

The War Whoop Weekly Bulletin

Rotary
Club



Kansas City, KS

Meeting Location: Meetings presently held via Zoom.
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Websites: Club: www.rotarydowntownkck.org, District: www.rotary5710.org, International: www.rotary.org

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LAST TUESDAY AT ROTARY - President **Scott Martens** opened the meeting and led members in the Pledge of Allegiance. **Jay Dunlap** provided the invocation, and **Scott Kaufmann** then led club members in singing "R-O-T-A-R-Y".

Ken Davis, January program chair, introduced our speaker, **Dr. Keith Jantz**, retired physician, who joined us for a second discussion on the COVID-19 infection and the vaccinations now available.

Emphasizing that research concerning the virus is developing very rapidly, Dr. Jantz described the COVID-19 pandemic as a "fluid situation." Although vaccines are now rolling out to the American public, Dr. Jantz reinforced the need to continue following CDC guidelines concerning preventive measures. For immunity boosters, Dr. Jantz mentioned taking Vitamin D (5000 units each week) and Zinc (50 mg doses 3 times per week). Taking the antacid famotidine (e.g., Pepcid) also appears to decrease the severity of COVID-19 infections.

With respect to COVID-19 testing, the PCR test is still the most accurate testing methodology and may now be performed with a shallow nasal swab, rather than the deep nasal swab previously used. A saliva test is also now available at many sites in Johnson County. The saliva test provides results within approximately 48-72 hours, with accuracy of approximately 92%.

To date, the FDA has approved two vaccines for emergency use, one from Pfizer and one from Moderna. Both vaccines are messenger RNA type vaccines, which incorporate a copy of a portion of the coronavirus genetic material in order to trigger the human body to develop antibodies. These two similar vaccines should provide protection from the virus for at least 4 months. Both require two doses, with Pfizer's second dose being administered 21 days after receipt of the first vaccine and Moderna's second dose being administered 28 days after receipt of the first vaccine. One weakness of the Pfizer and Moderna vaccines is

the need to store both at extremely cold temperatures, with the Pfizer vaccine requiring ultra-low-temperature storage.

So far, the most common side effects of these vaccines are arm pain (especially after the second dose) and some flu like symptoms (fever, muscle aches, malaise) which may last for 2-3 days after receipt of the injection. Arm pain occurs in approximately 75%-90% of those receiving the vaccine, while the flu like symptoms appear in approximately 40% - 60% of individuals receiving the vaccines.

Some individuals also experience mild allergic reactions to the vaccines. These mild allergic reactions include rash, some swelling, and skin irritations, all of which are non-life threatening. Dramatic allergic reactions (anaphylactic reactions) may occur in some individuals, but these dramatic allergic reactions are rare and generally occur in people who are prone to allergic reactions to an ingredient common in vaccines (polyethylene glycol). For people who have experienced serious allergic reactions in the past, Dr. Jantz recommends scheduling receipt of the COVID-19 vaccine at a medical office rather than at a mass vaccination site.

In addition to more than 150 other vaccine trials worldwide, AstraZeneca and Johnson & Johnson are currently in Phase 3 clinical trials of COVID-19 vaccines and will be seeking FDA approval soon for release in the US. These vaccines differ from the vaccines currently being distributed in that the vaccines in trial utilize the human adenovirus and add the spike protein of the coronavirus to urge the human body to produce antibodies to the coronavirus. Early results show that these vaccines have an efficacy rate of 70% -90%. The AstraZeneca and Johnson & Johnson vaccines also require only regular refrigeration rather than sub-zero freezer storage.

Dr. Jantz also reminded that the vaccines will not stop the pandemic, because the vaccine does not reduce the contagiousness of COVID-19. Rather, vaccinating the population will reduce the severity of the disease. Looking forward, Dr. Jantz is hopeful that life will return to more normal pre-pandemic conditions by September. With vaccinations being received by 50-60% of the population and some people developing natural immunity after a COVID-19 infection, the coronavirus infection rate will likely decrease over the summer months.

Many thanks to **Ken Davis** for a wonderful month of programs in January!

NEXT WEEK AT ROTARY - Our speaker will be **Spark Bookhart**, Executive Director of YouthBuild, an alternative education program for at-risk youth in KCK. **Todd Jordan** is the program chair for February.



Where the Gate to Kansas Swings Open

The Kansas City, Kansas Rotary Club was organized on November 2, 1915 and received its charter as Club No. 195 in January 1916. Its members take pride in more than 100 years of Rotary service to the community and to international fellowship. From this Club have come five District Governors and two Directors of Rotary International. The Club's history is as rich as that of the community it represents.

Following the Lewis and Clark expedition which camped at the confluence of the Kansas and Missouri rivers on June 26, 1804, in present day Kansas City, Kansas, this area became an important center for fur trappers. In the following years, many Indian tribes were relocated here from the East. In 1842 the Wyandot Indians acquired land here and founded a town. During this period, and for the next five decades, this area became the main gateway to the inviting majesty of the sprawling Kansas Prairie and the American West. This was where the frontier began. Pioneers found river transportation, outfitters and the beginning of the Santa Fe and Oregon Trails. After the covered wagons, came major trunk railroads and barge lines.

In 1886, Kansas City, Kansas received its charter as an incorporated city, combining the towns of Wyandot, Argentine and Armourdale. (Rosedale was added in 1922.) Kansas City, Kansas is the site of the first industrial park in the United States, home of the prestigious University of Kansas Medical Center, and the location of the National Agricultural Hall of Fame and the nationally recognized Kansas Speedway.

Near the geographical and population centers of the contiguous United States, it is in the temperate latitudes at an elevation of 726 feet above sea level. The average rainfall is 35 inches. The average mean temperature ranges from 30° F in January to 80° F in July. The lowest recorded temperature was -23° F on December 23, 1989, and the highest was 113° F on August 14, 1936. Our city's population of 145,000 and area of 155 square miles rank it 158th among cities in the United States.

Welcome to Kansas City, Kansas Rotary and the vibrant community it represents.

Service Above Self

Rotary Websites:

KCK Club: www.rotarydowntownkck.org, District: www.rotary5710.org, International: www.rotary.org



Rotary Opens Opportunities

WHERE NEARBY TO MAKE UP ATTENDANCE

MONDAY

Bonner Springs (11:45am) ----- Twister Bar & Grill, 13100 Kansas Ave.
Overland Park (11:30am) ----- Doubletree Hotel, 10100 College Blvd.

TUESDAY

Gladstone (7:00am) ----- Fairview Christian Church, 1800 N.E. 65th

WEDNESDAY

Overland Park South (7:15am) ----- Deer Creek Country Club, 7000 W. 133rd
Leavenworth (Noon) ----- Riverfront Community Center, 123 S. Esplanade
KCI, Missouri (Noon) ----- Granite City Pub, 8461 NW Prairie View Rd.
Shawnee Mission (Noon) ----- Sylvester Powell Community Ctr, 6200 Martway, Mission
Olathe (Noon) ----- Hilton Garden Inn, 12080 S. Strang Line Road
Kansas City South, Missouri (Noon) ----- Margarita's, 13401 Holmes Rd.
Johnson County-Sunset (5:15pm) ----- Hilton Garden Inn Olathe, 119th & I-35
Waldo-Brookside, Missouri (5:15pm) ----- Waldo Pizza, 7433 Broadway

THURSDAY

Johnson County (7:15am) ----- Holiday Inn, 8787 Reeder St., OPKS
Leawood (7:15am) ----- Hallbrook Country Club, 11200 Overbrook Rd
Village West (7:15am) ----- Providence MC/Cafeteria Conference Rm, 8929 Parallel, KCK
Gardner (7:30am) ----- Gardner Community Ctr., 128 E. Park
Santa Fe Trail (7:30am) ----- Mid-Am Nazarene U, 2030 E. College Way, Olathe
Kansas City, Missouri (Noon) ----- The Gallery, 61 E. 14th Street, KCMO

FRIDAY

Desoto (7:00am) ----- Desoto United Methodist Church, 8760 Kill Creek Road
Shawnee (7:15 am) ----- Shawnee Town Hall, 11600 Johnson Drive
Plaza, Missouri (7:15am) ----- Grand Street Cafe, 4740 Grand Ave.
North Kansas City, Missouri (Noon) ----- NKC Library, 2251 Howell Street
Parkville, Missouri (Noon) ----- Park University Underground, Woodard Center
Lenexa (Noon) ----- Lakeview Village, Southridge Bldg., 14001 W. 92nd, 5th Floor

Please see the Secretary for the world directory of all Rotary Club's meeting times, days, and places.

2020-2021 Board of Directors

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