A SAMPLE OF OUR WEEKLY PROGRAMS

July 24th 2020 Program - Jason Haglund, COVID Recovery Iowa
How are you doing? We need to find different ways to connect and adapt how we do our daily lives. We cannot go out and speak face-to-face to people and see how they are doing so we need to offer emotional support in other ways. The stress response is very similar to grieving a loss. The stress can affect your health and the general cumulative traumatic events can mirror Post Traumatic Stress Disorders. 3/4th of all farmers fear that COVID will affect their income. Commodity prices are being affected. Mental health stress is 91% financial, 87% fear of losing the farm, 88% fear that it will impact their mental health. Tyson meat processing plants report millions of pigs that should have been processed are still in the farmers lots to be fed and cared for and the farmers cannot afford the feed so the elevators are selling them feed on account. This is a way the community is trying to assist the farmers and relieve some stress. They have found that over 70% of adults have depression over COVID 19. There have been 820 COVID deaths this year; last year there were 319 traffic deaths and 451 suicides. COVID death rate in Iowa is one of the highest in the nation. There is a 24hour COVID Recovery Iowa Hotline that offers personal support and assessment, virtual group activities, workplace stress diffusion and education programs. Everyone needs to play a role because this is a long term support recovery situation. Our Kiwanis Zoom meetings are a great example of support for our members. It brings a form of normalcy to our week.

July 17th 2020 Program - Anna Magnusson—Heart2Heart
Anna is Executive Director of Iowa Able Foundation; is on KHOI Radio as Anna Banana where she developed the program Heart2Heart during which she reads messages from local people set to music. She is also in Leadership Ames (the Ames Chamber of Commerce program to develop informed, involved and concerned local leaders) and a member of the ASSET Board (Analysis of Social Services Evaluation Team - supported by four major funders of human services programs: City of Ames, ISU Student Government, Story County, and United Way of Story County). Heart2Heart is designed to build community through grassroots communication. What started as 5 minute segments became a 1/2 hour show, then an hour on Tuesday evenings inspired by Delila of the 1980’s radio show. Anna enhanced the messages by setting them to music. Ames Noon sponsors the first monthly Tuesday segment with a member of our club as guest. Anna has been reaching out to her contacts across the nation for messages and so many have come in they have been put into a book being sold as a fundraiser for KHOI Radio. The show has attracted listeners from across the nation such as Raymond Obsfeld a poet who wrote Auto Wreck, has written 50 books and is now a monthly guest; Rebecca Christian, an Ames poet also a regular. Heart2Heart advertisements will soon be on Cy Ride busses.

July 10th 2020 Program — Girl Scout Troop 480 report on their use of our grant to make Animal Tie Blankets for the Ames Animal Shelter
Troop leaders - Maeann Unser and Jenny
Troop members - Jay, Mariah, Teagan, Jewelia, Adalin, Poppy
Favorite thing about project: Mariah - Dropped off the blankets and got to hold a grey kitty; Adalin - Being with friends and talking while tying blankets; Poppy - Doing the tying with everyone
Ames K provided a grant for materials to make tied blankets for the Ames Animal Shelter because every animal gets to have a tied blanket and then they get to take that blanket with them when they are adopted by a permanent home so they have something familiar after adoption. The Troop was up for the Bronze award and they have been together since kindergarten. While working on this project they have developed confidence and team building. This was a girl lead project where they researched the project, developed questions to ask at the Animal Shelter and JoAnn’s Fabrics. Their questions for the Animal Shelter lead them to develop tied blankets for dogs, cats and other animals. Each blanket was sized to the type of animal that was to receive the blanket. They do need blankets; they used 300 last year. The troop toured the facility to see where the animals are housed. At JoAnn’s Fabrics they found out about type of scissors needed,
different materials for tied blankets and how many blankets 5 girls reasonably be expected to make in the time frame given in the grant; they decided on 60. They purchased 3 carts full of fabric, their sales receipt was one foot long. It took months to complete the project and the girls made a total of 91 blankets—71 cat blankets, 18 dog blankets and 2 small animal blankets. The troop then took the blankets to the Animal Shelter and they got to hold and pet the grey kitty. Their Circle of Excellence award ceremony to award each girl her bronze award is scheduled outdoors this summer The troop made a poster board display explaining the project, including a thank you to the Ames Noon Kiwanis Club for the grant for this project. Teagan decided to donate her $100 in Christmas money to the shelter.

June 26th 2020 Program - Darla Ewalt, President, Story County Master Gardener Association
Master Gardener program started by Dr. David Gibby at Washington State University. All programs are affiliated with land grant universities. 1979 ISU began its program and has since trained 714,540 people. The program is coordinated by ISU Extension and Outreach and the Department of Horticulture. In 2019 there was training in 24 locations with 200 people participating in hands on activities and community field trips. There are 1897 active Master Gardeners with 114 thousand volunteer hours – an estimated value of 2.9 million dollars to their communities. Gardeners Growing Together Programs grow produce to donate fresh food to Food Banks. The Gardeners amassed 23 thousand continuing education/volunteer hours, reached 270 thousand individuals, In Story County there were 4192 volunteer hours in 2019. Local training for Master Gardeners begins on August 1, 2020. Training includes a fee of $195, a training manual, 40 hours of plant education, hands on workshops, 40 hours of internship. Master Gardeners maintain their status with 10 hours of continuing education and 20 hours of community service annually. Continuing education credits are obtained by attending monthly Master Gardener meetings. There is an annual Fall symposium - 5-6 presenters - at the Iowa Arboretum, State wide Conventions, Shade Tree Short Course and various online webinars. Volunteer opportunities include the Cynthia Duff and Tom Evens Downtown Gardens. Activities include Plant Extravaganza on Mother’s Day, Iowa Arboretum Christmas Tree, Reiman Gardens and the ISU Hort Club. Funds come from Fall symposium, newsletters, and dues of $10 per year. The club donates library books to every public library in Story County, provides scholarships for High School seniors in Story County, $2,500 to Reiman Gardens, $2,500 to the Iowa Arboretum and sponsorship of the 4H Story County Gardening Fair Awards.

June 19th 2020 Program — Tricia Crane, ARC of Story County Executive Director
The ARC of Story County was formed in the sixties by a group of parents in Ames to assist their children with disabilities. This is a national organization headquartered in Washington D.C. They sponsor an active lifestyle for clients. They organize the Special Olympics in Ames. The ARC also has dances, I–Cub game outings, fishing trips and the ISU Best Buddies Program which matches ISU students to their clients. The ARC is very involved with the Miracle League and Playground being built at 24th and Duff with ribbon cutting later this year. The Arc has been running a Project Search Program to find what are the services needed in Story County for their clients and employment support for people with disabilities is right at the top. They have developed a 9 month training program at ISU in which ARC runs the program in ISU classrooms and areas. 10 to 12 students rotate between different areas at ISU as unpaid interns. Graduates have a 93% placement rate. One third are usually hired by the hosting school. Central Stores which is the Lowe’s of ISU found that before the ARC student came on board the staff just thought of their jobs as a place to go to make money and didn’t look forward to coming to work. But now the staff says that the Project Search Students make the environment better and training them makes the trainers at Central Stores more appreciative of their jobs and makes the environment of the workplace better and more fun. The ARC of Story County also helps with respite funding to give caregivers a break. Another ARC service is for people searching for services. Special Olympic budget of $300,000 comes 15 to 20 percent from grants, some is self generated and the
rest comes from ASSET funds. They rely on volunteers to help run the Special Olympics. They have 2 full time staff members, one part time member and one part time recreation coordinator. COVID 19 has put all activities on hiatus. Virtual training sessions are held with their athletes. ARC is located in the Collegiate Methodist Annex along with Friendship Ark Homes and Iowa Able, all three are cooperatively working with clients.

**June 12th 2020 Program — Dr. Earl Kelly, President EK Consulting, Mental Health Initiative with Police Departments.**

EK Consulting is a multi-service behavioral health agency providing a variety of outpatient, crisis and inpatient services. This regional company has a budget of $8 million and 120 full and part time staff serving 5,000 patients in the Central Iowa area. They developed and manage crisis services for communities, including a mobile crisis team with Des Moines Police and crisis residential programs. Mental health emergencies are currently being seen by police forces not trained to handle them: police forces becominde a de-facto mental health system. In 1955 there were 4 mental health institutes with 5,300 beds; in 2019 there are 2 mental health institutes with 96 beds. In 1955 there were 3 prisons with 1200 inmates; 2019 this has grown to 9 prisons with 8525 inmates and 30,000 in community correction. Many have mental health issues which our prison systems are not set up to handle. Only 1/2 of these individuals receive any sort of treatment for their issues and the others fall to the police force to handle. Iowa lacks providers and funding; most funds come from Medicaid, private insurance and property taxes. Iowa has one of the lowest reimbursement rates for its providers. When police walk into a hot event they are bombarded with visual, hearing, touch, smell and even taste. This can cause a quick read on what is happening and it may or may not be the correct conclusion. When their senses are over-loaded they have to depend on their training to shut down their emotional responses and just deal with the facts.

**June 5th 2020 Program — Crystal Davis, Director, Member and Visitor Services, Ames Convention & Visitors Bureau**

She joined ACVB as the Communications Director and spent 7 years at the Ames Chamber of Commerce as the event coordinator at the Scheman Building. ACVB works to build economic activity in Ames by promoting convention and visitor activities. It is a member based organization receiving member dues. They also receive funds through the motel/hotel tax. They partner with ISU Extension and Outreach and produce the Cytes of Ames publication. ACVB is a nationally recognized event organization and they work to improve the quality of life in Ames by promoting Ames as a place to come and stay. Visitors are the fastest growing market for the ACVB. They speak with ISU incoming freshmen and parents about everything Ames has to offer. Since 2007 they have provided a Community Grant Program. In 2020, 29 Events received $80,000 in funding with the largest being the Ames Fireworks in July. Many of these programs are on hold due to COVID 19. Funds will be held for them and rolled over to their 2021 events. Since 2007 the ACVB has awarded $793,500 to 300 events in Ames. They started a Red Uber Cycle program where area hotels can get bikes, locks, helmets to check out to their customers. This program has been very popular but the red bikes faded to a pink so now all new bikes are silver.

**May 29th 2020 Program — Author Jackie Haley, VP for Bankers.**

She asked if anyone had authored a book. Steve Jones shared that he had authored a couple of children's books. Jackie graduated a semester early from Ft. Dodge High School so she could work as a legislative aid. She held this position for 5 years. She graduated from Iowa State and worked for 15 year in the non-profit world holding various positions. She got into writing when she and her husband were building a home in Nevada. With a 6 months old and a 16 months old, they moved into the basement of her in-laws home when their current house sold quickly and the house on the beautiful lot was being built. She decided she had to write or drink with two kids and a husband to care for. The writing won out. She was 147 pages into the project when her best friend died of cancer. Jackie needed to finish the book so she could dedicate it to this friend. So she had a cause, a reason to publish and needed a publisher. This is the opposite of the way book publishing is done. Usually you start with a character or a scene and work up an outline. You need
a hook to grab the audience within the first 5 pages so the reader can relate, grasp or wonder what will be next. Jackie said writing is like standing naked in the world because everyone can read your thoughts. It took 2 years to do the revisions of her first book before it got published. The editors spent 6-7 hundred hours editing. For her latest book the editors spent only 2600 hours. What’s next? David Schmidts asked Jackie to write about his family. Before his wife passed away from cancer she made it known that it was ok with her to find a new wife and mother for the kids. Two years after her death he received a Christmas Wish from the radio station in Des Moines. They invited him to receive his wish in person because it wasn’t something they could do over the phone but needed to do over the air. This was Brenda Schmidt’s Christmas wish to him 2 years after her death. She thanked David for their time together and in finding a new mother for their children. She wanted the new mother to have a special day so she would know how much Brenda appreciated her taking care of and being a mother to their kids. Brenda wanted them to take a trip to celebrate their new family and she wanted to celebrate the Doctors and Nurses who cared for her during her stay in the hospital. Jackie wrote this story and it is scheduled to be released in August. The radio station got lots of media attention and lots of friend requests. This radio event touched people around the globe and Jackie’s book will tell the entire story.

May 22nd 2020 Program — Cindy Koepsel, Homicide/Violent Crimes Advocate, ACCESS – Assault Care Center

Cindy worked as a DHS investigator and was with the Ames PD for 9 years, Animal Control for 4 years. ACCESS is a nonprofit emergency shelter that covers Green, Boone, Story, Marshall and Tama Counties. As a Victim Witness Coordinator Cindy works in Boone, Story and Marshall Counties. These are free and confidential services. She works with Felony level crimes which include threatening crimes, stalking, harassment, murder, attempted 1st and 2nd degree murder charges. There is a 24 hour crisis line which is answered by ACCESS during business hours then rolls over to an answering service who will contact a person on call during closed hours. ACCESS offers housing and financial needs, assists with the clients legal needs, and contacting social services. They will accompany a client to speak with law enforcement, County Attorneys, court proceedings and community education classes. Cost of a crime is immense. Many client are leaving situations with almost nothing so ACCESS has finances available to cover daycare, clothing, shelter, transportation, medical care and many of the mundane things people need to survive that we don’t even think about. They advocate with landlords, employers, prosecutors and give support for their client throughout the criminal justice system which can last from 1(if you are lucky) to 3 years. They help them find grief support and also refer to other agencies: Salvation Army, Good Neighbors, Crime Victims Compensation Program. The latter is through the Attorney Generals office and a person can apply for up to $25,000 for medical, $7,000 for funerals, counseling, lost wages. No tax dollars are used, funds come from fines paid by defendants. How does COVID 19 been affecting the situation? There has been an uptake in domestic abuse. Emergency housing is scarce because of the reduction in clients in each safe home. Emergency transportation is also scarce.

May 15th 2020 Program — Tammy Koolbeck, Iowa State Center Executive Director – manages Scheman Building, Stephens Auditorium and Fisher Theater

She has worked four Super Bowls (Tampa, Miami, Dallas and Indianapolis) and only has 2 major league baseball parks left to see games – she has been to 30 parks. She has also been to 49 out of 50 states and looks forward to seeing Alaska some day. At CY Stephens, during this pandemic, they have been working on improvements to the facility. They developed a row 11 on the main floor for wheelchairs and have taken out row 12 so there is an east-west walkway from one side of the house to the other instead of having to go all the way to the back of the house cross and then walk back down the other side. Hand rails have been put on inside stairs, all balconies and loges. The Celebrity Café has become the Goldfinch Room to host singers and songwriters from Iowa. Tammy’s highlights with CY Stephens are: 1. Making the Goldfinch Café work. 2. having the Tedeschi Trucks Band at CY 3 times (she is a big fan). 3. Little Big Town was her first sold out performance. 4. the University Lecture series. 5. The K to 5th grade kids - always great fun to hear all the young voices. COVID 19 has been devastating: shows canceled, finding funding to keep staff employed, artists without audiences, social
distancing in seating and elevators.

May 8th 2020 Program — Hope Metheny, Transitional Housing Program Manager, YSS
She likes Ames because it is a thriving community, small enough to get around in but with plenty of entertainment and sports. She has been with YSS for 15 years - 9 in her current role of coordinating homeless programs for youth in Ames and Boone counties. She is on several state boards. The youth she works with are 16 1/2 to 21 years old and are single. Our club gave her a grant to provide new bedding and pillows for incoming clients which is a huge deal for them. Most of them are aging out of foster care and state training schools. Her program served 46 youth last year. The average length of stay is 6 months. Even with the COVID 19 they are still open and accepting youth. They just picked up 5 boxes of food from United Way to distribute to the clients in their residences. Each client was also given a mask. Mental health issues are increasing because of the stress of living with COVID 19. Story County has 4 locations (undisclosed) with 3 clients in each residence. They meet with clients via electronics and teach them how to be adults in this world. They help the clients become active members of the community: finding a job, getting enrolled in college. Client are referred to the program from schools, training programs, and past or present clients. Some seek the program on their own.

May 1st 2020 Program — Ross Wilburn Ames Representative to the State Legislature
Ross was a Kiwanian in 1980– 90s (and yes he has an application for our club) and though he is not a fisherman himself he ran their Fishing Day and had 60 kids with lines in the water. If you have not yet received a stimulus check you can go to the government website and see if you are eligible. Many child care facilities are trying to stay open but their caseloads are less because parents are working at home. Unemployment is very high and growing. Food is still available at 3 local elementary schools for any youth in need. The youth education continues via computer where possible. The ACSD is providing ipads to middle school and high school students. Many adults have had to ask for assistance or sign up for unemployment for the first time in their lives and they need to find the courage to do so, to go to a food bank, to volunteer and stock shelves at a food pantry. There are loans or grant programs for businesses but it is often difficult for businesses to receive them. Ross encouraged all to complete the Census. It is important to the city and county for future federal funds and grants. He also encouraged voting on June 2nd. Iowa has received 22 million from the Federal treasury. All government budgets will have to be restructured because of the COVID 19 virus.

The national census is under way. Ames usually is 1/2 students and 1/2 long term residents. Since the university is not in session many students are listing their current location as their residence for the census. This will cause Ames to lose Federal Funding over the next decade. Iowa State is sending letters to the students asking them to claim Ames as their home residence since the census asks where they live for the majority of the year. A special census is possible if Ames numbers are unusually low. This is costly for the city. Story County Emergency Management have been hosting weekly Zoom meetings to see how they can assist during this pandemic. Food pantries were running low. Several companies donated trucks to bring in supplies. Small businesses and restaurants that were closed have been receiving funds from gift cards being sold by the Ames Chamber for their business. United Way has been looking at childcare needs in the county for when the companies begin to open again. Mayor Haila has also been checking with the various departments of the city as to how this pandemic will effect their services and was pleasantly surprised to find that the water and sewer department 2 years ago ran a table top exercise for a pandemic hitting Ames and has developed a manual on the scenarios and many things are happening as predicted in the discussion. Though City Buildings and Facilities are closed, City Employees are still working to keep the city operating. Parks and walking trails are open but playgrounds and skate parks are closed. What will it look like after this pandemic passes? Many people will permanently lose jobs. City Council will be meeting on Zoom to discuss the financial impact. Some future capital improvements will be
delayed but the S. Grand extension and 5th street extension have been paid for and will be done this summer.

March 13th 2020 Program — Teem Maze - Feleecia Watkins, Mentoring Program Manager, YSS

March 6th 2020 Program— HOBY with new Ames High Coordinator John Burke
John has heard from past HOBY winners that networking continues after High School and through college where they find more HOBY alumni and conversation and friendship builds. Many have HOBY friends for the rest of their lives. Miles Enis was last years participant. When he won he didn’t know much about it so he went online to research. Once he got to HOBY started dancing and singing and networking it was really great and really fun. The national speakers were great and he thanked us for the oppo-tunity. Olivia Sassman is this years participant. She is a sophomore at AHS. She also went online to see what it was all about and is excited to be able to go. She is in FCA, DECA, basketball, tennis and Garden Club. She wants to do more for AHS with what she will learn after she returns. Her mother Pam attended with her.

February 28th 2020 Program - Kinsey Kump and Sarah Hansen—Engineers without Boarders
In attendance was their ISU Sponsor Owen Kolstad who was in Circle K in college and is now a professor at Iowa State in mechanical engineering. Sarah is President of ISU Engineers Without Boarders and a mechanical engineering student. Kinsey is the VP of Fundraising for EWB and majoring in civil engineering. The 80 members, about 50-50 male to female, range from engineers to horticulturalists to business majors. The organization is self sufficient, raising funds through club functions and donations. Current project is Ullo, Ghana, Africa, population 10,000. Ullo and ISU have a special connection: one of the Engineers Without Boarders is married to the Chief’s daughter. The project began in 2014 with the first ISU team doing assessment of needs. They returned in 2016 for a more complete water system assessment. In 2017 they drilled a well and in 2018 they developed a water distribution plan and began implementation. In 2019 a summer group monitored the system and a winter group assessed functioning of the system. In 2020 they will again send teams to monitor and assess the system. Zack, the Chief’s son, and interpreter in Ghana for the ISU teams, is taking classes at ISU to help run the system. It is solar powered and provides 22,000–29,000 liters per day. Ullo students test scores are the highest ever since they have ample, clean to water. Future EWB club projects will be: a medical clinic, rainwater catchment for farmers, design and produce better stoves. The club will soon hold a fundraiser, Gathering for Ghana.

February 21st 2020 Program— Wayne Judkins—Community and Family Resources Website
Wayne works out of Webster City as a prevention specialist—went to Virginia Tech for 7 years, worked as a legal aid and a child welfare worker. A prevention specialist gives a lot of talks to 6th graders about the choices they make in life. YourLifeIowa.org is a state website funded and managed by the Iowa Dept. of Public Health. There are prevention and treatment resources on the website. It is split into subgroups of alcohol, drugs, gambling, suicide, mental health. All the services are free and confidential. A Prevention Specialist tries to get ahead of the curve so people do not go down the path to having problems with addictive behaviors. In Iowa the most serious addiction is Meth and Opioids. After just taking 3 pills of an opioid you can become addicted, The Mexican cartels are big suppliers. Their drug is purer and more addictive than street drugs. Teaching kids about drugs, gambling and alcohol additions helps prevent future problems.

February 14th 2020 Program— A patent application by an 88 year old by Ralph Yoder
Ralph was with Land O Lakes for 24 years. Later served as a consultant for others in the dairy industry. He was a student athlete at Iowa State in track and field specializing in the discus. He held the longest throw record for 20 years. A patent can be applied for as long as it is an idea or process different from anyone else's. His patent is to separate, concentrate and activate selected proteins/peptides from whey. Once activated, and applied orally, they stimulate the immune system.
Baby pigs are not born with immune system protection as humans are. Immunity travels across the placenta in humans but does not in pigs. Baby pigs need sow's milk to build up their immune systems and receive the same protections that their mothers have obtained. In trials, they put only 20% of cow colostrum in the formula then infected the pigs with Ecoli. They lost 85% of the control group and only 10% of the pigs receiving the colostrum. In whey, colostrinin, the immune stimulator, can be isolated from colostrum. Before the research was completed, Ralph retired from Land o Lakes in 1985. But he continued developing the idea of reformulating pig milk replacer. In a trial in Minneapolis, the control group lost 13 of 20 but the treated group lost only 3 of 20. The next step was to do tests on different animals. Rats were the perfect test subjects. They tested rats with Alzheimer in a maze. Treated rats showed a significantly better ability to remember the maze than the untreated control group. Treatment with colostrinin shows it will reduce inflammation, stop bacterial and viral infections, results appear rapidly, positive effect on the immune system and age has no effect. The low cost of this product could potentially lower the cost for good health throughout the subject's life. The Bio Whey Story: the immune system is the best medicine for the body, the product is natural, normal health with less inflammation and less pain returns quickly. Ralph has been given a provisional patent and is working with lawyers.

**February 7th 2020 Program — Hospice 101 by Val Bohlen**
Val works at MGMC as Home Health and Hospice Care Coordinator, has been at MGMC for five years and has lived in Ames for 9 years. Hospice gives end of life care in a home or a facility. They allow you to die peacefully and comfortably. You need a doctor's statement saying you are within 6 months of passing before you can go into Hospice care. They also care for the family and try to achieve the patient's goals including some things they have never done before. Medicare pays for almost everything. Val also instructed us to let your loved ones know what you want for the end of your life, communicate your advanced directive to the family. If you do live beyond the 6 month period Hospice does not kick you out. They reevaluate their position and your health. You can go back into your own home and come back to Hospice when needed again. The Hospice family meets once a week to re-evaluate the patients, talk about the patients needs and to assure that those patients in their care die a good death. Sometimes the care a person receives at the Hospice makes them healthy enough to where they do not need Hospice anymore and can live on their own, but Hospice is there when they may need it again.

**January 31st 2020 Program — Habitat for Humanity of Central Iowa, Andrea Weber Community Outreach Coordinator with Taylor Barnard.**
It is a misconception that they give the houses away but instead they make housing affordable through low mortgages, sweat equity and volunteer labor. Families make a $500 down payment, have to do 350 hours of sweat equity on their home and other homes and they get a no interest loan for 10 years. The homes that are built in neighborhoods raise the property value of the entire neighborhood and there are approximately 50 applications for every homeowner chosen. Habitat builds a home every 18 months and they are located in all 50 states and other countries around the world. The Habitat Store generates funding for the house building projects and brings in approx. $400,000 per year. Last month alone they sold 400 pieces of furniture, but they have a lot more than just furniture. They have wall cabinets and building supplies donated from local contractors and individuals. They also have a truck that can pick up donations or deliver sold items to your home. You can help Habitat by promoting their store, shopping at the store, donating goods and funds to the organization and volunteering when they build a home. The biggest obstacle to building more homes is acquiring the land and covering the county costs in Story, Hardin and Hamilton counties where they are based. They also need skilled volunteers to help build the homes and supervise some of the more complicated aspects of building a home. If you have the skills they would love for you to volunteer.

**November 15 2019 Program - Football's Fallen Hero: The Jack Trice Story— Steve Jones**
Jack Trice was born in 1902 in NE Ohio. His father died soon after he was born. His mother sent
him to live with an uncle in Cleveland where he could attend a mostly black high school. She wanted him to be around other black people and learn about his culture. As a junior in high school he played on a football team that outscored the opponents 441—0 and were 8-0 for the season. They were invited to Washington State to play their state champs but lost that game. Jack was the only black player on the team and was not allowed to participate in the Whites Only receptions in Washington so his coach, Coach Willowman, arranged receptions for him in the black communities in the area. His high school coach became the head coach of Iowa State College (now University) and brought Jack to ISC with him. Freshman were not allowed to participate in sporting events, just practices. He worked at State gym to earn money for college. During "spring football camp" competitions in physical fitness Jack either won or was close to the top in all of them. Fall of 1923 ISC played the really good and big Minnesota Gophers in Minneapolis. That evening he wrote the famous letter to himself that is now on a plaque in State Gym. Jack played well and threw a rolling block that would lead to his death. He was either targeted because he was ISC best player, or because he was black or it was purely an accident because of a poor block thrown by a tired football player. No platoons in those days so Jack played with an injured sholder. Jack was taken to the hospital but released to travel home with the team and was put into the ISC hospital were he lived for 3 days and then passed away. Jack’s letter was found in his jacket coat pocket and read aloud at his memorial service by ISC President Pearson. The story faded as his coach went back to coach Ohio State University. The flame never died and came to life in the 50s and the 70s. With student persistence the new stadium was named Jack Trice Stadium, the only college stadium in the country named for an athlete. Steve's book "Football’s Fallen Hero: The Jack Trice Story" can be found on Amazon or the ISU Memorial Union Bookstore. Steve passed around a copy of his book and is donating it to Raising Readers.

November 8th 2019 Program - Ames Historical Museum – Carly Hlubek
The Museum was founded in 1980 to save the Hogatts School Building. It was Ames original one room school located at Lincoln Way and Maple. The Museum purchased it and moved it to Meeker Elementary grounds in 1983. The Association also moved a log home to McFarland Park in 1988 that was destroyed by an arson incident in 2004. The Museum purchased 416 Douglas in 2008 in the cultural corridor that includes the Ames Public Library, the Octagon Center for the Arts and the new Public Radio Station in the old Pantorium Building. The Museum exhibits are open 10am to 4pm, Tuesday—Saturday. There is a 13 member Board of Directors, who also volunteer to assist the three person paid staff. Volunteers donated more than 5500 hours the past year. The collections can be viewed on a 7000 page web site at www.AmesHistory.org. Museum events include Snow Magic, an old fashion Christmas, a lecture series once a month from March through June. Donations to the Foundation are tax deductible. If you have historical artifacts consider donating them to the museum. The Museum receives unding through memberships, grants, donations, foundation funds and funding through the City of Ames and Story County.

November 1st 2019 Program - Skunk River Paddlers—Ron Gardner
Ron started his paddling in an inexpensive 10 foot long very wide kayak which didn't move well on the water but it was hard to flip over. Ron described an ADA compliant dock that they would like to build at the north end of Ada Hayden Lake. The city council likes this project. The estimated cost will be 60-75 thousand which will include a new parking lot. The city council will be voting on this project soon and letters of support should be sent to the City Clerks office to be distributed to the council in their packets so the letters will then be officially counted. Many groups are supporting this project along with the Noon Kiwanis Club there are the Lions Club, Adaptive Sports Ames, Friends of Ada Hayden Great Adventure Ames Race, Wheatsfield Grocery, Spinal Cord Injury Association, Ames Park and Rec, Iowa Able. The Dock in the winter will be pulled from the lake and onto the bank to prevent ice damage. The paddlers group cleans up trash along the 8-10 mile shoreline and works with the DNR to clear fallen trees and logs.

October 25th 2019 Program - Kori Heuss—Heuss Printing
A marketing idea needs to tell the story of the company, find ways to get attention and share the companies story effectively. Elements of a good campaign: Send the right message, Discover who is your audience, Tell them what you do, Then tell them to do something give them a call to action. Get noticed and take a fresh approach— an insurance agent takes doughnuts to all the repair shops in town on Fridays people ask were they can get insurance on their car and the insuarance agent that brings them doughnuts comes to mind. Business cards are an older way of getting your name out but now they need to be tactile so the person not only sees the information but feels the card and remembers it from all the other cards or addresses they get in their phones. Telling your story and how you tell it matters. Learn something to tell at the dinner table pass on the conservation and information through our stories. The best way to make your dreams come true is to wake up! Kori Heuss a few years ago had the idea and suggested to Heartland Senior Services to do a Trivia Night with teams and a master of ceremony—Bernie and Linda White have done 52 nights at 4-6 a year. This was a successful idea from an outstanding marketing person.

October 18th 2019 Program
A Roadtrip to One Heart Equestrian Therapy with a Program about the facility by Kris Lager, M.S. Executive Director.
One Heart Equestrian Therapy has been improving the lives of central iowa’s children and adults with disabilities since 2002. One Heart provides a wide variety of therapeutic riding services, from developmental riding classes for children and adults with a variety of physical and intellectual disabilities, to horse-drawn cart driving classes for those who cannot ride a horse but want the benefits of therapy, to classes with mini horses designed to give individuals who are unable or unwilling to ride therapeutic experiences with animals. The organization relies on its volunteer workers because nobody is paid so all the funds can go back into the facility. Teens can start volunteering at age 12 with a parent in tow, but to walk with the horse you have to be at least 14 and go through the training course. They have walkers ranging from people who are executive in large corporations to kids still in school. Everyone is the same when walking a horse.

October 11th 2019 Program
Jessica Harris, Certified Profile Health Coach: Profile by Sanford
This program is backed by Sanford Health (similar to Unity Point). Profile works with people to reduce weight using a combination of purchased foods, weekly coaching sessions and medical tests to see what foods react with their their body chemistry. Profile opened in Ames in 2018. They work with individuals to change their eating habits, increase their activity level and over time lose the weight they want or need to lose. The coaches assist individuals to transition from their set meal plans to purchasing grocery store foods and preparing the meals themselves. Sanford protocols are: Reboot— more Profile foods are needed to continue to loose weight; Balance—find a method for diabetics to manage their food choices and keep their disease under control; Perform—get members active in exercises that they enjoy or already do to increase weight loss; Teen—teach youth members how to eat to live and be healthy; Moms— using nutrition to assist women to get pregnant, to maintain a healthy pregnancy and, once they give birth, to eat to provide good nutrition for the mother and the child. Profile diets are low carb, high protein. Costs are not covered by most insurance policies. Each program cost is different depdepending on the individual but the average is $439 to $550 per month, including the cost of food and coaching sessions weekly for a month. There is a free no cost consultation to see if this would be a good fit for the customer. They have found the toughest things people need to overcome for success is getting enough sleep since good weight loss comes with 7-8 hours of sleep and getting enough water every day. Habits don’t change in a day so if you stumble get back into the schedule and try again.

October 4th 2019 Program
Justin Bogers, Community Outreach Specialist with Goodwill of Central Iowa
Justin has been with Goodwill for 6 years and enjoys going out and meeting the communities where Goodwill has a location. The parts of Goodwill are Skill training, Charitable Organization, and Job Creation. There are 5 Goodwill regions in Iowa but all of them are governed by one board. There are 19 retail stores, 1 E-commerce site (that handles the really pricy items), and 3 Career Connection Centers. These centers are for anyone looking for a job. The staff also goes
into High Schools to assist seniors to transition into the job market of higher education. Facts about Goodwill: 86 cents of every dollar goes back into the community and 37,000 individuals have been served in the last 10 years. They have Skill Training through their retail stores and warehouses, food service skill training in their Smilin' G Café and Good Beginnings Café, and Janitorial Skills Training. Goodwill also has Pre-vocational Skills training for adults with disabilities and/or mental illness and Project Search which is a 9 month paid intern program in partnership with Hy-Vee which also serves adults with disabilities and/or mental illness. There are Day services with structured daily programs for disabled individuals or those with mental illness which provide opportunities for participants to meet and interact with their peers and become integrated into the community.

September 20th 2019 Program
Kristen Haar, Iowa DOT Compliance Training Officer, Public Transit Bureau; Iowa Transportation Coordinator Chair: Public Transit in Iowa.
She has her BS degree from ISU in Community and Regional Planning and her Masters from Drake University. There are 35 public transit systems covering all 99 counties in Iowa. Funding comes from local, federal and state, the biggest share coming from local and federal sources. Ames CyRide serves Ames and Iowa State University with 6.6 million rides annually. It has the highest ridership in the state. They have over 90 vehicles in their fleet. HIRTA (Heart of Iowa Regional Transit Association) covers a 7 county area around Story County and contracts with CyRide for their out-of-Ames regional transportation requests. Interstate bus carriers are Jefferson Lines and Burlington Trailways. Executive Express is an airport shuttle. RideShare and Mobility Management cover the state, assisting people with their transportation needs.

September 13th 2019 Program
Geri Derner, Lt. Governor: Membership Development
Geri led us through a discussion on how different individuals could be approached to be invited to come to a Kiwanis meeting and then be invited to join. Get the new members to give their input on all sorts of items not just projects but how the club is run and how it could work better for younger members. Busy people make great Kiwanians—they budget their time, and get the job done.

September 6th 2019 Program
Michelle Flattery: Yoga for All
Michelle started doing yoga in 2010 and found it so beneficial in her recovery from cancer that she became a certified instructor. She described cancer as an ugly box which contained some beautiful things. She received care from her friends and family. She learned to focus on the now when she was in two car accidents. She came to yoga to learn to be present now and to focus on her life now and relieve the stress of her cancer. She got support through the Mary Greeley Support Services. She led us through exercises of Mindful Meditation.

August 30th 2019 Program
Cathy Krebs and Geri Derner, Social Committee: School Back Pack Packing and Back to School Scattergories
The Committee directed a game of Back to School Scattergories. Then we lined up and filled Kiwanis pull-tie back packs with school supplies.

August 23rd 2019 Program
Janet Fisher, Mosaic of Central Iowa: Living with Disabilities.
Mosaic assists people with disabilities in a seven county area. In the past, people with disabilities were used as free labor or just put away in institutions until they passed away. They were believed to be an embarrassment to a family and were never talked about or known to younger generations. Janet had an uncle in such a situation but did not know of him until he passed away at age 50. When her son, Michael was born with his umbilical cord wrapped around his neck cutting off oxygen to his brain. He had seizures from day one and passed away at age 13. Mosaic was founded 106 years ago by Pastor Gaul
who became concerned about people and friends put away into institutions for their disabilities. He approached his congregation and asked that all 54 of them donate $1.00 to assist him in serving this hidden population of people. One dollar was a lot of money 106 years ago but the congregation raised the funds. The disabled are a caring community who like to go and do: getting the mail, going to the store, purchasing a soda. They want and need to be a part of a family. Mosaic is putting together a new program called a Host Home. This home takes a person into their home to live with them 24/7 and they become part of the family: something they never dreamed of - having a pet to care for, traveling on vacations or to special events. Mosaic Iowa serves 250 clients per year. Most funding comes through Medicaid. Staffing and any extras come from donations. All residential facilities are 24/7.

August 16th 2019 Program

**Nancy Carroll, Director of Heartland Senior Center: Healthy Life Center**

Nancy’s presentation prepared us for the upcoming vote on a Healthy Life Center in Ames. The facility, under the theme of “Live Well. Be Well,” will provide health & nutrition education, physical activities and social networking. Six community partners: City of Ames, Heartland Senior Services, Mary Greeley Medical Center, Iowa State University, Story County and DMAACC, plus other donations will fund $20-million (41%) of the total cost. The September 10th referendum seeks voter support for the $45-million, multi-use facility funded additionally through taxes. The facility is modeled after a project for staff members of the huge Mayo Clinic. Nancy shared many beautiful slides of the 1/10th mile track, 3 swimming venues - a 6-lane pool, a lazy river with a variety of water slides - outdoor children’s playground, Heartland Senior Center facilities, a wide variety of meeting and socializing areas; kitchen facilities and a coffee shop with ISU and DMACC student servers. One of the biggest selling points is that the Ames municipal pool at Ames high will be demolished in 2022.

August 2nd 2019 Program

**Sonny Kamp—Story County Community Foundation**

In High School she was part of a Youth Philanthropic Group selected to give out $10,000 to local charities; it started her career. After college she worked for the Community Foundation of N.E. Iowa and then went to the Community Foundation of Greater Des Moines (CFGDSM). The Story County Community Foundation was developed by (past member) Suzy Sheirholtz. It is affiliated with the CFGDSM. It has grown over the years from an all volunteer staff to 2 part time office staff to now a full time executive director. The transfer of wealth between generations now taking place is one of the largest in history. If only 1% of the wealth would be given to funds such as the SCCF 24.4 million would go back into the community. There are 165 Charitable funds in the SCCF with a total of about $17.1 million. In 2018 $2.4 Million was put into the fund and the fund granted the community $1.1 million through the organizations it supports. Our Club has an Agency Fund and an Endowment Foundation with the SCCF. We give grants from both funds to organizations such as ACTORS, Boys and Girls Club, Ames Education Foundation, Heartland Senior Services and Food @ First. Friends of Ada Hayden Heritage Park Endowment Foundation was begun by Kay and Roger Berger. Their 1st donation has grown to a point that it now can support the park with an annual donation. 336 local programs were supported by the SCCF and all 14 communities in Story County have received funds in support of programs. Any 501(c)(3) in Story County can apply for funding.

July 26th 2019 Program

**Mark Looney, Munn Woods Studio: Making the (photographic) Best of Wherever You Are**

He was an Air Force Brat who traveled the world but his favorite and the one that changed his life was Germany. He got a PhD in German Culture Studies, started a German culture program at Iowa State where they were immersed in the language. He got married in 2013 and has a daughter and a son. He went to Germany and started doing 4 things with his photography: Look at the world as if it is a photograph; try to tell a story with your photo; look at light and different types of “beauty”; see and capture real moments not set up shots. He takes photos at weddings and birthday parties. He works with the Able Foundation to tell the story of the disabled without staging the photos but letting the real moments happen. Mark gave us homework—use the camera in your pocket (your phone) to take real images of the world around you. It will change how you see the world and it will allow you to
appreciate life and those around you.

**July 19th 2019 Program**

**Dave Greulich: Christmas in July : A Santa for All Seasons**

17 years ago Dave had a relative suggest to him to grow his beard and think about becoming Santa. The past 10 years he has worked out of his Ames home visiting children in Central Iowa. He decorates his home every season and several nights each Holiday season you will find him in his sleigh encouraging people to visit, drop off food or money for the food pantry and get their picture taken with Santa. Last year he collected 1000 lbs of food for Food @ First. Dave started out playing santa as a way to raise some extra holiday money but when a little 4 year old girl ran across the parking lot and about bowled him over screaming Santa all the way he was hooked as the child's hug caused this to be a vocation instead of a job. His Uncle and father also were santas. There are 2500 members of the Real Bearded Santas and they hold conventions and meetings. They tell stories, have formal dinners, eat cookies, have fashion shows of the finest wares and go to classes to learn how to be a better Santa. They also purchase items from the show vendors. At this last show Dave purchased a full Coca Cola suit and a new Royal Robe. The letters to Santa many times go to Santa Claus, Indiana and the folks there have a Santa Hall of Fame, a theme park and send handwritten notes back to the children whose letters come to them.

**July 12th 2019 Program**

**Judi Eyles, Director, Pappajohn Center for Entrepreneurship at ISU Research Park; also director of the CyBIZ Lab Student Consulting Program.**

The center started with John Pappajohn who is an emigrant from Greece and lives in mason City and is 91 years old this week. He received a Business degree from the U of I and after he was out on his own his mother asked if he was making money and since he was she said you should be giving it away or you are not my son. So he was taught to be philanthropic at a young age. After he was successful he started looking for things to do with his money and he heard of something called a Venture Capitalism so he started Venture Capital Company 60 years ago and made even more money. He spoke to then Gov. Branstad and said he wanted to start an entrepreneurial center at all of the universities in the state and so we have the John Pappajohn Center here at ISU located in the ISU Research Park. The center helps support economic development in the State of Iowa and it works to keep the students that graduate fro ISU and other universities in the state. The economic development core facility opened in 2016 but the Small Business Development Center has offered free assistance to people starting businesses for many years and as a side note they assisted this writer in purchasing the business we had on Main Street for 12 years. People enter entrepreneurship from all different directions so ISU and the center are going to start offering a co-curriculum in learning and any student at ISU can then take the Entrepreneurial Studies classes and earn a minor or major degree and a masters is on the horizon. There are also clubs that help students learn how to pitch ideas to investors and they will be having 90 second pitches from 9:30 to 4:30 every day at the Iowa State Fair at the ISU booth in the Varied Industries Building. Next year there will be a Student Innovation Center opening on Campus where students will learn to work together to start businesses. There is also a Cy Biz Lab where a company can pay $5000 and receive 4 students who will consult with the business and it is not tied to a class so the consulting can start at anytime.

**June 28th 2019 Program**

**Becky Orr Montgomery, Owner, Senior HomeFinder of Iowa**

Senior HomeFinder of Iowa provides a referral service, free of charge, which supports families as they navigate through the difficult and stressful process of determining the best senior community for their loved one(s). The service helps with such questions as - What are my options? Where do we go? Who can help? How much will this cost? Becky's passion is working with seniors and their families. She wants to spearhead the movement of helping people navigate through this major change in their lives. This is why she created Senior HomeFinder of Iowa.

**June 21st 2019 Program**

**Nancy Franz: Joys and Challenges: Lessons from a Backpack**
Nancy is Professor Emeritus of ISU School of Education. She started Micah's Backpack - Positive Innovations and Disruptions. This started as a project to help feed and cloth youth in the area through St. Michaels Lutheran Church in Blacksburg, VA. Friends and neighbors joined together to get backpacks and every week filled them with food and clothing items for the children in need. The kids brought their backpack back on Monday and picked them up on Friday. One child forgot her backpack on Monday and asked if she could bring it on Tuesday because her whole family depended on the food and items to make it through the week. Nancy began to realize that this was more than just a project for the church. It began to bring in other community groups and the number of backpacks increased as more children were added. The community got behind this project and it went from 1 school to 10 schools, 5 to 300 backpacks, 6 to 100 volunteers, 1 to 300 churches and partners, 5 to 1800 meals. A book about this project, called Micah's Backpack is available to raise money for this project. There have been several spinoffs Micah's Garden, Mobile Backpack, Soups for Seniors and Micah's Closet.

June 14th 2019 Program
Ann Magnusson interviews Kelly Williamson—manager of the Core Apartments, Ames
The owners of Core, based in Minnesota, are farmers with a hard working, take care of your people type of attitude. They are in Ames often, not like a big company just putting up apartments. They bought the property in 2015, began building in 2017 and finished August 1, 2018. Core rents either by the apartment or by the bedroom. They work hard to match up people with similar likes when renting by the bedroom. Kelly lives on site so she knows if there is a problem quickly. Accommodations for disability are available on the first floor. They have a dog park with fake grass which is cleaned as needed, they can match the dogs DNA to "accidents", and they work with the residents when there are challenges. There is a dog wash in the garage and poo bags are available. There are 97 full apartments and 132 bedroom spaces. Occupancy is at 89% with 10, 12, and 18 month leases. There are 144 parking spaces inside the garage and more outside. There is a Starbucks Coffee counter, a workout room, a hot tub, a sky lounge, and a fire pit with Adirondack chairs. Rent is $725 per bedroom, $1800 for an apartment alone and $975 for a Studio, parking is not guaranteed, heat is electric at $75 per month.

June 7th 2019 Program
Dr. Simone Alekno: Youth Mental Health First Aid
As an educator, she noticed how trauma affected her students. She became certified in MHFA (Mental Health First Aid) to help teachers understand their students trauma. Grand View University is the first university to require MHFA training for their faculty. MHFA is similar to regular first Aid — important skills to have in many situations. 1 in 5 youth live with a mental health condition. It can take many months to access mental health services so first aid becomes very important. Suicide is 2nd leading cause (accidents are no. 1) of death for age 10-24 and its rate is increasing. The MHFA course covers risk factors and warning signs of mental health; description of depression, anxiety and other diagnosis.

May 31st 2019 Program
President Steve and Secretary Geri: Kiwanis 101
Steve and Geri re-presented their slide show Kiwanis 101. It is an excellent review of what Kiwanis is all about - where we've come from and where we are today. Click this link to view their slide show. https://portalbuzzuserfiles.s_amazonass.rom/ouo1584o2/userfiles/files/iwsaaws 1k1 2k184orop..pfs

May 24th 2019 Program
Mike Miller: Durham School Services
Mike's program was on the private school-bus company he works for as a driver and as coordinator of training and recruiting drivers and monitors. Durham has secured a new three year contract from the Ames Community School district with a lot of hard work and changes that the school district wanted implemented. Sara Knight was introduced as the new General Manager at the Ames Customer Service Center (Ames CSC). Durham started in 1907 in California as a company which specialized in transporting special needs students and has expanded across the US and Canada. The company is always looking for new drivers and monitors but they need to meet some very strict standards. The average of finding suitable employees are 1 out of every
10 candidates and we need 10-15 new drivers this summer for next year. Mike informed the club that they are all being recruited and if they are looking for a good paying part time job please contact him.

May 17th 2019 Program
Wayne Rowley—Fly fishing in Kamchatka, Russia.
Victor Petropavloski, a former member of the KGB at the same rank as Putin when the USSR broke up, got 3.2 million acres in Kamchatka Russia which is a peninsula in the western part of Russia. It is less than a 4 hour flight to Anchorage, Alaska and is 10 time zones and 10,000 miles away from Moscow. There are 300 volcanos in the area and is part of the ring of fire in the pacific Ocean. Wayne traveled from Des Moines to Salt Lake City then Salt Lake to Anchorage then to Petropavloski and then a bus to a helicopter pad and then helicopter into the fishing camp. The helicopters were "acquired" from the military and were really nice and Wayne's first copter ride. Svetlana is the wife and brains and boss of the operation and she is known for her latkes. Wayne lived in a two man hut that had flush toilets, hot water and the showers were open from 5-7pm. Dinner was served family style with a soup, usually fresh salmon and the vodka flowed freely. Many of the fishermen had rods that cost $800—$1000 and then the reels and line were in the $300—$500 neighborhood. Wayne has been there 9 of the last 10 years. They estimate 14,000 Brown Bears which range from 8 to 10 feet tall. The bears eat cedar nuts, berries, salmon and are a minimal threat to humans since they do not like the sound of the outboard motors. The visitors to this area are from all over the world except Russia; there were mostly Americans because Chicago is closer than Moscow so it is easier for Americans to get there than Russians.

April 26th Program
Ginny Mitchell—ISU Bug Lady
Ginny is the Education Program Coordinator for the Iowa State University Insect Zoo, Which means she gets to plan and take bugs out to schools and club to show them off and inform the attendees about what a bug is and how diverse they are in size, shape and living environments. Primarily she speaks to 2nd graders and gets them to touch the bugs, and learn that an insect has an exoskeleton and they go through a metamorphosis from egg to larva to pupa to adult. The cocoon keeps them warm and dry as a pupa so they can complete their change into their adult form. She showed an insect she called a "good poop" insect because they digest rotting wood and poop out good vitamins for the rest of the world to use—these were called decomposers. Ginny then showed a Dorcus Titanus—Giant Beetle with huge front mandibles which look scary but were only used to wrestle with other beetles to prove who was the best and could then mate with the females. These beetles were called pollinators because they drink nectar and carry pollen from plants to plants like bees only they do not fly. There was an insect which protected itself with mimicry by looking and acting like a scorpion but it doesn't have a stinger. It was a predator and eats cricket but it also secretes Acidic acid that is 85% so it doesn't smell good or taste good so others learn to leave it alone. She then brought out an Australian Walking Stick which was interesting because the males can fly to get to the females and when they lay their eggs they look like seeds which the ants collect and take to their warm burrows. The ants eat the sticky outer coating and then toss the rest into the trash heap but it is warm and when the eggs hatch the insects look just like the ants and smell like them so they can exit the ant hill without any problems and begin their lives. The next specimen was an Indian Ornamental Tarantula which has bright colors which in the insect world means dangerous leave me alone. The bite is not fatal to humans but you develop bleeding gums, paralysis in the area of the bite, and pain throughout your entire body for up to 2 weeks and it ebbs and flows so you never know when it is going to be bad. It is on the endangered list because they hunted them in Australia because of the symptoms of the bite and all they had to do was leave it alone and it wouldn't bite you. The last was a female Chilean Rosehair spider which is 24 years old, so it was there when she got her position at ISU. The males only reach the age of 6-7 years old and once they mate they die soon after. This spider was named Royal.

April 19th Program
Navy ROTC Pancake Days Volunteers
Three of the Navy ROTC Pancake Days volunteers were our guests this week: Alina Pagan, 4th Class
Midshipman, working toward a degree in Hospital Management; Delaney Leavent, 4th Class
Midshipman working towards a degree in Interior Design; Chris Duehr, 3rd Class Midshipman working
 toward a degree in Construction Engineering. Also recognized, though absent, was Christian
 Mahneke, 1st Class Midshipman, who will be receiving his degree in Civil Engineering this Spring. He
 volunteered at our Pancake Days every year he was in the NROTC Program. We presented a new
 plate for their ongoing recognition plaque. Sue Mulet, one of our club members, is in charge of the ISU
 NROTC program.

April 12th 2019 Program
Mara Spooner, Director of Worldly Goods:
Worldly Goods is a store on Main Street in Ames which deals in Fair Trade Goods. Mara began as
Director in January of 2018. She has a paid staff of two and a lot of volunteers. A fair trade store deals
with artisan groups and farmers in many 3rd world countries to bring their goods to market at a price
that gives them a sustainable wage. Fair Trade Stores started in Puerto Rico with a lady named Ruth
who sold items from "the trunk of my car". Worldly Goods now gets their items from 10,000 villages.
The local store started 32 years ago in the pastor's office of the Mennonite Church in Campustown. As
they grew they moved to the basement of Roy's TV and then, 20 years ago, to the current location
223 Main Street. Items most in demand are food stuffs like coffee, tea, chocolate, sugar and bananas.
In the late 1980's the World Fair Trade Association brought all fair trade organizations together under
the Fair Trade Principles: Create Opportunity; Develop Transparent & Accountable Relationships;
Build Capacity; Promote Fair Trade; Pay Promptly and Fairly; Support Safe & Empowering Working
Conditions; Ensure the Rights of Children; Cultivate Environmental Stewardship; Respect Cultural
Identity. Worldly Goods assists 501.3c organizations with Benefit Shopping Night where nonprofits
(like Kiwanis) can volunteer for 3 hours assisting customers, bringing in their own members to shop,
talk to customers about their mission, possibly recruit new members and receive a per centage of the
profits.

April 5th 2019 Program
David Hansen & Lewis Rosser: Ames Interfaith Refugee Alliance,
The Alliance was founded in Ames 3 years ago with the purpose of making the city a welcoming place
for refugees from around the world. There are 90 member organizations. Refugees leave their homes
due to prosecution; most of them believe they will return home eventually. Coming to the USA, they
are vetted by the United Nations and the USA State Department. Usually there is some sort of
financial support and sponsorship. They need to have work and a place to live. Global Stats—65
million forcibly displaced but do not leave their country; 17 years is the average time as a refugee.
Turkey is the #1 relocation country - 2 times larger than #2, Palestine. The USA is just above Yemen
in #77 place. 1.5% of refugees come from South America or the Caribbean, most come from South
Asia. USA statistics: 2016—94,000 admitted; 2018—45,000 cap was set but admissions did not come
close to the cap; 2019—cap was lowered to 30,000; admissions not close. The USA is no longer seen
as a humanitarian leader in the world. In the 1970s, under Iowa Governor Ray, Iowa led the
resettlement effort of Viet Nam refugees and continued through 1990 to lead the nation. Iowa has
dropped to 20th in the nation because of diminishing resources; much of the work has been taken
over by non-profits.

March 29th 2019 Program
Nate Easter: ISU Research Park
Beginning in 1980 the ISU Research Park has become one of the most successful in the
nation measured by the number of businesses located in the park. They have had 4 IPO
businesses and are a destination for capital growth investors looking for new investments. A survey of
tennants said amenities for their employees is high priority. This lead to the fitness center, the medical
center, the restaurant and the child care facility in the park. The Park is heavily farm related. Park
residents are looking for research and a pipeline to the great students at ISU to bring in as interns and
then possible employees. They have 753,135 square feet. The 90 tenants range from 1-2 people to
500-600 employees. 2050+ people are employed with salaries totaling $100 million. Companies have
graduated from the park to other locations in Iowa and employ 2500+ people. There are 15 completed
buildings and one under construction. Tax money coming into the park is about $200,000 per year but
most of the park operating funds come from rents. The park pays property taxes to Ames. Ames helps with infrastructure. They received a federal grant for the John Deere Building. Many of the companies are dependant on the "cloud" for their information storage so they have many different fiber networks—Workiva has 5 different networks to prevent costly downtime from network failures. Phase III will have space for an additional 3000+ employees and will add 10 acres for more tenant needs.

**MARCH 22ND 2019 PROGRAM**
**Kristin Roach: Herbs and Teas**
From its humble inception, Little Woods has grown into a thriving online and retail business. They stock original blended teas as well as culinary and medicinal herbs and teas grown domestically and from around the world. Daily, the shop creates its own special blends of teas. Kristin taught us about different types of teas—from green to brown to black—and their uses for a wide variety of purposes, sometimes just to enjoy! Making tea begins with picking leaves, the small, new ones at the end of the plant stem. Green teas are made from these leaves and black teas are made from the withered leaves. The leaves then can be rolled into balls, sticks, pearl, or left flat, depending upon the type of tea one wants to brew. Tea can be white, yellow, green, or black. Tea has health benefits from the antioxidants. The darker the tea the higher the caffeine content.

**MARCH 15TH 2019 PROGRAM**
**Dr. ANDY HOCHSTETLER: THE OPIOID CRISIS**
In 2016, there were 183 opioid-related overdose deaths in Iowa—6.2 deaths per 100,000 persons, compared to the national rate of 13.3. Since 2012, the number of deaths attributed to heroin overdose have increased from 14 to 47 deaths. In the same period, synthetic opioid-related overdose deaths rose from 36 to 58 deaths. In 2013, Iowa providers wrote 73.6 opioid prescriptions per 100 persons (approximately 2.3 million prescriptions)—less than the average national rate (82.5 prescriptions per 100 persons). Since then, opioid prescriptions in the United States have declined, with a nearly 7.2 percent decline in Iowa from 2013 to 2015, resulting in an estimated 68.0 opioid prescriptions per 100 persons (2.1 million prescriptions) in 2015. A drug that is central to this discussion is fentanyl. Fentanyl is 50 to 100 times more powerful than morphine, which itself is 10 times more powerful than opium. When brought into the U.S., fentanyl is reduced to 10% strength. This small percentage still is extremely powerful and dangerous. Drug dealers could increase the percent strength brought into the U.S., with the possibility of providing large amounts of opioids easily and with huge profits. This crisis, indeed, is a highly threatening one. Drs. Hochstetler and David Peters, ISU Department of Sociology, are conducting an extensive project on reducing this crisis in rural Iowa. The project includes information gathering. But more importantly, it involves direct outreach to selected rural Iowa towns to assist them in pilot projects to address the opioid crisis. Some summary statistics: 🇮owa opioid deaths are low and stable compared to surrounding states. 🇮owa opioid deaths are low and stable compared to surrounding states. 🇮owa opioid deaths are low and stable compared to surrounding states. 🇮owa opioid deaths are low and stable compared to surrounding states. Prescription opioid deaths falling, but synthetic and heroin deaths rising. Metropolitan and micropolitan Iowa have the highest overdose death rates, primarily from heroin and synthetic opioids. Rural Iowa has low rates overall, mostly from prescription opioids. Rural opioid clusters linked to economic and law enforcement disadvantages, work in injury-prone jobs, and limited social capital. Urban opioid clusters have economic and law enforcement advantages, but it does not seem to abate opioid abuse. Limited social capital and more ethnic diversity may contribute, but the causes are unclear.

**March 8TH 2019 Program**
**Dr. Susan Stewart—The American Family**
What is an American Family now days—it is not the Leave it to Beaver Cleavers with kids in school, Mom at home vacuuming in her pearls and Dad at work being the breadwinner then coming home and solving everyone's problems. There are one parent households, urban tribes where non related friends become your family, married couples with no children or unmarried people with one or more children. 63% of people agree that same sex couples with kids are a family and then there are same sex couples without kids that only 43% of people consider a family; 95% consider a pet as part of the family. 27.5% of people live alone and consider themselves to be their own family. Post-Modern families are not bound by legal marriage. So, whatever one considers a family is a family, they work
out the legalities. U.S.A. is more stressed out than the rest of the world and is more violent. Mexican immigration is at the lowest level in history. The iGen has a greater level of depression than anyone and they are delaying marriage with a male average at 30 and a female is at 26 years for their first marriage. The American birthrate is at 1.8 children per couple so we are not replacing our population. One half of all marriages end in divorce (2014); the highest rate is among those with lower education and who get married young.

March 1st 2019 Program
Ames High School HOBY Selections
HOBY stands for Hugh O'Brian Youth Leadership. Hugh O'Brian played Wyatt Erp on TV; was a 37 year Kiwanian and a High School civics teacher. He wanted to promote civics for youth so he founded the HOBY conferences for youth leadership. Last year we sponsored Sayer Satterwhite to HOBY conference. He came back full of ideas and has become a leader at Ames High in several organizations and clubs. He went to state in swimming, worked on the Quiz Bowl, and Team Nutrino, a robotics club at ISU. He will be majoring in engineering and he wants to return to work at HOBY as a camp counselor. This year we will sponsor Miles Ennis, HS sophomore. He is the oldest of 5. He is the ensemble drummer for three different churches. He like helping in the community; twice a year he goes to Haiti to help build schools and teach English. He plans to attend Victory Bible College for a worship degree. He hopes HOBY this June 7-9 will make him a better leader. His mother Dianne and his sister Destiny were also our guests.

February 22nd 2019 Program
Andy and Margie Webb—Volunteer Ombudsman
An Ombudsman is an advocate for a cause that helps to resolve problems in a public setting. Andy and Margie volunteer at local nursing homes. Population over age 65 in Iowa at 20% is one of the lowest in the nation. How many nursing homes in Iowa? — 439. How many Professional Ombudsmen in Iowa to cover the 439 nursing homes? - 7 - 63 homes per ombudsman. Professional Ombudsmen are hired by the state. There is no travel budget and it is illegal for them to travel on their own dime for state work. They make phone calls, send emails and send out Volunteer Ombudsmen. How many nursing homes in Story County— 17; how many Volunteer Ombudsmen —3. So each Volunteer makes regular house calls on about 6 nursing homes every month. Who supervises nursing homes—Inspections and Review whose reports are public record. Average age in nursing homes? - 82. Volunteers also check out the facility and make sure they are treating the people with respect and dignity. Nursing home fee per month, on average $7,200. A Volunteer Ombudsman is a voice for the resident.

February 15th 2019 Program
Jenny Risher, New School Superintendent and Gerry Peters, Head of Building Maintenance
Jenny started her career as a primary grade teacher at the foot of Mount St. Helens. Her daughter went to Kansas State and fell in love with the Midwest. Jenny followed looking for a position as a superintendent of schools somewhere in the Midwest. She applied in Ames and got the position last year. As a bonus her daughter applied to ISU for their Vet Med school and was accepted. Her son is studying Secondary Education at the University of Hawaii. Ames Community School District is committed to equity and access that empowers every individual to reach their full personal and educational potential. Her goals—1. Mental Health Support—services in the school. 2. Career and Technical Education Pathways—classes offering college 3. Equity and access to a common curriculum. Recent Construction—3 new elementary buildings; 2 buildings renovated and expanded; new District Administration building; new maintenance building; new High School is being designed with 37% increase in program area and a 21% increase in the total size of the building. It should break ground in 2020 and be completed by 2021. Challenges: navigate open enrollment; update our programs and curriculum.

February 8th 2019 Program
Adam Copeland—People, Pigs and the Planet
Adam, a Texas native, wears the big buckle to prove it. He moved to Iowa in February 2018 with his
dogs Chick and Lady. As a Food Animal Resident at ISU, he is working on One Health — Human Medicine and Vet Medicine need to work together to bring the best results. Operation Main Street is a program to spread the word about what a Veterinarian does. How do you stay healthy — eat healthy things, exercise more and take care of your body. If you get sick go to the doctor and he will likely write you a prescription. With livestock, especially pigs, it is best to keep them healthy and prevent diseases rather than treating an illness. The farmer does this by providing proper diet, fresh water and safe and sanitary housing. They use biosecurity methods to keep swine housing clean: wash and put on clean clothes then wash and put on clean clothes when leaving the barn. Pig farmers use Vet oversight when they use vaccines and they try to reduce vaccine use by keeping swine environment clean.

February 1st 2019 Program
Iowa Able Foundation - Executive Director Anna Magnusson
The Foundation provides micro-loans at low or no interest depending on the client's needs -
  Loans to aged or disabled for assistive technology
  Start-up employment loans of $25,000 to $100 for small business with a written business plan.
  Credit builder loans - borrowers with poor credit buy something on credit and make timely payments to establish good credit. Borrowers also meet with a Credit Coach to discuss finances and money management; help them feel good about having spending money.
  Sense and Sensibility - A class on what a budget is, how to read a credit report.
Clients who receive a loan are eligible for a savings account at Bankers Trust.
Client default rate is a low 4%. They offer payment holidays or loan extensions to clients who will work with them on ways to meet their obligations. Funding comes from business sponsors and individuals and from interest on donations.
Staff listens to clients; not at how they look. Everyone can contribute to the Foundation where we live, work and play. Their office is in the Collegent Methodist Annex on Sheldon.

January 25th 2019 Program
Dermot Hayes - The Trade War and Iowa
Dermot is a Distinguished Professor at ISU in the Department of Economics.
The current trade war began March of 2018 when the US imposed tariffs on products from China, Mexico, Canada and the EU, mostly steel. China retaliated with tariffs on pork, soybeans, and corn. Other countries also imposed retaliatory tariffs. Farm products are now cheap in the US because they are not going overseas. Farmers are losing $25-$50 per acre on corn and soybeans. The only company in Iowa that is doing better is an aluminum smelter; we are losing the war. The duties will continue until the new USMCA Deal is ratified. A new round of tariffs are set to begin in March. Tariffs tend to encourage home production, sometimes with government subsidies. They also cause countries to seek supplies elsewhere. For example Brazil for soybeans. The losing country may find it difficult to get that business back. Closed borders or trade wars eventually makes the quality of life decline. We all are better with open trade between countries.

January 18th 2019 Program
Linda Doyle, CEO of Northcrest Community - Retirement and Independent Living
Linda has been at Northcrest 25+ years and has seen several choices for retirement living come to the Ames area.
• Green Hills—Equity ownership with continuum of care
• Northridge Village—Monthly rental with continuum of care
• Village Coop and Vintage Coop — Apartment Rental with no other services
• Assisted Living Communities—Bickford Cottage, Waterford, etc
• Bethany Life Choices—Purchasing services while living in your own home
• Northcrest Community—Type A Care Community means guaranteed lifetime care. There is an entrance fee and a monthly fee. You decide on what level of housing and care you want. They are adding 48 apartments and over the last 50 years they have added apartments, town
homes and assisted living facilities. Long term care insurance benefits will apply to the monthly cost and this cost can be less than a nursing home cost. Their Heartwood Home was built in 2002 with 14 private rooms for memory loss patients.

**January 11th 2019 Program**  
**Madison Kuhn—Teenagers Against Human Trafficking (TAHT)**  
Madison has a BA in Sociology, is an Ames resident, has been at YSS for four months, is married and has a cat. To Geri’s favorite question Madison says her favorite pizza is peperoni. Human trafficking is forced labor or sexual exploitation through force, fraud or coercion.TAHT was begun by Lexi, an Ankeny High School student. Lexi asked YSS to take over the program when she graduated. The group works with 7th to HS seniors giving them information on how to avoid becoming a victim. Purchase price of a human is less now than it was in slavery times.

**January 4th 2019 Program**  
**David Faux, Interpretation Specialist, Iowa State University Campus Art Program**  
Iowa State University is home to one of the largest campus public art programs in the United States. Over 2,000 public works of art make up the Art on Campus Collection, and are located across campus in buildings, courtyards, open spaces and classrooms. Iowa State’s public art is not required to be beautiful, but it is required to be intellectually relevant to the contemporary campus and utilized in curricula. The Art on Campus Collection and Program, formalized in 1980, includes acquisition, care and maintenance in addition to scholarship and educational programming. The program began with Grant Wood and Christian Peterson art during the Great Recession and the WPA. Grant Wood was in charge of the Midwest Region and Christian Peterson was the first artist in residence at a major university. Until cancelled by the Iowa Legislature, the art collection has been supported by law requiring 1/2 of each penny spent on building projects be for art. New ISU President Wendy Wintersteen has decided to continue the program even though not required by law.

**November 30th 2018 Program**  
**Dr. Balaji Narasimhan—Nanovaccines**

**November 16th 2018 Program**  
**Dr. Craig Anderson—Media Violence**

**October 26th 2018 Program**  
**Aaron Stegemöller —Professional Singer**

**October 12th 2018 Program**  
**Captain Suzanne Mulet, Marine Officer Instructor, Navy ROTC at ISU. Introduced by Bob Watson.**

**September 14th 2018 Program**  
**George Belitsos, Hobbits Hill - Lets Talk about Goats and Llamas**

**September 7th 2018 Program**  
**Mikayla Sullivan - Kinosol – solar powered food dehydrator**

**August 31st 2018 Program**  
**Rebecca Lyons, LunchSox.com founder**

**July 13th 2018 Program**  
**Wild Birds Unlimited—Linda Thomas: Finding Gold in Your Backyard**
June 29th 2018 Program
The Upside of Downsizing - Tracey Stoll, an Ames native and professional downsizer.

June 22nd 2018 Program
Ames Christian School - Barb Vincent, Development Director

May 25th 2018 Program
YSS Transitional Program - Hope Metheny, Lighthouse/TLP Program Coordinator of Story and Boone Counties

May 18th 2018 Program
Ames Children’s Choir - Shon Stephenson

May 4th 2018 Program
United Way Story County Reads Program - Malai Amfahr

April 20th 2018 Program
Raising Readers - Kim Hanna

April 6th 2018 Program:
The Opiod Epidemic—Jason Haglund of YSS

MARY BRACKEN: IOWA PUBLIC TELEVISION

March 16th 2018 Program:
Allison Dietzenbach, Volunteer and Event Coordinator at YSS - Reggie’s Sleepout

February 23rd 2018 Program
ISU Professor Deb Tootle - Rural Sociology-Small Town Iowa Project

February 16th 2018 Program
Jesse Tobin, Director of Philanthropy - Girl Scouts of America

February 2nd 2018 Program
Erica Axiotis — Childserve Director of Advancement

January 19th 2018 Program:
Marion Kresse—Boost Together for Children.

January 12th 2018 Program:
Joann Lee - ACEs (Adverse Childhood Experiences)

January 5th 2018 Program:
Liz Beck, Development Officer of the Ames Library Friends Foundation.

December 15th 2017 Program:
Ali Sauer: Boys and Girls Club

December 8th 2017 Program
Karin Chitty, Executive Director, Campustown Action Association: Campustown Review
October 27th 2017 Program
Jennifer Ellis: Friendship Ark Homes

October 20th 2017 Program
Betty Bocella: Story County Emergency Management

October 13th 2017 Program
Carrie Moser: Emergency Residence Project

October 6TH 2017 Program
Lisa Heddens: NAMI of Central Iowa

SEPTEMBER 22ND 2017 PROGRAM
YWCA: Girls Power.

JULY 7TH 2017 PROGRAM
Jeff Kopaska and Ryan Smalley: Ames Girls Softball Association

MARCH 31ST PROGRAM 2017
ISU Institute for Transportation: Neal Hawkins

MARCH 24TH PROGRAM 2017
Threshold Learning Center in Zearing - Gretta Reischauer

MARCH 10TH PROGRAM 2017
Ames Children’s Theater: Carole Horowitz and Maureen Friedrich

JANUARY 27TH PROGRAM 2017
Aaron Steele: Goats on the Go!

JUNE 10TH 2016
Christy Johnson-Lynch, Iowa State University Volleyball Head Coach

October 30th 2015
Christian Manahl: Magic!

April 10th 2015
Ames High School: String Quintet.