

TUSCOLA KIWANIS CLUB NEWSLETTER

DECEMBER 2006

Upcoming Events

<u>2006</u>	
December 6, Wednesday	Board Meeting – Noon at Tuscanys
<u>2007</u>	
January 3, Wednesday	Board Meeting – Noon at Tuscanys
January 6, Saturday	Circle K Holiday Embrace – Willowbrook IL
February 3, Saturday	Pancake Breakfast/Lunch – Forty Martyrs Hall
February 9 & 10, Fri & Sat	I-I District Mid-Winter Convention – Comfort Suites, Burlington IA
March 30, Friday	Fish Fry Dinner – Forty Martyrs Hall
July 4-8, Wed thru Sun	Kiwanis International Convention – Marriott RiverCenter, San Antonio Texas
August 10-12, Fri thru Sun	I-I District Convention - Giovanni's Convention Center, Rockford, Illinois

Upcoming Meetings & Program Assignments

December 4	Dave Dobson
December 11	Jeanine Fortney
December 18	No program – gift exchange
December 25	No Meeting
January 1	No Meeting
January 8	Joe Fortney
January 15	Debbie Graber
January 22	Edie Griffith
January 29	Jerry Hall

February 5	Clarice Hausman
February 12	Darrell Helm
February 19	No Meeting
February 26	Kim Higgins

Don't Forget to Give Wayne Your November Volunteer Hours!

Meeting of November 6, 2006

There was a total attendance of 34 members and 1 guest, Nancy Broch, wife of Rick Broch.

Darrell Helm reviewed Board Meeting highlights. (See Board Meeting section below for more information.) The dates for the pancake breakfast/lunch and the fish fry were confirmed.

Carol Burwash reported that one case of peanuts is left for a donation of \$20.

Dave Dobson reported that a Kiwanis sponsored Golf Scramble has been tabled for the present time.

Mike Damler advised that the check from the new company receiving the used ink jet cartridges was quick. He also advised that we can raise additional funds by turning in old cell phones. Mike has a list of accepted brands.

Members were reminded about the Veteran Day activities and the lunch at 11:30AM at Forty Martyrs Hall.

Candy reminded members about the Chamber of Commerce Thanksgiving luncheon and advised that she had tickets with her for sale.



Our speaker was David Butler, our Kiwanis webmaster. He provided information about the Tuscola Kiwanis website such as:

- Is on a server (computer) in Washington, D.C.
- Has 3,732 files and grows weekly.
- Had 204 visits in October
- Had 11,348 hits in October
- Is updated with Microsoft Front Page
- Receives new files with Fire FTP (File Transfer Protocol)
- Updated at least weekly

As I was saying... Light travels faster than sound. That is why some people appear bright until you hear them speak.

Author: Unknown

Meeting of November 13, 2006

There was a total attendance of 26 members and Jeff Edwards, guest of Pat Damler.

Jim Kleiss came into the meeting briefly and thanked the club for helping with the SAM Pantry Food Drive. Our assistance was greatly appreciated!



There will be an inter-club in Clinton on Tuesday, November 14th. Dave Dobson, Clarice Hausman, Earl Pendergrass and Debbie Graber plan to attend. The traveling gavel has been wrapped in an autumn theme and will be presented at the meeting. See next section for the poem by Dave Dobson that will be read to the Clinton club at the gavel presentation.



Ed Wachala advised the next inter-club will be on Thursday, December 14th at 6:45AM with the Decatur Early Birds. Ed sent around a sign-up sheet.

Paul Wisovaty is asking Kiwanians to ring the bell for the Salvation Army from 8a-5p on Saturday, December 16th at IGA. Paul sent around a sign-up sheet.

Mike Damler and Darrell Helm reported that they are developing 1 day per week, 4 week study skills program from a more comprehensive study skills book. They envision each Kiwanian volunteer to work with four students from the 6th grade. Darrell and Mike asked for a show of hands of members who might be interested in this program.

Mike Damler also reported that computer classes for adults are no longer available at Tuscola Community High School.



Our speaker was Janet Butler, our newsletter editor. Her topic was "Identity Theft".

So what is identity theft?

It's what happens when someone uses your personal information like your name and social security number or your credit card number to commit fraud in your name.

How do thieves steal your identity?

1. **Dumpster Diving.** They rummage through trash looking for bills or other paper with your personal information on it.
2. **Skimming.** They steal credit/debit card numbers by using a special storage device when processing your card.
3. **Phishing (fishing) or fake emails.** They pretend to be financial institutions or companies and send spam or pop-up messages to get you to reveal your personal information.
4. **Changing Your Address.** They divert your billing statements to another location by completing a "change of address" form.
5. **"Old-Fashioned" Stealing.** They steal wallets and purses; mail, including bank and credit card statements; pre-approved credit offers; and new checks or tax information. They steal personnel records from their employers, or bribe employees who have access. Have you thrown away a credit card offer with shredding it? That's dangerous...shred or destroy in the future.

To help all of us in the fight against identity theft, the Federal Trade Commission has embarked upon a national outreach campaign. The FTC's campaign theme is summed up in three key words: **Deter, Detect, Defend.**

First - Deter.

We all know the old saying that an ounce of prevention is worth a pound of cure. The same holds true for identity theft: making your personal information hard for thieves to get their hands on can reduce your risk. Here are the key steps to deter an identity theft:

- Don't give out personal information over the phone, through the mail or over the Internet unless you are sure who you are dealing with. Sometimes this is a judgment call.
- Safeguard your personal information in a secure place at home, especially if you have roommates, employ outside help or are having work done in your home.

- Shred financial documents and paperwork with personal information on it before you throw them out.
- Protect your Social Security number. Don't carry your card in your wallet or write it on a check. Give it out only if absolutely necessary or ask to use another identifier. If you don't think the requester needs your social security number, ask why they want it. Don't give it unless you are convinced it is necessary. Don't worry about being perceived as rude.
- Never click on links sent in unsolicited emails; instead, type in a web address you know. Use firewalls, anti-spyware, and anti-virus software to protect your home computer; keep them up-to-date. Visit OnGuardOnline.gov for more information.
- Don't use an obvious password like your birth date, your mother's maiden name, or the last four digits of your Social Security number.

Second - Detect.

With identity theft, early detection is key. Detect suspicious activity by routinely monitoring your financial accounts and billing statements. Doing so can help you catch a potential problem before it gets out of hand.

- Be alert to bills that do not arrive as expected, unexpected credit cards or account statements, denials of credit for no apparent reason, or calls/letters about purchases that you did not make.
- Read your credit card statements and financial accounts carefully, looking for any charges you did not make.
- Check your credit report regularly. For those of you not familiar with the term, your credit report has information about you, including accounts you have and how you pay your bills. It helps banks and other businesses decide whether to extend you credit or insurance, and on what terms.

The three major consumer reporting companies are required by law to give you a free copy of your credit report each year if you ask for it. The companies are: Experian, TransUnion and Equifax. www.AnnualCreditReport.com is a central website, run by these three companies, where you can get your free credit report.

Third - Defend.

What if you are already a victim? The answer: act quickly.

- Contact the fraud department at any of the three nationwide credit reporting companies and ask them to place a “fraud alert” on your credit report. A fraud alert tells creditors to follow certain procedures to protect you before they open new accounts or make certain changes to an existing account. Each of the three nationwide consumer reporting companies has toll-free numbers to place a fraud alert. But you just need to place one call, because the company you call is required by law to notify the other two. The phone numbers are in the handout, too.
- Once you place a fraud alert on your file, you can get a free copy of your credit report from each of the three nationwide consumer reporting companies. Review your credit reports carefully, so you can figure out what fraudulent accounts may have been opened. And then, close them.
- File a police report and get a copy. Your creditors may require it for documentation. Plus, a police report will help you get information from creditors about the fraudulent accounts.
- Close all the accounts that were opened or used fraudulently. After you speak to someone in the company’s fraud department about closing the account, follow up in writing and send copies of the documents that support your claim. I repeat: send copies, not originals.
- After you’ve resolved a disputed charge with a company, ask for a letter stating that the matter has been closed. Keep copies of your papers and correspondence, and a record of all your conversations with companies where accounts were opened or used fraudulently.

Finally, file a complaint with the Federal Trade Commission. You can go to ftc.gov/idtheft or call 1-877-ID-THEFT. Reporting your complaint can help law enforcement officials across the country with their investigations.

To learn more about other actions you can take, check out the Federal Trade Commission website at www.ftc.gov/idtheft and click on “Consumers”. There is a lot of information including a guide called: “Take Charge: Fighting Back Against Identity Theft”. Or order a copy. It’s free.

The Traveling Gavel

Fifty-eight miles we gladly did travel
To bring to you the traveling gavel.
We thought of ways to make this clever,
To give your club the best gift ever;
We said, “Wouldn’t it be really nice,
To wrap it up in cold dry ice?”
Or maybe drop it from a plane,
Our chairman said, “No, that’s insane!”
Or put it in a bag of seed –
Naw, we’ve done that – what we need
Is to package tightly, with a reason,
Wrapped in paper that fits the season,
Use lots of packing, use lots of tape,
Be sure that gavel cannot escape;
So if an opener, you need to borrow
Cause it may take you until tomorrow;
And that concludes our presentation,
Tuscola to Clinton – this great creation!

*By Dave Dobson – November 2006
Tuscola Kiwanis Club’s poet laureate*

John Rushkin said: “When a man is wrapped up in himself, he makes a pretty small package.” No Kiwanian need fear this judgment; through service to others, we have opened our arms and our hearts to embrace the world.

From Inspirational Moments for Kiwanis Occasions

Meeting of November 20, 2006

There was a total attendance of 31 people at this meeting with 30 members and our guest speaker, Joe Burgess. Clarice Hausman, president-elect, conducted the meeting in the absence of Darrell Helm, president.



Clarice Hausman reminded members that Tuscola plays for the high school state football championship at Memorial Stadium, Champaign at 1PM on Friday, November 24th. Tickets are \$10 and can be purchased at the door. Go Warriors!

There was an inter-club in Clinton on Tuesday, November 14th. Dave Dobson, Clarice Hausman, Earl Pendergrass and Debbie Graber attended. The meeting was held at The Blue Banana that has an in-house chef. The traveling gavel was presented. It was wrapped so well that it took at least 10 minutes to get to the gavel. The speaker's topic was about Angel Trees as a way to help others.

Kim Higgins reported that those members who could help with set-up, checking in entries and marking the spaces should be at Ervin Park at 11:45AM. If someone is interested in wearing a polar bear costume, contact Kim. For those walking or riding with the Kiwanis truck, plan to be at the park by about 12:45PM. The parade begins at 1:00PM. Park in the area by the pool, not the Jarman Center. Mike Damler will follow up regarding the K-Kids walking with the Kiwanis entry.

Kathryn McCumber reported that she had pecans and cashews for sale as a fundraiser for the Tuscola Woman's Club.

The dates for the Pancake Breakfast/Lunch on February 3rd and the Fish Fry on March 30th were confirmed.

Wayne reminded members that the I-I Mid-Winter Convention is being held in Burlington, Iowa on February 8th & 9th. If you are interested in going, the registration form is in the November-December 2006 Illeiwon. Mike Damler, Darrell Helm and Wayne Ward plan to attend.

The club received a thank you note from Art Eichner. Carol Burwash, David Butler, Janet Butler, Jeannine Fortney, Debbie Graber (and her son Chris), Jan Houser, Carl Quinn, Ed Wachala and Wayne Ward helped with the Share Food program on Saturday, November 18th.



The club also received a thank you note from Sharon Silver from East Prairie School regarding Kiwanis' participation in Red Ribbon week. Mike Damler was accompanied by Darrell Helm, Debbie Graber and Ed Wachala. Mike discussed the B.U.G. program to a very attentive audience of 5th to 8th graders.

Judy Landeck reported that the Tuscola History Book would be going to the publisher in January 2007. The cost is \$45 and checks should be made out to The City of Tuscola. If you would like to order a copy, contact Judy.



The speaker was Joe Burgess, superintendent of Tuscola schools. This has been a “big” year for Tuscola. The Tuscola Warriors will be playing for the Illinois State High School Football 1A Championship on Friday, November 24th at the U of I Memorial Stadium in Champaign. Tickets are \$10 and can be purchased at the door. Joe also praised Kiwanis for its support of Tuscola school activities and especially the K-Kids program for 4th graders. Joe believes a lot of good comes out of that program for the students and the community.

North Ward was recognized as one of the top schools in the U.S. as a Blue Ribbon School. To qualify for such recognition, a school's students must have test scores of 95% or better, and sustain that level for at least four years. North Ward now has a guidance counselor, Sharon Silver to help students with social issues, broken family issues, etc.

At East Prairie, there will be three teachers retiring in May 2007. The school has a good computer lab with internet access for the students. The computer lab is even used as part of P.E. (physical education) with a focus on a healthy lifestyle and tracking physical abilities/skills.

At TCHS, a new foreign language, French, has been added. The students can select French or Spanish. The last class of Latin will end this year. English teacher, Kristy Hoel is doing a fabulous job with students regarding college preparatory writing.

At each school board meeting, Joe talks about each school on a rotating basis and provides curriculum information. Joe has formed a District Improvement Team comprised of community members, a teacher, and a student. This team will meet four times a year and provide input to the board and faculty. There is also a similar team for the schools' Technology Plan.

Joe is very pleased with the continued improvement students' skills in Tuscola schools and enjoys being part of our great community.

Fill your life with as many moments and experiences of joy and passion as you humanly can.

By Marcia Wieder

Meeting of November 27, 2006

There was a total attendance of 27 members at this meeting. Janet Butler, vice-president, conducted the meeting in the absence of Darrell Helm, president.

Mike Damler confirmed the information for the Christmas Parade. Those members who can help with set-up, checking in entries and marking the spaces should be at Ervin Park at 11:45AM. For those walking and/or riding with the Kiwanis truck, plan to be at the park by about 12:45PM and bring a bag of candy to throw. Carol Burwash has the 3 cases of peanuts for members to throw as well. The parade begins at 1:00PM. Please park in the area by the pool, not the Jarman Center. Some of the K-Kids will probably walk with us as well.

Sadly, it was reported that Kim Higgins' mother and Paul Wisovaty's mother-in-law had recently passed away. Our condolences to both families.

Beth Riefsteck reported that in November fifteen K-Kids raked leaves for seven residents in Tuscola. Projects scheduled for December include walking in the Christmas parade, ringing the Salvation Army bell and adopting a family to provide them a better Christmas. Beth was thanked for all her good and hard work that she does with the K-Kids!



Mike Damler will be hosting the festivities for the Kiwanis Gift Exchange at the regular meeting on December 18th. Bring a wrapped gift, appropriate for a man or woman, with an approximate value of \$10. Join in the FUN!



Pat Damler was our speaker today and her topic was "Good Health, Flu and Colds." Pat reported that the results of a study showed the happiness is good for your health. A happy person can resist colds and flu better and enjoy better overall health.

The flu and the common cold are both respiratory illnesses, but they are caused by different viruses. Because they have similar symptoms, it can be difficult to tell them apart.

Influenza or "the flu" develops when a flu virus infects your respiratory system, including your nose, throat, bronchial tubes, and possibly the lungs. A cold virus usually infects only your upper respiratory tract: your nose and throat. Flu symptoms are generally worse than illness caused by the common cold. What we call "stomach flu" or "intestinal flu" is really another virus that causes vomiting and diarrhea. It's confusing terminology, because it really isn't the flu. It's just another type of viral infection.

The flu virus can infect the lungs; it can cause a serious infection like pneumonia. And that's what worries people. If the flu develops into pneumonia, it can require hospitalization and even lead to death. People with weak immune systems -- the elderly, pregnant women, infants, and people with chronic health problems -- are at highest risk

The flu shot does not contain live viruses, so it cannot "give" you the flu. However, the vaccine can trigger an immune response from your body, so you may have a few mild symptoms, like achy muscles or a low fever.

The nasal flu vaccine, FluMist, is made with weakened live virus. It's recommended only for non-pregnant, healthy people between the ages of 5 and 49 because there is a lack of safety information in other groups.

Because flu viruses differ from year to year, you need an annual flu vaccine to reduce your risk of getting the flu. The vaccines don't guarantee that you are 100% protected. You could catch a strain that is not included in this year's shot. Recent research also indicates that the vaccine may not be as protective for children under age 2. But flu shots are considered the best prevention available today.

While it is recommended that everyone get a flu shot, it's highly recommended for:

- People at high risk of flu complications, such as pneumonia
- All children 6 to 23 months old
- People 65 and older
- People who live in nursing homes and other long-term care facilities
- Adults and children 6 months and older with chronic medical conditions
- Women who will be pregnant during the flu season

What can you do to prevent the flu? Both flu and cold viruses are transmitted the same way - through microscopic droplets from an infected person's respiratory system. That person sneezes or coughs, and droplets are sprayed onto any nearby surface - or person. If they cough or sneeze into their hands (without a tissue), their hands then carry droplets to surfaces they touch. You touch that surface and pick up the virus. If you rub your eyes or nose, you've just infected yourself.

To protect yourself and prevent spread of cold and flu viruses:

- Wash your hands frequently. Use an alcohol-based gel if you don't have access to water.
- Cough and sneeze into a tissue or into your hands. Wash your hands afterward.
- When you cough, turn your head away from others.
- If you have a sudden sneeze and no tissue, bend your arm and sneeze into it.
- Don't touch your eyes, nose, or mouth. This prevents germs from entering your body.
- Wash any shared surfaces (like phones and keyboards) frequently. Viruses can live on surfaces for several hours.
- Stay away from crowds during cold and flu season.

A well-nourished immune system is better able to fight off infections. Fuel your body with natural vitamins found in foods such as dark green, red, and yellow vegetables or fruits. Salmon is a great source of omega-3 fatty acids, which fights inflammation. Also, get regular exercise. People who exercise may still catch a virus, but they may recover more quickly compared with less-healthy people.

Primary symptoms of flu are fever, fatigue, aches and pains, chills, and cough. The cough is a bronchial tube irritation and is usually not productive - you're not coughing up gunk. The flu is usually at its worst for three to four days. The cough may linger longer. Recovery can take seven to 10 days. You may have lingering fatigue for several weeks.

There's one catch with these viruses. About 24 to 72 hours after you're infected, you become contagious. Yet you don't have symptoms, so you don't know you're sick. You feel completely healthy, and go about your daily affairs -- spreading the virus wherever you go.

Stay at home while you've got the flu. Once you start feeling symptoms, you've already exposed co-workers to the virus - and you're still contagious. Also, you will recover quicker if you get some rest.

Christmas is not a time nor a season, but a state of mind. To cherish peace and goodwill, to be plenteous in mercy, is to have the real spirit of Christmas.

By Calvin Coolidge

Highlights from the November 2006 Board Meeting

- Monthly Report – Wayne reported that the District is changing the Monthly Report form and format. It will not be available for use on-line until November 2nd. If all 12 monthly reports are submitted on-line during the fiscal year, then an annual report will automatically be submitted to Kiwanis International. This will eliminate the need to compile and generate an annual report.
- Treasurer's Report – Candy reported that the current balance in the Treasury is \$6,049.69.
- North Ward Breakfast Program – The federal funds for this program have been cut considerably. The Board approved a \$200.00 donation.
- 2006-2007 Draft Budget – The draft budget was discussed. A line item for the North Ward Breakfast Program in the amount of \$200.00 was added. The budget was approved.
- Golf Outing – Dave Dobson reported on the possible costs of an outing and what would be involved. After considerable discussion, it was decided that the risk to hold such an event in Tuscola would be fairly high. The Board decided to table this matter for the present time.
- Chamber of Commerce Luncheon – Candy reported that the banks have tickets for the annual luncheon to be held November 12th at the community building. One representative from each service club will be invited by the Chamber to be recognized. Tickets are \$12.00. Candy will bring tickets to the next meeting.
- B.U.G. Program – Mike presented the program to East Prairie school students at the Red Ribbon Day assembly. Supplies have been delivered for this year's participation in the B.U.G. program.

- Adult Easter Egg Hunt – Dave Dobson was appointed by president Darrell Helm to investigate an adult Easter egg hunt program, and to report back to the Board about the feasibility of holding such an event.
- Pancake Breakfast/Lunch – A tentative date of February 3, 2007 was set. Since the club now has several additional, active members, it was approved to extend the time period for the pancakes through the lunch hour. The time will be from 7AM to 1:30PM with at least 2 different shifts helping with the event.
- Fish Fry – A tentative date of March 3, 2007 was set. Clarice will check with Forty Martyrs about the pancake and fish fry dates for availability.
- Christmas Parade – Kim Higgins has agreed to take care of our entry into the parade. We will again have K-Kids and peanuts as part of our entry.
- Tutoring Project – Darrel and Mike have been tutoring on a trial basis at East Prairie. They are developing a study skills program to help kids. It will be once a week for 4 weeks with 4 students at a time. Darrell and Mike will report more later.
- Bring A Guest – Darrell is going to encourage members to bring a guest to the club meetings. He will discuss this with the entire club.
- Lt. Governor Expense – The Board approved \$100.00 for Lt. Governor, Mike Damler to help defray some of his travel expenses this year.
- New Song Books – The Board approved Wayne ordering 10-12 new song books.
- Club Name Shirts – Janet Butler is going to check on a possible alternative source for the purchase of personalized shirts. The polo shirts from International require an order of 12 or more shirts to be personalized.
- Assist Dog Expense – A request had been verbally received from a lady in Camargo asking for assistance in the cost of training for an assist dog to aid a special needs child. The Board determined that the limited club funds were better spent on a group of children rather than an individual. It was

suggested that the person get in touch with Kim Ponder regarding possible sources of funds for assist dogs.

(Full text on club website)

Let Us Keep Christmas

Whatever else be lost among the years,
Let us keep Christmas still a shining thing;
Whatever doubts assail us, or what fears,
Let us hold close one day, remembering
It's poignant meaning for the hearts of men.
Let us get back our childlike faith again.

By Grace Noll Crowell

www.4allfree.com



**If you find someone who wants a
little brother, you can take HIM.**

New items on the website: Pictures of K-Kids Leaf Raking project, Kiwanis members helping Share Food and Kiwanis members helping with the SAM Food Pantry drive.

Please provide any information, pictures, updates and corrections for the newsletter and/or website to:

dbutler@tuscolakiwanis.org or jbutler@tuscolakiwanis.org

Merry Christmas!



And A

Happy New Year!!

