

**May 1, 2009**

**K-Business of the Day**

**Today's Attendance:**

There were 59 Kiwanians in attendance today with no guests.

**This Week's Program Summary**

Today's speaker was Angelina Jopke, Health Coordinator for Life Line Screening, and her presentation was on Preventive Health Screenings. Ms. Jopke was introduced by **Dave Wendricks**.

Ms. Jopke began her presentation with a fact that Life Line Screening is the largest community based screening organization in the nation. She indicated that heart disease is the leading cause of death in the country, and stroke is the third leading cause. She noted that one third of all strokes happen to people over 65 years old, and she indicated that 80% of strokes are preventable through lifestyle changes and/or medications. Some of the more prevalent risk factors for stroke and heart disease are the following: hereditary, high blood pressure, diabetes, high cholesterol, and smoking.

One of the primary preventive screenings from Life Line are Carotid Artery Screenings to determine the level of plaque buildup in the arteries in the neck. More women will die from stroke than breast cancer, and the primary reason patients end up in nursing homes are the results of strokes. Another significant test is Abdominal Aortic Aneurysm Screening where the process is looking for a weakened aorta in the abdomen. Another screening process is Peripheral Arterial Disease(PAD) screening which is looking for plaque buildup in legs. PAD is the number 1 cause for diabetic amputations, and patients with PAD many times have other vascular issues. Finally, Atrial Fibrillation Screening is looking for any abnormal heart arrhythmias with the simple test of an EKG.

All of these tests can be performed in approximately one and half hours, and the results are sent back to the patient to discuss with their physician. Over 7 million people have been screened by Life Line Screening.

Moral of the Story: An ounce of prevention is worth a pound of cure.

**Contributing Kiwanians**

**PRESIDING.....Ron Schuler**  
**GREETER..... Doyle Behl**  
**CHECK POINT..... Bob and Matty**  
**OPENING WORD .....Karyn Schairer**  
**KOG Reporter.....Al Wearing**  
**MUSIC.....Boomer and Dave**  
**RAFFLE..... Mary Mennes**  
**Soap Box Derby**  
Present Membership.....97

**WEBSITE: madisonwestkiwanis.tripod.com**

*For a listing of FUTURE PROGRAMS:*  
<http://www.wml.org/scripts/BillB/Programs2009.htm>

**President Ron's Announcements**

**Ron** also announced that the Board of Directors will meet on May 6<sup>th</sup> at 7:30 AM at Vitense.  
**Ron** announced that next week's meeting will be the Middle School Awards luncheon.  
**Ron** read a thank you letter from Judy Engel regarding the Music Banquet.  
**Ron** announced that that the sign up sheet is being distributed for the Skip A Meal program this year to support the Kiwanis Childrens's Fund  
**Ron** also thanked **Boomer** and his committee for all the work they did in arranging and executing the 50<sup>th</sup> Anniversary Celebration. Boomer also wanted to thank all the people who helped with the event, particularly the following individuals: **Dave Dickson, Bonnie Bruce, Bobette Heller, Mary Mennes, Rosemary Stare, Fritz Lutze, Bob Spencer, and Ed Reisch**. Boomer also wanted to acknowledge that there are 50<sup>th</sup> Anniversary History Books available for \$5.00. Boomer said there is some great information in the book which **Dave Dickson** prepared for the anniversary celebration.

**Dave LeDuc** introduced **Ed Reid** to the club as the newest member.

## Future K-Meetings

<u>DATE</u>	<u>PROGRAM</u>	<u>KOG EDITOR</u>	<u>GREETER</u>	<u>OPENING WORD</u>
May 8	<b>Middle School Awards Day</b> Student Recognition	AI Wearing	Joe Dresser	TBD
May 15	<b>Dan O'Connell, President Madison Ice</b> Madison Ice Arena-Transition From Public to Private	AI Wearing	John Thomas	Virgil Jurrens
May 22	<b>Watts Memorial Golf Outing</b> Lake Wisconsin and Camp Wawbeek Tour	AI Wearing	Ken Saville	Ken Saville
May 29	<b>Kevin Sweeney</b> History of the Planet Earth	AI Wearing	TDB	TBD
June 5	<b>Dave Zweifel, Editor Emeritus, Cap Times</b> The Dire State of the Newspaper Industry	AI Wearing	TBD	TBD
June 12	<b>Ron Schuler, President Madison West Kiwanis</b> Farm Technology Update	AI Wearing	TBD	TBD
June 19	<b>Mary Kay Baum</b> Crossing Bridges with Hope	AI Wearing	TBD	TBD
June 26	<b>Greg Larson</b> Potosi Brewery	AI Wearing	TBD	TBD
July 10	<b>Margaret Lewis</b> Wisconsin Academy of Science Arts and Letters	AI Wearing	TBD	TBD
July 17	<b>John Wiley, Director, Wi Institute for Discovery</b> Developments at the Wisconsin Institute of Discovery	AI Wearing	TBD	TBD

## Upcoming Activities and Events

May 6	<b>Kiwanis Board Meeting</b>	7:30	<b>Vitense Golf Center</b>
May 8 <sup>th</sup>	<b>Brewers/Cubs Game</b>	TBD	<b>Miller Park</b>
May 16	<b>Better Life Walk/Lussier</b>	9:00	<b>Mansfield Stadium</b>
July 27, 28	<b>Service Club Olympics</b>	TBD	<b>KEVA Sports Center</b>
Sept 23-25	<b>Camp Wawbeek Key Leader Training</b>		<b>Camp Wawbeek</b>

## Member Announcements.

### Hank O Meter

**Dave Dickson** announced that the West Kiwanis Club has raised the Henry Ahlgren scholarship fund target of \$50,000 in approximately three years. Dave was very happy that a club of our size could reach the goal so quickly. Dave also announced that Madison LaFollette student Kathyne Woundraw will be the Henry Ahlgren Scholarship recipient this year.

### Brewers/Cubs Baseball Game

**Robert DeBroux** informed everyone that the bus for the May 8<sup>th</sup> Brewer game will be leaving the Mt. Olive parking lot at 4:00 PM, game is at 7:05, and he anticipates the bus being back at Mt. Olive around midnight.

### Music Banquet Update

**Fred Ross** acknowledged the work and effort of Lou **Unverzagt** for the success of the Music Banquet. Also, Fred indicated that **Bob Johnson** did his usual commendable job at emcee.

### Epplegaarden

**Carrol Spencer** announced that work would begin for this year at Epplegaarden on Saturday morning, May 2<sup>nd</sup>, at 9:00 AM. Carrol indicated that the first effort would be to collect and tie wood bundles, and if there was enough volunteers, they may begin collecting wood for the future as well.

### Annual Golf Outing

**Dave Dickson** indicated that the sign up sheet for the annual golf outing was being circulated at the meeting. The outing will be held on May 22<sup>nd</sup> at Lake Wisconsin Golf Club, with tee times beginning at 7:30 AM. Costs this year will be the same as last year, \$23 with a cart, and \$14 walking. Lunch will be served at Camp Wawbeek following golf

### Slate of Officers

**Dave LeDuc** announced the slate of officers for the next year. The following members will be running for the positions: **Gerry Maruska**-Secretary, **Robert DeBroux**-Treasurer, **Katie Rusch**-Vice President, **AI Wearing**-Programs and President Elect, **Dave Wendrick**-President, and **Ron Schuler**-Past President. Also, **Jim Marschall** and **Bruce Dewey** will be the two Board positions up for election this year.

### Program Website

**Bill Battista** would like to remind all the members that AOL is discontinuing the web storage feature which is used to post future events. In the short term, Bill will store the information at the following location: <http://www.wmll.org/scripts/BillB/Programs2009.htm> Please note that Bill has updated this website to reflect 2009. Also, Bill would like to remind everyone that the Kiwanis phone line has been disconnected because there were never any calls, and we saved some money as a result.