

## Brew Fest funds were allocated to ...

### La Causa Crisis Nursery \$1,000

\$750 in gift cards were given to the staff at La Causa to purchase supplies as they see fit. \$250 was set aside to pay for supplies the club brings when volunteering at La Causa, including funding for food/snacks and craft projects.

### Kiwanis International Foundation for Tsunami Relief \$500

\$500 was donated on behalf of the club to the Wisconsin International Foundation's Tsunami Relief Fund. The Metro Milwaukee Nights also challenged our sponsored Key Club to raise at least \$500 in exchange for a \$500 matching gift from our club. The Key Club raised \$1,200 for the Tsunami Relief after the club's \$500 contribution.

### Special Project Reserve \$1000

This amount is set aside each year, in the event the club initiates a second major project, like Brew Fest (a sum of money would be needed to get the event off the ground).

### Governor's Project \$500

Sunshade for pool at Camp Wawbeek

### Governor's Wife's Project \$500

Shoes for Orphan Souls

### SafeKids Southeast Wisconsin \$3000

Annual Winners Wear Helmets bike safety rally

### Key Club \$500 for each listed (\$1,500 total)

College senior scholarship for Tosa East Key Club (requirements are being discussed - the first scholarship may be awarded this year)

Tosa East Key Club - to attend International Convention

Reserve funds (this money is set aside to ensure scholarship funds are available each year)

In the past, when groups outside the Kiwanis family approached the club with a fundraising request, it's been a lengthy process. **A request form has been drafted and approved, and is available at [metromilwaukeekiwanis.org](http://metromilwaukeekiwanis.org).**

## Upcoming Events:

4/10	Cudahy-St. Francis Kiwanis Pancake Breakfast
4/20	Club Meeting (1st & 3rd Wednesdays) 7pm at MSOE's Alumni Partnership Center
4/22-4/24	Circle K Spring Fling
5/17	Brookfield Kiwanis meeting (speaker: Case Van Kleef, KI President)
5/3	Channel 10 Auction
5/26	Winners Wear Helmets

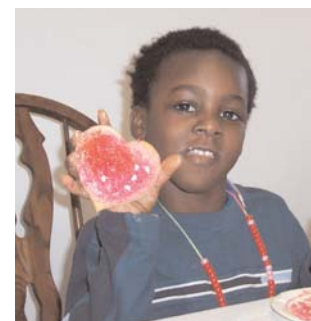
## Events and other doings

Benefit performance of *Grease* at the Modjeska Youth Theatre, narrated by Kiwanian Darren Hamm:

After an afternoon of cruising for chicks and racing for pink slips, Tom, Hank, and I headed down to the Modjeska where we met up with Pink Ladies Liz, Lana, and Kelli. From there on out it was an evening of cheap sunglasses, little black combs, poodle skirts, and neck scarves. After selling out of burgers, I left Tom and Hank to hold up the bar and went to watch the film with the Pink Ladies in the balcony. The Modjeska Youth Theatre did a good job not only showing the movie but orchestrating the hand jive audience participation and keeping the audience involved and having fun. I'd love to go back and volunteer or support by attending the show.



Below: Members volunteered to spend time at the La Causa Crisis Nursery Valentine's Party on February 12th. They helped children decorate cookies, play games, and make crafts.



## Hixson Award



The George Hixson Award was presented to Lisa Lennon on February 16th at the club meeting.

This is one of the highest honors an individual Kiwanian can receive, and it's the first Hixson awarded to a member of our club.

**Congratulations, Lisa!**

## Key Club updates

Everyone who participated in the Key Club Pancake Breakfast on March 6th seemed to have an enjoyable time! The cafeteria was filled with community and fellowship. For breakfast we had pancakes with a variety of toppings, delicious sausages, applesauce, and choice of beverage. Key club and Kiwanis members strolled through the cafeteria with extras to make sure everybody's tummy was satisfied! Raffle prizes were awarded every half hour and Key Club members kept busy in the lobby with planned activities and games for the children.

**Thank you to those who were able to volunteer their time!**



Key Club Executives Training

**Ask Steve!** Your source for answers to all of life's greatest, and some not so great, questions ...

*Dear Steve: When you eat something cold too fast, what causes "brain freeze" or the "ice cream headache" as some people call it?*

*Signed, Sally Cylic*

Dear Sally: Actually, scientists do not know exactly what causes the pain after eating cold foods (*like ice cream or cold beverages*), but there are a few theories.

The most popular states that the headache is caused by vasodilation (*the dilating of blood vessels in your head*) in the roof of your mouth. What happens is your body tries to warm the area (*through increased blood flow*) because of the sudden drop in temperature. Similarly, if you walk inside after being out in the cold, you'll notice your hands and feet will hurt while they're warming up.

Of course, you may ask "why doesn't my mouth hurt instead of getting a headache?" Well, because the nerves in your mouth are connected to other nerves throughout your head, and the pain gets distributed throughout your head. This is described as "referred pain."

A theory by the University of California (*Davis*) is that the headache is actually a minor seizure caused by the overloaded nerve receptors in the frontal lobe of the brain. Finally, another theory suggests that the sudden drop in air temperature in the sinuses causes the headache.

One way to avoid a "brain freeze" while eating or drinking extremely cold things is to hold a cold object (*like ice*) on your inner wrist. This will create a "distraction" so the headache isn't as severe. Another "remedy" is to press your tongue against the roof of your mouth or hold your breath. This helps warm your mouth faster and minimizes vasodilation.

By the way, the term "brain freeze" was apparently coined by 7-Eleven in 1994 during its Slurpee marketing campaign. *Brrr!*

*Sources: The Digital Collegian (Penn State) and Earth & Sky Radio*

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**Don't forget ...  
report your  
service hours to  
Bec at the end of  
each month!**

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