



Hoof Beats

Kiwanis Club of the Horse Heaven Hills

PO Box 6798, Kennewick, WA 99336

www.HorseHeavenKiwanis.org

September 21, 2009

Edited by: [John Lawson](#), [Donna Underwood](#), [Doug Brown](#)

If you have an announcement, advertisement, or article you'd like included, contact one of our editors.

Remember, there is always more information about our club on our website at www.HorseHeavenKiwanis.org

President Joanna Harrington presided for our September 21 meeting. Larry Hansmeier gave the invocation. Our monthly collection for school supplies at our K-Kids schools was circulated.

We welcomed some returning guests this week: Mickey & Carol McPherson visited us again as did Bernie Borgen. Leonor Roca was a guest of Don Barnes. Bob Ellis attended from the TCI club, Richard Lathim from Pasco, and Corky and (Lt. Governor) Jerry Greenfield from the Richland club.

Birthdays, Anniversaries & Brags

Dale Green was wrangler.

Lorraine Cooper observed that the Huskys beat USC on Saturday. Jo Harrington's oldest granddaughter was made president of her FFA group and celebrated her 17th birthday. Don Barnes' daughter has her 10th anniversary. Bob Ellis treated us to his latest golfing joke. Bernie Borgen noted a music recital coming to the nearby Lutheran Church. Phil Slusser noted the Tri-City Americans won their opening game.

Sarah Longan was our weekly raffle winner. She donated her winnings to our club's Foundation for student scholarships.

Announcements and Coming Events

Special Things We Did Last Week

Our club delivered a check for \$103.05 to support Dr. Zirkle's Surgical Implant Generation Network (S.I.G.N.) from this fiscal year's donations.

Meetings

A J&S meeting was held after the regular meeting. The principal topics were: Alex Burden as new co-chair for the J&S committee; status of the new city building to house the train; discussion of our end-of-season maintenance needs; and operational concerns for the rest of September.

There will be a Youth Services Committee following the regular meeting next week.

J&S Volunteers Needed (always)

The signup sheet for [J&S volunteers](#). A few more volunteers are needed our final weekend. We also have a special fund raising event scheduled for Thursday, September 24th on Clover Island for the Port of Kennewick.

Interclubs

September Interclub Calendar:

K-Kids – Virgie Robinson Elementary

Wednesday, September 23th at 11:20

This is the opening meeting for the K-Kids and lasts only ½ hour. Be there if you can.

Richland – Clarion

Wednesday, September 30th at noon

Installation of officers.

October Interclub Calendar:

Richland – Clarion

Wednesday, October 14 at noon

Our first interclub for the new club year.

Talk to Sarah Longan or call her (582-5856) if you have questions about our interclub program.

Perfect Attendance Awards

Jo Harrington announced that any members who are seeking perfect attendance awards need to identify themselves to Don Barnes for verification by the membership committee.

October 24th Dinner Dance



Have you bought your tickets yet for our club's October 24 Dinner Dance and auction? [Doug Brown](#) has books of tickets that you can sign out to sell (price: \$40 per ticket). This is an important fundraiser for the Youth Services Committee. The proceeds will be donated to the Arc's Youth Programs and to the Mid-Columbia Reading Foundation.

If you don't plan to sell tickets yourself, you can purchase individual tickets from John Lawson at the sign-in table during our regular meetings.

Virgie Robinson Elementary

Jo Harrington had some feedback on how grateful they were at Virgie Robinson for the club's recent check for \$200 to purchase school supplies.

She is also looking for volunteers to help out on Wednesday, September 30 for the school's Math Day event.

Head Start

Donna Underwood announced that September 23rd is the "start date" for our Head Start project. Volunteers can choose hours that are convenient to their schedule after that date. Any new volunteers who were not part of the group last year need to get appropriate forms from Donna. At the end of the weekly meeting, Donna coordinated briefly with each of the Head Start volunteers regarding the start up of this year's program.

Next Week's Program:

**Jerry Greenfield, Kiwanis Lt. Governor
KHHH Installation of Officers**

This Week's Program:

**Dr. Larry Jecha, M.D.
Benton-Franklin Health District**



Dr. Larry Jecha, MD MPH

Dr. Larry Jercha has had a long and varied career in public health. He is the Health Officer at Benton-Franklin Health District, where he has served for the past 20 years. He chose to focus the scope of his talk on the flu pandemic we are facing. His intent was to provide some facts, quell myths and answer our questions.

Dr. Jecha reminded us that the flu is a virus, therefore antibiotics are of no value against it. He explained that the 2009 H₁N₁, or *swine flu*, is a complete genetic shift from the usual season flu, which "drifts" genetically from year to year. Therefore, two immunizations will be offered this year, one for seasonal flu and one for swine flu. He presented the national estimate that 90% of deaths from seasonal flu will occur among those at least 65 years old, while 90% of deaths from the 2009 H₁N₁ are expected to occur among those younger than 65. The vaccine against the season flu is available now, but the swine flu vaccine will not be available for a few weeks.

He differentiated between the year-to-year seasonal flus and the 2009 H₁N₁ pandemic. All flus are serious. There are about 30,000 deaths each year attributable to the regular seasonal flu.

He discussed the effectiveness of immunizations (which are based on a 50 year old proven technology) and how the initially limited early doses for the swine flu should best be allocated. Those born before 1957 seem to already have some resistance in their immune systems, so the focus is on the young, on pregnant women and critical health care professionals.

There are severity level indices for flu pandemics similar to hurricane levels. On a 1 to 5 scale. This year's flu is expected to be a 1 (mild), not like the 1918 flu that had a high death rate that called for drastic control measures.



Seek medical care for children if...

- fast breathing or trouble breathing
- bluish skin color
- not drinking enough fluids
- not waking up
- irritable
- symptoms improve but return or get worse

Seek medical care for adults if...

- difficulty breathing or shortness of breath
- pain or pressure in the chest or abdomen
- sudden dizziness
- confusion
- severe or persistent vomiting

He gave us three websites to turn to for current information on this developing flu season:

- www.bfhd.wa.gov (county)
- www.doh.wa.gov/swineflu/ (state)
- www.flu.gov (federal)

Dr. Jercha addressed questions on the excellent safety record of today's flu immunizations. He noted some other non-flu viruses causing vertigo and meningitis. He gave his opinion on the public health value of the family planning clinic in Pasco. He was also asked to comment on his views on the health care crisis. He noted disincentives in our current system that insures more effectively for procedures rather than for prevention. He also lamented the overemphasis on more expensive specialists and the decline of general care providers.

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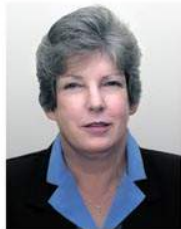
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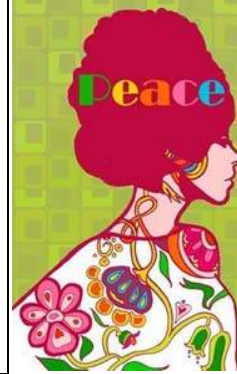
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