

A SAMPLE OF OUR WEEKLY PROGRAMS

April 13th Program

Club Leadership - Steve Sapp and Geri Derner

Geri and Steve guided the club in a conversation about leadership. They asked each person to complete this sentence: I would be willing to serve as President if? ___. Example responses: it wasn't so difficult to come up with 52 programs as the first task of the VP; it wasn't overwhelming to chair 52 meeting and then coordinate 52 programs at the same time; I were a nuts and bolts person, but I'm not; my schedule allowed me to attend every week; there was a committee to pool getting the programs; we could have co-presidents; I had more time; there weren't other meetings. Geri and Steve will take all of these ideas back to the Board.

April 6th Program:

The Opioid Epidemic—Jason Haglund of YSS

64,000 people in the U.S. died of opioid overdose in 2016; 91 Americans every day. Opioids are very addictive because they attach directly to the pain sensors in the brain. They give the user a false good feeling but over time it takes more and more of the drug to get that feeling. If a person takes 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. An overdose inhibits breathing, the person suffocates and will die in 4-6 minutes. The police and many first responders here now carry Narcan, which is an opioid antidote. The ingredient 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 further medical treatment is usually needed. Narcan does nothing to a person whose is not on drugs 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. It is important to correctly dispose of your old unused opioids. Most pharmacists will take them back (e.g. Medicap in Ames) or you can turn them in at the police station in their used drug collection box. 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.

March 30th Program:

ACCESS: Virginia Griesheimer—Asst. Director of Access

Began in 1974 in Story County as a Rape Crisis Hotline. It is now in 5 counties of Central Iowa providing support groups for crime victims and compensation for victims, re-location costs, medical costs, legal advocates and court room support. Their housing program has grown from one building that also housed the staff to scattered site housing. This gives the clients more independence and privacy. Each home has keyless coded security, which gives the client a feeling of safety, there is more than one family in each home to give a sense of community and support. They have monthly volunteer training to learn about what they do at Access and how to meet the victims for consultation before they move into a home. Training is 8 hours one weekend and then there are 30 on-line modules of 30 hours to go over before you can be a Victims advocate. Many volunteer opportunities do not need this level of training.

March 23rd Program:

MARY BRACKEN: IOWA PUBLIC TELEVISION

Iowa Public Television is Iowa's statewide public broadcasting network. IPTV provides quality, alternative programming that educates, enlightens, and entertains Iowans throughout the state. A noncommercial, public-service mission enables IPTV to present an unequaled array of programs of lasting value to Iowans regardless of where they live or what they can afford. More than two million viewers each month turn to IPTV. Iowa Public Television began in Iowa in 1967 when the

State Educational Radio and Television Facility Board was created and charged with developing a state network to broadcast educational programs. IPTV delivers programs on four television channels through 9 transmitters. This summer, 26 lucky Iowa communities will receive a visit from Iowa Public Television's Dan Wardell as a part of his twelfth annual Reading Road Trip.

March 16TH Program:

Allison Dietzenbach, Volunteer and Event Coordinator at YSS - Reggie's Sleepout

This annual event honors Reggie Kelsey, a young man who aged out of the foster care system in 2001 and was found dead in the Des Moines River three and a half months later. Reggie had an endearing personality, but suffered from hallucinations and depression. After being kicked out of his latest foster care placement, Reggie bounced from one shelter to another. He occasionally camped outside while working with the Iowa Homeless Youth Centers' street outreach staff and others to try to qualify for federal disability payments. As a result of Reggie's death, YSS led the effort to develop the Iowa Aftercare Services Network to serve those aging out of foster care.

March 9th Program:

SHIIP: Dayle Nickerson, Volunteer Counselor at the Green Hills Retirement Community.

SHIIP is the Senior Health Insurance Information Program. It provides information about Medicare and recent changes to it. Mary Greeley Medical Center offers confidential, one-on-one counseling from trained SHIIP volunteers who have been in your shoes. This free, confidential service provides people on Medicare and concerned relatives or friends with objective information about their health insurance needs. New Medicare cards are on the way to you (be patient, this task might take some time).

March 2nd Program:

HOBY Past and Present

Ames Noon Kiwanis recently awarded a scholarship to Ames High School student Sayre Satterwhite to allow him to attend the 2018 HOBY Youth Leadership Conference to be held at Drake University in June. The HOBY conference is an annual event funded by former television personality Hugh O'Brien. Sayre cited Ames High activities such as swimming and robotics team, and said he looks forward to gaining more leadership skills at the HOBY conference.

February 23rd Program

ISU Professor Deb Tootle - Rural Sociology-Small Town Iowa Project

Some might argue that, with their small population sizes and outmigration, small towns are not important. Rural sociologists at ISU disagree. They point out that 921/950 towns in Iowa are small towns (pop. <10,000). How are things going in Sigma, the average small town in Iowa? Church attendance is down as is the rate of shopping locally. Small town residents express satisfaction with government and community services, such as police and fire protection, quality of streets, and quality of K-12 education, but less satisfaction with the number and quality of jobs, retail services, cultural events, and shopping. Social cohesion bonds influence us to invest in our community, volunteer for events, and vote favorably for referendums for town improvements. The 2014 study was the first in two decades to show some declines in civic engagement and community attachment. Yet, small towns remain places of much opportunity.

February 16th Program

Jesse Tobin, Director of Philanthropy - Girl Scouts of America

This is the time of year to purchase cookies. Girl Scouts was started in Savannah, Georgia in 1912 by Juliette Gordon Law. Girls can do anything in Girl Scouts based under 5 larger headings— Science and Technology, Financial Literacy, Healthy Living, Environmental Leadership and

Global Leadership. A troop consists of any girl from K-12th grade, that meet together and have 2 unrelated adult leaders. In this Girls Scouts of Greater Iowa Council there are 11,000 girls, 3,000 adults and 50 staff it covers 67 Iowa counties, 2 South Dakota counties and one Nebraska county and is the number one growing council in the US. In Story County there are 450 girls and 50 Troops and the troops have received a Story County Community Foundation grant that provided each K-3rd grade troop with a \$99 Goldblox Kit which allows the girls to build a working robot and complete their Mechanical Engineering badge.

February 9th Program

Geri Derner and Steve Sapp—Kiwanis 101

Geri and Steve presented a lively and informative slide production of our club, how long we have been here, when women were first invited to join and our clubs first female member. There are 8000 Clubs in 85 Countries, mostly in the United States, membership is 260,000 adults and 320,000 youth who completed 150,000 service projects around the world last year. The organization was opened to women members in 1987. Founded on May 24, 1923 makes our club 95 years old. Expectation from members—participate in club activities, commit to making the world and our community a better place and accept responsibility in making the change happen. **Childhood doesn't come with a road map—Kids Need Kiwanis.**

February 2nd Program

Erica Axiotis — Childserve Director of Advancement

Childserve began in 1928 as the convalescent home for children. They have since been united with other area child services under the name Childserve. 2012 they received national accreditation for the first time by the Commission on Accreditation of Rehabilitation Facilities (CARF). This means Childserve meets the rigorous guidelines for service and quality as well as nationally and internationally recognized standards. Childserve serves 500 children annually in Ames and surrounding communities. Some of the services are Adaptive Equipment, Autism Day Health, Case management, Respite Care, Child Care, and Outpatient Therapy. There are 1400 people on staff with 150 in Ames. They have been named a top workplace in the large employee category.

January 26th Program:

Nancy Gebhart—Educator of Visual Literacy and Learning

ISU Art Museum staff oversees Brunnier Art Museum (which is closed and going through a remodel), The Christian Petersen Museum at Morrell Hall, Farmhouse Museum on Central Campus, the Anderson Sculpture Garden and the Art on Campus Collection. Iowa State University has the largest collection of sculptures of any US university, many from the Christian Petersen collection. He came to ISU for a one year Artist in Residence Program to produce one large work of art and stayed for 21 years from 1934—1955 and produced 12 major works of art and 100s of studio sculptures. Christian was born in 1885 in Denmark and the family moved to the US and settled on the east coast. He had 3 major war memorials on the east coast before he came to Iowa State. Christian also sculpted and cast in bronze the Petersen Panthers while on the east coast and even though people knew of them it was not until a search was begun by Iowa State were they found on the campus of Middlebury College in Rhode Island. A Middlebury alum donated The Panthers because the mascot for the college is a panther. Middlebury allowed ISU to purchase them and they are now on display across from Morrell Hall. Peterson's works include "The Gentle Doctor", "Library Boy" and "Library Girl" and the "Fountain of the Four Seasons". In 2007 the Christian Petersen Art Museum was opened and Iowa State honored one of its greatest teachers.

January 19th Program:

Marion Kresse—Boost Together for Children.

“Boost” comes from the joining of two organizations that accomplished the same things in Boone (**Boo**) and Story (**st**) Counties to come **together** to make one stronger organization **for children** from birth to age 5. They raise funds and support several programs that assist the children and their caregiving adults. A few programs are Parents as Teachers, Healthy Futures, Storks Nest, and Crisis in Care. They fund pre-school scholarships, have training for care providers, and child care consulting. In 70% of households both parents are and 16% of Iowa kids live under the poverty level. Boost also works with ACE’s to intervene earlier in a child’s life to help prevent early childhood traumas from becoming numerous. Our club donated \$500 to their Preschool Scholarship Fund,

January 12th Program:

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.

January 5th 2018 Program:

Liz Beck, Development Officer of the Ames Library Friends Foundation.

This foundation is a 501(c)(3) organization, has a Board of Directors and Liz Beck is the only paid employee. Her position is to meet with the public and fundraise for the foundation for which she is expected to raise \$124,000 this year. The library receives \$4 Million in funds from property taxes, Story County, the State of Iowa and library charges for fines and interlibrary checkouts. The library has 90 full and part time staff. The library has been voted by the Ames Tribune the Best Kids , Family and Friendly Place in the County the last few years. There is a Drivers License Kiosk at the library.

December 29th 2017 Program

Judy Eyles, Director—Pappajohn center for entrepreneurship at ISU

20 years ago John Pappajohn thought that entrepreneurship in the state of Iowa was lacking so he decided to give one million dollars to each state university and Drake University and NIACC. Located in Iowa State University’s Research Park, the Pappajohn Center is the catalyst that brings together the people and ideas necessary for launching and growing successful enterprises. Whether the undertaking is a student initiated enterprise, a new small business, a high technology start-up, or a corporate spin-off, the Pappajohn Center provides assistance and resources to aid the development process and support the launch of a new venture.

December 15th Program:

Ali Sauer: Boys and Girls Club

The Club has been in Story County for over 50 years and is serving 105-125 kids per day and in the summer averaged 132. They are cultivating hope and opportunities by promoting what Ali calls the three pillars - Academic Success, Healthy Lifestyles, and Character Development. The Club is open right after school. The school district busses children directly to the club. Every

day they have Power Hour which assists the children in their reading, homework, and learning activities. The cost per school year for each child is \$25 with scholarships for those who cannot afford even this small fee. Cost for the summer program is also \$25. The actual cost to the club per child is \$1000 per year so fundraising and donations are important. Once a week a chef comes to teach kids how to make basic things safely in their own kitchens so they can, if available, feed themselves. Volunteers, many of whom are ISU students, assist by playing games, reading and working with the youth.

December 8th Program

Karin Chitty, Executive Director, Campustown Action Association: Campustown Review

They are affiliated with the Ames Chamber of Commerce. They are a member based, volunteer organization with just one paid staff member. Not all the businesses in the organization are located in Campustown. Their mission is to serve as a catalyst for partnerships in Campustown. Their 14 person Board of Directors works on: Business improvement, Community Outreach, Promoting the Campustown area. Their Goals: Social destination for all ages, Broaden the diversity of businesses, Improve the visual appearance of Campustown, Improve transportation to and through Campustown.

December 2nd Program

Sarah Mowery and Jason Haglund: YSS (formerly Youth and Shelter Services).

YSS includes four components: **Prevention:** Teen Maze, mentoring, education, and outreach are some of the activities conducted to prevent children from drug and alcohol abuse, mental health issues, physical health issues, and other problems related to at risk behavior. YSS works with both parents and children to promote healthier lifestyles. **Treatment:** YSS is located in seven cities: Ames, Boone, Des Moines, Marshalltown, Mason City, Nevada, and Webster City. YSS provides a wide array of treatment and therapy options to address behavioral and mental health problems. **Transition:** YSS provides up to 2 years of support, including shelter, for adults who age out of the foster care system at age 18. YSS helps young adults set goals and healthy living habits to successfully transition to independent living. **CHILD WELFARE EMERGENCY SERVICES:** The Rosedale Shelter, for example, has been providing shelter and support for a wide range of clients for over 40 years.

October 27TH Program

Jennifer Ellis: Friendship Ark Homes

Friendship Ark Homes and Community Services celebrates the uniqueness of adults with intellectual disabilities by providing rental homes and community services. They help members reach their fullest potential through faith, family and friendship. There are 6 homes in Ames. There is a waiting list of 30, so more homes are needed.

October 20TH Program

Betty Bocella: Volunteer for Emergency Management

Story County Emergency Management works on a daily basis with volunteers and volunteer organizations throughout Story County. Volunteer service, whether it be for the Coalition for Disaster Recovery, Central Iowa RSVP, the American Red Cross, Reserve Medical Corp (MRC) or the local fire departments and first responders, is always needed in Story County.

October 13th Program

Carrie Moser: Emergency Residence Project

ERP gave 8500 nights of shelter last year which did not include their transitional living spaces. They try to work with people before they are homeless because it is less expensive to keep a person in their home than shelter them while looking for a new home. It also is hard to establish

yourself as a stable person if you do not have an address to put on employment forms.

October 6TH Program

Lisa Heddens: NAMI of Central Iowa

Lisa informed us about NAMI (National Alliance for Mental Illness) and the work they have been doing since their inception in 1979. They advocate for mental health services, offer classes for children, families and peer to peer groups and offer support groups. They are developing a NAMI on CAMPUS for ISU Students run by ISU Students. They need people to become members, donate, volunteer, advocate, sign up for their newsletter, or refer others to NAMI.

SEPTEMBER 22ND PROGRAM

YWCA: Girls Power.

GIRLS Power is a mentoring program for sixth and seventh grade girls at Ames and Nevada Middle Schools who are living out the YWCA mission of eliminating racism and empowering women. In cooperation with their ISU female student mentors, these young women plan and participate in biweekly activities based on the five GIRLS Power focus areas: Community Service, Leadership Development, Career Exploration, Diversity and FUN! YWCA is the nation's largest provider of domestic violence programs and shelters in the United States, serving well over ½ million women and children.

AUGUST 4TH PROGRAM

Jerilyn Louge: Osher Lifelong Learning Institute.

The Osher Lifelong Learning Institute (OLLI) at Iowa State University is a vital community of older adults who are brought together by their intellectual curiosity and love of learning. OLLI offers a wide range of volunteer-led courses and activities. "A health club for the mind" is the OLLI motto. It is part of a national network of lifelong-learning institutes supported by the Bernard Osher Foundation in 2004, has more than 1,200 dues-paying members and offers around 300 stimulating courses each year.

JULY 14TH PROGRAM

April Ranck: YSS Programs on Healthy Futures and Stork's Nest

The Healthy Futures program is a voluntary home visitation program offered to every Story County woman who is pregnant. In-home visits provide support, information on parenting, child development, and links to community resources. Healthy Futures served 62 families and 87 children with just 3 staff in 2017, The Story County Stork's Nest is an incentive program with the goal of improving the overall health of pregnant women and their babies. In FY17, the program served 69 families and 101 children with only 3 staff.

JULY 7TH PROGRAM

Jeff Kopaska and Ryan Smalley: Ames Girls Softball Association

AGSA is a nonprofit organization that supports fast pitch softball in the Ames area for girls ages 4 and up at various skill levels. Except for the AHS team, AGSA offers the only opportunity in Ames for girls and women to play softball. Recently, they hired a new director—Stacy Sussler—who is making great strides in improving the program. We sponsor The Purple Panthers! .

MAY 19TH PROGRAM 2017

Ames High School DECA Competes in California

DECA is the long-running 'business club' of Ames High, built basically around community service, fundraising, fellowship and academic competitive events. DECA members attend local, state, regional & national competitions emphasizing business skills, leadership, marketing, and career development.

APRIL 7TH PROGRAM 2017

Ursula Ruedenberg: KHOI Radio

KHOI (Heart of Iowa) offers the best in arts, news, entertainment, and music. They feature national figures and local voices, welcome all voices of our community regardless of their perspectives, to freely discuss issues. Their motto is: Building Community Through Communication. The station went on air August 15th, 2012, after they were selected among 12 applications for the precious commodity of space on the FM frequency. KHOI, 89.1 FM, 2,500 watts, in the Pantorium building, has two paid staff members and many volunteers. They offer good music, talk radio from political pundits, updates on the economy, and big picture science. They cover their \$100,000 per year expenses mostly by donations.

MARCH 31ST PROGRAM 2017

ISU Institute for Transportation: Neal Hawkins

The mission of InTrans is to develop and implement innovative methods, materials, and technologies for improving transportation efficiency, safety, and reliability, while improving the learning environment of students, faculty, and staff in transportation-related fields. Each year, InTrans helps educate over 100 undergraduates and 100 graduates regarding transportation issues. They provide research support to faculty to advance our understanding of transportation logistics and infrastructure. We should all be prepared for upcoming changes to driverless cars and trucks.

MARCH 24TH PROGRAM 2017

Threshold Learning Center in Zearing – Gretta Reischauer

Threshold Learning Center (TLC), founded November 2001, is a non-profit organization established by a family of educators with a combined 75 years of experience in the classroom and outdoor education facilities. Providing science, recreation, and nature education. Before TLC, for fifteen years, the family developed and revitalized outdoor education facilities and camps.

MARCH 10TH PROGRAM 2017

Ames Children's Theater: Carole Horowitz and Maureen Friedrich

Ames Children's Theater began in 1968 under the direction of Carole Horowitz, who saw the need and desire for children to perform before live audiences. ACT provides theater experiences for local elementary school students, with real sets and ticketed performances. They sponsor a Play with Words, supported in part by a grant from our club, for local middle and high school students interested in writing poems, stories and plays. Selected works from the students are adapted into a performance at Fisher Theater.

FEBRUARY 10TH PROGRAM 2017

Angie Schreck and Cherie Torresi: Reggie's Sleepout

Hundreds of kids from the Des Moines to Ames corridor sleep out under the stars at Jack Trice Stadium to raise awareness about juvenile and teen homelessness. Reggie was a teen in the foster care system who struggled with hallucinations and depression. After turning 18, he was no longer eligible for foster care or state assistance. Reggie ended up homeless, dying from exposure to the elements and lack of services in 2001. Participants bring cardboard and sleeping bags, assemble their structures and enter a "habitat" contest. Pizza dinner and later refreshments are followed by a 'Reggie's Got Talent' show.

JANUARY 27TH PROGRAM 2017

Aaron Steele: Goats on the Go!

Herbicides can run off, are dangerous to handle, and lead to genetically resistant weeds. Power equipment burns fossil fuel and produces CO₂. Goats go where people can't, eat what most animals won't, and leave behind nothing but fertilizer. Managed goats eat problem vegetation with little damage to desirable plants and little risk of erosion. They can clear residential or recreational woodlots of low brush and irritating plants. Goats On The Go provides the goats, the fencing, the management, and even publicity. Businesses are using goats as natural landscapers on their campuses.

JANUARY 20TH PROGRAM 2017

Aaron Klatt: Ames Little League

Ames Little league has approximately 30 teams in the area. They have 3 levels of play in addition to T-ball for the 4-year olds. SPRING League teams play 2 games on Saturdays in March and April. REGULAR League (where we sponsor a team) has about 5 teams in each age group. They partner with Boone players to experience away games without having to travel too far or often. ALL STAR Teams are selected by coach nomination at the end of the season to play in tournaments in Des Moines. They have a "draft" to select players for the teams to balance the age and skill levels among the teams. They are a fully volunteer operation.

DECEMBER 9TH 2016

Rich Lee: Challenging Heights

Challenging Heights protects children from slavery in the fishing industry on Lake Volta. They are tackling the issue of child trafficking and modern slavery in Ghana head on, with multiple rescues each year, a standard-bearing rehabilitation center, ongoing monitoring after reintegration, and community engagement and empowerment through training. Challenging Heights was organized by James Kofi Annan, a former slave on Lake Volta who when he was an illiterate teenager escaped, later earning his Masters degree in communications.

OCTOBER 14TH 2016

Kent Sovern: The Challenge of Social Security: Past, Present, and Future

To avoid running short of funds by the year 2033, the social security program must be adjusted. Doing nothing is not an option. Several options are feasible: delay benefits for a few years, reduce benefits, increase payments from employees, employers, or both, raise the retirement age, begin "longevity indexing" (decreasing benefits as overall life spans increase), increase payroll tax cap (the amount after which earnings are not subject to social security taxes), recalculate COLA (cost of living adjustments).

JULY 22ND 2016

George Belitsos: Llamas at Hobbits Hill

We met at beautiful Hobbits Hill in west Ames to view and learn about llamas. These fascinating animals, native to South America, grow excellent quality wool, serve as exceptional guard animals, are friendly and outgoing, do not bite, do not kick, do not spit (unless severely provoked), and are just plain fun to be around. George has owned llamas since 1990. He owns three moms and their three daughters.

JULY 8TH 2016

Personal Care Kits for Chemotherapy Patients

Rather than hosting a speaker, club members spent most of the meeting assembling personal care kits for patients undergoing chemotherapy at the Bliss Cancer Center at Mary Greeley Medical Center in Ames.

JUNE 10TH 2016

Christy Johnson-Lynch, Iowa State University Volleyball Head Coach

"Recruiting is my job," explained Johnson-Lynch. "Our success is defined by being able to spot those players who will grow to become better and be able to play and win at the

collegiate - at Iowa State's - level." Johnson-Lynch has taken her teams to 10 NCAA Volleyball Championship tournaments in a row. Eleven of her players have earned All-American honors. She was Big 12 Coach of the Year and Asics/Volleyball Magazine's National Coach of the Year in 2009. And she managed to recruit Iowa High School Female Athletes of the Year twice.

October 30th 2015

Christian Manahl: Magic!

Following a brief game of "Pass the Pumpkin" (Thank you, Cathy Krebs!) we enjoyed some extraordinary magic performed by ISU student, Christian Manahl.

April 10th 2015

Ames High School: String Quintet.

Mary Kay Polashek, Ames High Orchestra Director, brought a quintet of performers with 4 cellos and one string base to perform at our meeting. They performed six beautiful pieces, with a brief description provided of the story behind each piece.