

KIWANIS CLUB OF AMES, IOWA

...SERVING THE CHILDREN OF THE WORLD



BULLETIN

Mike Miller, Editor

No. 16

January 19, 2018

JANUARY 19TH PROGRAM: MARION KREESE—EARLY CHILDHOOD EDUCATION

GUEST(S): STAN FROM TOWN AND COUNTRY SELLING NUTS

PROJECT REPORTS

• **Pancake Days.** Pancake Ticket packets are ready to be picked up and posters are also available for pickup. So please get yours and Sell, Sell, Sell. Pancake yard signs will be put up closer to the event and Jim Converse is looking for 24 people to have signs in their yards or business. The third meeting will be January 26 at 11:15 also before our regular meeting but by then we will be at The Plex across the street since the Country Club will be remodeling the meeting room.

ANNOUNCEMENTS

- **Food at First.** The fifth Monday of January which is the 29th means our club will be providing the meal at Food at First. There will be a need for meal planners and chefs, servers and clean up personnel. Bernie reports that he has plenty of volunteers for January 29th Food at First meal. So if you signed up please remember to show up and if you still want to help you will always be welcome.
- **Heartland Trivia Night.** Geri announce that the Kiwanis Team table that she has reserved is full but someone else is welcome to make another table.

Doug Meinhard request. As a club our policy is to support the children of Story County. At the last board meeting a member sponsored a presentation by Janice Reutter who is collecting items for a school in Tao Baja Puerto Rico, that was damaged by Hurricane Maria. She is asking for supplies that she can send to the elementary school (K-5). The school can not purchase supplies in Puerto Rico because there is simply no inventory to purchase. While this is not a club project, we will collect supplies for the school if you wish to make a personal donation. If you wish you may also make a cash donation to cover shipping. We will collect items and any donation at our February 2nd meeting. Janice indicated that used items are welcome. Here is a list of the supplies:

Notebooks

Crayons

Glue Sticks

Children's Scissors

Water color sets

Stickers

Bingo cards

Playing Cards

Math Games

Children's books (fiction, short stories, or non-fiction)

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 President Cynthia or Club Treasurer Kris Meinhard for details.

MAKEUP ATTENDANCE

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

COMMITTEES

- **Aktion Club.** Next meeting Tuesday January 30 program TBA.
- **Circle K.** They are now on break and will return in January next meeting TBA.

PAST ANNOUNCEMENTS.

- **Programs.** Sarah Mowery is working on the next quarters programs and if you have any suggestions please contact her.
- **Knicks for Kids.** Gary Osweiler will be collecting your bottles and cans from December and January the last Friday of January which will be the 26th, our first meeting at The Plex.
- **Update to the last changing meeting locations.** We will be meeting at the Country Club through Friday January 19. Our first meeting at the Plex which is across George Washington Carver Parkway (the street name in front of the Country Club) will be Friday January 26th. The Country Club will continue to provide meals and we should be at the plex through pancake days and possibly the entire month of March. Update will be announced and printed as needed.
- **Aluminum.** Bud Everett reminds us to pull the tabs off our cans at the meetings and he will collect them for Ronald McDonald House.
- **Amazon.Smile.** When you purchase through Amazon, login through 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!

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.
- To all you cell phone aficionados, I have redesigned our Kiwanis Club website to be cell phone friendly. At least it works great on my Samsung Galaxy F7; you just have to get used to how to move around and find everything.
- To you computer heads like me, it works exactly how it did before, it just has a different look.
- Hope you all like the new look - it had to change to accommodate cell phones, tablets, etc. (Ah! Always trying to catch up with new technology).
- **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 if you have trouble signing in as I have had this past week contact our Webmaster Bud Everett and he can get you straightened out.
- **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/>

PROGRAM REVIEW: JOANN LEE—ACEs (ADVERSE CHILDHOOD EXPERIENCES)

The first studies were done in the 90's by Dr. Anda and Dr. Felitti looking at a coordination between sexual abuse and obesity and they had over 17,000 participants. They concluded that there is a coordination and the more numerous the ACEs then the more severe the reactions. Further study has found that the more ACEs you have had the more health problems you can have in your lifetime and that the stress of the ACEs can cause changes to your DNA which can be passed down through your genes. ACEs though are an explanation and not an excuse. Resiliency can be taught, children need connections to the social community, and need to be involved in social activities. To build a better future we need to build better brains and what is predictable is preventable.

IOWA RESOURCES FOR MORE INFORMATION: www.pcaiowa.org, www.iowaaces360.org, www.traumainformedcareproject.org

KIWANIS CLUB COMMITTEE CHAIRS FOR 2017-2018

Standing Committees

Please contact President Cynthia or the committee chair and volunteer for at least one Committee. The more on a committee the better we can serve so serving on two or three would be great.

Membership – Stephen Sapp

Flowers and Remembrance – Lynell Dougherty, Jack Cleasby, Co-Chairs

Grants – Marla Miller

History – Gary Wade, Chair

Interclub – Larry Zwagerman, Chair

Invocations – Ronnie Lindeman, Chair

Music – Carl Anderson, Don Wishart, Co-Chairs

Bulletin – Mike Miller

Programs – Sarah Mowery, Chair

Publicity – Chair?

Reception and House – Ted McDonald, Jack Cleasby

Social – Cathy Krebs, Chair

Election – Immediate Past President Bill Bossenburger

Website – Bud Everett, Chair

Food Shelf – Bernie White, Chair

Service Projects

Major Emphasis and Worldwide Service Project – Ted McDonald, Chair

Food at First – Bernie White

Scholarship – Tim Tryon, Chair

Teen Maze – Ronnie Lindemann, Bob Currie, Co-Chairs

Bike Rodeo – Jim Converse, John Core

Fundraising Projects

Apples – Paul Domoto/Carl Anderson, co-chairs

Gift Wrap – Deb Russell

Pancakes – John Core and Ted MacDonald, Co-Chairs

Knickles for Kids – Gary Osweller

Sponsored Programs

Aktion Club – Ed Gillott, Chair

ISU Circle K Club – Ted MacDonald, Steve Sapp