

KIWANIS CLUB OF AMES, IOWA

...SERVING THE CHILDREN OF THE WORLD



BULLETIN

Steve Sapp, Editor

No. 11

December 11, 2015

DECEMBER 11TH PROGRAM

Nathan Weiss: Sarcopenia

Sarcopenia is a disease associated with the aging process. Loss of muscle mass and strength, which in turn affects balance, gait, and overall ability to perform tasks of daily living, are hallmark signs of this disease. Nathan Weiss will tell us more about Sarcopenia and a study being conducted at the Wellness Center.

ANNOUNCEMENTS

- **Congratulations!** Sam Carstens was on hand to receive his Zeller Award. Gary Wade received his Centennial Award.
- **Thank you!** Tom Randall featured our Gift Wrap project on the cover of a recent issue of his home buyers guide.
- **Thank you!** Cathy Krebs said thank you to Bill Bossenberger for making her one of his hand-turned pens to use as a gift.
- **Congratulations!** Art Pohm was the lucky recipient of the President's "Lunch on Me" for December!
- **Upcoming Dates.** We will not meet on December 25th and January 1st.
- **Yummy!** At our December 18th meeting, we will bid as tables for desserts.
- **Volunteer Opportunity.** Volunteers are needed to serve food at the annual Holiday Luncheon, Wednesday, December 16th. Contact Cynthia Gaunt.
- **Interclubs.** This Kiwanis year, we hope to repeat our accomplishment of attending all clubs in Division 11.
 - Carl Anderson, Bill Bossenberger, Ed Gillott, Nancy Kaltenheuser, and Bernie White attended a meeting of the Cyclone Country AKtion Club.
- **Membership Challenge.** Prior to December 25th, bring in the most guests seeking membership to win fabulous prizes. Upcoming weekly programs will be posted to our web site to help you plan that perfect first visit to our club.
- **Makeup Assignments.** Kiwanis International has expanded their definition of a make up for missing a regular meeting: Terms are generous. Information is posted on our web site.

PROJECT REPORTS

- **Food Shelf.** Volunteers are needed! Contact Bernie White for more details. We are working with Hy-Vee on potential food drives.
 - Our service is extremely valuable to the Ames community because we collect such a large volume of food.
 - Thank you to Carl and Ginny Anderson, Cynthia Gaunt, Ken Larson, Doug and Kris Meinhard, Gary and Sue Osweiler, Gary Wade, and Don and Mary Ellen Wishart for helping Bernie collect food each week.
- **Project Eliminate.** Kiwanis International has joined with USAID and UNICEF to Eliminate Maternal-Neonatal Tetanus.
 - We need just \$15k to reach our goal of becoming a model club.
 - Ask Ted MacDonald how to become a Zeller or Centennial Award recipient.
 - Maeann Unser challenges us to contribute 100 coins (of any denomination) for each year we participate in this project.
- **Gift Wrap.** We are set up and ready to wrap at the North Grand Mall.
 - Sign up now for a shift. Use the hand out sheets at tables each Friday or go online.
 - Go to <https://members.portalbuzz.com/Member/User/Login?ReturnUrl=%2fMember> and log in. If you have not registered with Kiwanis International in the past, click on Register and complete the online Kiwanis International Registration.
 - Under the heading "Meetings and events", scroll to the day you wish to volunteer and click on the "Signup" button.
 - Scroll to the shift you wish to work that day and click on the "Sign up member" button to complete your sign up. If you are signing up a nonmember, click on a "Sign up guest" button and complete the sign up.
 - Save boxes (non-food containers). Contact Cathy Krebs and Geri Derner.
- **Pancake Committee.** The committee is meeting and setting up our plans for 2016. Co-Chairs are Lauris Olson and Bob Currie.
 - The next meeting of the committee will be held on Friday, December 11th, 11:00 a.m. at the Ames Golf and Country Club.
- **Knicks for Kids.** Volunteer needed for a December collection.
- **Apple Sales.** It looks as if our profit will be \$2,300.34. Very good job! Turn in your money as soon as possible. (That means now!)
- **Heartland Senior Services.** HSS seeks volunteers for their at-home meal delivery system. The route requires about one hour. Contact Geri Derner.
- **Teen Maze.** The dates for this upcoming year are April 4-8. Volunteers are sought for the planning committee. Contact Bob Currie, Nancy Kaltenheuser, or Ronnie Lindeman.

TREASURER NEEDED

Beginning October, 2016 our club will need a new Treasurer. Contact Mike Miller.

CONTACT INFORMATION

Web Site: Type into the browser address bar: amesnoonkiwanis.org.

Facebook. www.facebook.com/KiwanisClubsOfAmes.

Roster: See: "Member Login" on our web site. (Name: Roster. Password: Roster1200).

COMMITTEES

- **AKtion Club.** The club will meet next on Tuesday, December 15th 4:00 p.m., First United Methodist Church, for their Holiday Party. Contact Ed Gillott.
- **Circle K Club.** The next general meeting is scheduled for the Spring semester. Stay tuned.

KIWANIS FOUNDATION

The Kiwanis Foundation serves the children of Ames by providing college scholarships to high school seniors who excel in serving our community and who require financial assistance to further their education. Please return your pledge card with a generous donation (see attached). Contact Mike Miller or John Core for details.

DECEMBER 4TH PROGRAM

Altrusa Holiday Home Tour

Altrusa is a builder of women. It is an expression of the search for the best in character, in business, and in citizenship. Altrusa is committed to the philosophy of unselfishness, the joy of giving rather than getting, and to the search for that happiness which is based upon spiritual worthiness. The organization embodies practical idealism. Its service consists, not in saying great things, but in daily earnest practice of its principles. Altrusa develops true leadership, concerned with accomplishment and not with recognition. The local chapter sponsors an annual Tour of Homes, which features visits to the homes of Ames residents. Proceeds from club fundraising activities are distributed to agencies and organizations that serve children. Altrusa of Ames also sponsors scholarships awarded to women who changing careers, international students, and students who have been heavily involved in community service activities.