

**NORVIESTER** 

Rotary Club of Northwest Des Moines

### **December 3, 2010**

# Prez Sez...

### Paul Kirpes

<u>Arranged By:</u> Paul Kirpes <u>Greeter:</u> Beth Goedken <u>Invocation:</u> Joe Kobes <u>Sergeant:</u> Diane D-Nelson <u>Scribe:</u> Phil Houle

#### 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

12/10: Xmas Party No Meeting

**12/17:** Leanne Freeman-Miller

12/24: No Meeting

### Family Month

December is Family Month for all of us in Rotary. What a great month to choose for family month. December is a month to work extra hard to bring in money for families who really need it. This past weekend we worked by Ringing the Bells for the Salvation Army. My wife and I started it off at 10 AM on Saturday and worked until 12:30 PM. Here you see the husband and wife working as a team. Next in line were Bill Grask and his daughter Paige. Now I hope you can see that we often work with our wives, husbands and children to help fulfill our mission as



Eric Dickinson

Rotarians. Let's continue this Northwest Des Moines Rotary Club tradition by inviting others from our family to help out. Our next days to continue Ringing the Bell for the Salvation Army are Thursday, December 16th from 2 PM to 6 PM and Friday, December 17th from 2 PM to 6 PM. *Let's all lend a hand*.

# Scribbles...

# Pat Kelly - Iowa Energy

Our speaker, Pat Kelly with the Iowa Energy, was introduced by Ed Arnold, the "Chairman" of the Rotary Polio Plus Night. (That is probably not real his title, but that is what Ed does.) This is the third year for a game to benefit Polio Plus. The date is Saturday January 22, 2010, at the Wells Fargo Arena. Tickets that normally cost \$20.00 are selling for \$16.00 and half of the proceeds will be donated to the cause.

The reachable goal is to set a league attendance record for our night.

There are 16 teams in the NBA Development league. Iowa Energy is affilicated with the Chicago Bulls and the Pheonix Suns. The league is moving to be like MLB's farm system. It is hoped that our locally owned team will hook up with one team, possibly the Bulls.

Attendance has grown over the last three years, due to the availablity of weekend dates, and the public discovering what an exciting game.

The team has 10 players on the active roster, and includes former Iowa State player Curtis Stinson.

Scribe, Chuck Corwin



### Other Local Meetings

#### <u>Tuesday</u>

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) <u>Wednesday</u>

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)

#### <u>Thursday</u>

Waukee, Des Moines Golf & Country Club, (6:45 am) Des Moines, Wakonda Club, (Noon) Winterset, Northside Cafe, (Noon)

#### <u>Friday</u>

Des Moines, AM, Wakonda Club at 3915 Fleur Dr. (7:00 am)



We'll Be Singing . . . Selected Holiday Songs!!

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

### Health Corner

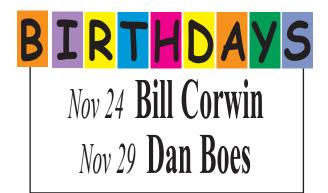
• Researchers at St. Louis University found that pre-school children were more than twice as likely to eat five servings of homegrown fruits and vegetables daily as those who rarely ate homegrown produce.

• For a non-toxic all purpose cleaner -Fill a spray bottle with equal parts distilled water and white vinegar and a few drops of Dr. Bronner's Castile soap.

• To increase consumption of fruits and vegetables place them in easy view, on the top shelf of the refrigerator and hide high calorie food in produce drawers.

• A healthy alternative to peanut butter is almond butter. It has six times the calcium, three times the amount of Vitamin E and twice the iron of peanut butter.

• A recent study at the University of New South Wales in Sydney found that women who spent 20 minutes mixing sprints and jogging lost three times the fat off their legs and butt in 15 weeks than those who jogged steadily for 40 minutes.



# Future Information

<u>Program</u>	<u>Greeters</u>	<u>Invocation</u>	<u>Sergeant</u>	<u>Scribe</u>
Chairperson: Leslie Malcom	Chairperson: Wanda Armstrong	Chairperson: <b>Jim Pittman</b>	Chairperson: <b>Beth Goedken</b>	Chairperson: Larry Sample
No Meeting, Dec. 10	No Meeting, Dec. 10	No Meeting, Dec. 10	No Meeting, Dec. 10	No Meeting, Dec. 10
David Piersel, Dec. 17	Bill Grask, Dec. 17	Liz Nead, Dec. 17	Lloyd Hill, Dec. 17	Paul Kirpes, Dec. 17
No Meeting, Dec. 24	No Meeting, Dec. 24	No Meeting, Dec. 24	No Meeting, Dec. 24	No Meeting, Dec. 24

NORTHWEST ROTARY CLUB • P.O. Box 3715 • Urbandale, IA 50323