



TUSCOLA KIWANIS CLUB NEWSLETTER

NOVEMBER 2008

2008 Upcoming Events

November 5, Wednesday	Board Meeting – Noon at Tuscany’s
December 3, Wednesday	Board Meeting – Noon at Tuscany’s

2009 Events – Plan Ahead

February 13-15, Fri-Sun	Midwinter Convention, Decatur IL
February 28, Saturday	Pancake Breakfast – Forty Martyrs Hall
April 17, Friday	Fish Fry – Forty Martyrs Hall
June 25-28, Thur-Sun	Kiwanis Intl Convention – Nashville, TN
August 6-9, Thur-Sun	I-I District Convention – Lincolnshire IL

Upcoming Meetings & Program Assignments

November 3	Dan Russell
November 10	Beth Linstead
November 17	Kiwanis Education-W. Ward ATTN NEW MEMBERS: Please attend.
November 24	Ed Wachala
December 1	Tom Stephenson
December 8	Gary Weber
December 15	Gift Exchange – Bring a gift appropriate for a man or woman not to exceed \$10
December 22	No Meeting-Merry Christmas
December 29	Jim Wood

January 5	Kevin Nolan
January 12	Elaine Bryant
January 19	Andy Brzozkiewicz
January 26	Joyce Brzozkiewicz

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

Meeting of October 6, 2008

There was a total attendance of 31 members and 3 guests – Rose Mattix, Norma Lingenfelter and Pat Kunz

Janet Butler passed out copies of the October 1, 2008 Board Meeting minutes and the 2008/2009 approved budget.

Janet Butler reported that at the second Key Club meeting 60 students attended. The 3rd meeting should be with a few days. It is expected that officers and board members will be elected, and bylaws approved. The Board approved submitting the Petition for Charter and the \$600.00 fee upon review by Secretary, Wayne Ward.

Janet Butler read a Thank You letter from Ann Lamkey, principal of North Ward School, for partnering with North Ward's faculty and staff to help students become better readers.

Pat Damler advised members of the Flu Clinics being held in Douglas County by the Douglas County Health Department. (Flyer has since been posted on our website under "News".)



Janet Boyer introduced her guests, Rose Mattix, Nora Lingenfelter and Pat Kunz. The ladies discussed one of their fund raising projects. Their club is selling ribbon yarn necklaces for \$5.00 each. The club has raised over \$4,500.00 (profit) since May 2008. The necklaces are made with "Trellis Lion Brand Yarn – A shimmering lacy ribbon yarn for knitting & crocheting." One roll of yarn will make 8-9 necklaces. The ribbon yarn can be found on the internet and at Jo Ann's in Champaign in many colors. On average, about 2-3 necklaces can be completed in an hour once you have done a few.

So how are the necklaces sold? The club sells some at festivals and craft fairs. However, the majority of sales are made by individual members. Members frequently wear one of the necklaces and have extra necklaces, each bagged in a plastic snack size bag, in her purse. The ladies said many people come up to them and comment on the beautiful necklace. Members sell necklaces just about everywhere they go---beauty shops, waiting rooms, shopping, restaurants, etc.

The ladies shared the instructions. (Copy attached) There was some informal discussion regarding the possibility of our club using the necklaces as a fund raiser as well, possibly training members and creating necklaces in a workshop format similar to the Trauma Dolls for interested members. Further discussion will be held at a later meeting.

Wall Street's New Definitions

These terms have been updated to fit today's times:

CEO - chief embezzlement officer.

CFO - corporate fraud officer.

BULL MARKET - A random market movement causing an investor to mistake himself for a financial genius.

BEAR MARKET - A 6 to 18 month period when the kids get no allowance and the wife gets no jewelry.

BROKER - What my broker has made me.

STANDARD & POOR - Your life in a nutshell.

STOCK ANALYST - Idiot who just downgraded your stock.

MARKET CORRECTION - The day after you buy stocks.

CASH FLOW - The movement your money makes as it disappears.

MOMENTUM INVESTING - The fine art of buying high and selling low.

VALUE INVESTING - The art of buying low and selling lower.

YAHOO - What you yell after selling all you owned to some poor sucker for \$240 per share.

WINDOWS - What you jump out of when you're the sucker that bought Yahoo for \$240 per share.

Meeting of October 13, 2008

There was a total attendance of 27 members and 1 guest, our speaker Brian Moody.

Janet Butler reported that the Champaign-Urbana Kiwanis club will start meeting at the Hawthorne Suites on November 1, 2008.

Janet Butler gave a Key Club update. As of Thursday, 10/9, 40 new member forms had been turned into Key Club faculty advisor Darcey Helmick. Officers and Directors have been elected, and the bylaws approved. The next step is to complete the "Request for Charter" form.

Janet Butler presented Carol Burwash her 5-year perfect attendance certificate.

There was some discussion regarding “Ring the Bell” for the Salvation Army. Both the K-Kids and our club will volunteer time. K-Kids plan to ring the bell at the post office on a Saturday. We expect a request to come from Paul Wisovaty. No date(s) are set at this time. This is also something the Key Club members may want to do.



In the absence of Dennis Opperman, program chairman, Jim Wood introduced our speaker, Brian Moody. Brian Moody is the Executive Director of TEDI (Tuscola Economic Development, Inc.). TEDI exists for the civic purpose to promote and encourage expansion and retention of business and industry within the area of Tuscola, Illinois; provide guidance and advice to business, local government and community groups regarding economic and community development activities; provide coordination of local and state resources to existing business; provide prospects with building and site information and assist in securing resources necessary for economic development.

Some of Brian’s time has been spent analyzing the 451 pages of the federal bailout legislation. For example there is a possible tax credit over 20 years for a new business in carbon sequestration. He is also facilitating the plat update for the lots around Amishland so that additional lots can be sold for business. The redevelopment of the Dixie Truckstop property is being pursued.

Brian also spoke about his support of the Douglas County tax increase on the November ballot. The funds will assure ambulance service in the county and spread the cost more fairly.

TEDI continues to use public forums to gather and discuss ideas with the public. The forums are usually attended by 35-40 people.

Brian is also promoting a new philosophy regarding economic development called Open Source Economic Development. This calls for more collaboration and sharing of ideas between communities, counties and regions. Brian believes we need to invent new ways to come together and translate ideas into action.

Hmmmmmm

Why do they give you a watch when you retire when it's the first time in your life you don't care what time it is.

Author: Unknown

Meeting of October 20, 2008

There was a total attendance of 39 members and 1 guest, our speaker Theresa Quinn.

Ed Wachala sent around sign-up sheets for two possible inter-club meetings, 10/28 at Clinton and 10/29 at Decatur Golden K.

Beth Linstead thanked the club on behalf of the K-Kids for the great picnic that was provided on September 30th. The students were very excited about the picnic and had a great time. The K-Kids were involved in collecting food for the SAM Food Pantry and in November, plan to do leaf raking for people who cannot do so themselves.

Judy Landeck announced that the Tuscola History Book is now online at the City of Tuscola's website. The history book's page is: http://www.tuscola.org/history_book.html



Carl Quinn introduced his daughter-in-law, our speaker, Theresa Quinn. Theresa is the Clinic Director of the Sarah Bush Lincoln Clinic in Arcola opened in May 2008. Her topic for the meeting was Stress Management.

Stress is what you feel when you have to handle more than you are used to. When you are stressed, your body responds as though you are in danger. It makes hormones that speed up your heart, make you breathe faster, and give you a burst of energy. This is called the fight-or-flight stress response. Some stress is normal and even useful. It can help if you need to work hard or react quickly. For example, it can help you win a race or finish an important job on time.

But if stress happens too often or lasts too long, it can have bad effects. It can be linked to headaches, an upset stomach, back pain, or trouble sleeping. It can weaken your immune system, making it harder to fight off disease. If you already have a health problem, stress may make it worse. It can make you moody, tense, or depressed. Your relationships may suffer, and you may not do well at work or school. Stress wears you down. It's subjective...different for different people. What stresses you out may not bother your spouse at all.

Stress Management is a skill. You can learn techniques. As your stress changes, try new techniques and/or modify old techniques. Find out what works for you. Here are some tips:

- Exercise. Regular exercise is one of the best ways to manage stress. Walking is a great way to get started.
- Write. It can help to write about the things that are bothering you.
- Let your feelings out. Talk, laugh, cry, and express anger when you need to.
- Do something you enjoy. A hobby can help you relax. Volunteer work or work that helps others can be a great stress reliever.

- Learn ways to relax your body. This can include breathing exercises, muscle relaxation exercises, massage, aromatherapy, yoga, or relaxing exercises like tai chi.
- Focus on the present. Try meditation, imagery exercises, or self-hypnosis. Listen to relaxing music. Try to look for the humor in life. Laughter really can be the best medicine.
- Take a Time Out. Retreat, refresh, reprioritize, re-enter and re-try.
- What if....don't waste time or fret about what may happen.
- Pick Your Favorites. Focus on the positive. For example, what is your favorite part of your day?
- Accept what you cannot control and move on.
- Be flexible.
- Eat healthy meals and get enough sleep/rest.

Pin Drop

A U.S. Navy Admiral was attending a naval conference that included Admirals from the U.S., English, Canadian, Australian and French Navies. At a cocktail reception, he found himself standing with a large group of Officers that included personnel from most of those countries. Everyone was chatting away in English as they sipped their drinks.

Suddenly a French admiral complained that, whereas Europeans learn many languages, Americans learn only English. He then asked, "Why is it that we always have to speak English at these conferences rather than speaking French?"

Without hesitating, the American Admiral replied "Maybe it's because the Brits, Canadians, Aussies and Americans arranged it so you wouldn't have to speak German."

You could have heard a pin drop...

Author: Unknown

Meeting of October 27, 2008

There was a total attendance of 36 members and 4 guests – from Decatur Prairieland Mary Margaret Davidson, Bess Greanias and Christina Kareotes, and Gail Page, wife of member Ed Wachala.

Don Miller announced that the Tuscola Chamber of Commerce's Thanksgiving luncheon is November 18th at noon at the Tuscola Community Building. Tickets are available at the Tuscola banks at \$15.00 per ticket.

Pat Damler reminded members that the last two Douglas County Health Department's flu shot clinics are Wednesday, 10/29 at the Douglas County Health Department on Rt. 36 from 4p to 6:30p, and Friday, 10/31 at the Tuscola Senior Center from 9a to 11a.

The Tuscola ChristmasTown Parade will held on Friday, December 5th at 6p starting in Ervin Park. Each entry is to be lighted in some way, but without open flames.

Janet Butler reported that the club had received a letter sent by Ann Lamkey asking for North Ward breakfast program donations. The program has been run by a grant from FEMA since 1995. FEMA's yearly grant has been steadily declining. FEMA's grant for this school year is \$1,700 from a high of \$6,000 which was enough to fund the program. For the 2008/2009 school year, North Ward has 116 students out of 411 (28%) of the children who qualify. The Board will approve releasing the \$200.00 that is budgeted at the November 5th meeting to assist this program.



Patty Russell presented her program – “Aprons – Not Just for Cooking & Women.” As Patty was looking around her home, she uncovered over 30 aprons. She did some research into the history of aprons and decided it would be great program topic.

There is quite a history of aprons. Some researchers point to Biblical references about aprons. They cite a passage in which Adam and Eve sewed together fig leaves to make aprons to cover themselves. The Order of Cistercians, sometimes called the White Monks (from the color of their habits, over which a black apron was sometimes worn) is a Roman Catholic religious order of enclosed monks. The first

Cistercian abbey was founded in 1098 near Dijon, France

We traditionally think of aprons being used for cooking, and while that is true, they have served as a cover-up for other tasks that tend to be messy. Occupations such as butchers, welders and bakers have always used aprons to protect both their clothing and bodies from their work. Aprons were made of animal skins, leather, cloth, etc.

The apron came about because of practical necessity. In years gone by, people didn't have the luxury of owning a large wardrobe. Washing and drying clothing was not done on a frequent basis. So aprons served a practical purpose of covering up the dress underneath to protect it from soiling. This made washing much easier. The apron would be washed every couple of days but the dress or clothing underneath did not have to be washed as much, perhaps maybe once a week. Later they began serving as decorative purpose also. Not just housewives wore aprons; school teachers, children, shop-keepers, and secretaries wore different styles of aprons over their clothing every day.

In the 1920's and '30's aprons followed the silhouette of the dress - long, with no waist line. By the 1940's, aprons gained a cinched waistline, and were often gaily trimmed with rick-rack,

buttons, and pockets of contrasting color. Many aprons were made from feed cloth. Feed cloth was a heavier fabric and was used as a sack to put seed or four in that farmers used. There was no wasting back then. When the sacks were empty, the feed sack fabric was used for quilts and aprons. In fact, when the apron had "seen its day" and was ready to be tossed, the best parts were cut out and used for quilts.

The 1950's brought out the half-aprons of highly starched cotton, feed sack, and sheer (a see-through fabric) trimmed with lace for special occasions. Also two- piece aprons and short smocks of bright cotton prints for every day use were popular.

Patty talked about a Grandmother's apron. The principal use of a Grandma's apron was to protect the dress underneath, but along with that, it served as a potholder for removing hot pans from the oven. It was wonderful for drying children's tears, and on occasion was even used for cleaning out dirty ears. From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven. When company came, those aprons were ideal hiding places for shy kids. And when the weather was cold, grandma wrapped it around her arms. Those big old aprons wiped many a perspiring brow, bent over the hot wood stove. Chips and kindling wood were brought into the kitchen in that apron. From the garden, it carried all sorts of vegetables. After the peas had been shelled, it carried out the hulls. In the fall, the apron was used to bring in apples that had fallen from the trees. When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds. When dinner was ready, Grandma walked out onto the porch, waved her apron, and the men knew it was time to come in from the fields to dinner. It will be a long time before someone invents something that will replace that "old-time apron" that served so may purposes!

As Patty talked about aprons, she displayed many samples. Club members were called upon to assist Patty and join in the fun.



Great program, Patty!!!!

Buddha said: “Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared.” Here is a lesson for every Kiwanian. Let’s share our happiness through service to others. Happiness is never diminished by being shared.

From Inspirational Moments for Kiwanis Occasions

October 2008 Board Meeting Minutes

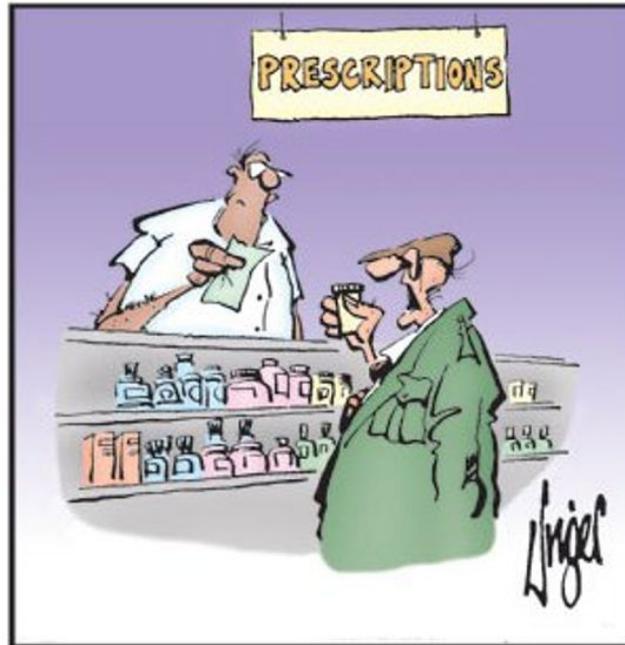
The meeting was called to order on Wednesday, October 1st at noon by President Janet Butler, with the following members present: David Butler, Janet Butler, Janet Cox, Mike Damler, Debbie Graber, Clarice Hausman, Don Miller, Kevin Nolan, Earl Pendergrass, Wayne Ward and Gary Weber.

The following items of business were discussed:

1. Minutes of September 2008 Board Meeting – A motion was made and seconded to approve the previous month’s minutes. Minutes approved.
2. September 2008 Monthly Report – The report listed 517 hours of service and 54 hours of fund raising during the month. A motion was made and seconded to approve the previous month’s minutes. Report approved.
3. Treasurer’s Report – Secretary, Wayne Ward prepared the treasurer’s report on behalf of Candy Hudson who is recuperating from a broken ankle. The peanut days sales brought in a net profit of \$3,313.76. The bank balance as of 10/1/08 was \$7,786.23. A motion was made and seconded to approve the previous month’s minutes. Report approved.
4. Requests for Reimbursement & Disbursements – The following were approved: Dave Dobson \$38.70 for membership dinner postage, David Butler \$46.10 for four months of newsletter postage, Wayne Ward \$76.13 for club pins and supplies and Charlotte Balance \$100.00 for Lt. Governor expenses.
5. Peanut Sales Update – Gross street sales were \$3,903.76 and member sales \$160.00. The cost of peanuts was \$750.00. Net profit was \$3,313.76. The staff at Tuscola First Federal Bank spent several hours straightening out paper bills before counting. It was recommended that our club members do that work next year. Doug McCumber advised that the bank would furnish a room for the members to do the work, if desired. Wayne Ward was directed by the Board to send a “Thank You” note to Doug McCumber and his staff for taking care of the money this year. There was also discussion about members having some type of information available next year during peanut sales to let people know what the peanut sales money is used for.

6. 2008/2009 Budget – The 2008/2009 Budget is similar to the 2007/2008 Budget. The club will receive \$948.00 reimbursement from Kiwanis International and the I-I District for meeting the 25% membership growth goal. The Board decided to budget those funds for the new Key Club being formed at TCHS. A copy of the approved budget is on the club’s website.
7. Key Club Update – Sixty students attended the organizational meeting. New member, officer and director information was distributed. In addition to officers, there will be four Directors, one from each class. Election of officers and directors will be held at the next meeting plus approval of the club’s bylaws. Once the appropriate signatures are procured, the “Request for Charter” form, bylaws and \$600.00 check will be sent to Key Club International. As the sponsoring Kiwanis club, our club is paying the \$600.00 charter fee. The dues and any fund raising that the Key Club does will be kept by the school by law. Mike Damler motioned that the club pay the \$600.00 charter fee once the paperwork was reviewed and approved by Secretary Wayne Ward. Kevin Nolan seconded the motion and it was approved.
8. K-Kids Update – The Fall wiener roast held September 30th was a huge success. The cost for supplies was \$76.83 which will be paid to IGA. It was suggested that one of the K-Kids Kiwanis Advisors be on the Board or be invited at appropriate times to give a report to the Board. Kevin Nolan made a motion that the K-Kids Advisors, Jeannine Fortney and Jan Houser be invited to the next Board meeting. Janet Cox seconded the motion and it was approved.
9. Internal Audit – The club’s “Cash Handling Policy” states an internal audit/review should be made of the club’s financial records annually. For the 2007/2008 year, David Butler, Earl Pendergrass and Darrell Helm were appointed to perform the audit/review.

(Full text available on club website)



“Are there any side effects to these pills apart from bankruptcy?”

New items on the website include: October meeting photos

Website Tip: If you bring up the members list and it does not format correctly the first time, click your “refresh” button and it should be fine.

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

RIBBON YARN NECKLACES

Materials Needed:

TRELLIS Lion Brand Yarn – a ribbon yarn for knitting & crocheting
Size J Crochet Hook

Instructions:

1. Measure about 15 inches from the end of the yarn and that is where you will start to crochet.
2. Chain stitch. Go around the yarn from one open space to another. Do not go between the threads (into the interior of the ribbon; chain with the whole ribbon yard just as you would with regular yarn).
3. Crochet for 12 inches.
4. Measure about 15 inches more and cut.
5. Pull this end through the last crochet stitch. This will keep it from coming undone.
6. Repeat steps #1 through #5. You will need 6 strands in all. Use whatever color combinations you find pleasing.
7. At one of the crochet, pull all six of the crochet ends together and tie a knot.
8. At the other end of the six crochet ends, tie another knot.
9. Hold the two knots together, straighten the 12 ribbon ends and tie all of the ends together, making sure you have caught all 12 in the knot.
10. Cut the ends off leaving about 1 inch.

Note: One roll of ribbon yarn will make 8-9 necklaces.