From Our President

What it means to me is “Happy Birthday United States of America!”

The land of opportunity and new dreams for all. As most of you know, I wasn’t born in the USA. I am an import, by the route of adoption from Newfoundland, Canada by US military parents. A new beginning in a new country.

Being raised by military parents and eventually being active duty myself, I learned the importance of “love of country.” Not just with words, but by actions. It’s not merely the “flying of a flag” or wearing a “yellow ribbon” to represent supporting our troops. It’s in making a difference in my day to day life.

I believe what we represent as “Kiwanians” is also in line with the core values of being an American. We support opportunity and growth serving our children not only in our country but would wide.

As we approach our first Quarterly Membership Drive this month, let’s each invite one new person to our meeting on July 18th. Again, remember what sparked your attention into becoming part of Kiwanis. Share and invite and grow.

Sincerely,

Erin

July Events

July 4 – No Meeting
July 11 – Business Meeting
July 18 – Lt. Governor Debbie Looby Member Recruitment Mtg.
July 25 – Ann Hast, West Middle School Builders Club Advisor
July 28 – Feeding SD @ Gen. Beadle

Upcoming Events

Aug. 11-13 – 100th District Convention in Watertown
Aug. 18-27 – Central States Fair

Happy Anniversary

July 21 – Herschel & Kay

Monthly Attendance

<table>
<thead>
<tr>
<th>Month</th>
<th>Attendance</th>
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<tbody>
<tr>
<td>Oct.</td>
<td>52.8%</td>
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<tr>
<td>Nov.</td>
<td>50.11%</td>
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<tr>
<td>Dec.</td>
<td>40%</td>
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<td>Jan.</td>
<td>49.25%</td>
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<td>Feb.</td>
<td>46.5%</td>
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<tr>
<td>Mar.</td>
<td>54.75%</td>
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<td>Apr.</td>
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<tr>
<td>May</td>
<td>52%</td>
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<tr>
<td>June</td>
<td>45.25%</td>
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<tr>
<td>Avg.</td>
<td>47.63%</td>
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Attendance Detail

<table>
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<td>June</td>
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<tr>
<td>June</td>
<td>44%</td>
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<td>June</td>
<td>37%</td>
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<tr>
<td>June</td>
<td>56%</td>
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William Shakespeare wrote: “They do not truly love who do not show their love.” Kiwanians know that caring about the needs of others isn’t enough. We show our care through actions, not through words but through service to our community and the children of the world.

**Project Eliminate**

Eliminate Can Progress

<table>
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<th>$57</th>
<th>$63</th>
<th>$54</th>
<th>$74</th>
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<td>$530.00</td>
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**Those In Need of Prayer & Healing**

Darlene D. is fighting cancer and she is in our prayers.

**Pizza Ranch Fundraiser Successful**

Eight club members worked hard for a total of 20 hours at the North Pizza Ranch on June 27. We enjoyed meeting members of a tour group from Georgia, some of which were Kiwanians.
We received $238.15 as our percentage of sales between 5:00 and 8:00. There was $330.84 in donations & tips. That’s a total of $568.99.

**Dinosaur Park Cleanup**

- July 2 – Skip
- July 9 – Gus
- July 16 – Mike
- July 23 – Vern
- July 30 – Brad

**Board Meeting Summary**

The Board of Directors met on June 28 with six members present.

The minutes of the April minutes were approved on a motion by Kathy and seconded by Kathleen.

Kathy presented the Treasurer’s Report. In the May 31 balance sheet she highlighted the negative net income ($1,426.58) in the Youth Service Fund which she said was primarily due to the shoe project. Peanut revenue thru June was $1,800 with expenses of $2,812. The pancake breakfast netted the club $4,194.32 of income.

Kathy reported that Fred said that he has “never seem such a clean forensic review ever.” Volunteer hours were approved for service at nursing homes and hospitals on a motion by Mike and seconded by Brad. Playing Bingo at a nursing home or hospital, helping guest with reading or writing letters, reading to guests, etc. can now give you make up hours.

The next board meeting is scheduled for July 26th at 11:30. You are welcome to visit a board meeting and watch them work.

**Family Wellness**

**Deep Vein Thrombosis, A Silent Danger**

“Despite estimates ranging from 300,000 to 600,000 Americans who suffer from deep vein thrombosis (DVT), it remains a frequently under diagnosed condition with serious consequences” according to Dr. Atul Laddu. A DVT is when a blood clot forms in a deep vein such as in a thigh, lower leg or pelvis that causes a total or partial blockage of the blood flow.

I had an experience with a DVT in my right calf so I know the dangers which why I am sharing this information. I was put on blood thinners which created a new and possibly deadly condition. As the clot starts to dissolve, a portion can break off and travel to the lungs and block the blood flow causing a pulmonary embolism (PE). “The Surgeon General estimates that 100,000 to 180,000 deaths per year are due to PEs.” These conditions are entirely preventable.
**Risk Factors and Symptoms**

DVTs are most common in adults over the age of 40 but they can occur in any age group. Those with diabetes and obesity have a predisposing factor. Women within 12 weeks after giving birth are particularly at high risk for forming blood clots. “DVTs are also caused by prolonged periods of inactivity, including car travel (this was the believed cause of my DVT) and air travel, hospitalization, smoking, and oral estrogen-based contraceptives.

Typical symptoms include acute pain in the calf, discoloration, warmth, and swelling. Your doctor will look to these symptoms for a diagnosis, in conjunction with a physical examination and imaging tests (ultrasound, venography and MRI).

**Prevention and Treatment**

If you look at the common causes of DVTs above it is easy to see some preventions. Reducing/stopping smoking, becoming more active/exercise, loss of weight, taking breaks while driving long distances or during long flights, flexing and pointing your toes while sitting or driving. With my dogs, it meant stopping and walking them periodically; good for both of us.

Treatment options include wearing graduated vascular elastic compression stockings. “A daily self-injected low fixed dose of blood thinner like heparin or fondaparinux is efficient and safe in patients from high-risk groups. For patients undergoing surgery, oral administration of warfarin is common.” A daily baby aspirin may be administered for some patients.

**In Summary**

Dr. Laddu summarized it when he says “While DVT is a very serious condition that can strike at any age, the important message is that it can be prevented in many people. Awareness and advocacy are the most effective tools to lessen the impact of this condition.”

*Source: HealthyLivingMadeSimple.com*

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**Bug With A “Sweet Tooth”**

There is some evidence that mosquitos like “sweet” blood. A report done by Rush University Medical Center says mosquitoes really do have preferences when it comes to whom they bite, according to the Entomological Society of America. This reaction may occur due to high levels of cholesterol, certain acids and concentrations of steroids – these factors cause smells that can attract the female mosquito, which needs blood proteins to nourish her developing eggs.

**How Much Chocolate Do You Eat?**

Each American eats an average of 9.5# of chocolate a year. It doesn’t mean you eat that much as candy bars or Hershey M&Ms. It can be in other forms like coco or shakes.

Don’t be surprised with the next sentence. The Swiss consume on an average of 19.8# of chocolate a year!

In order for the chocolate to help your heart it has to contain at least 60% cacao.
Please review the “Objects of Kiwanis International” shown below. These objects guide the values and conduct of Kiwanians. Please read them carefully. Failure to follow them can be a condition for permanent loss of membership in Kiwanis International in conjunction with the club Bylaws.

The objects of Kiwanis International

These principles have guided Kiwanians’ work since 1924.

To give primacy to the human and spiritual rather than to the material values of life.

To encourage the daily living of the Golden Rule in all human relationships.

To promote the adoption and the application of higher social, business and professional standards.

To develop, by precept and example, a more intelligent, aggressive and serviceable citizenship.

To provide, through Kiwanis clubs, a practical means to form enduring friendships, to render altruistic service and to build better communities.

To cooperate in creating and maintaining that sound public opinion and high idealism which make possible the increase of righteousness, justice, patriotism and goodwill.

In More Modern Language

“To give primacy” means to give the highest importance.
“To develop, by precept and example” means to develop by principle and example.
“To for enduring friendships” means to form lasting friendships.
“To render altruistic service” means to give unselfish service and devotion to the welfare of others.