

# KIWANIS CLUB OF AMES, IOWA

...SERVING THE CHILDREN OF THE WORLD

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## BULLETIN

Steve Sapp, Editor

No. 12

December 18, 2015

### DECEMBER 18TH PROGRAM

#### Ed Gillott: AKtion Club, Year in Review

Members of the Cyclone Country AKtion Club will tell us about their recent and upcoming activities and events. As one of the larger Kiwanis clubs in Ames, CCAC has been highly involved in improving the world, one child and one community at a time.

### ANNOUNCEMENTS

- **Yummy!** At our meeting this week, we will bid as tables for desserts. Arrange yourselves as you will at tables to bid for delicious desserts.
- **Upcoming Dates.** We will not meet on December 25th and on January 1st.
- **New Members.** At our meeting on December 11th, we officially welcomed two new members:
  - John Claus (sponsored by Cynthia Gaunt)
  - Cory Strait (sponsored by Ronnie Lindeman).
- **Interclubs.** This Kiwanis year, we hope to repeat our accomplishment of attending all clubs in Division 11.
  - On Wednesday, January 6th, we will travel to Huxley to witness the formation of their new club. Meet in the (former) K-Mart parking lot at 11:30am to travel to Huxley.
- **Membership Challenge.** Final Opportunity! Bring in the most guests seeking membership to win fabulous prizes.
- **Club Assessment.** This past week, President-Elect and Membership Chair Bill Bossenberger distributed a survey aimed at club self assessment. We hope to hear the results soon.
- **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.
- **Food at First.** A volunteer opportunity to leap at: Our next scheduled commitment to Food at First falls on Monday, February 29th.

## 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.
  - In 2016, we will add scrambled eggs to the menu. Ticket prices (adult = \$6.00; children = \$3.00) will remain the same. We hope to increase ticket sales by serving more options.
  - We need captains, volunteers for set-up and tear-down, etc.
  - Placemat ads are \$60 for members and \$75 for non-members. Act soon!
- **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. (In transition. Stay tuned.)

**Facebook.** [www.facebook.com/KiwanisClubsOfAmes](http://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 11TH PROGRAM

### Nathan Meier: 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. Some persons lose as much as 40% of their muscle mass due to aging. One can reduce sarcopenia with daily exercise, a good diet, good sleep habits, and remaining mentally active. Nathan told us about Sarcopenia and a study being conducted at the Wellness Center. If you are 65+, they want you! Contact the Wellness Center.

### Guests

Lt. Governor Andy Webb and his wife, Margie Webb. Roland Kiwanis Club



Name: \_\_\_\_\_

Address: \_\_\_\_\_

**Kiwanis Club of Ames** City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
**Foundation Pledge Card**

I would like to contribute \$ \_\_\_\_\_ to the Kiwanis Club of Ames Foundation and I pledge to pay by:

- Enclosed check for the full amount. Please make checks out to: **Kiwanis Club of Ames Foundation**
- Credit Card: Account #: \_\_\_\_\_ Exp. \_\_\_\_\_ Vin # \_\_\_\_\_
- Monthly payments of \$ \_\_\_\_\_ per month for \_\_\_\_\_ months (*Please no more than 12*) paid by:
  - check or  credit card (please fill out above credit card information and it will be run monthly on the 15th)
- Please add \$ \_\_\_\_\_ to my quarterly Kiwanis Bill until my pledge is completed.

**Please return pledge card to: John Core, 3006 Briggs Circle, Ames, Iowa 50010 or  
Hand in at a Friday meeting to Ted, Geri, or John.**

**Any questions please contact John at 515.233.1014**

**All donations are tax deductible and may qualify for the Endow Iowa Tax Credit Program.**