

A SAMPLE OF OUR WEEKLY PROGRAMS

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 3,000 works of art make up the Art on Campus Collection, and are located across campus in buildings, courtyards, open spaces and classrooms. The art is not required to be beautiful, but it is required to be intellectually relevant to the contemporary campus and utilized in curricula. The Collection, formalized in 1980, includes acquisition, care and maintenance in addition to scholarship and educational programming. The art program began with Grant Wood and Christian Peterson 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. Iowa law stated that ½ of 1 penny spent on the building project had to be for art. This program was cancelled by the last Iowa Legislature but the new ISU President Wendy Wintersteen has decided to continue the program on campus.

2018 Programs

December 14TH Program

Brad Frehoffer LBGYQ advocate on campus.

Brad grew up in Wisconsin, Social Justice Monitor and k-12 special ed teacher. His father was a probation and parole officer and his brother is the typical athletic midwestern dude. Brad asked questions about everything growing up. He attended Minnesota State at Mankato. MS has the 2nd oldest LBGYQ center in the nation. He was offered a job at ISU and when looking to see what this state was about he discovered that Iowa is: 1. top five in volunteerism, 2. 14th oldest LBGYQ center founded in 1992 at ISU the 4th founded in 1989 is at Grinnell college 3. ISU has hosted the LBGYQ conference three times 93, 04 and 12. The three pillars of LBGYQ: 1. Pride of who you are, 2. Community—Find each other and know they are not alone, 3. Leadership—learn how to thrive and be themselves and then serve the community. There are two staff members on campus and 10 organizations which they can call to help with a project. They also meet with businesses and companies to make sure all people can be comfortable in the workplace. They are moving into new space next year in the Union on the 3rd floor in the old study abroad space. They had 100s of event to raise the funds for the new space, they received a grant from the ISU Foundation and they have an Amazon wish list. The new space will have a neutral accessible restroom. which is very important to the clients. The center has saved lives of clients because they find out they are not alone, and the staff can help clients deal with their challenges.

November 30TH Program

Dr. Balaji Narasimhan—Nanovaccines

Dr. Narasimhan is a Chemical Engineer who has been at ISU for 18 years. Nano vaccines are treatments being developed that can assist in treating new or reemerging diseases in a more direct way. Last year the flu shot did not work in individuals 65 or older. Every year it is a guess as to what the cocktail should cover. Nano vaccines would help make this guess better by eliminating the antibiotic resistance which is passed along to the next generation. 97 cents of every dollar is used to treat the disease and only 3 cents is spent on protection from that disease. The vaccines used to fight the disease are in a cold chain which means they need to be kept cold at all times and most of the cost of this treatment in the 3rd world is to just keep the medicine cold and viable. Nano vaccines are being developed to be viable at room temperature. Using the nanos against cancer can add years to a life. They have not found a cure yet but life is better because it will not affect the body as chemical treatments can destroy healthy cells also. Nano vaccines are also being developed to be self medicating through nasal sprays and will be less costly than

hospitalization to inject chemicals into your system.

November 16TH Program

Dr. Craig Anderson—Media Violence

Dr. Anderson is a distinguished Professor at Iowa State and had been studying Media Violence and for the past 30 years. He claims that its a lie that violent video games or media images are not a factor in violence in children. His kids were not allowed to view violent video games as they were growing up,

1. Violent video games are a powerful socialization tool. College students used to spend 5 hours a week on these games. Now they spend 40+ hours thinking on how to kill someone in the game.

2. Games affect gamers in many ways, some positive and some negative.

3. The effect on a player largely depends on content—violent vs nonviolent- and on structure—pace, reactive vs timing. Fast pace can create and make worse attention disorders - good for this specific task but not good for attention to teachers, schoolwork and jobs.

Slow paced shows have positive benefits in socialization and learning such as Sesame Street learning of letters and numbers. Researchers cannot ethically study if violent video games lead to mass murders but studies do show that violent games lead to violent outcomes. Why is violence appealing? It is easier to create an engaging story if violence is part of that story. People understand the revenge motives and violent movies translate across cultures more than non violent movies. People are hard wired to see violence and react

November 2nd Program

Awards Day for our membership— We had 22 individuals gather 206 years of Perfect

Attendance this year but with the passing of Denny Jones, Wally Schloerke, and Ken Larson we are missing over an additional 80 years of perfect attendance. We also honored those individuals who have been members of our club for 20+ years. You receive the Legion of Honor from our club when you have been a Kiwanian for 20 years; at 25 you receive the Kiwanis International Legion of Honor.

Club Legion of Honor

20 years—Herman Quirnbach, Steve Sapp

KI Legion of Honor

25 years—Nate Brammer, Don Wishart

35 years—Art Pohm

40 years— Dennis Jones (posthumous)

45 years - Gary Wade

October 26th Program

Aaron Stegemöller —Professional Singer

Aaron is a Texas native. After 20 years of performing throughout Canada, North America, and part of Europe, He has taken respite from the performance lifestyle to raise his 2 daughters closer to home. Joining him was his accompanist Barb Atkins. Aaron sang several songs from familiar to operatic. He gave us back-stories on each piece including one from an obscure Broadway flop - this song is all that remains. Audience questions elicited some of Aaron's back-story. He found his voice in High School when they needed more men for the senior show "Carousel". He did West Texas Summer Operas which was like summer stock for actors. Later he studied at Arkansas University. Every day he works on his voice to keep the color and timbre were he likes it to be. He feels that vocal performing is moving to less refined, younger, more actor type voice. He and his wife moved to Ames for her to take an offer from the ISU Kinesiology Department. She is on the tenure track making their financial future more secure. Aaron is singing in the 1st Baptist Church choir with Jack Cleasby who is thrilled to have him in their choir. His present fulltime job is as member of the maintenance crew at Green Hills.

October 19th Program

Club Committees—President Steve Sapp

President Sapp tried something new to our club - a meeting devoted completely to committee meetings. Several committees met for the first 20 minutes. Then different committees met for the next 20 minutes. Any member interested in learning more about a committee joined the meeting. If it didn't seem to fit the member could move to a different committee. The concept was interesting and generated several good comments.

October 12th Program

Captain Suzanne Mulet, Marine Officer Instructor, Navy ROTC at ISU. Introduced by Bob Watson.

As part of a very interesting Marine Corps career, in Nov 2015, Capt. Mulet reported to the Navy ROTC at ISU where her duties include: Advisor to the Midshipmen Battalion, Physical Security Officer, Naval Science Instructor, Safety Officer and preparing Marines for Officer Candidate School. Freshman on scholarship in the Program do summer shadow training in submarines, flight school and nuclear. Sophomores shadow Navy or Marine enlisted men during summer break. Junior year is the first class cruise where they get yelled at a lot. Their college work requires physical training for 1-2 hours in addition to the training they do on their own. They have to keep a 2.5 cumulative GPA and once they get a scholarship they need to keep a 3.2 GPA. There are 86 members—2 post grads, 20 seniors, 9 juniors, 24 sophomores, 24 freshmen. The Marine unit has 18 on scholarship, 3 GI bills, 9 college programs. The Navy unit has 30 scholarships, 4 GI bills and 21 are in college programs. Besides class time, they also had a Tail Gate for past members, a Blood Drive for the Red Cross, threw the Navy/Marine Ball and of course assisted our club in cleaning up after our Pancake Days.

October 5th Program

Review of last Kiwanis year with past President Cynthia Gaunt

Three new members joined our ranks. She led a group of 5 members to the international convention in Las Vegas and all had a really good time. Several attended the district convention in Des Moines and attended the Miracle League baseball games. We started the yard sign program and it has been successful in advertising our activities. The summer picnic with the Lethal Luau theme was enjoyed and entertained by all who attended. A Key Club in Gilbert is being explored and Bill Bossenburger is interested in being the advisor. Llamas at Hobbit's Hill were a hit and several people got "kissed" that day by the llamas. Miracle Park fundraising was successful by our District, enough to sponsor a dugout. She was thankful that the club allowed her to take a break and carried on in her absence after her husband Jim passed away suddenly and the support everyone gave her at that time. Cynthia ended with a good luck in the coming 18-19 Kiwanis year to Steve Sapp and then Steve had her sign a book and he rang the bell for our dismissal.

September 21st Program

Installation of the new officers for our 2018-2019 Kiwanis year.

September 14th Program

George Belitsos, Hobbits Hill - Lets Talk about Goats and Llamas

George introduced his animal caretakers Matt Church and Jo Lynn Bowman both students at Iowa State University. Surprisingly they are not in animal sciences but in engineering; they both love animals. two 8-week old goats sang loudly all during lunch because they wanted their bottles. We were greeted by Nick and Norman as we arrived, 1 year old goats who are very well behaved and follow George and the other

Hobbits Hill people around like dogs. Hobbits Hill is a sanctuary for abandoned and mistreated animals. One of those now in residence is Gertrude the chicken. Hobbits Hill has three mother llamas and three daughters. Llamas are pack animals, related to camels. Their wool is very soft; they are sheared twice a year. George displayed 17 scarves and 3 rugs made from just one shearing. Llamas are excellent guard animals. They are increasingly replacing farm guard dogs.

September 7th Program

Mikayla Sullivan – Kinosol

During her sophomore year at ISU, Mikayla and a few other students saw the need to reduce global food waste at the producer level. Third world countries use drying to preserve foods but laying the food out in the sun exposes it to insects, weather and dirt. While at a conference in Germany on how to improve food usage, her group came up with the design for a solar powered food dehydrator that protected the food from insects and the elements, was portable, very durable and could be assembled without the use of tools. The Kinosol is smaller than other dehydrators in Africa. The larger units are more expensive and take longer to dry a crop. The Kinosol was field tested in 2016-17 in 40 different countries from South America to the Far East. They discovered that it dried the food better and also generated more income for the farmers so they could invest more in their production. They received an 11% increase every year for the past 4 years. Mikayla and friends goal in 2018 is to deliver 1000 Kinosol Food Dehydrator units to East Africa.

August 31st Program

Rebecca Lyons, LunchSox.com founder

LunchSox is an online store, developed by Rebecca, to help feed the hungry. For each pair of sox sold a child receives a lunch. Rebecca is an ISU student in AgEd and a minor in Entrepreneurial Studies. She grew up on a Dairy farm in eastern Iowa and has a passion to use her studies to better the world. She started LunchSox with 10 pairs of soxs and an LLC business online. The soxs were sold within one hour and so the idea began. Everyone has and needs soxs especially creative, colorful, soft soxs. Last holiday season she purchased more soxs from a wholesaler. She developed a pop-up shop in brick and mortar stores along with her online shop. She took the Cy Starter 10 week mentorship to get the business going, organize a better supply chain and increase the quality of her product. Rebecca is now looking at local needs for food in her home town of Clinton, Iowa. She gives funds to Back Pack Buddies who provide nonperishable food to students to make sure they have food for the weekend. She also is working with the school gardens idea which teaches students to grow their own foods. Her goal is to sell enough soxs to donate one million meals by her 25th birthday in 2022. She is looking to employ a supply manager. The soxs sell for \$15 per pair or a bundle of 5 for \$50 and are available from her website LunchSox.com. Her two favorite sayings are “You can’t take a u-haul behind a horse” and “Founders work on their business not in their business”.

August 25th Program

Lethal Luau—Our Summer Social

The hall was decorated with palm trees, images of Hawaii, images of Hula girls, paper lanterns. Festive center pieces, finger food made of candies in the shape of crabs, tropical blue jello salad surrounded by crushed graham cracker sand, an umbrella and two sunbathing jelly turtles adorned the tables. Geri set the murder scene and introduced the suspects and questioners. Suspects: Nadia - the swimsuit model – Ronnie, Joey - the surfer dude – John, Holly - the wealthy socialite – Sue, Chief - the tribal chief – Mike, Leilani - the hula dancer – Anne, Les - the bumbling tourist – Ted; Questioners: Birdie - the golf pro – Marla, Rip - the scuba diver – Bernie. During dinner the guests discussed who they thought the killer was and the suspects again tried to put on the best innocent face. Everyone voted which suspect they believed did the dirty deed. The prize for most votes went to Ted MacDonald, he won the pink Flamingo (He wasn't

the killer).

August 3rd Program

Tim Tryon: Scholarship Awards

The committee looked at mostly community service and those students who had a high level of involvement and leadership in the activities. Extra curricular activities, clubs, church programs, employment, and future plans were also taken into account along with grade points and a statement of why the student needs the scholarship money. The recipients are: Nathan Chasey—son of Michelle and Mark Chasey of Ames. His future plans include playing professional baseball and a career in the car business as a backup. Eric Davis—son of Penney and John Davis will be studying Ag Ed at Iowa State. Elaina Borg—Daughter of Laureen and Barton Borg of Ames has plans to go to Drake University and get a Double Major in music and Pre-Pharmacy/Law. She wants to help people by being creative or teaching. She plays violin, viola, piano and sings, participates in 4H, Boys and Girls Club, playing music for special events, DSM youth symphony and would like to teach violin eventually. She played xylophone in marching band and drums and vibraphone in the Gilbert Jazz Band.

July 27th Program

Gary Wade: Downsizing

Know what is important to you and what is not. One person's junk is another person's treasure and Gary lately has had a lot of deciding to do on what is junk and treasure. Three homes to clean out from family passing away. Gary told the story of the lady next door who was a recluse and a hoarder. When she passed away her children walked into her home, stepped back and asked the nice neighbors if they would clean out the house and keep what they found. Gary was told to burn all the old magazines that were waist high in every room. After burning his way through a third of the stuff he decided to practice his hook shot and as the magazine flew through the air money came out: a \$10 and a \$5. Gary picked up the next one, ruffled through it and found nothing. Thinking the first was a fluke, he hooked another and a \$20 and a \$5 fluttered out. Gary spent the rest of the day opening newspapers and magazines and found \$18,000 in small bills. No, he didn't get to keep it all, but he did get a \$25 finders fee. His mom's house was the hardest to clear. They found unopened presents, shoes still in their boxes and \$6,000 in small bills.

July 13th Program

Wild Birds Unlimited—Linda Thomas: Finding Gold in Your Backyard

Opened in 1999, she is an ISU grad in Textiles and clothing. Bird watching is just an easy thing to do in your backyard just give birds what they need food, water, shelter and they will find you; it depends on what type of food for what you attract. For American goldfinches—one of the most favorite birds which is sometimes called a Wild Canary but is actually a member of the finch family and is the Iowa state bird since 1933 but is also the state bird of New Jersey and the State of Washington. In the summer the male will have the distinctive black cap and bright yellow feathers but the female is a blotchy color and no cap this occurs between mid April to Mid November. Then the male also becomes blotchy and loses its cap. These birds find food by sight so it is good to have the feeder where it can be seen but not gotten into by other animals. They like Nyger thistles, or sunflower chips or a half and half blend but these seeds tend to dry out so keep the food fresh and loose. For water a birdbath with a mister or dripper to keep the water moving is a good feature to provide. Find a place in your yard across from a window and you will have the enjoyment of watching these birds in all seasons.

June 29th Program

The Upside of Downsizing - TRACEY STOLL, an Ames native and professional downsizer.

Why downsize? Tracey noted that as folks, particularly seniors who have accumulated a lifetime

of keep-sakes, begin to downsize they may be overwhelmed, anxious, resentful or feel grief at their loss.

Other benefits to downsizing include: providing treasures for others, the lifting of a burden, gaining more room and improving household safety. Tracey also pointed out frankly that kids, particularly baby boomers, don't necessarily want their parents belongings. Hints to downsizing: Start early, small and targeting one area at a time. Don't just put things into storage—make a decision and move on to each item. Ask a non-involved friend to help make decisions.

June 22nd Program

Ames Christian School – Barb Vincent, Development Director

The school emphasizes Christian principles, small class sizes and is multi-denominational. The school is located on South 16th Street. A group of parents started the school in 1992 and classes were held in several churches until the school was constructed in 2001. There are 92 students K-5th, 9 full time and 6 part-time staff. The budget is met by tuitions, special events and donations from private individuals. Tuition is \$550-\$590 and, if there is a second or third child, there is a discount of 10-20 percent. Parents serve lunch with food delivered by Ames High School or Ames Middle School.

May 25th Program

YSS Transitional Program – Hope Metheny, Lighthouse/TLP Program Coordinator of Story and Boone Counties

Youth and young adults in Iowa struggle with homelessness for many reasons. They may have aged out of the foster care system, cannot live safely with a parent or family member, or don't have stable living arrangements. YSS Transitional Program focuses on helping these homeless youth - including pregnant or parenting families - to live independently and become self-sufficient. Often a last resort for runaway and homeless youth, the YSS Transitional Living (TLP) and Supportive Housing Programs (Rapid Rehousing – RRH) help those who are non-system involved, meaning they are not placed or directly supported by any governmental payment agency. A case manager works one-on-one with each client to help them set and achieve educational, employment, and independent living goals. They have 8 different sites which have 18 adult beds and the adults average 2.2 kids. The program begins with crisis resolution for if you are in crisis you really cannot work on getting better. If the program beds are full they place people at Rosedale Shelter.

May 18th Program

Ames Children's Choir – Shon Stephenson

The Ames Children's Choirs program aspires to the best in the American choral tradition for young singers. The focus is the development of self-esteem through artistic experience including healthy vocal technique, expressive singing, and music literacy. The program promotes musical excellence, performing music from all style periods, cultures and traditions including premiering new works, the potential and achievements of young people, collaborating with professional musicians and ensembles, creating connections in the community and throughout the world, volunteerism, making the program available to all musically talented children, and the joy of singing. The choir was founded in 1995 by Dr. Sylvia Munsen and the choir does major choir concerts and special performances. They sing classical to American compositions and the advanced choir has traveled abroad several times to sing at choir events.

May 4th Program

United Way Story County Reads Program – Malai Amfahr

Education, financial stability and health are the main reasons children fall behind in school and need extra reading support. Story County Reads works with many other organizations to provide reading assistance, food and health care to children. YSS, Raising Readers and Ames Public Library are just a few of their partners. And of course it takes many volunteers. Following are some summer programs to keep kids from losing education ground in summer: Little Cyclone Camp 4 days a week at Meeker Elementary, Lunch Program at the Library, Harrison Barnes Reading Academy, Super K – transition from home to Kindergarten classroom.

April 20th Program

Raising Readers – Kim Hanna

Improve literacy and language development in children from birth to 8 years. Teach parents how important books and reading to their kids are to childhood development. They distribute 16-18 thousand books each year to Reachout And Read, Salvation Army, doctors' offices and food pantries. They love donations of gently used books, especially childrens' books.

April 6th Program:

The Opioid Epidemic—Jason Haglund of YSS

64,000 people in the U.S. died of opioid overdose in 2016; 91 Americans every day. Opioids are very addictive because they attach directly to the pain sensors in the brain. Over time it takes more and more of the drug to get that feeling. In just 30 days users would very likely be addicted to the drugs for years. Taking more of the drugs then leads to a greater chance of overdosing. An overdose inhibits breathing, the person suffocates and will die in 4-6 minutes. Local police and first responders now carry Narcan, an opioid antidote. The ingredient naloxone blocks the opioids from attaching to the receptors of the brain and allows the body to function again but one treatment is not enough in most cases and further medical treatment is usually needed. Narcan does nothing to a person who is not on drugs and can be given to anyone of any age. The Ames Police have saved 3 lives in the past 3 months because they now carry Narcan. It is important to correctly dispose of unused opioids. Most pharmacies will take them (e.g. Medicap in Ames) or put them in the police station used drug collection box. Having drugs in the home is the leader of drug use by younger kids.

March 30th Program:

ACCESS: Virginia Griesheimer—Asst. Director of Access

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

March 23rd Program:

MARY BRACKEN: IOWA PUBLIC TELEVISION

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

million viewers each month turn to IPTV. Iowa Public Television began in Iowa in 1967 when the State Educational Radio and Television Facility Board was created and charged with developing a state network to broadcast educational programs. IPTV delivers programs on four television channels through 9 transmitters. This summer, 26 lucky Iowa communities will receive a visit from Iowa Public Television's Dan Wardell as a part of his twelfth annual Reading Road Trip.

March 16TH Program:

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

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

March 2nd Program:

HOBYPast and Present

Ames Noon Kiwanis recently awarded a scholarship to Ames High School student Sayre Satterwhite to allow him to attend the 2018 HOBYPast and Present Youth Leadership Conference to be held at Drake University in June. The HOBYPast and Present conference is an annual event funded by former television personality Hugh O'Brien.

February 23rd Program

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

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

February 16th Program

Jesse Tobin, Director of Philanthropy - Girl Scouts of America

This is the time of year to purchase cookies. Girl Scouts was started in Savannah, Georgia in 1912 by Juliette Gordon Law. Girls can do anything in Girl Scouts based under 5 larger headings— Science and Technology, Financial Literacy, Healthy Living, Environmental Leadership and Global Leadership. A troop consists of any girl from K-12th grade, that meet together and have 2 unrelated adult leaders. In this Girls Scouts of Greater Iowa Council there are 11,000 girls, 3,000 adults and 50 staff it covers 67 Iowa counties, 2 South Dakota counties and one Nebraska county and is the number one growing council in the US. In Story County there are 450 girls and 50 Troops and the troops have received a Story County Community Foundation grant that provided each K-3rd grade troop with a \$99 Goldblox Kit which allows the girls to build a working robot and complete their Mechanical Engineering badge.

February 2nd Program

Erica Axiotis — Childserve Director of Advancement

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

January 26th Program:

Nancy Gebhart—Educator of Visual Literacy and Learning

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

January 19th Program:

Marion Kresse—Boost Together for Children.

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

January 12th Program:

Joann Lee - ACEs (Adverse Childhood Experiences)

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

can be taught, children need connections to the social community, and need to be involved in social activities. To build a better future we need to build better brains and what is predictable is preventable.

January 5th 2018 Program:

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

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

2017 PROGRAMS

December 29th 2017 Program

Judy Eyles, Director—Pappajohn center for entrepreneurship at ISU

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

December 15th Program:

Ali Sauer: Boys and Girls Club

The Club has been in Story County for over 50 years and is serving 105-125 kids per day and in the summer averaged 132. They are cultivating hope and opportunities by promoting what Ali calls the three pillars - Academic Success, Healthy Lifestyles, and Character Development. The Club is open right after school. The school district busses children directly to the club. Every day they have Power Hour which assists the children in their reading, homework, and learning activities. The cost per school year for each child is \$25 with scholarships for those who cannot afford even this small fee. Cost for the summer program is also \$25. The actual cost to the club per child is \$1000 per year so fundraising and donations are important. Once a week a chef comes to teach kids how to make basic things safely in their own kitchens so they can, if available, feed themselves. Volunteers, many of whom are ISU students, assist by playing games, reading and working with the youth.

December 8th Program

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

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

October 27TH Program

Jennifer Ellis: Friendship Ark Homes

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

October 20TH Program

Betty Bocella: Volunteer for Emergency Management

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

October 13th Program

Carrie Moser: Emergency Residence Project

ERP gave 8500 nights of shelter last year which did not include their transitional living spaces. They try to work with people before they are homeless because it is less expensive to keep a person in their home than shelter them while looking for a new home. It also is hard to establish yourself as a stable person if you do not have an address to put on employment forms.

October 6TH Program

Lisa Heddens: NAMI of Central Iowa

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

SEPTEMBER 22ND PROGRAM

YWCA: Girls Power.

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

AUGUST 4TH PROGRAM

Jerilyn Louge: Osher Lifelong Learning Institute.

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

JULY 7TH PROGRAM 2017

Jeff Kopaska and Ryan Smalley: Ames Girls Softball Association

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

MAY 19TH PROGRAM 2017

Ames High School DECA Competes in California

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

APRIL 7TH PROGRAM 2017

Ursula Ruedenberg: KHOI Radio

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

MARCH 31ST PROGRAM 2017

ISU Institute for Transportation: Neal Hawkins

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

MARCH 24TH PROGRAM 2017

Threshold Learning Center in Zearing – Gretta Reischauer

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

MARCH 10TH PROGRAM 2017

Ames Children's Theater: Carole Horowitz and Maureen Friedrich

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

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.

2016 PROGRAMS

DECEMBER 9TH 2016

Rich Lee: Challenging Heights

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

JUNE 10TH 2016

Christy Johnson-Lynch, Iowa State University Volleyball Head Coach

"Recruiting is my job," explained Johnson-Lynch. "Our success is defined by being able to spot those players who will grow to become better and be able to play and win at the collegiate - at Iowa State's - level." Johnson-Lynch has taken her teams to 10 NCAA Volleyball Championship tournaments in a row. Eleven of her players have earned All-American honors. She was Big 12 Coach of the Year and Asics/Volleyball Magazine's National Coach of the Year in 2009. And she managed to recruit Iowa High School Female Athletes of the Year twice.

2015 PROGRAMS

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.