

# NOR'WESTER

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

April 13, 2012

## Prez Sez...

Wanda Armstrong

**Anthony Santiago**

PROSPER Program - ISU

Arranged By:

Liz Nead

Greeter:

Jim Arthur

Invocation:

Roger Nyberg

Sergeant:

Gil DeRoos

Scribe:

Eric Dickinson

April is Magazine Month, a time to celebrate the global network of Rotary's official magazines, which provide valuable information to 1.2 million Rotarians.

The Rotary World Magazine Press consists of 32 magazines from Africa, the Americas, Asia, Australia, and Europe that inform, inspire, and entertain in 23 languages. In addition to The Rotarian, Rotary's English-language flagship publication, it offers magazines such as Vida Rotaria (Argentina), Rotary in Bulgaria, and The Rotary-no-Tomo (Japan).

The RI Bylaws require all club members to subscribe to The Rotarian or a Rotary regional magazine. Rotary leaders, district governors, and club presidents are encouraged to support magazine editors in their country or region by submitting story ideas, promoting readership, encouraging timely subscription payments, and assisting with other communication efforts.



## Scribbles...

**Sheree Clark**

Nutritionist

*Fork in the Road*

Sheree is a holistic health and nutrition counselor. Her objective is to help people avoid sickness and disease through coaching on their lifestyles and nutrition through her business, Fork in the Road.

Sheree provided a set of three edible treats to everyone in the room, and then based her talk and her principal points around her discussion of each of the items. These turned out to be tasty and nutritious.

The first food item was a set of 3 dried banana chips. She showed us a bag of similar banana chips which had been purchased in a store. The commercial chips contained bananas, coconut oil, sugar and "natural banana flavor." She pointed out that they also contain preservatives, but that it is not required that this be included on the label. Sheree's banana chips were pure and simple sliced bananas which she had dried in a dehydrator. They were very good, and I believe most of us ate ours.

The second food item was "Popcorn" Cauliflower. She provided us the recipe for this treat, discussing each of the ingredients and why she feels they are healthy for us. The recipe includes cauliflower, nutritional yeast, garlic powder, sea salt, extra virgin olive oil, water and black pepper.

The final item in our sample was a chocolate coconut macaroon. Again these were made by Sheree using only natural ingredients.

Sheree stated that she prefers organic foods and is not a fan of GMOs. She indicated that by eating healthy, natural foods we should generally be able to control our cholesterol levels and blood pressure without specific attention to the nutrient analyses of our food-stuffs.

Sheree is a member of the Des Moines AM Rotary Club. Our thanks go to her for a lively presentation.



Scribe, Jim Arthur

### 2011-12 Officers & Directors

- Wanda Armstrong, President
- Brad Helgemo, President Elect
- Leslie Malcom, Secretary
- Dan Boes, Treasurer
- Ed Arnold, Director
- Jim Arthur, Director
- Jenifer M-K, Director
- Gil DeRoos, Director
- James Alan Smidt, Director
- Eric Dickinson, Past President
- Dianne D-Nelson, Exec Sec
- Bill Corwin, Exec Treas

### Future Programs

- 4/20: Michael Libbie  
Insight Cubed
- 4/27: Courtney Thompkins  
The PET Project Midwest

## 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, Mama Lacona'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 . . .*

To Be  
 Announced!!

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

jmercerc-klimowski@emcnl.com

**Important DATE!**

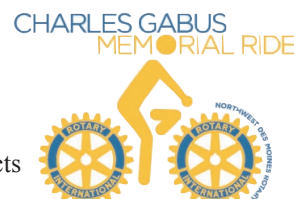
## Rotary Event

### Charles Gabus Memorial Bike Ride

The 4th annual Charles Gabus Memorial Bike Ride is scheduled for Saturday June 23. This year's event will again be held at the Charles Gabus Memorial Tree Park (by Urbandale Library), 3520 86th St. Registration for the event will be from 6:30 - 8:30 or you can register on-line at [www.cgm-br.com](http://www.cgm-br.com).

*Proceeds from the event this will be donated to the following organizations:*

- \$1,000 - Urbandale Police Department (for bike registrations)
- \$2,500 - Urbandale Parks & Recreational Department
- \$2,500 - Urbandale Library
- \$2,500 - U-Can
- \$4,000 - Urbandale Food Pantry
- \$2,500 - Bicycle Collaborative
- \$5,000 - Rotary International Projects



Remember this is the only fund raiser Northwest Des Moines Rotary club does, **so sell lots of raffle tickets and spread the word about the event!!!**

For additional information about the event, check out the website at: [www.cgm-br.com](http://www.cgm-br.com).

MARCH ROTARY  
 STATS

Attendance 84%

**BIRTHDAYS**

April 10 Gene Gabus

## Future Information

<u>Program</u>	<u>Greeters</u>	<u>Invocation</u>	<u>Sergeant</u>	<u>Scribe</u>
<i>Chairperson:</i> <b>Phil Houle</b>	<i>Chairperson:</i> <b>Chuck Corwin</b>	<i>Chairperson:</i> <b>Jim Pittman</b>	<i>Chairperson:</i> <b>Kevin Smith</b>	<i>Chairperson:</i> <b>Brenda A-Mailey</b>
Liz Nead, April 20	Mark McAndrews, April 20	John Pittman, April 20	Dave Nagel, April 20	Gil DeRoos, April 20
Liz Nead, April 27	Brenda A-M, April 27	Diana Reed, April 27	Dianne D-Nelson, April 27	Richard Cummings, April 27
Julia Taylor, May 4	Vicky Foresman, May 4	Larry Sample, May 4	John Pittman, May 4	Gil DeRoos, May 4