



NOR'WESTER

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

April 20, 2012

Prez Sez...

Wanda Armstrong

Michael Libbie

Insight Cubed

Arranged By:

Liz Nead

Greeter:

Mark McAndrews

Invocation:

John Pittman

Sergeant:

Dave Nagel

Scribe:

Gil DeRoos

Be aware of a fraudulent email aimed at Rotarians claiming to be sent from the Rotary International Registration office. The email scam claims that the Rotary Foundation has agreed to sponsor 98 Rotarians to go to the 2012 RI Convention in Bangkok, Thailand.

The email asks recipients to send their information to a Hotmail email account associated with an RI registration office. Please disregard and delete this fraudulent email.

Please be aware of these other scams:

• An email scam with the subject line "Award Winning Notification Final" has targeted Rotarians claiming that they are one of 21 winners of a promotional program held on 1 January 2012 by the Rotary Foundation. The fake promotion says winners will receive US\$1 million cash payment. The email is signed by "Mr. Jerry

Blake, The Promotion Manager, Rotary Foundation Int (UK), London, United Kingdom."

• An email scam targeting Rotarians and Rotaractors claims the recipient has won hundreds of thousands of euros through an international promotional program conducted by the "Euro-Millones Lottery". Attached to the e-mail is a PDF letter signed by "Luis Alberto, Vice President" with a photo of Past RI President Carl-Wilhelm Stenhammar.

RI encourages Rotarians and Rotary clubs to avoid becoming victims of such scams by deleting any e-mail that appears suspicious.



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

Scribbles...

Anthony Santiago, PhD

PROSPER Partnerships

Anthony opened up the meeting by describing that PROSPER stands for Promoting School-community Partnerships to Enhance Resilience among children and families. PROSPER is set up in 5 components. Component 1 involves team partnership (8-10 members), and a school based co-leader. It makes sure that local needs are well represented. Component 2 is more of a coaching model. It helps to improve the lives of both youth and families. Component 3 is the Development Phase of the program. Phase 1 is easy to start but hard to keep going. Phase 2 speaks to the initial operations. Phase 3 involves early sustainability planning and Phase 4 talks directly with the ongoing operations. Component 4 – Evidence-based programs. Most organizations that implement these programs correctly between 42% and

86% yet PROSPER is done correctly 91% of the time. The final component or Component 5 lets teams know how they are doing and makes sure that they are on the "right track."

The Extension System at Iowa State University is at the core of the PROSPER Partnership in Iowa. The PROSPER Partnership includes local school districts, which play a key role by providing a Co-leader for the Community Team and assisting with recruitment and implementing an in-school evidence-based prevention program.

A big thank you goes out to Anthony Santiago, Ph.D. at Iowa State University for enlightening us on what they are doing to help youth from 28 communities in the state of Iowa.

Eric Dickinson, Scribe



Future Programs

- 4/27: Courtney Thompkins
The PET Project Midwest
- 5/4: Robyn Hofoland
Container Gardening
- 5/11: Lепley Scholarships

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)

Rotary "Tip of the Day"

GAS SAVING TIPS - Everyday there seems to be some type of discussion as whether the gas prices will fall or not. Many people have resorted to car pooling and spending more time at home than to drive their automobile. However, by practicing a few steps before driving, you can save money while pumping gas at a gas station.

Step 1 If your car needs a tune up, have it done as soon as possible. Check the oil amount and fill it up if needed. Low oil will cause your engine to work harder. Use synthetic oil if you have to change the oil. Buy a fuel injector cleaner and pour it into your gas tank. Be sure to also check the air filter.

Step 2 Check all four tires to see if they are properly inflated. If tires are not inflated correctly, gas mileage suffers. Check to see if the tire valve covers are in place. They are there for a reason--to keep air inside the tire. Read over your automobile's owner manual for the correct pressure.

Step 3 When standing idle at a red light, gently ease your foot onto the gas pedal when resuming. There's no need to race from a starting position. If you have to do this regularly, make sure to leave from where you were last a few minutes earlier. Keep a steady pace on the roads by following the speed limit.

Step 4 After pumping gas into your automobile, keep your windows closed or at least slightly open to allow air in when driving. This cuts down on the automobile's drag. Run the air condition only if the outdoor temperature is unbearable.

Thanks & Farewell!



Josh Asche & Cam Torstenson have resigned from the club and we want to Thank them for their service and wish them well in their future endeavors!



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

jmercer-klimowski@emcnl.com

CHARLES GABUS MEMORIAL RIDE

Important DATE!

4th Annual
Charles Gabus Memorial Bike Ride
 Saturday June 23, 2012
 Charles Gabus Memorial Tree Park

Future Information

<u>Program</u>	<u>Greeters</u>	<u>Invocation</u>	<u>Sergeant</u>	<u>Scribe</u>
<i>Chairperson:</i> Phil Houle	<i>Chairperson:</i> Chuck Corwin	<i>Chairperson:</i> Jim Pittman	<i>Chairperson:</i> Kevin Smith	<i>Chairperson:</i> Brenda A-Mailey
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
Roger Nyberg, May 11	Mary Polson, May 11	Doyle Sanders, May 11	Brenda A-M, May 11	Bill Grask, May 11