

# KIWANIS CLUB OF AMES, IOWA

...SERVING THE CHILDREN OF THE WORLD



## BULLETIN

Steve Sapp, Editor

No. 44

August 4, 2017

**Due to a golf tournament, WE WILL BE AMES PUBLIC LIBRARY - PEO Room upstairs.**

### AUGUST 4TH PROGRAM

#### **Jerilyn Louge: Osher Lifelong Learning Institute.**

Ms. Louge will tell us about OLLI (Osher Lifelong Learning Institute) just in time to reveal the fall catalog of courses.

### ANNOUNCEMENTS

#### **August Birthdays!**

3: Tom Randall

13: Ed Gillott

19: Doug Meinhard

9: Neal Dietz

14: Nathan Brammer

- **Interclubs.** This Kiwanis year, we hope to attend all clubs in Division 11.
  - We are planning to visit Jefferson on Thursday, August 10 for the Hot August Night event, featuring cars, trucks, motorcycles and tractors. And if you aren't into wheels - go for the food stand! Event is 5 - 8 pm. Carpooling will be arranged. Special invitation to Bob Currie since we know he likes muscle cars!
- **Summer Social.** Mark Saturday, August 12th on your calendar. See attached flyer.
  - Remember to RSVP for the summer social. Saturday, August 12 instead of the August 11 Friday meeting. The event will be held at Masonic Lodge as in the past.
  - Good old fashioned fried chicken picnic with the fixin's.
  - NO SILENT AUCTION. Bring your cash or checkbook for the ever popular dessert auction.
  - Opportunity to set up/decorate, greet, and/or provide a dessert for the auction. Maeann Unser is in charge of this fun event.
- **Free Little Library.** Our Little Free Library appears to be popular. Maeann reports there is a new selection of books every time she checks on it and notes quite a variety of titles. She will be collecting a few books at meetings to help keep it stocked.
- **Aluminum.** Bud Everett reminds us to pull the tabs off our cans at the meetings and he will collect them for Ronald McDonald House.

## ANNOUNCEMENTS

- **Yard Signs.** Yard Sign committee met recently and are working on the order for steel frame yard signs to promote Kiwanis projects and perhaps some of our grant recipients. Let Jim Converse know if you have a home or business that would be a good location.
- **New Pancake Griddles.** Jim Converse reports that our new pancake griddles have arrived. He asks for 3-4 volunteers to help him convert the griddles to use natural gas. Please say "Yes" if Jim asks you for help.

## TWO MINUTES IN THE HOTSEAT

Geri Derner is the oldest of 5 children in her family growing up in Sac City, IA. She has lived in Ames almost all her years since graduating from ISU. She works for YSS and as coordinator for Integrated Health Services, providing case management for kids and their families. She is an avid movie fan and sees about 100 per year; admittedly sometimes the popcorn is better than the movie. Her other hobby is playing backgammon and she has played competitively at the Iowa State Fair for many years with a few championships to brag about! She is unable to play this year as it conflicts with the club picnic.

## 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. Contact Bill Bossenberger or Kris Meinhard for details.

## PROJECT REPORTS

- **Project Eliminate.** Kiwanis International has joined with USAID and UNICEF to Eliminate Maternal-Neonatal Tetanus. The Board of Directors is offering a \$250 incentive for those persons wishing to become a Zeller Award Winner.
- **Miracle League.** In collaboration with Ames Parks and Recreation Department and Story County Arc, Kiwanis clubs in Story County are planning to build a Miracle League playground and ball park in Ames, in Innis Grove Park. The estimated cost is \$1.5 million. We hope to have the facility completed in July, 2018. Once completed, the facility would be staffed and maintained by members of Kiwanis clubs in Story County.
- **Amazon.Smile.** When you purchase through Amazon, login through [smile.amazon.com](https://smile.amazon.com) , designate the Kiwanis Club of Ames Foundation as your benefit organization, and purchase as usual with no extra charges. Part of your purchase price (.5%) goes to our club!

## MAKEUP ATTENDANCE

Kiwanis International has expanded their definition of a make up for missing a regular meeting: Contact Geri Derner for details.

## JULY 28TH PROGRAM

### Liz Burkland, RD, Mary Greeley Medical Center.

Type 2 diabetes is the type that can be prevented. People with prediabetes are 5-15 times more likely to develop T2 diabetes. Statistics: 29 million in US have Type 2 Diabetes, but 86 million have prediabetes. Kind of like the bulk of the iceberg hiding below water. Risk factors include age 45+, overweight, family history, not physically active, history of gestational diabetes. In addition to the health factors, diabetes results in missed work days, increased medical costs, and often depression.

MGMC offers "Prevent T2" program focused on preventing diabetes. It is a 12 month program with a small group format. The program has proven to be more effective than medication. Primary goals are to lose 5-7% of baseline weight and increase physical activity to 150 minutes per week. Topics include healthy eating, increased physical activity, stress management and meal planning. \$500 annual fee may be covered by some insurance plans. Effective April 2018, it will be covered by Medicare and private insurance will likely follow.

MGMC is a test site for a new product for Type 1 diabetics who are insulin dependent. The hybrid closed loop insulin pump provides a consistent dose throughout the day. It also has a sensor to detect blood glucose levels and an automatic shut off to prevent levels from going too low.

## COMMITTEES

- **AKtion Club.** The next meeting of CCAC will be at 3:30pm, Tuesday, August 15th at First United Methodist Church.
- **Circle K Club.** Circle K is adjourned until fall semester.

## CONTACT INFORMATION

- **Web Site:** Club Webmaster Bud Everett, in coordination with our Board of Directors, has built a new club web site, using a new internet service. The page looks great and will serve us well as an updated version of our old system. Type into the browser address bar: [www.amesnoonkiwanis.org](http://www.amesnoonkiwanis.org).
- **Facebook.** Maeann Unser and Doug Meinhard have redesigned our page on Facebook. The address is: Ames Noon Kiwanis. Please visit it and BOTH Like it and Friend it. Send photographs of our events to either Maeann or Doug to post.
- <https://www.facebook.com/amesnoonkiwanisclub/>
- **Roster:** Go to "Member Login" on our web site. Login with your email address & your password. Click on "Members" in the left-side navigation column.

### **NEW FUNDRAISING OPPORTUNITY**

Cathy Krebs announced that our club was selected to be one of 2 organizations to be sponsored by Greater Iowa Credit Union for the month of AUGUST. GICU will donate \$500 to our club in addition to ANY online donations. This is a popular crowd funding activity and a great way for us to increase funds available for projects. Visit [www.giveiowa.org](http://www.giveiowa.org) during August to make a donation to our club. Share this site with others so they can contribute as well. Time is limited, so act now!

### **NEW FUNDRAISING OPPORTUNITY**

Center Grove Orchard Fundraiser - we are going to sign up as a group of 3 to 5 people on Saturdays October 7 and 21. These are non-ISU home game days. Sign up to help with admissions, food service, tractor driving, train driving or parking. We will be paid \$9 per hour. Shifts are 3 or 4 hours long. Cynthia Gaunt is lining up volunteers.



**ROLL THE DICE AND BET ON HAVING SOME FUN!**

**DEAL YOURSELF IN TO THE AMES NOON KIWANIS  
ANNUAL SUMMER PICNIC!**

**SATURDAY, AUGUST 12<sup>TH</sup> 5:30PM**

**MASONIC LODGE – AMES  
107 ALEXANDER AVE**



**FRIED CHICKEN PICNIC DINNER WITH DESSERT AUCTION**

MEMBER NAME: \_\_\_\_\_ # attending \_\_\_\_\_

(member meal will be included in dues invoice; club will cover one guest meal; additional will be billed at \$8.25)

\_\_\_\_ I would like to help SET UP the picnic area

GUEST NAME: \_\_\_\_\_

\_\_\_\_ I would like to WELCOME members/guests

GUEST NAME: \_\_\_\_\_

\_\_\_\_ I would like to provide a DESSERT for the  
auction (enough to serve 6)

GUEST NAME: \_\_\_\_\_

**RSVP BY MONDAY, AUGUST 7<sup>TH</sup>**

Maeann Unser 515-203-5955 (call/text),  
H: 515-233-5403 or [maeannmu@aol.com](mailto:maeannmu@aol.com)