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Electronics Recycling Opportunity

If members and volunteers would like to get rid of their old cathode ray tube (CRT) TV's and monitors or any electronic equipment, they can bring them to KCW by May 3 for recycling. Not open to the public. Please label each as "junk" or "it works".



Kiwaniis®

CLUB OF ANN ARBOR

Michigan District Gold Division Best Newsletter 2015-16

Volume 8, Issue 28

April 10, 2017

Today's Program...

Total Wellness



Deb Jones

Deb Jones introduced Demond Johnson and Amanda Colwell of A2 Fitness Professionals. Demond Johnson has been certified through the Aerobics and Fitness Association of America, American Fitness Professional Association, as well as the International Fitness Association for the past fifteen years. He retired from the U.S. Army with over twenty years of active duty service, where he was, among many duties,

assigned as the Army Master Fitness Trainer and as the U.S. Army's Weight Control Program Coordinator, and as the Modern Army Combatives Instructor. As a Personal Fitness Instructor, he works with all populations, those who want to lose weight, and those who want to build muscular strength and endurance. He has been fortunate to have worked with many well-known people in the world of fitness and wellness, including contestants on NBC's "The Biggest Loser" and Extreme Makeover: Weight Loss Edition. He has been in the Ann Arbor area for ten years and has dedicated himself to the community's overall health and wellness. He has worked with the University of Michigan Comprehensive Cancer Center's Outreach Program, The National Kidney Foundation of Michigan, and The American Heart Association, which has awarded Demond with the Gold Community and Gold Workplace Awards. He works with many high school athletes throughout the community, as well as with many corporations and businesses that wish to improve their employees' health and fitness.

Demond's presentation, "Total Wellness", challenged us to think about wellness in a global way that would include Physical Wellness, Spiritual Wellness, Self Wellness, Relationship Wellness, and Financial Wellness. We need to start with Self Wellness by changing habits and learning habitually. We need to plan, execute, focus, reassess and move forward. He believes that we need to commit to our goals physically, emotionally and mentally. He also stressed the importance of setting achievable, measurable goals. Our holistic fitness and health goals should be in 30, 60, and 90-day increments. Indeed, he says that if we can't see measurable improvement in the first 9 days or so, then we are at risk of giving up and not achieving our goal.

~Today's Program is continued on page 5.



Demond Johnson

Next Week's Program...

April 17—*Ken Fischer Retirement Reflections*. Speaker: Ken Fischer, President, University Musical Society. Introduction by: **Dale Leslie**.

Upcoming Programs...

- **April 24**—*Club Financial & Board Update*. **President Alan Burg**.
- **May 1**—*Ann Arbor Kiwanis Annual Scholarship Awards*.
- **May 8**—*Borderline = U.S. Citizenship & Immigration Services, an Update*. Speaker: Frank Castria, UACIA, Detroit Office. Introduction by: **Kathie Wilder**.

Meetings...

- Thursday, April 13, KCW, Buildings and Equipment Committee at 9:00 a.m.
- Monday, April 17, Ned's Place, Strategic Planning Committee at 11:00 a.m.

Officers and Directors

President:

Alan Burg

President-Elect:

Gretchen Preston

Treasurer:

Eloise Lavin

Secretary:

Kathie Wilder

Immediate Past-

President:

Betsy Ford

Board Members:

Ray Argyle
Kathy Barden-Perlberg
George Gilligan
William Hampton
Deborah Jones
Evan LeRoy
Joseph Medrano
Greg Meisner
William Robb
Ellen Webb



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Ken Hillenburg

Photos

Bob Gray

Publisher

John Kidle



Do you have news for the newsletter, or are you interested in advertising? Contact Publisher, John Kidle, at jkidle@gmail.com.

ASSIGNMENTS for the COMING WEEK:

Officer of Day KCD	<p>Only Kiwanis Center West will be open for the sale next Saturday. However, KCD will be open for donations.</p>
Antiques	
Beds & Garden	
Dockers	
Sorters	
Hardware	
Men's Clothing	
Books/Records	
Office & Med.	
Lamps	
Electronics	
KCW Cashiers & Sales	<p>Friday—M. Dabbs, G. Gilligan (OD), B. Gray, E. Lavin, T. Linden, B. Roberts, F. Miller, J. Sampsele, S. Springer, and E. Webb Saturday—R. Argyle, B. Barden, J. Blomquist, L. Dittmar, A. Engerer, L. French (OD), B. Gray, D. LaMoreaux, G. Luke, B. Roberts, J. Schenk, S. Springer, and E. Webb</p>
KCW Sorting & Pricing	<p>Tuesday—Al Engerer, George Gilligan, Bob Gray Wednesday—J. Clear, G. Gilligan, B. Gray, M. Harback, B. Harper, P. H-Duynslager, M. Stewart Thursday—P. Caulfield, A. Engerer, J. Ford, B. Gray, B. Harper, J. Kidle, R. Nuhn, K. Rickelmann, M. Stewart Friday—C. Bagchi, J. Clear, M. D'Angelo, P. Dittmar, K. Gravlin, P. H-Duynslager, G. Kavanagh, M. MacDonald, G. and R. Maten, J. McNish, L. Menghini, L. Nicholas, S. Rabidoux, M. Stewart Saturday—P. Brown, M. D'Angelo, L. Harris, M. Olexa, K. Rickelmann, M. Robb, M. Stewart</p>
Vouchers	Ellen Webb, Sally Lamkin, Bob Carr, Matt Chaiken, Page Caulfield, Susan Smith, Bob Johnson, and Jack Ford
Invocation	Bryce Babcock
Greeters	R. Argyle (A), G. Donner, M. Goodkin, D. LaMoreaux, D. Jones
Hospitality	William Hampton
Newsletter	Ken Hillenburg
Cashier	Deb Jones

Guests at Our Club...

Garry Donner had no guests to introduce, other than our speakers, but treated us to a song and dance!

Hospitality...

William Hampton, substituting for Nicole Zollinger, relates that she thinks of herself as a Kiwanis ghost right now. This is understandable because she has a new job as Director of Development at the U of M's Comprehensive Cancer Center and a new baby and it has been "a wild 2017."

Our Salvation Army bell ringing campaign had another successful year thanks to the coordinator, Garry Evans, and his many helpers. In fact, according to the most recent data, the Michigan District Kiwanis donated over 3,000 person hours and raised in excess of 172 million dollars in the last reporting year. William reminds us that on this date, William Booth, the founder of the Salvation Army, was born in 1829. The Salvation Army was founded in 1865.

April 15th is the 92nd birthday of Odie Elden, the wife of deceased Kiwanian member, Sandy Elden.

William asked us to remember that April is National Donate Life Month. He and his wife, Esther, are both on the Michigan donor registry. Their eight-year old grand niece, Taylor, received a heart transplant prior to her first birthday. The life expectancy of donated hearts is approximately 9.16 years. She will be scheduled for another transplant within the next year. No living person has ever survived more than two heart transplants, so unless technology improves, her total life expectancy is less than 21 years of age. There's nothing more emotional than the meeting between a donor family and a recipient's family, especially as it relates to hearts. Our hearts go out to William and his family.

Announcements...

- There will be no sale at Kiwanis Center Downtown on Saturday, April 15th. Donations will be taken at KCD. KCW is open Friday, April 14, and Saturday, April 15.
- We are in the final round of bidding in the sale of Kiwanis Center Downtown.

—Announcements Continue on Page 5—

Fines...

Dan Dever proposed a fine for **Alan Burg** for not having fined anyone since the start of the meeting. **Garry Donner** proposed a fine for all past president's for not helping Alan do his job correctly. **Bill Robb** proposed that everyone be fined for good measure.

Happy Dollars...

Lynne Lande was happy to give away theater tickets she is unable to use that she was given by **Ann Mattson**. They were quickly claimed by a lucky Kiwanian. **Dale Leslie** is happy that **Mike Dabbs** has adapted well to retirement and is living a second productive life. **Bob Carr** is celebrating a great week in Houston, Texas, even if it is flat there, and is just happy that **William Hampton** has done so much in his short time in our club. **William Hampton** wants to thank **Betsy Ford** for taking the picture he used on his Christmas Card last year.

Nick Dever encouraged **Bob Carr** to take his longhorn ornament and thanks everyone for helping to clean up after the meeting. **Max Ziegler** is very pleased to announce those Kiwanians honored with Volunteer Service Awards at the Michigan Medicine Volunteer Recognition event on April 3, for those involved with Motor Meals: **Ken Shaw**, 15 years; **Dick Smit**, 5 years; **Gordon Beeman**, 2 years; and In Memoriam: **Jim Couch**, 5 years; **Fred King**, 7 years; **Ron Williams**, 35 years. Congratulations to all, well done!

Peter Schork wants to remind us that we need help three weeks from now on Monday, May 1, for Kiwanis Scholarship Day, so please come 15-20 minutes early, since we'll be hosting around 80 guests. He also thanks **Dan Dever** for all the hard work he does. **Bryce Babcock** gave a shout-out to Chris who really went out of his way to help his grandson get a new bike! **Mike Dabbs**, after retiring in December, is happy his wife, Pam, is still speaking to him after 60 hours in the car during a recent trip.

Bob Gray is happy that we have successfully transitioned to the new Point of Sale cash register system at KCW. If you are interested in learning the new system, see Bob. **Doug Ziesemer** is glad to announce that our new tenant, Lyndenmeyr Munroe, "the leading independent paper and packaging distributor", moved into their new space at KCW. **Joe Medrano** is happy that the weather now permits motorcycle rides, and also that **Betsy Ford** is back from Florida! **Betsy Ford** thanks **Alan Burg** for all he has done to help her out with club duties in her absence.

Spring Divisional Awards for 2016-17...

- Salvation Army Bell Ringing—(**Garry Donner and Garry Evans**)
- K Family Leadership Sponsorship—(**Bill Tasch and Don Kossick**) for K Kids, Key Club, Circle K, and Aktion Club
- Round Robin Interclub—(**Dave Drake**)
- 100% Participation in Kiwanis of Michigan Foundation—(**Larry French**)
- District Outstanding Club Award—(**Past President Betsy Ford and Secretary Kathie Wilder**)
- District Outstanding Lt. Governor Award—(**Julanne Williams**)
- Kiwanis International Children's Fund Award

(Six members attended the Spring Divisional, which constituted an Interclub Meeting: **Dale Leslie, Julanne Williams, Kathie Wilder, Joe Medrano, Sue Dailey, and Alan Burg.**)

TEDxYouth@AnnArbor Invitation...

The youth organizers of TEDxYouth@AnnArbor 2017 are pleased to announce the program for their all-day event, held at Skyline High School Commons & Auditorium, 2552 N. Maple Road, Saturday, April 22 from 8am to 4pm. Students \$5, Adults \$10, Families \$30. Ticket includes light lunch and interactive technology exhibits. The event is sponsored by AAPS District Library, Skyline High School & PTSO, and Community Television Network.

View the program and purchase tickets by clicking [here](#).



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*Kiwanis Merchandise
is now available online
at A2kiwanis.org or
[here](#). Samples
available at KCW.*

April 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Sale & Donations: KCD 9-12 KCW 9-1
2	3 <u>Cancer Wellness</u> KCD Donations 9am-Noon	4	5	6 KCD Donations 9am-Noon <u>KYP Meeting</u> 6pm	7 Sale & Donations: KCW 9-1	8 Sale & Donations: KCD 9-12 KCW 9-1
9	10 <u>Total Wellness</u> KCD Donations 9am-Noon	11	12	13 KCD Donations 9am-Noon	14 Sale & Donations: KCW 9-1	15 Sale & Donations: KCD Sale Closed, Dock Open KCW 9-1
16 <i>Easter</i>	17 <u>Ken Fischer</u> KCD Donations 9am-Noon	18 Board Meeting 6:30pm at KCW	19	20 KCD Donations 9am-Noon	21 Sale & Donations: KCW 9-1	22 Sale & Donations: KCD 9-12 KCW 9-1
23	24 <u>Board Update</u> KCD Donations 9am-Noon	25	26	27 KCD Donations 9am-Noon	28 Sale & Donations: KCW 9-1	29 Sale & Donations: KCD 9-12 KCW 9-1
30						

May 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <u>Scholarships</u> KCD Donations 9am-Noon	2	3	4 KCD Donations 9am-Noon <u>KYP Meeting</u> 6pm	5 Sale & Donations: KCW 9-1	6 Sale & Donations: KCD 9-12 KCW 9-1
7	8 <u>Immigration</u> KCD Donations 9am-Noon	9	10	11 KCD Donations 9am-Noon	12 Sale & Donations: KCW 9-1	13 Sale & Donations: KCD 9-12 KCW 9-1
14 <i>Mother's Day</i>	15 <u>Brain Injury</u> KCD Donations 9am-Noon Club Election	16 Board Meeting 6:30pm at KCW	17	18 KCD Donations 9am-Noon	19 Sale & Donations: KCW 9-1	20 Sale & Donations: KCD 9-12 KCW 9-1
21	22 <u>Addiction</u> KCD Donations 9am-Noon	23	24	25 KCD Donations 9am-Noon	26 Sale & Donations: KCW 9-1	27 Sale & Donations: KCD 9-12 KCW 9-1
28	29 <u>Meeting</u> Moved to Tuesday Memorial Day	30 <u>Rosie the Riveter</u> KCD Donations 9am-Noon	31			



This Week's Numbers

Attendance:

63

Fines:

\$21.31

Happy \$:

\$56

Mott Pot:

\$0

Vouchers:

\$2,278

\$34,261 YTD

(12 Families)

Thrift Sale:

KCD:

\$5,333

KCW:

\$6,533

Other:

\$977

TOTAL:

\$12,243

\$320,765 YTD



☛ The fact that you are taking time to read this indicates a high aptitude for being a newsletter editor. ☛ Email John Kiddle at jkiddle@gmail.com immediately to volunteer ☛☛

Today's Program Continued...

By setting goals in the right way we will be poised to create a way of living and not just a lifestyle, the only way to achieve a lasting result. He stressed the importance of choosing fitness activities that are fun and physically and socially rewarding. Health and wellness should not be a "second job". We thank Demond Johnson for his commitment to community health and wellness and his motivating presentation to help us all achieve our wellness goals.

Announcements Continued...

- **Ellen Webb** and our Kiwanis Club/Foundation Voucher Program is being recognized by the Michigan Ability Partners on Friday, April 28. They are having a TasteFest from 5:00 to 9:00 p.m. with a presentation at 7:30 p.m. at the Washtenaw Community College Morris Lawrence Building. Tickets are \$35.00 per person. Get more information by clicking this [link](#).
- Voucher Sign Up. Please volunteer for April and May. There are still some open positions on Thursday mornings. See **Ellen Webb**.
- Summer Camperships (\$250) due Monday, July 31. Ray & Eleanor Cross Foundation 50/50 challenge. See **Jane Talcott** or **Harry Cross**.
- **Larry French** announced that **Mike Dabbs** will be receiving the 2017 Community Service and Leadership Award from the Brain Injury Association of Michigan (BIAMI). Mike has been president of the BIAMI since 1993, and recently retired. Unfortunately, all tables at the celebratory dinner are sold out. Larry will be donating to create an ad for the evening's brochure in Mike's honor for \$750.00. Please consider contributing \$25.00 to help celebrate Mike's achievements. Contact Larry French for more information.
- **Dale Leslie** is conducting a survey to help determine what club members want to do to celebrate our 100th Anniversary of the Kiwanis Club of Ann Arbor. Be sure to fill out a survey. Check your email for a copy or look on the president's table at the meeting.
- The April Board Meeting is next Tuesday, April 18 at KCW at 6:30 p.m. There will be a Tour of KCW at 5:00 p.m. Board Agenda items are due to **Kathie Wilder**, by this Thursday afternoon, April 13.
- Summer part-time paid positions are open for workers at Kiwanis. Applicants must be 18 or older.
- The next evening Work Session at KCW for members and volunteers is next Wednesday, April 19, from 6:00 to 8:00 p.m. Please let **Marianne D'Angelo** or **Mary Stewart** know if you plan to be there.
- "The Plan B group" is an informal group of members who are investigating options for keeping the Kiwanis Downtown building. They will host a meeting of interested members and volunteers at the Kiwanis Downtown location on Thursday, 4/13 from noon-1:30pm. Cold and hot sandwiches and chips will be served. RSVPs are appreciated to mclauw4@gmail.com.



**Only 1,496
days to go!**

Interclubs and Social Events of Interest...

Mark your calendars!

- 4/17—**Chelsea Super Interclub** on Monday, April 17, at 6:15 p.m. at the St. Joe's Chelsea Hospital cafeteria
- 4/26—**Spaghetti Dinner** High Point School, Ann Arbor Western
- 5/9-5/10—Member **Luke Panning** and his family compose a popular musical group (Fiddlefire) that will be performing at the Holland Tulip Festival in Holland, MI., Tuesday, May 9th and 10th, 7-8:30 p.m.
- 5/21—Manchester Kiwanis **River Raisin Canoe Kayak Race**
- 5/24—**Manchester Super Interclub**
- 5/25—**Golf Outing** Fundraiser Ann Arbor Western
- 6/6—**A2Y Chamber Golf Outing**
- 7/29—**TIGER GAME AND BUS TRIP** on July 29th. \$70 per person, sandwich etc. on bus, driver tip, great seats, fireworks, and a ride back to A2. Get you reservation and money to Fred Sanchez ASAP, 734-277-7077 or fsanchez@aol.com.
- 9/14—**Our GOLF OUTING** is Sept 14th at Pierce Lake Course in Chelsea. Contact: **George Gilligan**.

Our Sponsored Programs
in Service to Youth:



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KIWANIS CLUB OF ANN ARBOR

Meetings:

Mondays at Noon
200 S. First Street
Ann Arbor, MI 48104
www.a2kiwanis.org

Building Phone:
734-665-2211



Sale and Donation Hours

Thrift Sale Downtown

200 S. First at Washington
Saturdays 9am-Noon

Thrift Sale West

100 N. Staebler at Jackson
Fridays and Saturdays
9am-1pm

Saleable Donation Drop Off:

Downtown: Mondays, Thurs-
days, and Saturdays
9-11:30am

West: Fridays and Saturdays
10am-12:30pm

Call for Donation Pickup:

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Other Links:

- [Michigan District Kiwanis](#)
Click [here](#) to read the latest *Michigan Builder*.
- [Kiwaniis International](#)
- [Kiwaniis Young Professionals of Washtenaw County](#) Meets 6pm first Thurs. of Month
- [U of M Circle K](#)
Meets 7pm Thursdays at UM Union or League (Check Calendar on Website)
- [Kiwaniis Club of Ypsilanti](#)
Meets Noon Wednesdays at EMU Student Center
- [Ann Arbor Western](#), Meets Noon Tues. at Quarter Bistro
- [Kiwaniis Ann Arbor Morning Edition](#), Meets 8:30am 2nd & 4th Weds. at Guy Hollerin's

"Serving the Children of the World"

Interested in becoming a member? Please send an e-mail to MembershipGrowth@a2kiwanis.org or visit the website www.a2kiwanis.org.

Kiwanis Club/Foundation of Ann Arbor President Alan Burg's 2016-2017 ANNUAL GOALS

I plan to support the following goals:

- 1) Support everyone through a respectful sharing of ideas and offering of solutions throughout the year.**
 - a) Live and be guided by the Six Objects of Kiwanis.
 - b) Honor the Past and Plan for the Future.
 - c) Foster Development and Growth of Members and Increase Total Membership.
- 2) Continue Strategic Planning.**
 - a) **Our Identity:** Help the Strategic Planning Committee identify resources and persons to lead the membership and volunteers through a formal process to discuss, review, identify, and renew how our Club can best support the KIWANIS (KI) MOTTO, DEFINING STATEMENT, and VISION - by February, 2017.
 - b) **Increase Our Financial Stability:** (both Short and Long Term)
 - i) Help the Board identify and develop a process for the Sale of KCD and seek input for the design and implementation of expanded sale floor space at KCW.
 - ii) Help the Board continue and expand our efforts to lease KCW spaces and the sale of the out lot.
 - iii) Help the Board to support a return to increased Gifting ASAP when financially able.
 - (a) Ask our granting committees to review our Gifting Model and the Impact of our Gifts/Grants in alignment with the KI Purpose/Defining Statement and Vision by April, 2017.
 - (i) Review and determine the impact of providing many small gifts, grants, and scholarships vs. the possible impact of providing larger dollar amounts for perhaps fewer gifts, grants, and scholarships. Determine the best balance to gain the greatest impact by April, 2017.
 - (b) Make recommendations for the Board's consideration by June, 2017 for implementation in 2017-18 Kiwanis year.
 - c) **Foster Improved Governance** of Club and Foundation and plan for continued growth and change.
 - a) The Club membership will be asked to consider and vote on what specific steps to take regarding the approved Recommendations from our Board and the Re-Organization Committee, regarding size of Board, terms of service, adding a Vice President position, the use of a Chief Financial Officer (CFO), and when in our future to consider the hiring of an Executive Director. This vote will be scheduled no later than January, 2017.
 - b) Ask By-Laws Committee to update By-Laws in time to gain KI approval by March, 2017
 - c) The President-Elect will update all Committees' purpose statements by June, 2017.
 - d) Ask the By-Laws Committee to Update our Club Manual of Administrative Policies & Procedures by August, 2017.
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