



Kiwaniis®

CLUB OF TUSCOLA

NEWSLETTER
SEPTEMBER 2023

See club information and photos on our website at www.tuscolakiwanis.org
and on Facebook at www.facebook.com/tuscolakiwanisclub

2023 Events/Activities

Monday, September 11	Board Meeting – Ta’carbon
Friday, September 22	Homecoming Parade
Saturday, September 23	Homecoming Pancake Breakfast – Comm. Bldg.
Monday, October 9	Board Meeting – Ta’carbon
Friday/Saturday, October 27-28	Kiwaniis Kids Days

Upcoming Meetings & Program Assignments

September 6	Marci Shoemaker
September 13	Glen Simpson
September 20	Sandy Simpson
September 27	Julie Slaughter
October 4	Officer/Board Installation/New Members
October 11	Club Awards
October 18	Paul Wisovaty
October 25	Maureen Bergeson
November 1	Doris Young
November 8	Wilma Allen
November 15	Carol Beals
November 22	NO MEETING – Thanksgiving Week
November 29	Sue Wisovaty
December 6	Dale Boyer
December 13	Ginger Boyer
December 20	Club Christmas Party – Jeannie Craddock

December 27	Elaine Bryant
January 3	TBD – Flesor’s Closed?
January 10	Wayne Ward
January 17	Carol Burwash
January 24	Dave Butler
January 31	Janet Butler
February 7	Sharon Corum
February 14	Jeannie Craddock
February 21	Linda Damler
February 28	Mike Damler

If your program date does **not** work for you, please arrange a swap and notify Janet Butler as soon as possible so the calendar can be updated.

**Don’t forget to give Janet Butler your Volunteer Hours
at the end of the month!**

Happy Labor Day!



Meeting Minutes – August 2, 2023

- Attendance

36 – Members

1 – Guest: Dr. Bill Hemmer

- Birthdays – August 4 Jeannine Fortney and Candy Hudson; August 6 Linda Damler; August 7 Dave Moody and Susan Wisovaty
- Brags – Carol Burwash, Janet Butler, Jeannie Craddock, Tim Hoel, Patty Russell, and Wayne Ward
- Free Lunch Winner – None due to meeting at TUMC.
- News, Announcements, Activities and/or Volunteer Opportunities

Skip-A-Meal – August is the club's annual Skip-A-Meal program. All donations go to the Kiwanis Children's Fund. It is suggested that members donate the cost of a lunch, but you don't have to actually skip lunch. The lunch ladies will collect your donations during the month of August.

Meeting Canceled August 16 – The club will not meet Wednesday, 8/16 due to our garage sale.

Upcoming Events/Activities:

Movie Night – August 4

Kiwanis Garage Sale – August 16-19

New Member Recruitment Meeting – August 30

Program:



Jerry Reynolds introduced our speaker, Dr. Bill Hemmer. Bill spoke on a number of health issues.

The cartilage in your knees only gets lubricated and nutrition when you move. So keep hydrated and moving. For hydration, you should drink half your body weight in ounces per day. Use sea salt (contains potassium and magnesium) verses regular table salt. Put a pinch of sea salt in your drinking water container.

Type 3 diabetes is diabetes of the brain, and is a precursor to dementia and Alzheimer's. To stay healthier, control your blood sugar levels, eat more good fat (extra virgin olive oil, avocado, bacon, butter as example), and keep away from refined sugar. Consider intermittent fasting if you don't have high/low sugar issues and still have your gallbladder.

It helps you to keep healthy if you can sleep 7-8 hours a night. This not only gives your organs and body a rest, but also time to repair cells.

Meeting Minutes – August 9, 2023

- **Attendance**

40 – Members

0 – Guests:

- **Birthdays** – August 12 Jerry Leonard; August 19 Jim Hausmann
- **Brags** – Carol Burwash, Tim Hoel, Judy Landeck, Dennis Opperman, and Doris Young
- **Free Lunch Winner** – Elaine Bryant
- **News, Announcements, Activities and/or Volunteer Opportunities**

District Convention Recap – Janet Butler reported that the new 2023/2024 I-I Governor will be Tom Willis from Addison. A bylaw change was approved to give the Governor Elect the authority to appoint a Lt. Governor, in or out of the division, if the division has not elected one by January 31. The district will be consolidating the current 32 divisions to probably 26. The plan will be discussed, adapted, and voted on September 17 by the LTGs. In the draft, Tuscola would be moved to Division 25 with Champaign-Urbana and Danville. Tuscola was recognized as a 2021-2022 Distinguished Club with Carol Burwash Distinguished President, Janet Butler Distinguished Secretary, and Jerry Leonard as Distinguished Lt. Governor. The club donated \$1,165 to the district's Kiwanis Neuroscience Research Foundation. And Carol Burwash was awarded an Amador Medallion Award. See photos on page 7.

Environmental Stewardship Day – Thursday, September 14 at Walnut Point Park – Janet Butler reported that the online sign-up was open for up to 12 volunteers.

Upcoming Events/Activities:

Kiwanis Garage Sale – August 16-19

New Member Recruitment Meeting – August 30

Program:



Ian presented a detailed summary of “What To Know When Someone is Hospitalized.” He discussed many aspects of being in the hospital including the need for a patient advocate and tips on dealing with the doctors and nurses.



If you would like the details of Ian's presentation, email him at:

ianrominger@gmail.com

Resources he recommends:

Care.com

Caring Bridge

Health Advocate Professionals

Meeting Minutes – August 23, 2023

- Attendance

33 – Members

1 – Guest: Pastor Bennett Woods

- Birthdays – August 29 Carol Hausmann and Karrie Dotson

- Braggs – Maureen Bergeson, Carol Burwash, Jeannie Craddock, Kim Higgins, Tim Hoel, Jeff Martin, Val Morgan, Lori Nichols, Dennis Opperman,

- Free Lunch Winner – Donna Motley

- News, Announcements, Activities and/or Volunteer Opportunities

Garage Sale Results – The club raised \$3,574.25. Great job everyone! See photos on page 8 and on the club website.

Upcoming Events/Activities:

New Member Recruitment Meeting – August 30

Program:



Patty Russell introduced our guest speaker, Pastor Bennett Woods. He is the new United Methodist Church pastor for Pesotum and Tuscola. He is originally from Clinton,

Illinois. Since age 15, he has been interested in ministry.

Pastor Bennett has been in ministry for thirteen years. His wife Kim and he have been married for thirteen years, and Kim is a deacon of the United Methodist Church serving at the Wesley Foundation in Champaign-Urbana.

Meeting Minutes – August 30, 2023

• Attendance

39 – Members

5 – Guests: Kim Beachy, Marsha Dawson, Kathleen Dyer, Mary Ann Pattenau, and Ken Rominger

- Birthdays – September 3 Elaine Bryant; September 4 Lyn Kohlbecker
- Brags – Janet Butler, Jeannie Craddock, Linda Damler, Debbie Graber, Tim Hoel, Judy Landeck, and Val Morgan
- Free Lunch Winner – Suzanne Moody
- News, Announcements, Activities and/or Volunteer Opportunities

Homecoming Parade – Friday, September 22 – Line up 1:50PM. Jeannie reported that Tim is providing two trailers for K-Kids and Builders Club. Need one truck driver. Members with golf carts are encouraged to decorate and join the parade. Homecoming Pancake Breakfast – Saturday, September 23 – Tuscola Community Building - Pat Damler reported that online sign-up would be available shortly.

Upcoming Events/Activities:

September 22 – Homecoming Parade
September 23 – Homecoming Pancake Breakfast

Program:



Janet welcomed five potential member guests with a presentation providing information about Kiwanis International, the Illinois-Eastern Iowa district, our division, and the Tuscola club.

Janet talked about club meetings, programs, service projects, fundraisers and more.



Jeannie having some fun!!!

I-I District Convention – Bloomington – August 4-6



Carol Burwash Amador Award Presentation



Carol Burwash accepting the club's 2021-2022 Distinguished Club award

More photos on club website

2023 Kiwanis Garage Sale – August 18-19



More photos on club website

**TUSCOLA KIWANIS CLUB &
KIWANIS CLUB OF TUSCOLA ILLINOIS FOUNDATION
2023 AUGUST BOARD MEETING MINUTES**

The meeting was called to order at Ta’Carbon Restaurant on Monday, August 14, 2023 at 12:00pm by President Tim Hoel with the following officers, club directors and guests present as noted by an “X”:

Elaine Bryant (2023)	X	Kim Higgins – Pres Elect	X	Guests:	
Carol Burwash – Past Pres	X	Tim Hoel – President	X	Carol Martin	X
David Butler – Webmaster	X	Candy Hudson – Treas	X		
Janet Butler – Secretary	X	Jeff Martin (2025)	X		
Cathy Chaplin (2023)	X	Glen Simpson (2024)	X		
Jeannie Craddock – VP	X	Cindy Wood (2025)	X		
Pat Damler (2024)	AB				

The following items of business were conducted:

1. Minutes of June Board Meeting – Carol Burwash made a motion that the minutes be approved as presented. Cindy Wood seconded the motion and it was approved. Copy of Board meeting minutes are included in Board Meeting Documents under “Board Reports” in the “Members Area.”
2. Secretary’s Monthly Reports – The Board meeting packet included the monthly volunteer hours report and the KI monthly report. Hours reported were 548 service hours. Top two volunteers were Tim Hoel and Elaine Bryant. Cathy Chaplin made a motion to approve the reports as presented. Carol Burwash seconded the motion, and it was approved. Copies of Secretary Reports are included in Board Meeting Documents under “Board Reports” in the “Members Area.”
3. Treasurer’s Monthly Reports – The Board packet included copies of the club and foundation monthly treasurer’s reports ending August 14, 2023. The current balance for the club was \$12,690.35 and the foundation balance was \$15,589.78. Elaine Bryant made a motion to approve the reports as presented. Glen Simpson seconded the motion, and it was approved. Copies of treasurer reports are included in Board Meeting Documents under “Board Reports” in the “Members Area.”
4. Disbursements/Reimbursements –

Approved disbursements:

<i>Club Administrative Account</i>	<i>Club Foundation Account</i>
	\$290.01 Reimburse Janet Butler for school supplies purchased from Amazon

Carol Burwash made a motion to approve the above disbursements. Kim Higgins seconded the motion, and it was approved.

5. New Donation Requests – None

OLD BUSINESS

1. Garage Sale – Cindy Wood reported the committee would be hold their last meeting at 5pm today. Everything is on track.
2. New Member Recruitment Meeting – Janet Butler reported that so far there were 4 potential members planning on attending. Probably need 2-3 to reach +1 in membership.
3. School Supplies for Teachers – Jeannie Craddock that the supplies were ready to deliver. She asked for delivery help after the board meeting. Copy of the supply list enclosed.

NEW BUSINESS

1. Unpaid Dues – Candy Hudson reviewed the unpaid dues list. Members to be followed up with or provided an invoice were identified.
2. K-Kids Fall Picnic – Before the next board meeting, Jeannie Craddock will follow up with Beth Linstead.
3. Builders Club Back to School – Before the next board meeting, Jeannie Craddock will follow up with Melissa Sanders regarding doing something for Builders Club to welcome them back to school.
4. 2022/2023 Club Awards – Janet Butler reported that the committee met on Wednesday, August 9, 2023 and selected the recipients. Club Awards and Perfect Attendance awards will be presented Wednesday, October 11.
5. Homecoming Parade – Friday, September 22 Jeannie Craddock will coordinate with Beth Linstead and Melissa Sanders for K-Kids and Builders Club, respectively. Tim Hoel advised that he can provide two trailers.
6. Homecoming Breakfast – Saturday, September 23 Community Building Board members were asked to consider an active co-chair with Pat Damler. Will follow up with Pat.

Next Board Meeting – The next Board meeting will be Monday, September 11, 2023 at noon at Ta'Carbon.

Adjournment – There being no further business, the meeting was adjourned at 12:36PM.

Submitted by: Janet Butler – Secretary



Enjoy!!!

Please provide any pictures, updates and corrections for newsletter or website to:
dbutler@tuscolakiwanis.org or jbutler@tuscolakiwanis.org
