly leave us.
They live on in the kindness
they have shared
and the love they brought
into our lives.*



Future Programs

- 10/22:** Moodle Expert
- 10/29:** Bill Riley, Jr.
- 11/5:** Corliss Klaassen
Rotary Foundation

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

- Viewing a computer screen for several hours during the day may lead to eye-strain. Some tips to reduce the effects of eyestrain include: take eye breaks, change pace, blink often, consider using artificial teardrops, practice relaxation and have appropriate eyewear.



- Obesity in children is a growing problem. To help your kids stay healthy and fit, model healthy behaviors, encourage them to join age appropriate activities, have fun with fitness, and go on family hikes or bike rides.

- A key to getting in shape is determination and consistency.

- Listening to a song that inspires you within the first few moments of waking up each morning will help get your day off to a good start.



We'll Be Singing . . .

Opening: God Bless America
 Song Time:
 This Is My Country
 Smiles

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

BIRTHDAYS

Oct 10 **Larry Sample**

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
Julia Taylor, Oct. 22	Gil DeRoos, Oct. 22	David Nagel, Oct. 22	Gene Gabus, Oct. 22	Randy Gambill, Oct. 22
Paul Kirpes, Oct. 29	Dianne D-Nelson, Oct. 29	Jenifer M-K, Oct. 29	Julia Taylor, Oct. 29	Beth Goedken, Oct. 29
Eric Dickinson, Nov. 5	Marcus Dunn, Nov. 5	Mark McAndrews, Nov. 5	Cam Torstenson, Nov. 5	Don Chafa, Nov. 5