



NOR'WESTER

Rotary Club of Northwest Des Moines

www.clubrunner.ca/northwestdesmoines

October 29, 2010

Prez Sez...

Eric Dickinson

Philanthropic Work

Arranged By:

Eric Dickinson

Greeter:

Dianne D-Nelson

Invocation:

Mark McAndrews

Sergeant:

Julia Taylor

Scribe:

Beth Goedken

Celebrating Our Youth

RI President Ray Klingensmith was the keynote speaker at the Celebrating Our Youth Program this past Saturday evening. What an honor it was to meet this person. Ray was a Rotary Scholar back in 1959. Back then it was cheaper to sail than it was to fly. Ray sailed from New Orleans for 28 days to South Africa. What a journey! Now President Ray is the 1st Rotary Scholar to serve as RI President. Ray grew up on Unionville, MO with a good friend named Jim Pittman. Yes, this is the same Jim Pittman who is a member of the NW Des Moines Rotary Club. In his talk on Celebrating Our Youth, Ray went on to tell us that the best salesman that we have are the youth themselves. Ray encouraged and facilitated the coming together of 13 Rotary Districts to organize SCRYE back in 1984 & 1985. Now SCRYE facilitates youth exchanges for 425 students to live in another country for a school year and have "the experience of a lifetime". At the end of this program we were told that the 1st End Polio Illumination in the State of Iowa was present on the side of the Marriott Hotel and to make sure we viewed it as we left the facility. A great big THANK YOU goes out to the members of The Rotary Club of Greater Des Moines for Emerging Leaders for putting on such a great event!



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

Future Programs

- 11/5: Corliss Klaassen
Rotary Foundation
- 11/12: Mary Gillaspey
Metro Waste Authority

Moodle Expert

West Des Moines School District 8th grade teacher, Sara Krzyczkowski, presented our program. Sara was introduced to our meeting by Urbandale Principal and NW Rotary Member, Julia Taylor.

Sara started her program with a technical video explaining what has happened in the world of technology in such a short period of time. Wikipedia was once considered not a reliable resource on the web, but today it is more accurate than the Encyclopedias in our libraries. It is being updated constantly.

Young elementary students really get technology. They have grown up with computers, cell phones, and all other fast pace technology. However, they may not yet understand how to effectively use this technology.

That's where Moodle comes to play. In a Moodle environment, learning takes place 24/7. Students are able to access

their tests, assignments, studies at school and from their home computer. Teachers are able to immediately tell the student that their answers are right and wrong. To show them the right answers and this reinforces their learning. Students are able to reassess their work and after dialogue and analysis, they may retake an exam after better understanding and improve their grade. Moodle is a free software program designed for on-line instruction and give and take between teacher, student and student to student.

All of this is made available as free, open source virtual learning environment that originated in Australia. The Urbandale School District hosts the district's program on separate district servers, so all of the tools are safe and accessible only to students within the Urbandale district. There are a number of tools to help students learn, including chat rooms, forums for students to discuss ideas, and wikis...which is allowing students to edit a document, similar to Wikipedia.

Thanks to Sara for a great presentation.
Lloyd Hill, Scribe

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)



We'll Be Singing . . .

TBA

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

Jenifer Mercer-Klimowski

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Fax: 515-237-2283

elliotspudmom@yahoo.com

Health Corner

• To truly achieve vibrant health you must know why you want it. Take time today to write down at least 20 reasons why vibrant health is important to you.

• "Just by switching from a bad lifestyle to a healthier one, one can expect to add as much as 14 years to their life."

Dr. Lester Breslow, UCLA



• Deep breathing is a great way to calm yourself and energize your body.

• Messy, unorganized spaces can drain your energy. For a quick energy pick up, set a timer for 15 minutes, clean, and organize your space during that time, like a race.

• A moment of silence before meals will prepare your body to accept the nutrition from the foods you eat.

• Fun, joy and laughter create health.



Have a safe &
HAPPY HALLOWEEN

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, Nov. 5	Marcus Dunn, Nov. 5	Jenifer M-K, Nov. 5	Cam Torstenson, Nov. 5	Jenifer M-K, Nov. 5
Leslie Malcom, Nov. 12	Wyatt Earp, Nov. 12	Jim Lipscomb, Nov. 12	Leslie Malcom, Nov. 12	Bill Grask, Nov. 12
Leslie Malcom, Nov. 19	Gene Gabus, Nov. 19	Leslie Malcom, Nov. 19	Kevin Smith, Nov. 19	Chuck Corwin, Nov. 19