



Kiwaniis

Hastings • Nebraska

Astonisher

A newsletter of the Hastings Kiwanis Club

hastingskiwanis.org

myclub@hastingskiwanis.org

facebook.com/hastingskiwanis

"Whatever many may say about the future, it is ours, not only that it may happen to us, but it is in part made by us."

~ Dr. Ethel Percy Andrus, Founder, AARP

May 2025

If you have items you wish to be included in the Astonisher, you can send them to
marge.ormsby@hastingskiwanis.org OR Astonisher@hastingskiwanis.org



Upcoming Meetings & Events ~ May

YWCA, 2525 W. 2nd St. ~ \$13.00 per meal

Catering by Emma Baker *(meals subject to change)*

Thur. 1 - Prairie Loft Center for Outdoor & Agricultural Learning, Megan Arrington-Williams

Thur. 8 - Ukraine, Exchange Student, Sophie Kostenko

Wed. 14 - Board Meeting, YWCA Conference Room ~ All members welcome

Thur. 15 - Catholic Social Services, Miranda Schumacher

Thur. 22 - Housing Development Corp., Alyssa Heagey

Thur. 29 - Current Situation in Israel, Pastor Darrell Sutton

Guest Days in May

The membership committee has allotted each Thursday in May as an opportunity to bring guests. Please let Dave know by the Sunday before so that he can add numbers for our lunch buffet.

HHS Key Club is enthusiastically underway.

A teacher who was a former Key Club member is serving as sponsor, and there are 28 kids who have already been participating ... even prior to the charter being submitted. Dave Kempf and Ashley Hajny have been working with them.



SKATEPARK NEWS

Committed to raise \$200,000 total ~ \$50,000 from the Club

Give Hastings Day results – Skatepark

- ~ 75 donations for the Skatepark project earned us the Rookie of the Year award of \$1,000 from CORE CPAs.
- ~ The total received was **\$9,266** with \$4,178 from club members and \$4,088 from other Give Day donors.
- ~ 2 members attained the Skatepark Fellow designation.

Total Club Donations to date: \$7,077 (14%)

Total General Public Donations to date: \$5,628 (2.8%)

OFFICERS AND BOARD MEMBERS NEEDED 2025-2026!

~~We are still in need of a Vice President.~~

Marge Ormsby has agreed to fill the Vice President position for 2025-2026.

However, that means foregoing production of the Astonisher.

WE NOW NEED A NEW NEWSLETTER REPORTER.

*** * * VOLUNTEER POSITIONS * * ***

If you are unable to attend Thursday noon meetings to sign up for volunteer opportunities, you can do so on the website.

Ongoing service projects include:

- **Hearts & Hands Against Hunger** – dates and times TBA
- **Meals on Wheels** – every Friday, 11:15 a.m. – 2 routes, approx. 30-40 min.

HEARTS & HANDS AGAINST HUNGER

PEACE Center, 622 N. Lincoln, South side
(former Middle School manual arts bldg)

**~~ Hearts & Hands Against Hunger received \$17,800
from 106 donors on Give Hastings Day!!**



****Please arrive 30 minutes prior to the scheduled start time****

Monday packing 2:00 – 3:30 p.m. ~ Check w/Jim Krebsbach before going

***Thursday, May 29 ~ Trinity Lutheran – Hildreth
Bible School Class***

9:00 a.m. – 11:00 a.m.

20-30 Junior High students + adults

Hearts & Hands Against Hunger, P O Box 1293, Hastings NE 68902-1293 * 402-460-8627



MEALS ON WHEELS – This is quick and easy!
We have two (2) routes on Fridays for this service project.
Two volunteers from Kiwanis are needed.
Sign-up sheets are available at Thursday noon meetings
or sign up on the website.

Meals are picked up at 11:15 at the Senior Action office, 212 W. 3rd St. (block east of the Post Office ~ 3rd & Minnesota) and delivery usually takes 30-40 minutes. They have the routes set up for the most efficient delivery.

May 2 – Kathy Schultz – Dale Musgrave
May 9 – George Howard – Dale Musgrave
May 16 – Neil Grothen – *Need 1*
May 23 – *Need 2*
May 30 – *Need 2*

Marge Ormsby is the Club Coordinator. Please notify me by text or call if you cannot make it or will be late. 402-469-3296

ICYMI ~ April 2025

April 3 – Trip to Argentina, Dale and Kathy Schultz



Dale and Kathy had a fabulous PowerPoint presentation of their trip from January 19-31 this year. When they left Omaha it was -2° and it was 88° when they arrived in Buenos Aires. As they drove west from Buenos Aires they said it looked like Nebraska with cornfields, soybeans, and trees.

You may not all be aware that Dale is a member of Rotary and has held many leadership positions. They went to Argentina as representatives of his Rotary District for the dedication of ophthalmology equipment donated to the hospital in Totoras, a town of roughly 10,000 in Northern Argentina. This hospital serves seven communities. There are no beds for overnight stays.

They stayed with friends made in previous Rotary trips to Argentina who gave them a tour of their town of Las Parejas. Interestingly, homes had wire cages in front where they would deposit bags of trash. The city picked up the trash every other day.

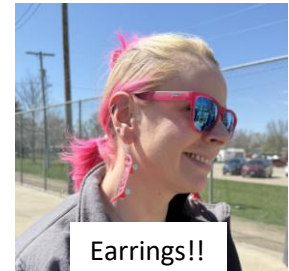
Grocery stores carry only shelf-stable milk that needs no refrigeration until after it is opened. There were no stop signs in the small towns, only speed bumps to control traffic.

They also toured a dairy farm, the volunteer fire department, the soccer stadium (in Buenos Aires), and a school. The children were in awe that they were from Los Estados Unidos. Most farm owners live in town, not at the farm as in the United States.

Business is done differently in Argentina due to the inflation rate. At one time it was 25% per month. It is now down to 4% per month. When they sell a large piece of equipment, for example, the money needs to be used right away, not saved, because the following month it will purchase less.

This Rotary District previously helped to purchase multi-sensory equipment for a school in 2017. Another project they helped fund was to build a system for bringing clean drinking water to a school in a migrant farm community.

April 10 – Skatepark Skip-A-Meal, Mike Howie, Russanne Hoff, and Jeff Hassenstab from HPRD



Twenty-one members braved the 25 mph wind to see firsthand the condition of the current skatepark. Thankfully the sun was out and the temperature was in the '60s. Russanne provided a portable mic from the museum so that everyone would be able to hear. Donations equaled \$220.

First timers were amazed at how much space there was, but how little of it is being used. Our skateboarder consultants indicated there's room for a lot more elements.

Why is a new skate park necessary?

- Safety
- Antiquated features
- Be more conducive to beginners
- Drainage issues
- To attract skateboarders statewide
- It's over 22 years old, built in 2003

Mike and Russanne took the group around pointing out various hazards that exist. For example, there are gaps that allow rainwater to pool underneath so that when a skater is on the device, rain squishes out and gets on the wheels, creating a slippery situation for the skateboarder. It can take several days for the rain to dry up enough to be safe to use again.

On one of the elements there is a ridge at the top that skilled skateboarders can maneuver, but causes beginners to fall. Some of the rails are too high for beginners, and there is a curved one that is even a challenge for more skilled skateboarders.

Overall, there is really nothing to help promote the sport for beginners. One member reported bringing his young grandson last year, but everything was too difficult and he was too discouraged to come back. Many of the newer skate parks in the state have not included areas for beginners.

The new skatepark will have a designated area for beginners to hone their skills, and it will be all continuous concrete so that rain will not be an issue. And there will be a better flow of the elements for the more advanced riders, whereas now they are more just scattered around.

Jeff said they have been looking at improving it for 5 years, but there have been other priorities and not enough funding. He was very grateful to have Kiwanis jump in to help.

Two specialty elements that will be added are a below-ground bowl and a pump track. There is not a bowl within 2 hours of Hastings, so this will be a good attraction to bring skateboarders here. The pump track can be used by roller skaters, inline skaters, bikes, scooters, as well as skateboards. (You'll have to Google it to see what a pump track is. Too hard to explain here.)

Kathy Schultz reported that a survey has been done of all the skate parks in Nebraska. Hastings was on the list as "one of the worst." When the skateboard community travels (like golfers do), they simply bypass Hastings. We can remedy this!!

The design company is from California and is one of the top in the nation. With input from our local 20-something skateboard consultants, Hastings Skatepark will become the place to go. The new design will bring the fence down, making it more welcoming, and include seating.

A question regarding liability came up. Jeff indicated it's the same as at any playground at any of the other city parks. You use it at your own risk. There are currently signs posted at the skatepark indicating as much.

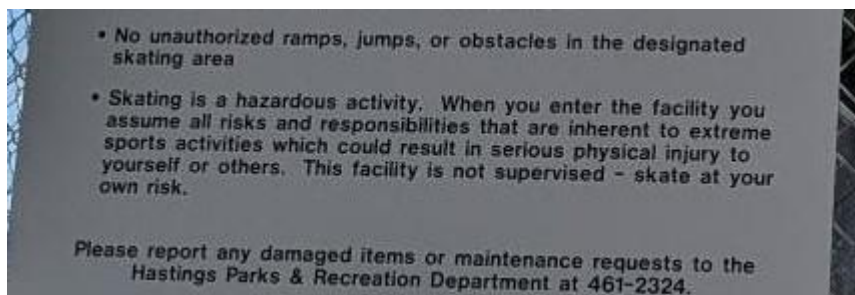
Please consider helping to raise the funds to make this happen. The overall goal for Kiwanis is \$200,000 over 2 years, with \$50,000 coming directly from the club and its members. The total project is projected at \$500,000, with the city covering the balance not raised by Kiwanis.

Our local riders have some great ideas for fundraising. They are looking at doing a competition on Friday in conjunction with Kool-Aid Days. They have the knowledge of what to do, and we can provide the organization as to how to get it done.

Any member who donates a cumulative \$1,000 will be designated a "Skatepark Fellow" and have their name on a plaque at the finished Skatepark.

There will also be opportunities to help with fundraisers. **We need your involvement and expertise.**

We will be included on Give Hastings Day again in 2026. The committee is working on grants and a direct mail campaign to businesses.



April 17 – Experience Hosting a Foreign Exchange Student, Carissa Uhrmacher



Sophie Kostenko, Ukrainian exchange student, was scheduled to speak, but her track coach insisted she attend the track meet. So her exchange mom, Carissa (Ablott) Uhrmacher, stepped in and talked about the experience of hosting an exchange student.

She was originally from Inland Central. She has held many community positions including the Boy Scouts and YWCA. For the past 5 years she has been Associate Director of Career Services at Hastings College.

She had some previous connection with an exchange student through her daughter who had befriended a Rotary exchange student from Germany. However prior, she herself traveled to Spain and France while in high school. While in college, she spent 3 weeks in Japan as part of the original trip to Ozu, Japan when it became the Hastings sister city. She has continued to travel throughout her adult life.

She and Kevin were approached by Rotary to host an exchange student from Ukraine. Background checks were required, as well as a visit to their home. Rotary helps with finances and does periodic checks with the hosts.

Prior to Sophie coming to the states, she and Carissa's daughter connected via Instagram. Carissa met Sophie and her mom over "Zoom or Whatsapp or one of those." One concern of Sophie's mom was, what do we do in the case of a tornado. Carissa found it odd

that she was concerned about tornadoes when their country is being devastated by war.

It was quite an adjustment for the family having two daughters in the household, and of course a challenge for Carissa's daughter not having the place to herself. Sophie did have her own room.

The Rotary exchange program has the student live with three different families during the school year for 3 months each. As it turned out, the third family for Sophie had to back out, so she came back to the Uhrmachers who had been her first family.

Sophie lives in a much larger town; Carissa guessed the population between that of Lincoln and Omaha. Uhrmachers live on a farm south of Adams Central. Sophie had trouble adjusting to not being able to just run to Wendy's for a Coke, or out to Walmart for one item. Exchange students cannot drive here, so Sophie had to depend on a family ride to town.

Carissa's daughter is a junior at Adams Central; Sophie is 17, but attending as a senior. The exchange program has them always attend as a senior so they can experience the graduation ceremony. Not all countries have such pomp and circumstance. Sophie had experienced some bullying at home, but was fully embraced by Adams Central students and did not experience that here.

This will be the last year for Sophie's high school training and she will not have any further classes when she gets back home.

Carissa said it was a very rewarding experience. She shared many more tidbits, but I'm guessing Sophie might include those in her presentation, which has been rescheduled for May 9th.

April 24 –Sexual Assault Awareness Month, Allie Trautman

Allie has been with the enCourage Advocacy Center for 7 years. She has a connection with Kiwanis, having been a Key Leader in high school.

The organization was previously known as SASA (Spouse Abuse Sexual Assault). It was rebranded a few years ago because they want people to seek their support prior to a crisis, and also to make clear you don't have to be a spouse to seek their help.

Part of its mission is to “work proactively to address the root causes of abuse and violence.” They serve people of all ages, genders, and walks of life. They help survivors of domestic violence, dating violence, sexual assault, stalking, and human trafficking. They are seeing more online pictures being sent by young people, received, and then being shared without consent.

Three of the advocates are bilingual, which is the majority. All staff members are cross-trained to handle each type of situation. They are not counselors or therapists. They provide crisis counseling, although some staff do have social work training. They also have contracts with private counselors if needed, and can help with payment.

They work in concert with other agencies, help with transportation to support groups, offer child care during group sessions, and provide an on-site support group at The Bridge, as well as offer emergency shelter. UNK, Hastings College, and CCC interns frequently help with transportation.

In 2024:

- 403 individuals were served
- 877 bed nights and 2,631 meals were given for 76 men, women, and children at risk
- Its Batterers Intervention Program served 33 men with education focused on ending abusive thoughts and behaviors.
- They also have a Rebuild aspect where they work with the perpetrators on skills to prevent abuse.

What is consent?

- Consent is an enthusiastic “yes”
- Silence does not mean consent
- Freely given choice based on equal power
- Reversible, either party can change their mind
- Informed, the individual should be fully aware of what they are consenting to
- Specific, a certain act at a certain time does not mean consent to other acts or other times
- Being in a relationship does not automatically mean consent.

Common reactions after an assault:

- Shock - denial - shame - anger
- Concern about being blamed
- Loss of control over their life
- Anxiety
- Oddly enough, concern for the perpetrator

How to help someone who has experienced sexual assault:

- Believe them
- Don't blame them
- Express concern without judgment
- Be patient and compassionate
- Offer help or refer them to someone who can

It's important to believe the individual when they have taken the courage to discuss the assault.

enCourage has a contract with the Hastings Police Department that when an assault occurs, they will contact enCourage and refer the individual to them.

It is up to each client to decide what services they want from enCourage.

The individual has medical options:

- A forensic exam
- Treatment for STIs/STDs

The individual has legal options:

- A forensic exam
- Reporting to law enforcement (although this is a requirement if it is a minor or a weapon was involved)
- Obtain a protection order.

Its **Green Dot Program** is training for bystander intervention and is available to any community organization. It can apply to areas such as bullying and child mistreatment, as well as sexual assault.

Bystander intervention:

- **Involve** yourself by stepping in or saying something to try to stop the action
- **Interrupt** the situation by distracting the individual and redirecting their attention
- **Initiate** help from another person to address the situation. An especially good approach if you don't want to get directly involved yourself or are not sure what to do.

Allie was asked about human trafficking in our community. She acknowledged that human trafficking occurs statewide, especially along the interstate corridor. The bigger cities are the biggest targets.

She was also asked why so many sexual assault cases in the courts are pled down to lesser infractions. She said primarily it is because there are usually no witnesses and very little evidence, which makes it hard to prosecute. In a trial, you need proof without a reasonable doubt; hard to come by in these types of cases. In addition, 80% of the time the victim knows the person assaulting them.

Out of 500 rapes committed, only 100 are reported to the police, 19 arrests are made, 14 are prosecuted, and less than eight are convicted. The county attorney tries to get something punitive and settle before going to trial. It is either probation or a lesser sentence. At any rate, the individual would have to register in the sex offender



registry and abide by those restrictions. The length of time for that is either 15-25 years or lifetime.

enCourage Advocacy Center is located at 220 South Burlington, Suite 4. You can reach Allie at Allie@encouragecenter.org or 402-463-5810.

2024-2025 Hastings Kiwanis Leadership

Officers

President ~ Frank Koch
franklink@hastingskiwanis.org

Immediate Past President ~ Michelle Musgrave
michelle.musgrave@hastingskiwanis.org

President-Elect ~ Mike E. Johnson (Dr. Mike)
michaelj@hastingskiwanis.org

Vice President ~ Russanne Hoff
russanneh@hastingskiwanis.org

Treasurer ~ Jim Krebsbach
jimk@hastingskiwanis.org

Secretary ~ David Kempf
davek@hastingskiwanis.org

Assistant Secretary ~ Susan Price
susanp@hastingskiwanis.org

Board of Directors (# of years)

John Boltz (2)
johnb@hastingskiwanis.org

Brandon McDermott (2)
brandon.mcdermott@hastingskiwanisd.org

Casey Mohler (2)
casey.mohler@hastingskiwanis.org

Dale Musgrave (2)
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Kathy Hohensee (1)
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George Howard (1)
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Taylor Musgrave (1)
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Marge Ormsby (1)
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MAY BIRTHDAYS

4 Patty Boltz
4 Clyde Sachtleben
17 Ashley Hajny
23 Chuck Hastings
30 Tom Genung



Happy Mother's Day!

