



NOR'WESTER

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

November 5, 2010

Prez Sez...

Eric Dickinson

Corliss Klaassen

Rotary Foundation

Arranged By:

Eric Dickinson

Greeter:

Marcus Dunn

Invocation:

Jenifer M-K

Sergeant:

Cam Torstenson

Scribe:

Jenifer M-K

THANKS ROTARY

Now, even District 6000 can believe that we are doing our part in completing the \$200 million challenge to eradicate polio. Let me give you an idea of what I am talking about. Earlier this year The Sydney Opera House in Australia came alive with the End Polio Now logo. Then this same glow came from the Colosseum in Rome. The following parts of the world then showed their support in The Rotary Foundation's eradication efforts to end polio around the world. The Port Captain's Building in Cape Town, South Africa, The Wrigley Building in Chicago that overlooks the city's Magnificent Mile, The Cathedral of Santiago de Compostela in Galicia, Spain, The Obelisk in Buenos Aires, Argentina, The Tower Bridge in London, Taipei Arena in Taiwan, The Pyramid of Khafre in Giza, Egypt, The Houses of Parliament in London that radiate across the Thames, and the Eilean Donan Castle in Dornia, Scotland. Now on October 23, 2010, End Polio Now was illuminated on the side of the Marriott Hotel in West Des Moines. This End Polio Now illumination was a first for the State of Iowa and we should all be proud.



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...

Philanthropic Work

The October 29, 2010 North West Rotary Club of Des Moines meeting was held at the Urbandale

Golf and Country Club. The Invocation was given by Mark McAndrews and the Sergeant duties were adequately performed by Ed Arnold using a Halloween theme of "What was the greatest prank you pulled growing up?"

Mr. Dick Cummings appeared decked out in a suit so we all knew he was about to present a new member. This time he had not one new member but two new members to introduce to the club. Gene Gabus sponsored Vickie Foresman as a new member. Vickie is with the YMCA and she is also the sister-in-law of Paul Kirpes—we won't hold that against her.

John Pittman is the sponsor of our second inductee Josh Asche. Josh is the Director of the HyVee store on 86th street. Please take the time to introduce yourself and make both Vickie and Josh feel welcome to our club.

A check for \$4,000 was also presented to the Urbandale Food Pantry. Elaine Boggs, coordinator of the Food Pantry was present to accept the check. The money is from the Charles Gabus Memorial Bike Ride funds.

The remaining meeting time was spent with members telling what they are doing to give back in the community. We have members involved with cancer support groups, Sunday school teacher, baseball coach, Shrine member, and many more. Based on the volunteer opportunities members reported on today and what we heard from members a couple of months ago, it proves that Northwest Rotary is truly a club that puts Service Above Self.

Wanda Armstrong, Scribe

Future Programs

- 11/12: Mary Gillaspay
Metro Waste Authority
- 11/19: Bob Wersen
Tassel Ridge Winery
- 11/26: 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

- Wear loose fitting, comfortable clothing while exercising. Tight, constricting clothing will impair circulation.
- Do NOT use the fact that you are not 100% physically fit as an excuse not to exercise. In fact, in most cases, the only way to get closer to that 100% is to follow a consistent fitness program.
- Your muscles will burn fat when you exercise vigorously enough to be breathing deeply, but NOT out of breath.
- Do NOT head for the shower or sauna immediately after exercise, this opens up circulation, just as activity does. Wait at least 5-10 minutes to cool down before you shower.

• Grilling is an excellent way to prepare almost any meat or vegetable. It is a fast, easy, and tasty way to create a low fat meal.



We'll Be Singing . . .

TBA

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 30 **Richard Keith**

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 |
| 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 |
| No Meeting, Nov. 26 | No Meeting, Nov. 26 | No Meeting, Nov. 26 | No Meeting, Nov. 26 | No Meeting, Nov. 26 |