

KIWANIS CLUB OF AMES, IOWA

...SERVING THE CHILDREN OF THE WORLD



Kiwanis

Serving the Children
of the World

BULLETIN

Mike Miller, Editor

No. 28

April 13, 2018

The remodeling of the Ames Golf and Country Club has reached the point we can return to having our meetings in their upstairs dining room and we will begin this week.

APRIL 13TH MEETING - STEVE SAPP AND GERI DERNER - CLUB LEADERSHIP

ANNOUNCEMENTS

- **WE ARE BACK AT THE COUNTRY CLUB.**
- **PLEASE TURN IN YOUR PANCAKE MONEY.** If you have any pancake money please turn it in as soon as possible so the committee can close out Pancakes 2018. Kris or John can take your money and make sure it gets to the correct account.
- **PUT MAY 11 ON YOUR CALENDARS.** This is the day we will vote on new Board of Directors, Officers and Bylaw changes so attend and support the future of the club leadership.
- **SCRAPING THE OLD GRILLS.** Jim Converse with the assistance of Nelson Electric took the old grills to the scrapyard and last week received a check for a whopping \$37.80 which will probably go into Pancake Days 2018.
- **BIKE RODEO.** Saturday May 5th starting at 8:15am, set up on Friday May 4 will begin at 4PM at Meeker Elementary at 20th and Burnett. If you would like to put in some input on the event contact Jim Converse or John Core.

PAST ANNOUNCEMENTS.

- **Shirts.** Steve Miller will be putting together a sign up sheet in April.
- **Nominations for Officers and Members of the Board.** Our nominations committee is accepting requests to serve as an officer or member of the Board of Directors. They might ask you to serve (Hint: The answer is "YES")
- **Programs.** Sarah Mowery is working on the next quarters programs and if you have any suggestions please contact her.
- **Heartland Trivia.** The next Trivia Night will be April 20 so get your team ready.
- **Circle K.** C5K run/walk is scheduled for April 21st at Ada Hayden Park, see Steve Sapp for more information or if you want to volunteer please fill out this form: <https://goo.gl/forms/bomzHYUs1osktQj63>. Volunteer times range from 8am-12:30pm. You will be assisting in set up, registration, handing out water, or with the activities at the end of the course.
- **Aktion Club.** Tuesday April 17, 2018 - CCAC meeting - First United Methodist Church 3:30 Social time—4:00 Program on Monarch Butterfly program and other interesting Insects by Aaron Eckley. Spring Food drive - Lincoln Center Hy Vee - April 2018. Date to be determined.

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.

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/>

DONATION INFORMATION

- **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!

INTERNATIONAL CONVENTION UPDATE.

Kiwanis International Convention. It will be held in Las Vegas this year beginning June 28 to July 1st. Early Bird Registration is still going on now at a cost of \$150. The club has funds budgeted to assist members going to the convention so sign up now. Five are attending so far Geri Derner, Cathy Krebs, Mike and Marla Miller and President Cynthia Gaunt.

Tom Flack—longtime past member of our club

Tom Flack, of Ames, died on Wednesday, March 21st, 2018 in Reno, Nevada from complications of Alzheimer's disease.

A memorial service will be held on May 4th at 2:00 p.m. at the Unitarian Universalist Fellowship of Ames, [1015 North Hyland Avenue](#).

Tom had lived in Ames since childhood; he graduated from the University of Iowa and went on to become a pharmacist. He worked in downtown Ames at Fastco as a pharmacist for decades before retiring. Tom had a sharp sense of humor, he loved people, social activities, was always up for an adventure, and was a community philanthropist with a room at the library named after him. He was popular and well loved by all who knew him.

His family in Reno was so fortunate to have lived with and cared for him over these last three years.

Tom is survived by his older brother, William; nephews, Steve, Scott, and Brian; Steve's wife, Michele and Steve's children, Noah and Amelia.

We all got to know him well in his last three years and he provided us with love, courage, joy, and generosity. He was a model of a really good person; he is missed.

PROGRAM REVIEW: THE OPIOID EPIDEMIC—JASON HAGLUND OF YSS

First things Jason wanted us to know is that we are the test case for his presentation to several Law Enforcement bodies in central Iowa which he will be presenting for the next several weeks.

64,000 people in the U.S. died of opioid overdose in 2016 and it has just gone up from there and 91 Americans die every day from opioid overdose. Opioids are very addictive because they attach directly to the pain sensors in the brain and give the user a false good feeling but it takes more and more of the drug to get that feeling over time. If a person would take these drugs for just 30 days they would very likely be addicted to the drugs for years. Taking more of the drugs then leads to a greater chance of overdosing and an overdose slows the breathing and inhibits the automatic breaths of the body until the person suffocates and will die in 4-6 minutes.

The police and many first responders here in story county and Ames have begun to carry Narcan, which is a opioid antidote. The naloxone blocks the opioids from attaching to the receptors of the brain and allows the body to function again but one treatment is not enough in most cases and medical treatment is usually needed. This will not hurt a person and can be given to anyone of any age. The Ames Police have saved 3 lives in the past 3 months because they now carry Narcan. The drug cannot be frozen so it is difficult to carry in our winter months, it may take 2-3 minutes to work and if the recovery is not occurring then a second dose is given.

It is important to correctly dispose of your old unused opioids and most times a pharmacist will take them back (Medicap in Ames will for sure) or you can turn them in at the police station in their used drug collection box or turn them in on the special days that the police run for old drug collection. Having drugs in the home is the leader of drug use by younger kids so they need to be disposed of in a correct manner.

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

Knuckles for Kids – Gary Osweller

Sponsored Programs

Aktion Club – Ed Gillott, Chair

ISU Circle K Club – Ted MacDonald, Steve Sapp