



Kiwaniis®

Club of Las Vegas

<http://www.kiwaniscluboflasvegas.org/>

Newsletter for week of:

February 6th 2022

Join us for our next meeting:

Wednesday February 9TH on Zoom

It's easy, you can connect from a computer your phone or tablet, just click on this link:

<https://us02web.zoom.us/j/71389910398?pwd=WGxYUk93ZjRybG9VZ2U2SWpBVEhCQT09> or download the Zoom Video App

meeting id (713 8991 0398) password (3V9im1)

If you have problems connecting to our meeting call or text President Phil Colosimo at 702-860-608

COMING IN FEBRUARY:

Feb. 16th Captain Anthony Barnes, Salvation Army (*live*)

Feb. 23rd Ross Kiehne DVM Pork Industry Remote Speaker
Ross Kiehne, DVM, is a swine veterinarian with Swine Vet Center, P.A., located in Saint Peter, Minn.

This will be a special ZOOM meeting. The meeting id will be sent to you prior to this meeting. Contact Howard Naylor with any questions.

Good Advice for People Over 60!

By Arnaldo Liechtenstein, Physician

Whenever I teach clinical medicine to students in the fourth year of medicine, I ask the following question: What are the causes of mental confusion in the elderly? Some offer: "Tumors in the head". I answer: No! Others suggest: "Early symptoms of Alzheimer's". I answer again: No! With each rejection of their answers, their responses dry up. And they are even more open-mouthed when I list the three most common causes:

- uncontrolled diabetes
- urinary infection
- dehydration

It may sound like a joke, but it isn't. People over 60 generally stop feeling thirsty and consequently stop drinking fluids. When no one is around to remind them to drink fluids, they quickly dehydrate. Dehydration is severe and affects the entire body. It may cause abrupt mental confusion, a drop in blood pressure, increased heart palpitations, angina (chest pain), coma and even death. This habit of forgetting to drink fluids begins at age 60, when we have just over 50% of the water we should have in our bodies. People over 60 have a lower water reserve. This is part of the natural aging process. But there are more complications. Although they are dehydrated, they don't feel like drinking water, because their internal balance mechanisms don't work very well.

Conclusion: People over 60 years old dehydrate easily, not only because they have a smaller water supply, but also because they do not feel the lack of water in the body. Although people over 60 may look healthy, the performance of reactions and chemical functions can damage their entire body. So here are two alerts:

1) Get into the habit of drinking liquids. Liquids include water, juices, teas, coconut water, milk, soups, and water-rich fruits, such as watermelon, melon, peaches and pineapple; orange and tangerine also work.

*The important thing is that, every two hours, you must drink some liquid.

2) Alert for family members: constantly offer fluids to people over 60. At the same time, observe them. If you realize that they are rejecting liquids and, from one day to the next, they are irritable, breathless or display a lack of attention, these are almost certainly recurrent symptoms of dehydration.

Varsity Quiz Play-Off Schedule

Update From: Kristin Grimm [CPD Student Activities]

The Blue League championship and All-Star matches took place Friday January 21st. A-TECH defeated Arbor View to take the Blue League championship.

The Silver League Championship Series will start on February 4 with an extended afternoon of recording (2 pm to 5:30 pm). We had a very exciting 3-way tie in the silver league, so the matches should be quick and competitive!

Varsity Quiz Silver League matches:

Feb 4th Quarter Finals:

- 2 pm Q1: Foothill vs Meadows
- 3 pm Q2: Liberty vs Palo Verde
- 3:45 pm Q3: Coronado vs Shadow Ridge
- 4:30 pm Q4: Green Valley vs Clark

Feb 11th Semi Finals

- 3 pm: Q1 Meadows vs Q3 Coronado
- 4 pm: Q2 Liberty vs Q4 Clark

Feb 25th:

- 3 pm: VQ Silver final
- 4 pm: Silver All Star

Service Hours:

Report your service hours at our weekly meetings or e-mail your service hours to Lee Ziegler.

leeziegler4@gmail.com

Dinner Anywhere Raffle

Dinner for Two

Anywhere

In the Cal-Nev-Ha District



The raffle you've been waiting for is back; Dinner for Two Anywhere in the Cal-Nev-Ha District! Yep, you read right! Our Dinner Anywhere raffle winner will receive round trip coach airfare for two, two nights hotel accommodations, three-day rental car, and a gift certificate for dinner to ANY restaurant within the Cal-Nev-Ha District.

This prize package is valued up to \$4,500! Tickets are \$75 each and are available from any CNH Children's Fund Director, or by calling our office at (909) 736-1707.

Only 250 tickets will be sold; buy your tickets before it's too late!

[Learn More](#)



If you're ready to spend a groovy night with friends from across the District, then be sure to purchase your dinner ticket when you

register for the Mid-Year Education Conference of your choice. Make it a group event and invite your nine closest friends to share a table with you. You won't want to miss this party!

We're accepting donations of wine and food gift cards for our "Forks & Corks" raffle and high-value gifts for our live auctions. Do you have a go-to bottle of wine you'd like to share? Have any gift cards for your favorite restaurants that you'd like to donate? Are there any hot ticket items such as airline miles or vacation trips that you can secure? Wine and gift cards should be valued at \$25 or more and should be brought to the Mid-Year Conference of your choice.



MID-YEAR SOUTH EDUCATION CONFERENCE

February 12, 2022

San Diego Marriott Mission Valley,
San Diego

Early registration rate \$60
if registered by January 31st!

[Register Now](#)

MID-YEAR NORTH EDUCATION CONFERENCE

March 5, 2022

Flamingo Conference Resort and Spa, Santa Rosa

Early registration rate \$60
if registered by February 4th!

[Register Now](#)

SPECIAL 100% Club Pricing: Clubs registering 100% can save over the individual registration rates! Clubs with 60 members or less pay a flat rate of \$210 and large clubs with 61 members or more pay \$420. The more members who attend, the more you

save! (Deadline for 100% club registration is January 31 for the South and February 18 for the North.)

Planning to attend both conferences? If so, you must register for each conference separately but you only have to pay one registration fee. Please contact Tricia Hart at tricia@cnhkiwanis.org or at 909-736-1706 to get the discount code.

Hotel Reservations

Make your hotel reservation at the [San Diego Marriott Mission Valley](#) for the South conference.

For the North conference, reserve with the [Flamingo Conference Resort and Spa](#) by February 9, 2022 to receive the convention rate of \$179.00 plus tax. Call 800-848-8300 and be sure to mention Kiwanis Mid-Year Education Conference North as the code.

For the safety of our members, we will be following all federal and local requirements regarding Covid-19. As guidance regarding face coverings and vaccination verification varies by local jurisdiction and may change, as we get closer to the conference date we will review county health for the most up-to-date guidance and advise all members.

With the current mandate in place, all attendees BE PREPARED to show proof of full vaccination or a negative COVID-19 test within 72 hours prior to attending the conference. In addition currently, MASKS are required for all indoor events, regardless of vaccination status. All attendees at the conference must sign and bring to the convention a waiver of [COVID-19 claims](#).

Division 28 Update

from Mariza Div. 28 Secretary

At our January DCM, we agreed to support Southwest Las Vegas Kiwanis's Homeless Support Collection Project. We ask that you collect or donate supplies and bring them to our next DCM Saturday, March 12th hosted by Green Valley Kiwanis in Henderson, NV. I believe we will be keeping with the normal time schedule: 9:30am President's meeting, 10am general for DCM.

Questions about this project can be directed to President Krit, sempolkrung@gmail.com . or Secretary Michelle, brighteyesoptometry@gmail.com. Our DCM raffle proceeds for the March DCM will also be donated to this service project.

Interclub Henderson Social:

Clued-Up on Sat Feb 26th

from Mariza Div. 28 Secretary

I found this on Facebook. Both President Liliana (Mountain's Edge Eco) and Lee/I have both bought team tickets. Each team ticket is good for up to 6 players. I did one of these last year with Lee, Ryan and myself in Downtown Las Vegas and it was a lot of fun. You basically run around a certain geographical location and find clues to solve a murder mystery. (It's done via an app with geo-locating for the clues) Even during COVID, we saw tons of costumed teams running around playing the game. We can plan a competing team's lunch or afternoon social somewhere in the game vicinity on that day for a meet-up. Here is the link:

<https://www.cluedupp.com/products/csi-henderson-nv>

Use code take50 to get your team ticket for \$35.

Mariza Div. 28 Secretary

Champions For Children



Prevent, empower and transform; that's what you accomplish when you enroll in our sustaining donor program, Champions for Children.

With your gift, you prevent and treat childhood trauma through our Pediatric Trauma Program; you empower student leaders through leadership development and scholarships; and you

transform lives by awarding grants to our Kiwanis family. [Read more](#) to learn how you can become a Champion for Children.

[Enroll Today](#)

INVITING NEW MEMBERS

More volunteers mean more service, but sometimes the idea of growing your club can seem daunting. Here are a few resources to make it easy:

- Educate others about the rewards of service with the [11 benefits of volunteering](#).
 - Share the stats. Did you know Kiwanis annually raises US\$133 million and dedicates more than 19 million volunteer hours to strengthen communities and help children? Find more with [Just the Facts](#).
 - Get [tips from Kiwanis area directors](#).
 - Use our [pre-made graphics](#) on your favorite social media accounts to show others how much you love Kiwanis.
- Bonus resource: Keep an eye out for more ideas and inspiration in the April/May issue of Kiwanis magazine



ARRIVE READY TO LEARN. LEAVE READY TO LEAD.

The best leaders are learners. Come to the [2022 Kiwanis International Convention](#) in person or virtually and learn how to increase your club's impact in the community. From ideas for service to innovations in fundraising, you'll find it all in Indianapolis, Indiana, USA. Join us online or in person June 8-11. Registration fees now include more extras.



Please Use Amazon-Smile and make
"Kiwanis Club of Las Vegas Foundation"
your Charity

These days, many of us are relying on online shopping now more than ever, but did you know that by shopping at Amazon Smile, you're also developing the next generation of leaders, awarding scholarships to deserving students, and supporting our Kiwanis club. Whether you're stocking up on groceries, buying household essentials, or shopping for the holidays, be sure to shop at smile.amazon.com and Amazon will donate a portion of your purchase to the Kiwanis Club of Las Vegas Foundation at no extra cost to you.

Use smile.amazon.com and Amazon will donate to Kiwanis Club of Las Vegas Foundation. Sign up with Amazon Smile and **designate the Kiwanis Club of Las Vegas Foundation as your charity**. Amazon will donate 0.5% of the price of your eligible Amazon Smile purchases to Kiwanis Club of Las Vegas Foundation whenever you shop on Amazon Smile. Amazon Smile is the same Amazon you know. **Same products, Same prices, Same service**. Use the link below and you will be directed to great gift ideas and help support your Kiwanis Club of Las Vegas Foundation.

Kiwanis Club of Las Vegas

We normally meet:

Live on 1st & 3rd Wednesdays

Zoom on 2nd & 4th Wednesdays

Live meetings will be at Marie Callender's, 8175 W. Sahara
Networking: 11:45am. Meeting: 12:15PM to 1:15 PM.
Lunch \$20 (CASH or CHECK) and includes slice of pie!

Zoom, Join us on Zoom on the 2nd and 4th Wednesday at 12 noon. It's easy, you can connect from a computer your phone or tablet, just click on this link:

<https://us02web.zoom.us/j/71389910398?pwd=WGxYUk93ZjRybG9VZ2U2SWpBVEhCQT09> or download the Zoom Video App

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Our scholarship applications are officially open! If you are a Kiwanis advisor to a Circle K, Key Club or KIWIN'S club, please help us spread the word to ensure these students know about this opportunity to score free money toward their college degree.

Applications are **due Friday, February 18, 2022**. Remember, early bird gets the worm!

[Circle K Application](#)

[Key Club / KIWIN'S Application](#)



According to the Centers for Disease Control and Prevention, about 20 children die every day from a preventable injury. And data show that 90% of these injuries can be prevented!

Is your club interested in reducing this trend, but stumped for ideas? Well, fret no more! The Cal-Nev-Ha Children's Fund has developed a list of project ideas to ignite your creativity!

From ATV safety to water safety, we've got you covered. Make plans today to host a Pediatric Trauma Prevention (PTP) Service Project to educate the children in your community! And remember, we have PTP grants to help fund your next, new PTP service project.

[Apply for a PTP Grant](#)

Collecting Old Eyeglasses.



Check around your home and ask your neighbors for any old, no longer needed, eye glasses. We are again collecting old eye glasses to donate to the Lions Club. See Len Yelinek with your old glasses.

**Donate to the
Kiwanis Club of Las Vegas Foundation**

A 501(c)(3) charitable organization

Help us fund our programs with your tax-deductible donation to the Kiwanis Club of Las Vegas Foundation

It's easy just log into the Kiwanis web site at

<http://www.kiwaniscluboflasvegas.org/>

and click on the "Donate" button.

Thank you for your contributions

ARE YOU ORDERING FROM AMAZON?

Please Use Amazon-Smile

**Select Kiwanis Club of Las Vegas Foundation as
your charity when making your purchases.**

AmazonSmile click here: [smile.amazon.com/ch/86-0850741](https://www.amazon.com/smile/ref=A_Smile_ChooseCharity?charity=Kiwans-Club-of-Las-Vegas-Foundation)

**Order at Amazon-Smile, Amazon donates to
Kiwanis Club of Las Vegas Foundation**

For our last Kiwanis year, we've received \$47.10

**Service Leadership Program
Advisor Background Checks**

Dear Kiwanians,

While the Kiwanis International requirement for background checks for those working with youth and our Service Leadership Programs (SLP) has not changed, the impact on non-compliant individuals and clubs has changed.

In an effort to seek compliance with KI's Youth Protection Guidelines, Kiwanis International has taken the step of notifying schools when an advisor's background check has expired, thereby disallowing the advisor's campus privileges. (See KI letters from earlier this year: [strengthened Youth Protection policies letter](#) and [sample non-approved advisor letter](#).)

Additionally, if the SLP club is showing no advisors with approved background checks, Kiwanis International is removing the sponsoring club from the SLP roster.

It is of utmost importance to have background checks completed and paid, or update your records with advisors who have current background checks. [Click here for a current list of those advisors who require updated background checks](#). Advisors need to log into the [member portal](#) (Kiwanis Connect) and initiate the background check process under "background check." Or contact the club secretary for a member-specific email link sent from the secretary dashboard. Contact Kiwanis International at backgroundchecks@kiwanis.org for a member-specific email link.

FACEBOOK

Division 28 has established a Facebook page.

The division is asking that you "like" the page so we can get more exposure for all Kiwanis Clubs.

<https://www.facebook.com/SNVKiwanisD28>

or just SNV KiwanisD28 if searching on Facebook directly.

Our page is Kiwanis Club of Las Vegas.

Please "like" the page and share posts found on the page. The more people know about us, the better for us!

For club information Log-in to our Web Site!

You can make a donation to our club on our web home page.

<http://www.kiwaniscluboflasvegas.org/>

**contact Jerry McElroy or Howard Naylor
with additions or corrections**

Stroke has a new indicator

They say if you email this to ten people, you stand a chance of saving one life. Blood Clots/Stroke –
They Now Have a Fourth Indicator, the Tongue

STROKE: Remember the 1st Three Letters.... **S. T. R.**

During a BBQ, a woman stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics) ...she said she had just tripped over a brick because of her new shoes.

They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up, Jane went about enjoying herself the rest of the evening. Jane's husband called later telling everyone that his wife had been taken to the hospital - (at 6:00 PM Jane passed away) She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Jane would be with us today. Some don't die. They end up in a helpless, hopeless condition instead.

STROKE IDENTIFICATION:

A neurologist says that if he can get to a stroke victim within 3 hours, he can totally reverse the effects of a stroke...totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

RECOGNIZING A STROKE

Remember the '3' steps, STR.

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke

victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

S *Ask the individual to SMILE.

T *Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently)

(i.e., Chicken Soup)

R*Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks, call emergency number immediately and describe the symptoms to the dispatcher.

New Sign of a Stroke -----

Stick out Your Tongue!

NOTE: Another 'sign' of a stroke is this: Ask the person to 'stick' out his tongue. If the tongue is 'crooked', if it goes to one side or the other that is also an indication of a stroke.

A cardiologist says if everyone who gets this e-mail sends it to 10 people; you can bet that at least one life will be saved.
