



NOR'WESTER

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

February 4, 2011

Prez Sez...

Eric Dickinson

Emilie Hasen

New Hearing Technology

Arranged By:

Phil Houle

Greeter:

Jim Lipscomb

Invocation:

Chuck Corwin

Sergeant:

Diana Reed

Scribe:

Diane Porter

A Special Rotary Makeup - Part 1

Most people when they leave on vacation want to get away from it all. Not this year for my wife and I. First, I contacted Giovanna Allella, President of the Rotary Club of Negril, Jamaica and asked her when their weekly Rotary meeting would be held. She told me that they are held on Thursday evenings and the week my wife and I would be there will be held at the German Snack Bar on the West end. This restaurant has only been open for 2 months and it was run by a couple from Germany. The food was delicious and very inexpensive. Now let me get into a little bit about what they do as a club. There are presently 18 members comprised of 7 nationalities including American.



They all believe that education, or the lack of it, is the root cause of many of the ill fortunes that have befallen their country. As a group, they focus much of their energy, time and money on the youth in their community. Much the same as what we do here for our club. Tune in next week for the conclusion to this story.

Scribbles...

The Invasion of Panama

You can't believe what you read in the newspaper.

Today our own Rotarian David Crandall presented the program where he outlined the real story behind the US invasion of Panama in December 1989. David related that the military invasion of Panama was actually a diversion for the Delta Force Rescue mission of American Kurt Muse from Panamas notorious Carcel Modelo Prison.

Kurt Muse was instrumental in the Panamanian election defeat of Dictator Manuel Noreaga, even though Noreaga claimed victory.

Kurt Muses escape to neighboring Costa Rica was unsuccessful and he was imprisoned in the Modelo Prison. US Army Delta Force rescuers entered the prison by landing on the roof of the

prison and blew a hole in the roof so commandos could effect the release of Kurt from his cell. The rescue hit a glitch when the escape helicopter was disabled by ground fire. The rescuers were then extracted by Army personnel carriers from the 5th infantry division. The Delta Force Strike Force suffered 3 wounded but completed their mission. Also Manuel Noreaga was captured, arrested to stand trial for drug trafficking, money laundering, and other crimes.

Kurt was presented a painting depicting the rescue by his Delta Force Rescuers at Dr. Crandalls Rotary Club Meeting in Virginia.

David related that you can't believe everything reported in the media and gave examples of incidents where the news was managed.

Scribe, Roger Nyberg

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

Future Programs

- 2/11:** Randy Worth Merchant's Warehousing
- 2/16:** Valentine's Day Party
- 2/18:** No Meeting

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**

• Research shows that walking on a regular basis seems to reduce the amount of memory protecting brain tissue you lose with age.



• To calculate your minimum daily calorie requirement, take your ideal weight in pounds and multiply by 10. For example, if you would like to weigh 150 pounds, then you would consume a minimum of 1500 calories daily.

• To reduce stress, create time during the day to have a period of silence. Silence will slow down your organs, calm your brain and increase your awareness.

• Because your feet are the foundation of your body, you will be well served to wear a supportive shoe.

• To increase the calories you burn swimming laps, try swimming one length of the pool easy and then one length fast.



We'll Be Singing . . .

My Country 'Tis of Thee
Song Time:
This Is My Country
Smiles

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

Feb 2 Dave Piersel

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
Paul Kirpes, Feb. 11	Mark McAndrews, Feb. 11	Bill Corwin, Feb. 11	James Allan, Feb. 11	Diana Reed, Feb. 11
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