

**Kiwanis Club of  
Ann Arbor**

**Editor**

Mark Wishka

**Photos**

Bob Gray, Garry Evans

**Publisher**

John Kidle

**President:**

John Goff

**President-Elect:**

Betsy Ford

**Treasurer:**

Robert Johnson

**Secretary:**

Jeanette Okuley

**Immed. Past Pres.**

John Dahl

**Board Members:**

Kathy Barden-Perlberg

Dan Burroughs

Alan Caldwell

Jim Carey

Claire Dahl

Andrea Kotch Duda

Martha Petroski

Gretchen Preston

Ken Shaw

Dick Smit



# Kiwanis®

## Kiwanis Club of Ann Arbor

**Volume 6, Issue 12**

**December 22, 2014**

### Today's Program...



William Hampton

**William Hampton** introduced our speaker Jennifer Nicodemus. She is the Ann Arbor YMCA Chronic Disease Prevention Coordinator.

Jennifer's topic was: *Is Diabetes Epidemic?*

Jennifer spoke of a ground breaking study conducted by the CDC 20 years ago on reducing the risk of developing diabetes. In the study there were two groups, those which received the 'best of everything' and those which received general information and coaching (the control group). The success rates for those who received the 'best of everything' were so dramatic, the control group was offered the same level of care, as it was felt unethical to deny anyone in the study the benefit.

Though the program was dramatically successful in reducing developing diabetes, it was expensive. The YMCA in Indianapolis was charged with developing a plan which could attain similar results but at a much lower cost. The program was a success and the YMCA chose to offer it nationally. Grant funding from the CDC has allowed 43 states to participate in the program and 15,000 individuals have participated in the initiative within the past four years!

The program engages with people and "gets them up and moving". For those at risk, a critical advantage of participating in the program is a positive change in behavior (now) can prevent the disease. If diabetes develops, more dramatic changes in lifestyle are required.

The Ann Arbor YMCA has other disease preventions programs available which include Blood Pressure Management, Adult Exercise classes for those with Arthritis, Live Strong for Cancer Survivors, Pedaling for Parkinson's, and Moving for Better Balance (a tae chi based class).

Classes are available to YMCA members and non-YMCA members (non-members pay a small fee to participate).

For more information, please see the following link: <http://www.annarborymca.org/disease-prevention-management.php>.

### Next Week's Program...

**December 29** - *Hooray! Bring Kids to Kiwanis Day*. Hosts: **Joe Medrano** and Carol Presley; Domino's Petting Zoo display.

### Upcoming Programs...

- **January 5** - *Work Skills: Training for People with Barriers to Employment*. Speaker: TBA. Introduction by: **Kathy Barden-Perlberg**.
- **January 12** - *Ann Arbor Crystal-Ball Gazing*. Speaker: newly elected Mayor, Christopher Taylor. Introduction by: **Mike Anglin** (Club Member and City Councilperson).
- **January 19** - Martin Luther King, Jr. Day, *How Today's Younger Generation Views MLK's Life and Teachings*. Keynote address: Helen Maynard, U-M Mike Wallace Fellow, an African American Journalist. Introduction by: **Arlene Barnes**.



Jennifer Nicodemus



This is what we call HOME... now in our 94th year.



The Early Days

*The Kiwanis Thrift Sale*

- Since 1927
- Over \$3.5 Million in Community Service Funding
- Thousands of Lives Touched



The Family Learning Institute "bookmobile" purchased with a grant from our club in 2014.

**ASSIGNMENTS for the COMING WEEK:**

Officer of Day	<b>There are no assignments for this coming week, the sale is closed!</b>
Dockers	
Warehouse	
Sorters	
Hardware	
Furniture	
Shoes & Sports	
Men's Clothing	
Electronics	
Lamps	
Antiques	
Beds & Toys	
Office & Medical	
Vouchers	
Invocation	Pat Buhrer
Greeters	Jim Couch, Claire Dahl, Al Engerer, Molly Kelly
Hospitality	Peter Schork 734-417-6733 <a href="mailto:peterschork@gmail.com">peterschork@gmail.com</a>
Cashier	Martha Petroski
Attendance	Jean Robinson (Primary), Deb Jones and John Schenk (Backup)

**Guests at our Club...** Mary Gilligan, spouse of **George Gilligan**. Jonathan Pevarnek, Circle K.

**Announcements...**

- There is no sale on December 27th.
- Our next sale is January 3rd.
- **Dave Drake** reported both the Morning Edition and Western will not have meetings this week.



**Garry Evans** reported on the successes of the bell ringing for Salvation Army. \$5,752.29 was raised! Garry provided awards for the top three sites and proclaimed the 'Bell Ringer of the Year' to be Amy Kreiter (um, his daughter... 😊). Garry passed the Red Kettle around the lunch meeting and an additional \$2,579 was raised!

- **Nick Dever** provided an update on the outcome of the Food Inspectors visit last week: The large commercial refrigerator will be replaced. This unit will ONLY be used by the caterers. The white refrigerator was moved from the kitchen to Ned's Place. This unit will be used by the club membership. Nick reminded us that no cleaning supplies should ever be placed in the food cabinets (this is a major violation)!

## Fines and Happy Dollars...

### Fines:

**Bob Johnson** proposed a fine on those with illegible or missing name tags. Passed.

### Happy Dollars:

**President Elect Betsy Ford** announced Happy Hour instead of Happy Dollars, but there was no follow up on the drinks!

**Max Ziegler** was happy we are through the food inspector's scrutiny and added an additional \$4 to the pot for the four members who recognized a sock form.

**Dick Smit**, thankful for the opportunity to ring the bells for the Salvation Army and for his son-in-law's return home from a hospital stay.

**Ron Williams**, double for.... (sorry, the editors notes ran dry on that one!).

**Andrea Kotch-Duda**, for the help of her daughter and friend in providing hot chocolate and coffee to Saturday's bell ringers.

**Martha Petroski** for the purchase of a new car (every ten years, whether she needs it or not!).

**John McKeown**, who is seeking volunteers to sit on the board of Motor Meals for 2015.

**Jonathan Pevarnak**, for the opportunity to be part of Kiwanis throughout his undergrad and graduate years at the University of Michigan and a farewell to our club. He leaves in three weeks to take a position at Google in New York City.

**Ann Mattson**, to have returned from Sarasota and there is no snow here, as well as for ringing bells last Saturday in Florida (for an hour...).

**Clar Dukes**, read the touching note received from his late wife's alma mater on life's journey.

**Dave Hughes**, for the upcoming success of our clubs Eliminate Project fund raiser (he also provided his year end donation toward our goal).

**Harry Cross**, for **William Hampton** stepping in and organizing our clubs bell ringing project for the Salvation Army.

**Betsy Ford**, for those who make our lunches happen.

## Stuff You Should Know...

### Sale News:

There will be no sale on December 27th.

### Meetings:

None reported.

### Hospitality News:

**Peter Schork** had nothing to report. Your newsletter editor is off crutches and healing!

### Next Week's Menu:

Cherry Barbecue Grilled Chicken Breasts, Roasted Redskins, Tossed Garden Salad, Signature Bar Cookies.

**Attendance Today:** 61

### Last Week's Sale Revenue

<b>KAC:</b>	\$7,830
<b>Warehouse:</b>	\$2,412
<b>Total:</b>	\$10,242

**Vouchers:** ~\$700

**Today's Fines:** \$17.07

**Today's Happy Dollars:** \$48



Known worldwide as the place for the "funkiest" gift.



The Warehouse Sale is open 10am-1pm every Saturday!

# December 2014



## Planning Calendar

March  
Spring Divisional

May  
Club Annual Meeting  
Elections  
Attendance Awards


June/July  
International Convention  
Club Family Picnic

August  
District Convention

September  
Installation of Officers & Directors  
Legion of Honor Awards

December  
Christmas Sale  
Salvation Army Bell Ringing  
Club Christmas Party



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Bridget McCormack at AA City Club. Menu: Deli Sandwiches	2 Board Meeting 7:15pm	3	4 Donations 9am-Noon	5 Holiday Sale KAC 9-Noon	6 Holiday Sale: KAC 9-Noon Warehouse 10-1
7	8 Nolan Finley at AA City Club Menu: Citrus Grilled Chicken	9	10	11 Donations 9am-Noon	12 AA Kiwanis Christmas Party 	13 Sale: KAC 9-12 Warehouse 10-1
14	15 Dr. Waldemar Schmeichel Menu: Tomato Basil Meatballs	16	17 Mott Gift Wrapping	18 Donations 9am-Noon Mott Gift Wrapping	19	20 Sale: KAC 9-12 Warehouse 10-1 SA Bell Ringing
21	22 Jennifer Nicodemus Menu: Grilled Sandwiches	23	24	25 Dock Closed Christmas 	26	27 No Sale Open for Donations 'til 12
28	29 Bring Your Kids to Kiwanis Menu: BBQ Chicken	30	31			

# January 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Dock Closed New Year's Day	2	3 Sale: KAC 9-12 Warehouse 10-1
4	5 Work Skills Menu: Italian Sausage	6 Board Meeting 7:15pm	7	8 Donations 9am-Noon	9	10 Sale: KAC 9-12 Warehouse 10-1
11	12 Mayor Christopher Taylor Menu: Meatloaf	13	14	15 Donations 9am-Noon	16	17 Sale: KAC 9-12 Warehouse 10-1
18	19 Helen Maynard Menu: Deli Sandwiches	20	21	22 Donations 9am-Noon Super Interclub at Milan	23	24 Sale: KAC 9-12 Warehouse 10-1
25	26 Dr. Steven F. Bolling Menu: Chicken Parmesan	27	28	29 Donations 9am-Noon	30	31 Sale: KAC 9-12 Warehouse 10-1

Go to <http://a2kiwanisfoundation.org/calendar-2/> and add the Kiwanis calendar to your own Google calendar. Never miss an Ann Arbor Kiwanis event again!

**Kiwanis Salvation Army Bell Ringers in Action...**



**Great Furniture – Great Cause!**



**Help Us Help Kids!**

Find your perfect accessory piece at the Kiwanis Furniture Warehouse Sale! Give back to the children of our community with great values on new merchandise weekly.

Items shown are representative of typical sale items, not actual inventory.

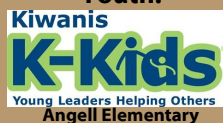
**Kiwanis Thrift Sale**

Kiwanis Thrift Sale  
Saturdays, 9am-12pm  
Washington at First St.

Kiwanis Warehouse Sale  
Saturdays, 10am-1pm  
840 Airport Blvd.

[WWW.AZKIWANIS.ORG](http://WWW.AZKIWANIS.ORG)

**Our Sponsored Programs in Service to Youth:**



Huron High School  
Pioneer High School



WISD Aktion Club

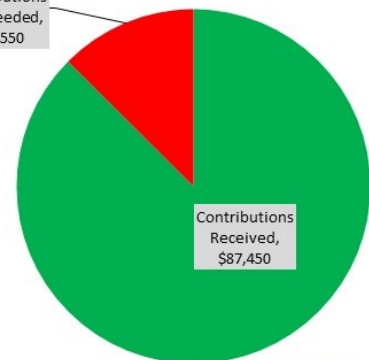
**ELIMINATE**

Kiwanis eliminating maternal/neonatal tetanus

**Make a contribution today. Contact Past President Ron Gardner for information on how to help.**

**Progress Toward Our Club's Eliminate Goal: \$100,000 by 9/30/2015**

Contributions Still Needed, \$12,550



Data as of September 28, 2014

**KIWANIS CLUB OF  
ANN ARBOR**

**Meetings:**

Mondays at Noon  
200 S. First Street  
Ann Arbor, MI 48104  
[www.a2kiwanis.org](http://www.a2kiwanis.org)

Building Phone:  
734-665-2211  
Thrift Sale Voice:  
734-665-0450

**"Ann Arbor Kiwanis  
Thrift Sale" is on the  
Web at:**  
[www.kiwanissale.com](http://www.kiwanissale.com)  
and



**Other Links:**

- [Michigan District Kiwanis](#)
- [Kiwanis International](#)
- [U of M Circle K](#)

Meets 7pm Thursdays at UM  
Union or League (Check Cal-  
endar on Website)

- [Kiwanis Club of Ypsilanti](#)  
Meets Noon Wednesdays at  
EMU Student Center
- Ann Arbor Western  
Meets Noon Tuesdays at  
Quarter Bistro
- Kiwanis of Ann Arbor -  
Morning Edition  
Meets 8:30am Wednesdays  
at Guy Hollerin's

**"Serving the Children of the World"**



**Our Advertising Supporters.....**

**RE/MAX Platinum Realtors, Doug Ziesemer  
734-769-8111**

**Betty Jean Harper, Visiting Vet  
Your Home is My Office 734-475-9474**

**Raymond James & Associates,  
Andrea Kotch Duda, CFP, 734-930-0555**

**Clarity Financial Advisors, Mark S. Wishka, ChFC, CFP, CLU, CRPC,  
CASL, REBC, RHU 734-995-3996**

**Charles Reinhart Realtors, Nathaniel Foerg, 734-834-1981  
[nfoerg@reinhartrealtors.com](mailto:nfoerg@reinhartrealtors.com)**

**Real Baked Goods, Alan Caldwell  
[realbakedgoods.com](http://realbakedgoods.com) 734-646-6087**

**Jim Carey, Charles Reinhart Realtors, 734-717-5591  
[jcarey@reinhartrealtors.com](mailto:jcarey@reinhartrealtors.com)**