



NOR'WESTER

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

March 11, 2011

Prez Sez...

Eric Dickinson

Committee Meetings

Greeter:

Dave Nagel

Invocation:

Jim Pittman

Sergeant:

Brad Helgemo

Scribe:

James Alan

The Rotarian is Born

This week I would like to talk about something that each of us probably reads every month, The Rotarian. Back in early 1911 Paul Harris wrote an essay on "Rotarianism" which he thought might be distributed to a handful of Rotarians in the U.S. Before long The National Rotarian, Vol. 1, No. 1 journeyed on with Paul Harris message. It also talked of club activities, personal items, and editorials. What was so significant about this event? It created a device which recognized the importance of the Individual Rotarian. We only need to comprehend this. President Glenn Mead told us that Rotary could not survive unless service rather



than material gain should be the cardinal principle of Rotary. This was the first crisis (1913). In 1915 Rotary was almost bankrupt. This is when Frank Mulholland conceived the simple idea of asking Rotarians each to contribute a dollar. Just think about what that dollar was to them back in 1915 versus what it means to us today. To continue getting information on The Rotarian, go to Seven Milestones in Rotary History on the internet. You will be amazed!

2010-11 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...

Leo Landis Curator-Salisbury House

Leo Landis, Curator and Education Director of the Salisbury House has many credentials, but perhaps the most undersold of his presentation was sharing with our Rotarians that he is also referred to as "Professor Bacon." Maybe it was simply a diversional comment to the ups and downs of the AV screen not staying in one position, but he caught our attention as he went on to energetically share the historical notes of the Salisbury House.

Moines home. Carl and Edith raised their 4 boys there. As time has passed, it is the goal of the current owner, the Salisbury House Foundation, to restore it to the point it was like when they resided there.

Leo shared that Carl Weeks was a Rotarian, serving as District Governor in 1924. With Carl's great involvement in Rotary, Leo is working towards creating a Rotary exhibit at the Salisbury House. It appeared that many members of Northwest Rotary knew the children and grandchildren of the Week's family. To entice a reconnection with this treasured historical Des Moines landmark, you are encouraged to take a tour during David Piersel's shift, Thursday afternoons at 1:00pm. Set some time aside to learn more about Salisbury House from Dave and maybe you'll hear more stories directly from Professor Bacon himself.

Future Programs

- 3/18: No Meeting
- 3/25: Bob Wersen
Tassel Ridge Winery
- 4/1: Brittany Jurgemeyer
Feeding the World

Scribe,
Vicky Foresman



SAVE THE DATE

March 17 - St. Patrick's Day
Social hour - Dinner Buffet
with corned beef and cabbage
(chicken for you non Irish)

6 - 9 p.m. West Des Moines Marriott

*Indoors or out, no one relaxes in March,
 that month of wind and taxes,
 the wind will presently disappear,
 the taxes last us all the year.*
 ~Ogden Nash



We'll Be Singing . . .

America the Beautiful
 Song Time:
 When Irish Eyes Are Smiling (#77)
 Smiles

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

- A study in the Journal of Applied Physiology found that people who cut out 230 calories daily for one year, but didn't exercise lost muscle mass, strength and aerobic capacity.
- A great way to cool down and restore your fluid and mineral balance after exercising is to enjoy a glass of fresh squeezed fruit or vegetable juice.
- A good alternative to white potatoes is sweet potatoes. A baked sweet potato is high in Vitamin A and may help reduce the risk of cataracts, cancer and heart disease.
- The higher your energy level, the more efficient your body. The more efficient your body, the better you feel and the more you will use your talent to produce outstanding results.
- To improve your vitality and well-being, eat your largest meal of the day at lunchtime and have a smaller dinner. Your digestive system is more active at lunchtime.

BIRTHDAYS

March 7 Brenda Auxier-Mailey

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, Mar. 18	No Meeting, Mar. 18	No Meeting, Mar. 18	No Meeting, Mar. 18	No Meeting, Mar. 18
Leslie Malcom, Mar. 25	Roger Nyberg, Mar. 25	Gene Gabus, Mar. 25	James Alan, Mar. 25	Kevin Smith, Mar. 25
Leslie Malcom, April 1	Diane Porter, April 1	Randy Gambill, April 1	TBA, April 1	Randy Taber, April 1