



NOR'WESTER

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

July 30, 2010

Prez Sez...

Eric Dickinson

John Viars

Des Moines Playhouse

Arranged By:

Leslie Malcom

Greeter:

Dan Boes

Invocation:

Randy Taber

Sergeant:

Wanda Armstrong

Scribe:

Jim Smidt

2010-2011 District Committees and Officers 2010-2011

Today I would like to let each of you know what a few of the other members of our club do for Rotary outside of our club. There are several members in our club working hard with District 6000 as well. Take a look below.

Diana Reed - Secretary to Co-Chair to Chair.

Find out what she is doing for District 6000.

Bill Corwin - District CPA Review

Doyle Sanders - District Parliamentarian

Jeff Bremer is in charge of finding Ambassadorial Scholars, but also Chair by 2 plus an Advisor. Next time that you see him, ask him what all he is doing for the District.

The best thing that we can all do is to thank them.



Scribbles

Mark Davis

MS Society of Central Iowa

After spending 25 years in the investment and insurance industry, Mark Davis made a life and career change and began working with the Multiple Sclerosis Society of Central Iowa. The Central Iowa chapter covers all of North Dakota, South Dakota and Iowa, as well as 6 counties in Minnesota and 1 county in Nebraska. With only 13 employees to support this effort, volunteers are essential to their efforts. In addition to their mission of mobilizing resources and volunteers to drive research for a cure and support systems, their vision is to make MS the "polio" of the 21st century.

MS is a chronic disease that attacks the insulation sheath that covers your nerves. There are such a large number of symptoms that occur when the flow of information between the brain and body is interrupted that physicians and experts

cannot predict what will happen to individuals. The focus of care is on disease modifying actions. Symptoms range from sensory and vision problems to speech challenges and weakness and paralysis.

There are four known courses of MS, relapsing-remitting, primary-progressive, secondary-progressive and progressive-relapsing, which strikes women 2-3 times more than men. Insurance coverage is focused on the largest population, the relapsing-remitting group. Drug therapies are quite expensive, with the cheapest starting at \$2000 a month.

Options for involvement are varied, from emotional support and chore services to direct financial assistance for the expensive drug treatments and medical equipment. Go to mymssociety.org to support Mark's organization and to access their lending library, contact information, ways to get involved and brochures.

Liz Nead, Scribe

2010 Officers & Directors

- Eric Dickinson, President
- Wanda Armstrong, President Elect
- Brad Helgemo, Secretary
- Marcus Dunn, 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

8/6: Gary Welch
District Governor

8/13: Bill Sheridan
Freelance Writer

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, Jimmy'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 . . .

Opening: God Bless America
 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

Summer Fun

The best way to garden is to put on a wide-brimmed straw hat and some old clothes. And with a hoe in one hand and a cold drink in the other, tell somebody else where to dig.

- *Texas Bix Bender,*
Don't Throw in the Trowel

Why do potatoes make good detectives?
 Because they keep their eyes peeled.

My wife's a water sign. I'm an earth sign.
 Together we make mud.
 - *Rodney Dangerfield*

Q: What did the pig say at the beach on a hot summer's day?
A: I'm bacon!

A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.
 - *James Dent*

BIRTHDAYS

July 25 Lloyd Hill

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
Eric Dickinson, Aug 6	Liz Nead, Aug 6	Kevin Smith, Aug 6	Dianne D-Nelson, Aug 6	Matt Bunker, Aug 6
Leslie Malcom, Aug 13	Matt Bunker, Aug 13	David Smith, Aug 13	Ed Arnold, Aug 13	Brenda A-Mailey, Aug 13
Leslie Malcom, Aug. 20	Ed Arnold, Aug. 20	Tim Sitzmann, Aug 20	Jim Pittman, Aug. 20	Dan Boes, Aug 20