

A SAMPLE OF OUR WEEKLY PROGRAMS

January 5th Program:

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

This foundation is a 501(c)(3) organization and has a Board of Directors and Liz Beck is the only paid employee of this board. 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 Foundation listens to and works with the staff to compliment what the staff is planning to do at the library. The library has an average of 523,000 visitors to the Main Library and to the Bookmobile. They have 1.3 million items checked out annually not counting the electronic checkouts which you can do over the internet. 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 (<http://www.isupjcenter.org>) 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 22nd Program

Social Committee: Club Holiday Party

There were 3 games played during the event and the tables were decorated with paper Christmas trees and candy tossed all over the center of the table. In amongst the candy were the items used to play the games, dice, coloring sticks and pencils. For the first game each table started with a blank sheet of paper. One table member drew the outline of a Christmas tree. Then each member in turn rolled the dice which indicated what to draw to decorate the tree. A prize went to the table decorating their tree first. The second game was an individual game where you had to answer questions quickly about the poem "The Night Before Christmas." There were 20 questions and very little time between questions. Sue Converse won with 18 of the 20 questions correct. The third game was a "Reindeer Game." Two reindeer ornaments with two candy canes for antlers were passed to either the left or the right depending on what direction word Geri Derner read from Frosty the Snowman. The person ending up with the ornament at the end of the story got to keep the ornament and the candy canes. Then to end the event Bill Boon told the story about the birth of their daughter on Christmas day. Christmas eve day, Bill got hit in the throat, lost his voice, went home and shocked his wife, Phyllis, so much she went into labor early giving birth on Christmas Day.

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 with children being bussed by the school district's bussing

company, Durham School Services, 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 and those that cannot afford even this cost there are scholarships and funds set aside to help with this payment so none are turned away. The cost for the summer is another \$25 and again scholarships are available. The actual cost to the club per child is \$1000 per year so fundraising and do-nations are an important part of reaching there goals. The funds from their fundraiser allowed them to provide 30,000 meals to children some of whom this would be their evening meal of the day and in summer these were the child's meals for the day. Once a week a chef comes in and teaches 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. Karin reported that the new mixed use buildings are a challenge to fill with businesses as rent is a bit higher but the apartment rentals are doing well. The City of Ames has a façade grant program to help renew Campustown buildings. There is a volunteer effort to clean up the Campustown area once a month (except during the coldest winter months) called "Make Campustown Shine". Upcoming Events are: Summerfest on June 2, 2018, Crafts and Draughts in October of 2018, New Student event in the fall of 2018.

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.

November 10TH Program

Mike Miller, Geri Derner and volunteers: Gift Wrap 401: Fun and Unusual

Cynthia opened a large long package which was built from many smaller boxes and it contained a United States Flag for our meetings. Mike handed out head dresses to Gift Wrap committee members: Chair Deb Russell was Santa, Geri Deri received the Top Elf, Mike and Maeann Unser received Deer Antlers and Lynell Dougherty was the Snow Queen. Birthday person, Anne Schmidt, got the "honor" of opening what she discovered was a 12 layer "Onion Package". Mike calls it this because there are many layers to open like an onion and each layer is another package for us to wrap: 10 packages in all.

November 3RD Program

Celebration of Milestones

We celebrated our Club's completion of our Eliminate Model Club Pledge two years ahead of time. Our club pledged \$46,500 over five years, \$750 per member, to the Kiwanis International Eliminate Program to eliminate maternal/neonatal tetanus (MNT). When the program began in 2011, a child died every 9 minutes from tetanus; that has been cut to one every 15 minutes. We gave four Zeller awards – recognizing part of our MNT pledge - to Bud Everett, Kris Meinhard, Denney Jones and Maeanne Unser. We also recognized 23 members who had a record of perfect attendance ranging from one year to Gary Wade who completed 42 years of perfect attendance. They represented a total of 211 years of Kiwanis service. Legion of Honor awards went to six members with 25 or more continuous 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. Each home has an open floorplan to assist those in wheelchairs and the private bedrooms and baths are also over size to accommodate the residents special needs. There are 5 residents per household and Friendship Arc does their best to make sure the residents will coexist well in the home.

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

Carrie explained that homelessness is not just people in cardboard boxes on the streets and underpasses but families suddenly finding they can no longer afford housing. 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 28TH PROGRAM

Liz Burkland, RD, Mary Greeley Medical Center.

Type 2 diabetes 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. Risk factors include age 45+, overweight, family history, not physically active, history of gestational diabetes. MGMC offers "Prevent T2" program focused on preventing diabetes.

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.

MAY 12TH PROGRAM 2017

Jennifer Garst: Story County Community Foundation

The Story County Community Foundation (SCCF) is a nonprofit public charity created by generous local citizens. It builds permanent charitable funds called endowments. Each endowment distributes a portion of its earning annually in perpetuity--forever--to support a charitable purpose. The foundation holds more than 90 different funds established by individuals, families, and nonprofit agencies to benefit Story County, Iowa

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 PROGRAM 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 PROGRAM 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 PROGRAM 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 PROGRAM 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 PROGRAM 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.