



NOR'WESTER

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

September 3, 2010

Prez Sez...

Eric Dickinson

Charles Gabus

Bike Ride

Arranged By:

Leslie Malcom

Greeter:

Matt Bunker

Invocation:

Larry Sample

Sergeant:

Jim Smidt

Scribe:

Jim Arthur

This week we have the opportunity to hear from several people who were involved in the Charles Gabus Memorial Bike Ride. Many exciting things about the bike ride will be discussed with our club including the date that has been set for next year's CGM Bike Ride. This ride has filled in a very important area that has been harder to fill to a certain extent over the previous few years. As many of you may already know, donations were given to local projects which total \$14,000. Gene Gabus then came to our last Board meeting to fill us in on everything that was going on with the Bike Ride and to let us know that we have an additional \$10,000 to donate to even more very worthy causes. Come on out and hear for yourself where this additional money will be given..



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

Scribbles

Eddie Erlbacher

Iowa Hospice

The NW Des Moines Rotary welcomed Eddie Erlbacher from Iowa Hospice as our speaker. Iowa Hospice is one of five hospice organizations in Iowa . “The philosophy of hospice care is to provide expert and compassionate physical, emotional, and spiritual support for those who are dying and their families.”

terminal prognosis of six months or less to live.

Iowa Hospice does not own a hospice house. It provides hospice care wherever it is needed. Often times this is in a nursing home or the patient’s residence. Iowa Hospice is a for profit company that provides medical, home health, short term inpatient, and continuous home care. In addition, they provide massage and music therapy as well emotional and spiritual support.

Future Programs

- 9/10: Golf Outing
- 9/17: Bill Fischer Ecuador
- 9/24: Chris Beck Science Center of Iowa

Hospice care is paid for in full by Medicare, Medicaid, or private insurance. Hospice is paid \$147 per day to provide all care and medications. However no one is ever turned away due the inability to pay.

Scribe, Dan Boes

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

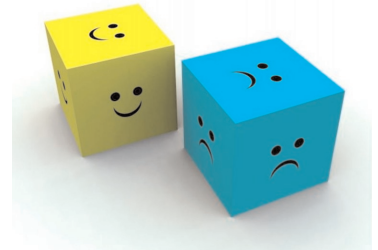
- Des Moines, AM, Wakonda Club at 3915 Fleur Dr. (7:00 am)

Health Corner

Success breeds success.

Maintain your momentum by reminding yourself how far you've come and by focusing on the small steps ahead - and the rewards. Try this:

- Take your energy temperature. Pay attention to the feelings you get from your healthy changes - how much energy you have, how much you enjoy what you're doing, now much more at ease you feel.



- Go long. People who see themselves making permanent lifestyle changes have more success than people who think of themselves as say, just dieting to fit into a fancy party outfit a month from now.
- Let your mind lead you. Maybe you can't bend spoons with it, but you can do far more difficult (and useful) things.

We'll Be Singing . . .

TBA

BIRTHDAYS

Aug 27 Bill Grask

Sep 2 Phil Houle

Sep 3 Randy Taber

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

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
Golf Outing, Sep 10	Golf Outing, Sep 10	Golf Outing, Sep 10	Golf Outing, Sep 10	Lloyd Hill, Sep 10
Beth Goedken, Sep 17	Don Chafa, Sep 17	Diane Porter, Sep 17	Wendi Wilson, Sep 17	Gil DeRoos, Sep 17
Leslie Malcom, Sep 24	Chuck Corwin, Sep 24	John Pittman, Sep 24	Matt Bunker, Sep 24	Dianne D-Nelson, Sep 24