



TUSCOLA KIWANIS CLUB NEWSLETTER

FEBRUARY 2011

2011 Events

Friday, February 4 th	Board Meeting - Noon at Amishland Buffet-Red Barn
Saturday, February 12 th	Pancake Breakfast – Forty Martyrs Hall
Friday, March 4 th	Board Meeting - Noon at Amishland Buffet-Red Barn
Friday, April 29 th	Fish Fry Supper – Forty Martyrs Hall
Thu-Sun, July 7 th -10 th	Kiwanis International Convention, Geneva
Thu-Sun, August 4 th -7 th	I-I District Convention, Davenport, IA

Upcoming Meetings & Program Assignments

February 7	Earl Pendergrass
February 14	Lyn Selen
February 21	No Meeting – President's Day
February 28	Alan Shoemaker
March 7	Robert VanCleave
March 14	Wayne Ward
March 21	Ed Wachala
March 28	Gary Weber
April 4	Jim Wood
April 11	Doris Young
April 18	Dan Russell
April 25	Patty Russell
May 2	Jeannine Fortney
May 9	Lorraine Best
May 16	Elaine Bryant
May 23	Andy Brzozkiewicz

If your program date does not work for you, please notify Janet Butler as soon as possible so we can arrange a date swap.

**Don't Forget to Give Wayne your February Volunteer Hours
at the end of the month!**

[Click here to enter hours online](#)

An Old Farmer's Advice

“Don't judge folks by their relatives.”

“Forgive your enemies; it messes up their heads.”

“Do not corner something that you know is meaner than you.”

“It doesn't take a very big person to carry a grudge.”

“Every path has a few puddles.”

“Remember that silence is sometimes the best answer.”

“Live a good and honorable life, then when you get older and think back, you'll enjoy it a second time.”

“The biggest troublemaker you'll probably ever have to deal with, watches you from the mirror every mornin'.”

“Lettin' the cat outta the bag is a whole lot easier than puttin' it back in.”

“Live simply, love generously, care deeply, speak kindly, and leave the rest to God.”

Meeting Notes – January 3, 2011

- Attendance

41 - Members

0 – Guests

- News, Announcements, Activities and/or Volunteer Opportunities

Red Barn Amishland Buffet – This was the club's first meeting at the Red Barn. The facility and buffet were well received.



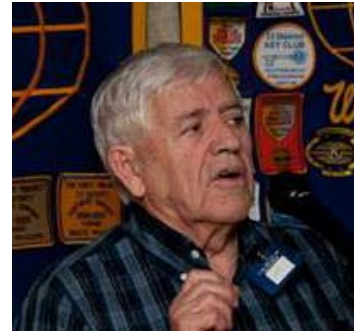
Our Greeters, ready to go!
Pat, Sherrie & Carol



Lots of room for everyone.

Annual Pancake Breakfast – Members were reminded that the pancake breakfast will be Saturday, February 12th at Forty Martyrs Hall.

Inter-Club Chairperson – Mike announced that Ed Wachala is stepping down as Inter-Club Chairperson. Ed served in this capacity for a number of years. Mike is looking for another member to volunteer to be Inter-Club Chairperson. Contact Mike if you are interested.



Thanks for your service, Ed!

Program:



Due to an error in communicating the time of our meeting to his program speakers, Kevin entertained members with his stories of his trials and tribulations of the last few days including his missing cell phone.

Meeting Notes – January 10, 2011

- Attendance

39 - Members

5 - Guests: Decatur Early Birds inter-club with Richie Barnett, Bill Myer and Dave Zimbel; Jim Voyles and our speaker, Peter Buckley

- News, Announcements, Activities and/or Volunteer Opportunities

Mike Damler Honored – Jim Voyles presented Mike with a medallion on a ribbon to recognize Mike for his positive support and involvement, past and current, in the TCHS Football program. The back of the medallion reads: IHSA Boys Football 1A Runner Up 2010.



Trauma Dolls – Janet Butler made a request for fabric donations to make more trauma dolls. A workshop is being planned for late February or early March.

Inter-Club Chairperson – Mike is still looking for a member to be the new inter-club chairperson.

Kiwanis One Day – Mike announced that Kiwanis One Day will be coming up in April. He suggested that the members again do a spring clean-up for BETHS Place.

Program:

Steve Niemann introduced his guest, Chief



Deputy Sheriff Peter Buckley. Peter is the new chief deputy sheriff appointed by Sheriff Charlie McGrew for Douglas County. Peter is a former

FBI agent and a former McLean County deputy sheriff.

Peter was an FBI agent for a number of years. He served at Phoenix, Chicago, Champaign, at the FBI academy, and the FBI headquarters in Washington, D.C. Peter brings a great deal of experience to his new position.

Two of the reasons that Peter accepted position were the professionalism and team work that he saw with Charlie McGrew's staff. Welcome, Peter!

Meeting Notes – January 17, 2011

- Attendance

39 - Members

1 - Guest: Dr. Bill Hemmer, our speaker

- News, Announcements, Activities and/or Volunteer Opportunities

Inter-Club Chairperson – Mike Damler announced that Topy Mooday has volunteered to be the club's new Inter-Club Chairperson.



Thanks, Topy!!

Pancake Breakfast Sign-Up – Gary Weber passed around a sign-up sheet for the February 12th pancake breakfast.

Division 27 Meeting – Seven members have signed up to attend the Division 27 meeting hosted by Lt. Governor Janet Butler on Saturday, January 22nd in Decatur. By unanimous vote, Darrell Helm will be nominated at the meeting to be the 2011/2012 Lt. Governor Elect.

Guess the member that has the cool footwear.



See below for the answer.

Program:



Dennis Opperman introduced his guest, Dr. Bill Hemmer. Bill's main topic was Weight Loss and its Challenges. Bill advised that weight and back pain problems usually go hand-in-hand.

To achieve weight loss, a person needs good digestion and blood sugar levels. It is also important to exercise. Ideally exercise every day for at least 30 minutes, to lose weight, and then to maintain a healthy weight.

If you are going to use an artificial sweetener, Bill recommends Stevia. It does not have an insulin response like aspartame, Splenda, and most other artificial sweeteners.

[Answer: It's our own Clarice Hausman.]

Meeting Notes – January 24, 2011

- Attendance

- 42 Members
- 2 Guests: Amber Seip and Ali Ray, our speakers

- News, Announcements, Activities and/or Volunteer Opportunities

Division 27 Meeting Results – Gary Goeken, Decatur Golden K, was elected Division 27 Lt. Governor 2011/2012 and our own Darrell Helm was elected Division 27 Lt. Governor Elect 2011/2012.



Darrel Helm, Gary Goeken, Janet Butler
and Past Lt. Gov. Rene Corcoran
Congratulations, Darrell!!!
Thanks for stepping up to serve!

Thank You Notes – Mike read a thank you note from Kiwanis International for the club's \$350.00 donation and from the SAM Food Pantry for the club's donation.

Program:



Kevin Nolan introduced his guests, Amber Seip and Ali Ray from Chix in Training – Tuscola. Chix in Training was originally founded by Rebekah Hopkins and Tish Gulick. In 2010, Amber and Ali kicked off the Tuscola Edition of Chix in Training.

The Chix mission is to inspire clients of all ages to pursue their fitness potential in the categories of mind, body and spirit. Each session is tailored to meet the individual needs of the group. Elements that are included are goal setting, weight management and fitness assessments, along with customized training plans.

The training camps are conducted by a team of personal trainers who want to help participants reach their goals. Before and after a camp, each person is weighed, measured and a body fat analysis is completed. Amber and Ali will be starting a new boot camp soon. The camp will be 3 days a week at 5AM for 6 weeks at a cost of \$150. For more information, go to: <http://www.tuscolachixintraining.com/>

Meeting Notes – January 31, 2011

- Attendance

- 32 Members
- 0 Guests

- News, Announcements, Activities and/or Volunteer Opportunities

Give Us a Song – Members look forward to Kim Higgins not only bringing in a song, but the story behind her selection. Thanks for all you do, Kim!!!



Pancake Breakfast – Gary Weber asked for volunteers to help set up for the breakfast on Friday, February 11th at 4PM.

Bring Up Grades Program – Mike announced that the East Prairie students had set a new record with 72 B.U.G. winners. Post cards were given out to members to be sent on to the winners.

Inter-Club with Decatur Golden K – Topy passed around a sign-up sheet for an inter-club meeting with Decatur Golden K on February 16th at 9:30AM.

Program:

Mike Damler presented the program to educate members regarding the I-I District's finest project, the Spastics Paralysis Foundation. Bill Piper is the chairperson of the foundation, with Dave Chestnut from Champaign serving as assistant chairperson. Mike showed a DVD about the foundation and some of the children that have been helped.



The Spastics Paralysis Research Foundation was organized in 1952. The purpose of the Foundation is to provide financial grants to top level medical and scientific researchers specializing in spastic paralysis and other diseases of the central nervous system. Grant recipients are located in proximity to the I-I District. They make application to the Foundation for financial support of a project, the application is reviewed by the Medical Director, Dr. William Greenough and the Foundation officers. Typical grants are then pledged for \$20,000 a year over a 3 to 5 year period. Each researcher provides annual written reports on the progress of their research to the Medical Director. Grants are given to the researcher, not the institution, with direction that the funds are not to be applied to the administrative costs of the institution, but specifically to the cost of the project. The annual grant budget for the Foundation is about \$300,000 annually.

Spastic Paralysis is not necessarily a disease itself, but a symptom of various diseases or medical conditions of the central nervous system that cause spasticity (stiff or rigid muscles that interfere with walking, movement, or speech). Research has included diseases such as brain tumors, spina bifida, Alzheimer, genetic causes of mental retardation such as fragile x syndrome, fetal alcohol syndrome, stroke rehabilitation, neonatal care and developmental disabilities of prematurely born infants.

January 2011 Board Meeting Highlights

The meeting was called to order at the Red Barn on Wednesday, January 5, 2011 at 12:00PM by President, Mike Damler, with the following members present: Janet Butler, David Butler, Mike Damler, Kim Higgins, Sherrie Hoel, Tim Hoel, Candy Hudson, Jaci Manzella, Steve Niemann, Kevin Nolan, Wayne Ward and Gary Weber.

The following items of business were discussed:

1. December & Special Board Meeting Minutes – Motions were made and seconded to approve the minutes of the regular board meeting and the special meeting held December 22, 2010 for the purpose of determining the location where the club will meet after 12/31/2010. Both Minutes approved.
2. December Monthly Report – A motion was made and seconded to approve the monthly report. Report approved.
3. Treasurer's Report – As of January 5th, the checking account balance was \$2,912.98. A motion was made to approve the report. The motion was seconded and approved.
4. Requests for Reimbursement or Budget Requests – Budgets items were approved for disbursement as follows: \$54.02 to Wayne Ward for an updated location sign and \$36.75 to Janet Butler for newsletter postage.
5. Inter-Club Chairperson – Ed Wachala has requested that a new chairperson be appointed. Mike Damler has requested a member to volunteer to assume the position.
6. Pancake Breakfast – Gary Weber supplied an inventory of supplies and a list of tasks that need to be done. The Health Department permit has been obtained. It was decided to advertise by billboard notices, TV notices, the Lion's sign and word of mouth rather than costly newspaper advertising. After some discussion, it was decided to obtain the sausage from the same source as in the past rather than solicit donation from Denny's restaurant.
7. Division 27 Meeting January 22nd – The meeting of Division 27 will be held in Decatur at the Eastern Seals building on Saturday, January 22nd from 9:30AM to 11:00AM. The primary purpose of the meeting is to elect the next Lt. Governor and Lt. Governor Elect.

(Full text available on club website)



Don't Forget Your Valentine

New items on the website include: weekly meeting photos, division meeting and more. Please provide any pictures, updates and corrections for newsletter or website to:

dbutler@tuscolakiwanis.org or jbutler@tuscolakiwanis.org

(If you need a screen and/or projector for your program, contact David or Janet Butler.)