



NOR'WESTER

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

February 11, 2011

Prez Sez...

Eric Dickinson

Randy Worth

Merchant's Warehousing

Arranged By:

Paul Kirpes

Greeter:

Mark McAndrews

Invocation:

Bill Corwin

Sergeant:

James Allan

Scribe:

Diana Reed

A Special Rotary Makeup - Part 2

The Rotary Club in Negril works with sexually exploited and at-risk youth who have dropped out of the school system. They teach Math, English, and computer skills which allow each student to work toward grade 9 level. They have also helped build a safe house for girls who are victims of sexual exploitation and prime targets for human trafficking. This they did through a Grant from Rotary International. Their major fund raiser is the Negril Donkey Races. They pick up corporate sponsors who first dress up their donkey and they are judged at the show for their appearance. And then they have the races. And to think this is all done on Negril beach. Also included with this is a buzzing fairground atmosphere with high excitement, many rides, amusement and food stalls to ensure a great time is had by the entire family. This is much the same as what we do here at our club with the Charles Gabus Memorial Bike Ride. A day of fun for all. It doesn't matter if you are right here at home or over 1,000 miles away, the Rotary ideals are had by one and all.



2010 Officers & Directors

- Eric Dickinson, President
- Wanda Armstrong, President Elect
- Brad Helgemo, Secretary
- Bill Corwin, 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...

Emilie Hasen

New Hearing Technology

Today Emilie Hansen (Phil Houle's favorite daughter) spoke to us about hearing loss. The most important thing she told us was we could have a free hearing test with her. So make sure to take advantage of this opportunity.

11% of the US population has a hearing loss. Only 1 in 4 seeks treatment. The largest age group with hearing loss is the age group 45-64. 12% of those who do get hearing aids leave their hearing aids in a drawer. Imagine what those drawers hear.

Today there are more options for helping the hearing impaired. There are different types of hearing aids and also more setting. For example if a person can't hear a pitch they may be able to amplify that pitch so the person with a hearing aid will be able to hear it. Jim

asked if high pitches could be deleted, and the answer was no.

A hearing aid may also be able to help someone that has ringing in their ears. This is called Tinnitus.

Normally a hearing aid cost between \$2,000.00 to \$3,000 dollars. These will normally last approximately 5 years. Medicare does not cover the cost of hearing aids.

Emilie told us this little joke about three men on the golf course:
The first said, it is windy out here
The second said, no it is Thursday
The third said, I am thirsty too let's have a beer.

If this has happened to you make sure to call Emilie at Woodward Hearing for a free hearing test.

Submitted by Beth Goedken

Future Programs

- 2/16: Valentine's Day Party
- 2/18: No Meeting
- 2/25: Raising Money
Mighty Missions

Party, Party, Party!!!

Health Corner

**Rotary
Valentines Day
Party**

**Wednesday, February 16th
Gino's West Glen**

*Reservations are due to Dianne D-N
by February 11, reservation form is
available at ClubRunner.*

**There will be no regular meeting on
Friday, Feb. 18th**

- Water plays an important role in controlling your body temperature, cushioning your joints, removing waste, transporting nutrients and oxygen to cells and protecting organs and tissue.
- To guide you in your journey to health and wellness seek out a person who will support you and hold you accountable to maintain your commitment to your health and wellness goals.
- Water is the single most important nutrient for your body. Your body loses about two quarts of water every day through perspiration, urination and exhalation. Instead of reach for soda, drink pure water throughout the day.

• Did you know you have two to three million sweat glands on your skin? Through perspiration, your body is able to eliminate toxins. Sweating is a sign of being healthy.



• Weight training and calisthenics are exercises that increase your muscle mass, which raises metabolic rate and burns fat.



We'll Be Singing . . .

America the Beautiful

Song Time:

Sing Rotarians (#65)

When You're Smiling (#82)

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

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, Feb. 18	No Meeting, Feb. 18	No Meeting, Feb. 18	No Meeting, Feb. 18	No Meeting, Feb. 18
Paul Kirpes, Feb. 25	Jenifer M-K, Feb. 25	Eric Dickinson, Feb. 25	James Allan, Feb. 25	David Crandall, Feb. 25
Paul Kirpes, Mar. 4	Vicky Foresman, Mar. 4	Dianne D-Nelson, Mar. 4	Jenifer M-K, Mar. 4	Vicky Foresman, Mar. 4