



Kiwanis®

Club of Las Vegas

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

Newsletter for week of:

December 6th 2020



Be sure to read **"Important health Tip"** in this newsletter

Kiwanis Club of Las Vegas

Virtual Meeting

Wednesday Dec. 9th

12 Noon to 1PM

The Kiwanis Club of Las Vegas is now meeting weekly (virtually). **Join us, it's easy**, you can connect from a computer your phone or tablet, just clicking on the link: <https://us04web.zoom.us/j/71389910398?pwd=WGxYUk93ZjRybG9VZ2U2SWpBVEhCQT09>

or download the Zoom Video App

meeting id (713 8991 0398)
password (3V9im1) if requested.

If you have problems connecting to our meeting call or text Phil Colosimo at 702-860-6088



Make "Kiwanis Club of Las Vegas Foundation" your Charity

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.

Please review this message from Governor, Gary Gray:

"Hi all - I cannot express the importance of this issue. Without Kiwanis Advisors Our Key Clubs are cut off from Kiwanis. This is not complicated or hard. Apply, pay and you are done. As easy as that. Remember, this is not about questioning our individual integrity, it goes strictly to the issue of organizational reputation. We must be able to say we are 100% in compliance and that we have 0% tolerance for non-compliance. I want to see this list of Advisors cleaned up as soon as possible. The ball right now is in the hands of the Regional and District Advisors. If you are getting push back from any of our Kiwanians I want to know about it for follow up. Let's make this happen, and thanks for your efforts.

Gary Gray
Cal-Nev-Ha District Governor 2020-21"

Kiwanis 2020-2021 District Directory Available Electronically

The 2020-2021 Kiwanis District Directory is now available to download for your use.

We would like to remind you that this directory is to be used for Kiwanis purposes only. It is not to be distributed to anyone other than Kiwanis members. Also, the information in this directory may not be used for the solicitation of funds without the express consent of the Board of Trustees.

Please note: There will not be a hard copy of the directory, so please utilize the electronic copy and either download to your devices or print with ease on the 8 1/2" x 11" size pages.

Please report any updates to Trina Krider at trina@cnhkiwanis.org

Sincerely,
Mark McDonald
Executive Director
Cal-Nev-Ha District of Kiwanis International

Operation Christmas Child Holiday Shoebox Project *Final REMINDER*

Club members **please send Lee Ziegler**
(leeziegler4@gmail.com)
The **amount you spent on this project.**

Thank You to all the Kiwanis members for your help to fill 20 shoeboxes. Each box was filled with school supplies, toys, hygiene

items that will bring smiles to the faces of children who live in poverty, orphanages, and or storm ravaged countries. Carol Bubonovich picked up the items and packed and shipped our donations.

"Important Health Tip!"

Information from 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 constantly 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. Remember this!

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.

Arnaldo Liechtenstein (46), physician, is a general practitioner at Hospital das Clínicas and a collaborating professor in the Department of Clinical Medicine at the Faculty of Medicine of the University of São Paulo (USP).

Share this information with your family and friends. For people over 60.

KIWANIS ANNOUNCES SAFE MEETING GUIDELINES, INSURANCE CHANGE

Some Kiwanis clubs have resumed in-person meetings and events. For those clubs, and clubs considering that option, Kiwanis International has compiled [guidelines](#) to help them serve safely with adequate health protocols.

Club, division and district leaders should also have attendees complete an [event health checklist](#) and a [release of liability and assumption of risk waiver](#). Starting November 1, 2020, the Kiwanis Insurance policy will no longer cover claims related to someone claiming that they became infected with COVID-19 at a Kiwanis meeting or event.

2020-2021 Board of Directors Volunteers Needed

If you are not currently on the board please consider one of our **open positions (Director, Vice President (an activities planner/ organizer) and President Elect).**

Contact John Case or Phil Colosimo for more information

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 your favorite graduate, 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.

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

AmazonSmile click here: smile.amazon.com/ch/86-0850741

**Order at Amazon-Smile, Amazon donates to
Kiwanis Club of Las Vegas Foundation
This fiscal year we've received \$21.17**

**SAVE THE DATE June 23-26 2021
KIWANIS INTERNATIONAL CONVENTION**



More details: attend the 2021 Kiwanis convention online or in person. We hope to gather in Salt Lake City, Utah, on June 23-26, 2021. If attending in person isn't possible, a virtual registration option for the 2021 Kiwanis International Convention will be available.

That option will allow members to attend online sessions of the Kiwanis Education Conference on Thursday, June 24, and Friday, June 25. To vote, however, delegates must attend the House of

Delegates in person on Saturday, June 26. Prices for the registration options are still being considered.

If the board declares in April that emergency conditions continue, the board has the authority, per Kiwanis International bylaws, to reduce the size of a quorum needed to conduct business or cancel the House of Delegates. If the House of Delegates is canceled, a meeting of the Kiwanis International Council would be called to conduct the business of the organization (as happened in July 2020).

To guide our decisions, we are paying close attention to the coronavirus outbreak. We closely monitor the CDC and WHO updates on COVID-19; as of now, we are proceeding as if events will take place as scheduled. Changes to events or meetings will be made based on future developments. In the event that we would cancel the 2021 Kiwanis International Convention, all convention registration fees will be refunded for all attendees.

Service Hours:

E-mail your service hours to Lee Ziegler.

Email your service hours to Lee at:
leeziegler4@gmail.com

Remembering Dick Krafve

02-9499 - Dick Krafve Memorial VQ Scholarship

In memory of long time Kiwanian and past Varsity Quiz Chief Judge the CCSD has established the Dick Krafve Memorial Varsity Quiz (VQ) Scholarship. Donations can be made in 2 ways:

1.) Check in the mail

Make check payable to The Public Education Foundation. On the memo line write: 02-9499 - Dick Krafve Memorial VQ Scholarship

Check can be mailed to:
The Public Education Foundation
4350 S. Maryland Pkwy.
Las Vegas, NV 89119

2.) Online Donation

Go to: <https://thepef.org/scholarship-donation/>. Complete the online donation form and indicate (02-9499 - Dick Krafve Memorial VQ Scholarship) in the "Name of Scholarship" box. Press submit. Please note that there is a 3% credit card processing fee applied to all online scholarship donations. For more information contact Howard Naylor

**SCHOLARSHIP
APPLICATIONS
ARE NOW OPEN!**

Spread the word! 🤓



Our scholarship applications are officially open! If you are a Kiwanis advisor to any of our SLP clubs, please help us spread the word to ensure our Circle K, Key Club, and KIWIN'S members know about this opportunity to score free money toward their college degree. Applications are due Friday, February 12, 2021. Remember, early bird gets the worm!

Volunteer Opportunities for L V Kiwanis:

There is an organization called Volunteer Match (www.volunteermatch.org) that provides numerous

volunteer opportunity options. The group allows you to “personalize” your interests & then suggests entities that you might have an interest. They even have virtual volunteer opportunities to suggest. Links are provided to the entities needing volunteers. **Check it out!**
Contact Jim Small for more information.

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

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.

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!

FREE LUNCH!

Will continue when our meetings resume.

More Background Check Policy Information

No Kiwanis club or district is permitted to deviate from Policy 16(d)(1), which states: "Kiwanis International requires clubs to have a clear criminal history background check for any club member serving as an advisor to any Service Leadership Program club."

Therefore, any Kiwanis advisor to any Service Leadership Program who does not have a clear criminal history background check on file with Kiwanis International is not permitted to have any contact with youth at a Service Leadership Program meeting or event.

This policy has been in effect for several years and is not a change. As leaders in the organization, you understand that in order to serve the children of the world, we must keep them safe and continually demonstrate the importance of following all youth protection policies.

As of April 1, 2020, any Kiwanis International SLP advisor who does not have an approved criminal history background check on file will be ineligible to serve in the advisor role, and notice will be sent to the club secretary and district leadership. The Kiwanis International and Service Leadership Programs staff will make every effort to work with SLP advisors in completing this critical requirement.



Ordering from Amazon?
Please Use Amazon-Smile

***In-person Meetings canceled until
further notice***

***Weekly (in Person) Meetings at
Marie Callenders are Canceled
Join our Virtual Meetings
Wednesday's 12 Noon***

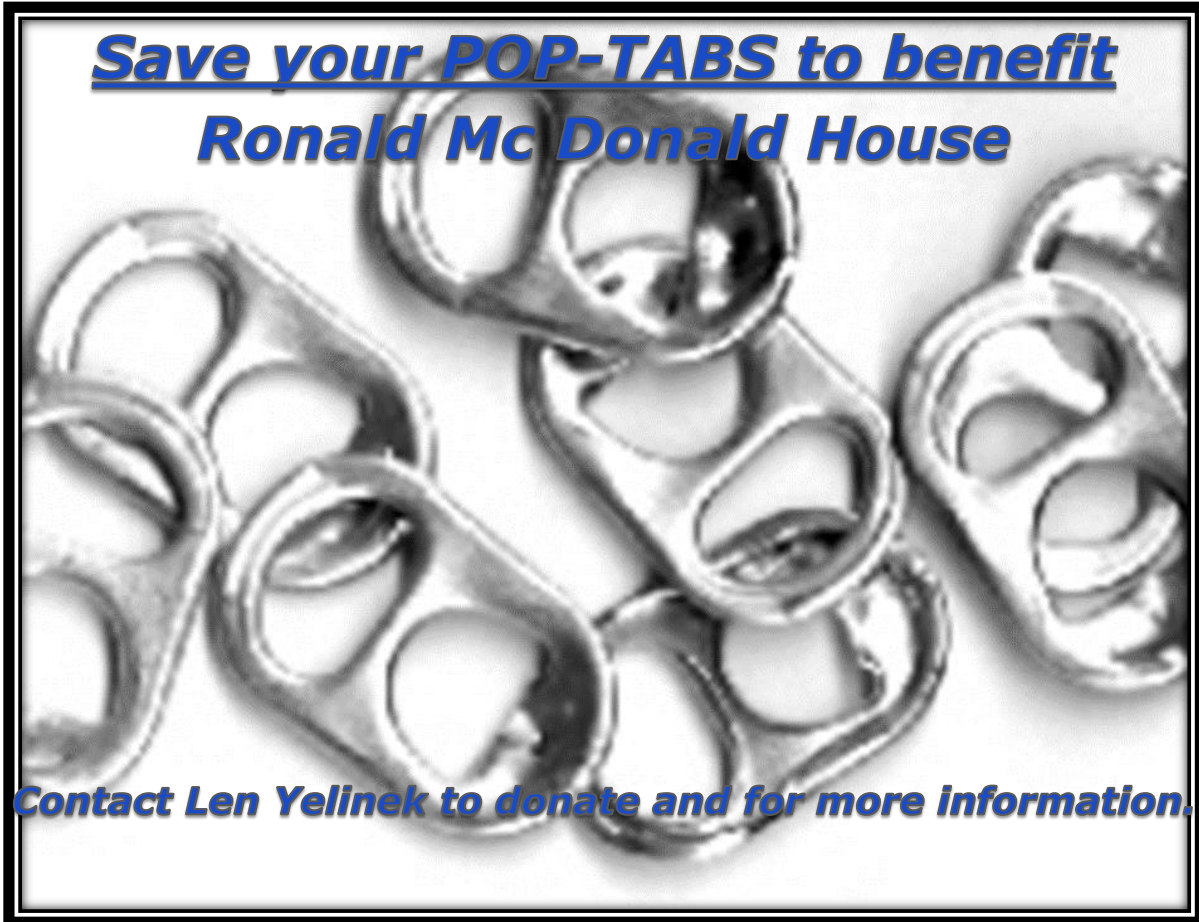
Due to the Nevada Governor's policies we are unable to meet at Marie Callenders at this time and maintain proper social distancing and because of concerns over the Coronavirus and with a focus on the health and well-being of our membership, we are canceling our in-person weekly meetings until further notice.

The Kiwanis club of Las Vegas will now meet weekly (virtually) every Wednesday from 12 noon to 1PM in a Zoom meeting. You can join us from any computer, phone or I-pad. Join Our Zoom Meeting at 12 noon Wednesdays

<https://us04web.zoom.us/j/71389910398?pwd=WGxYUk93ZjRybG9VZ2U2SWpBVEhCQT09>

Meeting ID: 713 8991 0398
Password: 3V9im1

If you have problems connecting to our meeting call or text Phil Colosimo at 702-860-6088.



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.
