



NOR'WESTER

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

November 19, 2010

Prez Sez...

Eric Dickinson

Iowa Energy

Arranged By:

Leslie Malcom

Greeter:

Gene Gabus

Invocation:

Leslie Malcom

Sergeant:

Kevin Smith

Scribe:

Chuck Corwin

Plan Your Work, Work Your Plan

As RI President Ray Klingensmith says, 'Leading a Rotary club is like managing a business, with one major difference. Rotarians are volunteers, and no one has the authority to tell them how to do their service work. So club officers must be true leaders - not mere managers - in persuading members to achieve Rotary's primary goals of fellowship and service! We need to develop some ideas for membership growth.

Ideas that have been suggested include looking at pre-recruitment planning. "Prospective members need to know about the background of the club - what it has done and what its history is as well as that of the whole organization."

Successful projects for the NW Des Moines Rotary club include the Iowa Energy game for PolioPlus and many other areas of need through the Charles Gabus Memorial Bike Ride. Things such as this will help our club become bigger, better, and bolder as we plan our work and work our plan.



Scribbles...

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

- 11/26: No Meeting
- 12/3: Paul Kirpes
- 12/10: No Meeting

Mary Gillaspey

Metro Waste Authority

Our speaker for the day was Mary Gillaspey, information officer for the Metro Waste Authority. She was introduced by Leslie Malcom, Program Chair.

The Metro Waste Authority has a working partnership with the DM Water Works. The Metro Waste Authority is a local government agency which manages the land fill located south-east of Des Moines. The land fill has a contractual relationship with twenty-three communities.

The land fill management and Board of Directors strive to be leaders in environmental stewardship. This effort is demonstrated by their collection policies in the communities they serve. Garbage waste is collected and disposed in a man-

ner to prevent run-off which may contaminate streams. The methane gas which is produced from the waste products is used to generate electricity, (presently providing electricity for 10,000 homes). Paper, cans and plastic are re-cycled, and yard waste is made into compost.

She mentioned several items that cannot be disposed at the land fill. These items, such as paint cans, computers, light bulbs and aerosol should be taken to the disposal site at Bondurant, IA.

Composting was encouraged by Ms. Gillaspey. Anything that can be composted should be put in the paper bags that can be purchased for that purpose. A large container can also be obtained for that purpose. It was decided that you could ultimately dispose of an entire tree in this manner. However, the logs cannot be of such a length that you cannot close the cover. If it takes an entire year, so be it!

Bill Grask, 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)



*Rotary's donation to the
 Urbandale Food Pantry*

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

Jenifer Mercer-Klimowski

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Health Corner

- According to a Harvard research study, flowers do brighten your day. People who kept fresh flowers in their home felt more compassionate, happier and energetic.
- Wash your fruits and vegetables right before eating them. If you wash them and then store them in the refrigerator, the moisture can lead to bacteria and mold growth.
- Studies have shown that laughter refreshes the heart. Laughter reduces stress hormones and stimulates the immune system.
- To protect your mind from deterioration, it is important to exercise your mind daily. Stimulate your mind by solving difficult problems or writing with your opposite hand.
- To improve digestion, drink liquids at room temperature. Cold and hot liquids tend to slow down emptying of the stomach.

BIRTHDAYS

Nov 12 David Crandall

Nov 14 Jeff Bremer

Nov 19 Wendi Wilson

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
No Meeting, Nov. 26	No Meeting, Nov. 26	No Meeting, Nov. 26	No Meeting, Nov. 26	No Meeting, Nov. 26
Paul Kirpes, Dec. 3	Beth Goedken, Dec. 3	Joe Kobes, Dec. 3	Dianne D-N, Dec. 3	Phil Houle, Dec. 3
No Meeting, Dec. 10	No Meeting, Dec. 10	No Meeting, Dec. 10	No Meeting, Dec. 10	No Meeting, Dec. 10