

Kiwanis Club of SLO Noontime



Koverall



March 30, 2006

Meeting Notes

President C rang the bell at 12:31 p.m. to convene our meeting. Gary led us in the Pledge of Allegiance. Roger J led us in singing "Don't Fence Me In." Kevin provided an invocation.

Justin introduced a large contingency from the Bay Osos Club: Kirsten Baraman, Sharon Simmons, past Lt. Governor Boyd Lowe and Past President John Parker. Justin also introduced today's speaker Jean Steel. Last but not least, Justin introduced his boss Linda.

Doc introduced not only Shane K but also wife Bridgitte and daughter Cecilia. Tara introduced Aimee the note taker.

Several sign-up sheets were distributed. Feed the Homeless is Sunday night, April 2. The second fence-building work day at the Dallidet Adobe is Saturday, April 8 from 9 a.m. until finish.

"Build A House" Day for Habitat Humanity is June 3 at the Madonna Inn pasture and we are responsible for parking and other logistics.

June 9 is the Reverse Drawing and Dinner

Meeting Notes, Continued

headed by Rich. June 16 is ALL KIWANIS NIGHT at the SLO Blues. The first ball is pitched at 7:05 p.m.

Thanks to Kevin for today's pizza from The Upper Crust as our regular caterer was off.

Secret Greeter

Bridgitte raised a few bucks when it was easier for her to identify who DID shake her hand rather than who did NOT.

Only Doc, Tara, Don and Bob DID shake her hands. All others were found guilty and fined.

Upcoming Kiwanis Events!!!

- Apr. 1 Int'l Pres. Steve's Visit @ Robert Hall Winery, 6pm
Contact: Pres. C
- Apr. 6 Club Meeting @ Monday Club, 12 noon
Program: Hilding, "Kiwanis Education"
- Apr. 13 Club Meeting @ Monday Club, 12 noon
Program: Tim Golden, SLO Blues baseball
- Apr. 20 Club Meeting @ Monday Club, 12 noon
Program: Bonnie Schott, "It Just Stuff Without the Story"

Program Speaker

Jean Steel spoke on "Living A Full And Balanced Life."

After a hospital career in Sacramento, Ca, Jean received her master's degree in wellness, out to find the connection between mind and body.

Everyone has a homework assignment...**Take one thing that Jean talked about and implement it!**

Jean defined wellness as social, emotional, spiritual, mental and physical health. Wellness is about making choices, self-responsibility (not blaming others) and recognizing that life is too short (stop looking to the future for the stress to stop).

Jean said wellness is becoming a change agent and balancing your life. Anybody can initiate change.

If you are not happy about something, **DO SOMETHING!**

She suggests having passion for our work and says love what you do and remember why you do it.

Jean stressed how important taking care of you is which might mean change that involves new attitudes and new practices.

It is important to enjoy the journey and examine your goals and dreams along the way. Are your values in sync with your actions and

Program Speaker

behaviors?

Practicing good time management is also key as is keeping a daily record of activities. She advised to take vacations.

On a survey of 35,000 men, the men that did not take vacations had a 30% higher risk of developing cardiovascular disease.

Take time for yourself and others. As Jean said, "The fragrance remains on the hand of the one that gave the rose."

Volunteer your time for others. She also suggests getting enough sleep and highly recommends Egyptian high thread-count cotton sheets.

Try pet therapy (it's relaxing), exercise, be creative and participate in lifelong learning. It is important to believe in yourself, you are your biggest hero.

Other suggestions from Jean: reduce your stress, have fun and do things you love, and learn to play.

Don't forget about the simple pleasures and stop and be thankful for the "perfect moments" when you realize "wow, this is a good thing." And above all, laugh!

For more information visit Jean's website at www.ccwelfareworks.com or contact her at steeljean@hotmail.com.

Fines & Forfeitures

Bart was today's Fine Master.

Dan gave a sad dollar on Jim Frey's behalf, as he could not attend today's meeting. Tara gave \$5 sad for missing the past month.

Milt gave \$5 happy because he has been a veteran's advocate for years and finally there will be a mini Veteran Stand Down for homeless vets in our community. The Stand Down will take place in May at the Veteran's Memorial Building. Milt is coordinating and sponsoring the event. Way to go Milt!

Roger J gave a happy buck for having a good day (so far!). Doc S gave a happy buck because his son is flying in this weekend from Thailand and he gave \$2 happy because his daughter and son-in-law are coming to town from New York City. Then he gave \$2 sad because his in-laws are also coming to visit!

Ron gave a happy buck because Bob A will be able to attend ALL KIWANIS NIGHT and therefore can sing with him.

Pres C gave \$3 sad on Sandy's behalf for not getting the newsletter out in a timely fashion and for missing today's meeting due to illness.

Kiwanis Quote

What is a friend? A single soul dwelling in two bodies.

...Aristotle

Announcements

Our club will once again prepare and serve breakfast at Camp Hapitok on Saturday morning at 7:30 a.m. at Rancho El Chorro.

A sign-up sheet was distributed and Holly asks for ready volunteers.

Cathy reported on the MS Walk on March 25th. At least 171 Kiwanians walked and raised \$25,000 of the total \$58,000 raised!

Doc Steele was NUMBER ONE, raising more than \$1250. Thanks Doc!

Kiwanis Education

Can political candidates speak before Kiwanis clubs?

Club bylaws prevent the club from being used for any political purpose.

Also, as a club, from actively participating in the political candidacy of any person.

But this does not mean that the club cannot take an interest in public affairs.

Equal time is normally given to opposing political candidates or supporters on each side of controversial issues.

Next week's question?

What is an Interclub?

Miscellaneous

Ticket Winners:

\$4 - Sharon (Bay Osos Club)
\$6 - Sharon, again!
\$10 - Doc S

Membership:

Cathy missed \$72.50 by
drawing the jack of Hearts.
Next week's pot is \$75.

Next Meeting April 6, 2006:

Fine Free: baxter (will not be here)
Soapbox: Bob S
Joke of the Week: Tara
Speaker: Hilding Larson
"Kiwaniis Education"

Upcoming Birthdays & Anniversaries:

March 30

Cheri Jump' Birthday

April 13

Fitz' Birthday

April 16

Don Ruxton's birthday

April 17

Rich & Jan Carsel's Anniversary

April 21

Dr. J's Birthday

Website:

If any members cannot receive the newsletter
via an email attachment... please go to:
<http://home.kcbx.net/~xkiwanis/news.html>
for archives that you can view/download.

Thanks Dan, Great Job!!!

***Since it's inception March 2004 we average
51 hits a month on our club's website!!!***

Contact Information

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Meeting Info

The Monday Club
1815 Monterey St.
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Thursday@12noon