



NOR'WESTER

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

December 3, 2010

Prez Sez...

Eric Dickinson

Paul Kirpes

Arranged By:

Paul Kirpes

Greeter:

Beth Goedken

Invocation:

Joe Kobes

Sergeant:

Diane D-Nelson

Scribe:

Phil Houle

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

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...

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

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.

one team, possibly the Bulls.

Attendance has grown over the last three years, due to the availability 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

Future Programs

- 12/10: Xmas Party
No Meeting
- 12/17: Leanne
Freeman-Miller
- 12/24: 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)



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

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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 home-grown 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.

BIRTHDAYS

Nov 24 Bill Corwin

Nov 29 Dan Boes

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, 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