



KIWANOGRAM

Guests:

Bob Luening, former member and guest of Arlin Brannstrom; Jeff Jurrens, son of Virgil; Diane Stumpf, spouse of Chuck; and Jim Sheridan, guest of Tom McCrill.

Program:

John Dopp, an Associate Professor in the UW School of Pharmacy, described his research and teaching related to sleeping disorders. Normal humans spend about one-third of their life asleep, more than any other single activity. From six to nine hours of sleep is optimal. Adequacy of sleep is function of duration, timing and quality.

Neuro chemistry of sleep involves the study naturally occurring chemicals developed in the human brain which impact wakefulness and sleep. Correction of sleep problems is done by prescribing medicines which adjust the levels of these chemicals. Dr. Dopp provided a comprehensive list of potential drugs to treat sleep disorders. Adverse effects of sleep management over sedation, psychomotor retardation, falls, anterograde anemia and rebound insomnia.

Research findings indicate herbal supplements are not consistently effective in solving sleep disorders. Some patients have found them to be effective and they are encouraged to continue taking the supplement.

Dr. Dopp discussed on narcolepsy, which may be addressed with a strategic day time nap, and sleep apnea, which is addressed by eliminating air passage obstruction while sleeping

Up coming Programs

Date	Program	Greeter	Opening Word
August 8	Yell and Tell Jean Davidson	John Roberts	D. Rohweder
August 16	District Convention at Marriott Middleton Boys and Girls Club Michael Johnson	District will arrange	

August 1, 2014

Presiding: Bill Grabel
 Checkpoint: Virgil Jurrens, Dick Vilstrup
 Opening word: Ken Saville
 Greeter: Dave Wendricks
 Raffle Winner: Jim Danner
 ASA Ski Program

Announcements:

Reminder: Bill Grabel announced we will **not** have a club meeting on Friday, August 15 but our weekly meeting will be the August 16, Saturday, luncheon at the 2014 District Convention at the Marriott Middleton. Please note, if you are attending the luncheon, you will need to register for the convention and pay the luncheon fee. If you register after **August 1**, you will need to pay a \$20 late fee in addition to the lunch registration fee. Members attending the convention are encouraged to wear Madison West Kiwanis shirt.

Bruce Hoehne circulated a sign up for the registration table and delegate certification table at the district convention August 15-17. Volunteers are needed for August 15, Friday, and August 16, Saturday.

(More announcements on page 2)

Important Dates

Date	Event
August 6	Board of Directors
August 15	No regular meeting
August 15-17	WI-Upper MI District Convention
August 16	Club Meeting at Convention Luncheon, Marriott Middleton
August 19	Board of Trustees, Lussier Center.
October 15	Service Club Luncheon, Sheraton
November 2	Pancake Breakfast

Meeting Time and Location

Fridays, 11:45 am
Covenant Presbyterian Church
326 South Segoe Road
Madison, WI
Web site: madisonwestkiwanis.com
Email: Admin@madisonwestkiwanis.com

Announcements:

Bill Grabel announced your Board of Directors is meeting on August 6, 7:30 am at the HyVee (Market Grille) in Fitchburg. Members are welcome to attend.

August birthdays recognized today were **Ken Saville** and **Dwayne Rohweder**.

Following is the list of the 2014-15 nominees for our club officers and board of directors:

Carrol Spencer – President;

Mary Mennes – President-Elect;

Bill Grabel - Past-President;

Randy Grobe – Treasurer;

Ron Schuler – Secretary;

Bonnie Hansen and **Travis Wirth**- Board of Directors-2014-17;

Ed Reisch and **Al Wearing** – Board of Directors-2012-15; and

Bill Battista and **Tom McCrill** – Board of Directors-2013-2016.

The annual meeting of the club is scheduled for August 22, when the election for 2014-15, will take place.

Working at Eplegaarden on July 26 were **Marv Beatty, Vern Forrest, Bill Grabel, Marv Heiser, Bruce Hoehne, Ron Schuler, Carrol Spencer** and **Dave Wendricks**. Two wagon loads of firewood were unloaded and seven bundles of firewood were cut and bundled. More work needs to be done in preparing for the 2014 summer season.

Dave Wendricks reported **Bill Grabel, Bruce Hoehne, Ron Schuler, Carrol Spencer** and **Dave** volunteered at Badger Storage on Wednesday, July 30. Seven doors were prepared for painting. Next workdays will be Tuesday, August 5, and Saturday, August 9. Both days, the times are 8:00 am to noon. Badger Storage is located near the corner of Stoughton Road and Highway 30. Contact Dave at 271-5054 if interested.

Club Officers (2013-2014)

President:	Bill Grabel
Vice President	Carrol Spencer
Secretary	Ron Schuler
Treasurer:	Randy Grobe
Past President	Bruce Hoehne

Board of Directors

Bonnie Hansen	Mary Mennes
Ed Reisch	Al Wearing
Bill Battista	Tom McCrill

Fred Ross reported **Scott Kramer** is doing well after his surgery about two weeks.

Harold Green reported a interclub is scheduled with the Verona Kiwanis Club for noon on August 21, at the Verona Park Bank. Another interclub is being scheduled to Platteville Kiwanis in September.

Bill Grabel reported \$230 was collected for the purchase of a wood splitter during the past two meetings. . The cost of the wood splitter was \$200 which was delivered to the previous owner. The extra funds collected will be used to maintain the splitter and purchase fuel for the tractor provided by Eplegaarden.

Notes regarding the member web site:

As members sign up for a club activity or someone signs up a member for a club activity, the member will receive a email message confirming the sign up. The message subject will "Portalbuzz Event Alert, Kiwanis International" and the sender will be comms@Portalbuzz.com Again Portalbuzz is our web provider through Kiwanis International. Currently the only signups available on our web site are the opening word and greeter for our weekly meetings.

Kiwanis International News/History:

During the 2014 Kiwanis International Convention this summer, Director and Officer Insurance has changed, clubs will be billed \$4.00 per member for this insurance. Kiwanis International also has a liability insurance which covers all approved club activities. If someone is injured or there is property loss during a club project, check with your club secretary for the needed Kiwanis information and forms.