



# NOR'WESTER

Rotary Club of Northwest Des Moines  
[www.clubrunner.ca/northwestdesmoines](http://www.clubrunner.ca/northwestdesmoines)

August 20, 2010

## Prez Sez...

*Eric Dickinson*

### Jonathan Ribble

Seminars

Arranged By:

Leslie Malcom

Greeter:

Jeff Bremer

Invocation:

Tim Sitzman

Sergeant:

Jim Pittman

Scribe:

Dan Boes

What do we usually say when people ask us what Rotary is? Some just say such things as we help lend a helping hand to people in need. Here is something that I have read from Rotary International.

**ROTARY IS...** An organization of business and professional persons united worldwide who provide humanitarian service, encourage high ethical standards in all vocations and help build goodwill and peace in the world. Lets try to keep this in mind next time someone asks what Rotary is.



## Scribbles

### Bill Sheridan

*Sheridan Writes*

As a freelance writer and writing coach Bill's mission is to tell his stories and to help others tell their stories.

At our August 13th meeting, Bill read excerpts to us from his book Depot Street Memories. A series of short stories that shares with its readers what it was like growing up in post-World War II Lawler, Iowa. Through his stories Bill provided us with a look back in time when life did not include color television, mega malls, or the Internet. One of the short stories Bill read was The Broken Church Bell Caper. In this story Bill's curiosity got the best of him while ringing the church bells at Mt. Carmel Catholic Church. Through Bill's use of adjectives ("sickly deadly silence, deafening silence, painful silence, ear piecing silence") we could all hear the sudden silence he heard as a young boy who had just made an awful mistake.

Additional short stories written by Bill Sheridan can be found on the web at [www.thefreestyleentrepreneur.com/authors](http://www.thefreestyleentrepreneur.com/authors)

or his book Depot Street Memories can be purchased at: [www.sheridanwrites.com](http://www.sheridanwrites.com)

Scribe, Brenda Auxier-Mailey

### 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

8/27: Eddie Erlbacher  
Iowa Hospice  
9/3: Charles Gabus  
Bike Ride  
9/10: Golf Outing

# Other Local Meetings

# Health Corner

## 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)

- Stretch before going to bed to give yourself more energy when you awake.

- Listening to music can be a great stress reducer.



- A great way to ensure you receive your daily vegetable requirements is to fill your plate 1/2 full with fresh raw vegetables or a salad and eat it before the rest of your meal.

- Science has shown that having a TV or computer in your bedroom interferes with sleep.

- Research shows that eating a wide variety of fruits and vegetables protects you against cancer, heart disease, and the effects of aging.



## We'll Be Singing . . .

Opening: America the Beautiful

Song Time:

- The 4-Way Test (#18)
- When You're Smiling (#82)

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

## Condolences

*Sadly, Jimmy lost his battle with cancer and passed away Sunday night, August 15, 2010. He and his family are overwhelmed with your generosity, your love and your prayers.*



**Jaime Wurts**

*Those of you who knew Jimmy know that the world is a better place for him having been here. He was truly an exceptional man. Please follow his example and take some time to help those less fortunate than yourselves.*

# Future Information

<u>Program</u>	<u>Greeters</u>	<u>Invocation</u>	<u>Sergeant</u>	<u>Scribe</u>
<i>Chairperson:</i> <b>Leslie Malcom</b>	<i>Chairperson:</i> <b>Wanda Armstrong</b>	<i>Chairperson:</i> <b>Jim Pittman</b>	<i>Chairperson:</i> <b>Beth Goedken</b>	<i>Chairperson:</i> <b>Larry Sample</b>
Leslie Malcom, Aug. 27	Lloyd Hill, Aug. 27	Doyle Sanders, Aug. 27	Cam Torstenson, Aug. 27	Jeff Bremer, Aug. 27
Leslie Malcom, Sep 3	Matt Bunker, Sep 3	Larry Sample, Sep 3	Jim Smidt, Sep 3	Jim Arthur, Sep 3
Golf Outing, Sep 10	Golf Outing, Sep 10	Golf Outing, Sep 10	Golf Outing, Sep 10	Lloyd Hill, Sep 10