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# Kiwaniis®

## CLUB OF ANN ARBOR

Volume 10, Issue 20

February 25, 2019

### TODAY'S PROGRAM...

#### Brain Fitness at 50 and Beyond!



Deb Jones

**Deb Jones** introduced today's speaker Barbara Bowman, MPA, NTP, who presented a spirited program on "Brain Fitness at 50 and Beyond". Barbara is a certified Nutritional Therapy Practitioner and Health Coach. More than her credentials, however, Barbara's informative and encouraging presentation about improving brain health urged us to pay attention to the things we can do to take care of our brains:

**Food:** Avoid sugar...no more than 5mg per serving... read the labels; eat fish... lots of it... take fish oil supplement; eat simple real foods, avoiding processed packaged foods

**Exercise:** Exercise both brain and body, like dancing! "The best exercise is the one you will DO!"

**Stress Reduction:** Minimize worry... practice daily gratitude, naming at least five things each day for which you are grateful.

**Test and Track:** Tools are available to measure progress in improving brain health and cognitive functioning. Lumosity and other computer programs designed to support cognitive function also track your improvement in game scores.

Why should we change our habits? One in three of us will develop Alzheimer's; by age 85 half will have symptoms of the disease; the cost for one year of full time memory care is \$60,000 plus untold grief and stress on caregivers and loved ones. Hopefully, these sobering statistics will motivate us all to take action.

If you would like more information about programs and resources, go to [SproutWellness.Org](http://SproutWellness.Org).

*Editor's Note: Both Barbara Bowman and her friend Laurie Freeman asked for membership applications to join Kiwanis!*

### NEXT WEEK'S PROGRAM...

**March 4—Women's History Month.** Speaker: Janice Amin, Girl Scouts—Heart of Michigan. Introduction by **William Hampton**.

### UPCOMING PROGRAMS...

**March 11—Michigan Maritime Museum.** Speaker: Dick Brunvand. Introduction by **Dan Dever**.

**March 18—St. Thomas School.** Speaker: Larry Nienhaus, Director of Development. Introduction by **Garry Evans**.

**March 25—Member Recognition - Hixson Awards 2.0.** Program Coordinated by **Bob Carr**.

### MEETINGS...

Budget and Finance Committee meets next Monday, March 4, at 1:30PM.



**Barbara Bowman**

*Scholarship Info and Pledge Forms on Pages 4 & 5!*



**Officers and Directors**

**President:**

William V. Hampton

**President-Elect:**

Dan Dever

**Treasurer:**

Greg Meisner

**Secretary:**

Kathie Wilder

**Immediate Past-President:**

Alan Burg

**Board Members:**

Gordon Beeman  
Marianne D'Angelo  
Margaret Krasnoff  
Peter Schork  
Mary Stewart  
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**Newsletter:**

**Editor**

Lynne Lande

**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](mailto:jkidle@gmail.com).

**ASSIGNMENTS FOR THE COMING WEEK...**

All Sale	See the schedule emailed by the Volunteer Coordinator.
Vouchers	Vouchers on 2/28: Ellen Webb, Bud Roberts, Mark Lavin, Mitch Goodkin, Jean Robertson, Bob Johnson, Deb Rydzon, Susan Smith, and Jim Carey. (One more needed)
Invocation	John Dahl
Meeting Greeters	Dennis Powers (A), Dick Smit, Burt Lamkin
Hospitality	Dave Hughes
Newsletter	Lynne Lande
Cashier	Sally Lamkin

**GUESTS AT OUR CLUB...** Claire Dahl introduced our guests: **Margaret Riddell**, **Ann Zinn**, and **Phyllis Stillman**, all Kiwanians from Whitmore Lake, participating in the Super Inter-club; **Esther L. Hampton**, best guest of **William**; **Mamadou**, guest of **Harry Hawkins**; **Kim Streich**, guest of **Deb Jones** and prospective member; **Melissa Zhou** and **Skylar Gleason** from Circle K; and **Arno Buhrer**, guest and supportive spouse of **Pat**.

**Claire** then described a Facebook post with a picture of a green-faced witch declaring, "The last time it was this windy, a house fell on my sister!"

**HOSPITALITY...** **Fred Sanchez** shared the good news that **Clar Dukes** is feeling better; we look forward to seeing him back with us when the weather allows and he feels ready to do so. We also are remembering **Mike Dabbs'** wife **Pam**, who is dealing with serious illness. Those who pray are asked to hold Pam and Mike and their family in prayers for comfort and healing and strength.

**ANNOUNCEMENTS...**

- In keeping with **Black History Month**, **Pres. William** announced that on this day in 1870, Hiram Rhodes Revels, from Mississippi, took the oath of office and became the first African American to serve in the United States Senate.

On a musical note, **Pres. William** told us that **Smokey Robinson** will be performing in Battle Creek on Saturday April 6.

- The Grant Coordination Committee** has sent invitations to apply for Kiwanis funds to 125 community nonprofits. If any Kiwanis member wants to find out if a particular non-profit organization received an invitation, contact **Mike Dabbs** and he will make certain that organization is aware of the grant program. All applications are due on or before March 15th.

- The Scholarship Committee** is announcing a new format for Kiwanis scholarships this year. **Claire Dahl** explained that many scholarship recipients need more than one \$1,500 stipend in order to successfully complete their education. The new Finish Line Scholarship Program will award eight \$3,500 scholarships to graduating seniors for their first year at Washtenaw Community College. The larger scholarship amount will cover tuition, books, and fees for the entire year. A second category of scholarships will be awarded to ten WCC students who have successfully completed their first year. Each will receive \$3,500 to complete their WCC program.



**Claire Dahl**

Individual contributions will be matched through collaboration between the Ray and Eleanor Cross Foundation, the Smith/Gray Scholarship Endowment Fund and Burg/Hillenburg funds. Kiwanis members and friends can contribute any amount toward the scholarship total. The goal for individual gifts is \$23,000. All gifts need to be made by April 30, 2019. See the attached Finish Line Scholarship Program documents for more details (pages 4&5).

- Next month is **Women's History Month**. Our March 4th speaker will be Janice Amin from the Girl Scouts. Since its inception on March 12, 1912, the Girl Scouts have been organized and run by women for girls and women. There are over 3.7 million Girl Scouts.

**FINES...**

**Luke Panning**, remembering to have a quarter today, proposed a fine on anyone who has ever forgotten to bring a quarter to the meeting for a fine. **Kathy Barden-Perlberg** clearly answered **Pres. William's** call for objections, but as usual, it was to no avail, and we all paid.

**HAPPY DOLLARS...**

- ☺ **Lynne Lande** was grateful for **Luke Panning's** care package for her cold, which included tissues, tea, and a little Southern Comfort for medicinal purposes.
- ☺ **Bob Carr** is happy to see the new roadside sign for the Thrift Sale and would like a photograph to post on the Thrift Sale web site. **Bob Gray** will see to it.
- ☺ **Larry French** admired the astronomical accuracy of the Greeks in aligning a temple 2,700 years ago; even without the benefit of a cell phone like Larry used to check out their accuracy.
- ☺ **Dick Smit** expressed appreciation to our facilities manager **Tanya** for clearing the sidewalks and steps early this morning to keep everyone safe.
- ☺ **Max Ziegler** found a fancy headdress while sorting, modeled it, and **Martha Petro-ski** upped his happy dollar to ten dollars to take it home with her.
- ☺ **Evan LeRoy** had a happy dollar for the Preemie Quilt made and donated by his mother in law; and another happy dollar for the Dexter Schools Daddy/Daughter Dance, which he attended with **Lucy** and 500 other two-generation couples. The editor heard later that Lucy ditched her Dad to be with her friends. Actually, most of the Dads wound up being wallflowers, but a good time was had by all.
- ☺ **Susan Smith Gray** was grateful for the Kiwanians who came to the City Club and picked up the leftovers from their sale to bring to Kiwanis.
- ☺ **Skylar Gleason** of Circle K showed off the lovely green alligator shirt with fake alligator teeth buttons, which she bought at the Kiwanis Thrift Sale...making good on her promise to atone for not buying her Hawaiian party shirt at Kiwanis.
- ☺ **Harry Cross** was pleased to announce that the Flint Symphony will be performing Mahler's Second Symphony on May 11. He is offering to drive a van full of members and guests to the symphony. Let Harry know right away if you are interested. He will be buying tickets soon.



Skylar Gleason

**AWARDS...**

Garry Evans

**Garry Evans** announced that our Kiwanis Club received a certificate of exceptional service from the Salvation Army for our 2018 Bell Ringing. Thanks to Garry for his devotion and leadership of our annual participation. Garry, of course, would humbly defer appreciation to all those who rang bells and donated to the Salvation Army.

**SOCIAL ACTIVITIES...**

- Only six months until the annual Tiger Trip on August 10th. **Fred Sanchez** still has a few tickets left.
- See **Harry Cross's** Happy Dollar for the Flint Symphony performance of Mahler's Second Symphony on May 11.

**Ann Arbor Downtown Kiwanis Club & Guests****Detroit Tigers**

Vs.

**Kansas City Royals**

Saturday, August 10, 2019

\$70

**Package Includes:**

- >Chartered National Trails, Inc. 56 passenger motor coach with reclining seats, rest room & A/C
- >Bus will be at AA Pioneer High School Parking Lot at 3:30 P.M. Arrival back between 10:00-11:00 P.M., depending on the length of the game
- >5" Club Sandwich, pop, chips, munchies on the bus
- >Driver's Tip
- >Reserved Infield Upper Deck Box Ticket, Section 327, rows 6-10, left field
- >GREAT SEATS - Behind Home Plate (Same as Last Year)

Reservations: First come-first served-Space is limited

Call: **Fred Sanchez 734-277-7077**Email: **fsanchez@aol.com**

Per Person Per Game-non refundable unless a substitute is found  
 Make checks payable to Kiwanis Club of Ann Arbor  
 Mail to: Fred Sanchez, 2645 Gladstone Ave, Ann Arbor, MI 48104

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

Check for Special Items on

**craigslist**

and



Every Week!

*Since 1921,  
 proceeds from  
 Kiwanis Thrift  
 Sale, gifts from  
 our members,  
 and the work of  
 our volunteers to  
 benefit our  
 community totals  
 over \$6,950,000.*



Click [here](#) to buy  
 Kiwanis Club of Ann  
 Arbor gear like this  
 personalized golf towel,  
 only \$11.50!

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in Service to Youth:**

Huron High School  
 Pioneer High School



WISD Aktion Club

## Kiwanis 2019 Finish Line Scholarship Program

### How the Program Works

Kiwanis will support two categories of “full ride” scholarships at Washtenaw Community College in 2019 – 2020:

- Category One will consist of 8 scholarships for first year WCC students who are residents of the Ann Arbor School District and 2019 graduates of the Ann Arbor Public Schools with financial needs.
- Category Two will consist of 10 students, also AAPS graduates, who have successfully completed their first year at WCC, but will most likely be unable to complete their studies without additional financial support. (Please note that this reflects an aspirational goal, and the number (10) will be adjusted – up or down – as our fundraising total dictates.)

Each \$3,500 scholarship in both categories will cover tuition, books, and fees for the entire year. Students will need to successfully complete their first semester studies in order to receive second semester funding.

Kiwanis will also contribute \$2,000 to an emergency fund, which these 18 students can draw upon if necessary to meet unexpected hardship expenses.

### Fund Raising Plan

The Kiwanis Club of Ann Arbor Foundation Board of Directors and the Children and Youth Services Committee have together budgeted \$18,000 for academic scholarships this year. In addition, all donations from Club members will be matched through collaboration between the Ray and Eleanor Cross Foundation, the Smith/Gray Scholarship Endowment Fund and Burg/Hillenburg funds. The following chart describes our financing plan:

#### Costs:

Category One: 8 Scholarships x \$3,500	=	\$28,000
Category Two: 10 Scholarships x \$3,500	=	\$35,000
Emergency Fund:	=	<u>\$ 2,000</u>
<b>Total:</b>		<b>\$65,000</b>

#### Donations:

Kiwanis Foundation	=	\$18,000
Individual Members	=	\$23,500
Matching funds:		
Cross Foundation, Smith/Gray, Burg/Hillenburg	=	<u>\$23,500</u>
<b>Total:</b>		<b>\$65,000</b>

As reflected in the chart above, a total of \$23,500 in individual giving will fully fund the Finish Line scholarship program at the targeted \$65,000 level. We hope all members will wish to contribute at some level, either anonymously or through the official recognition program shown below. We plan to continue our Kiwanis tradition of hosting a Recognition Luncheon – albeit in the fall this year - for our scholarship recipients with all of the hoopla and celebration of previous years.

<u>Donor Level</u>	<u>Amount Donated</u>
Benefactor	\$1,500+
Sustainer	\$1,000 - \$1,499
Patron	\$500 - \$999
Sponsor	\$100 - \$499
Friend	\$1 - \$99

**KIWANIS 2019 FINISH LINE SCHOLARSHIP CONTRIBUTION/PLEDGE FORM**

Yes, I wish to pledge my support of the Kiwanis Club of Ann Arbor Foundation 2019 Finish Line Scholarship Program. I understand my pledge and contribution will help fund these goals:

- 8 "full ride" scholarships for first year students at Washtenaw Community College who are 2019 graduates of Ann Arbor Public Schools with financial needs.
- 10 "full ride" scholarships to past AAPS graduates who have successfully completed their first year at WCC, but will most likely be unable to complete their studies without additional financial support.

Generous pledges and gifts, of any amount, will be matched through collaboration between the Ray and Eleanor Cross Foundation, the Smith/Gray Scholarship Endowment Fund and Burg/Hillenburg funds.

<u>Donor Level</u>	<u>Amount Donated</u>
Benefactor	\$1,500 and above
Sustainer	\$1,000 - \$1,499
Patron	\$500 - \$999
Sponsor	\$100 - \$499
Friend	\$1 - \$99

I/We, \_\_\_\_\_ will contribute \$\_\_\_\_\_ by \_\_\_\_/\_\_\_\_/2019

Kindly send this pledge form to Kiwanis Club of Ann Arbor Foundation, 100 N. Staebler Rd., Ste. C, Ann Arbor, MI 48103; or give to Mary Schwartz, Administrative Assistant, at any weekly Kiwanis meeting. **Please make all gifts payable to Kiwanis Club of Ann Arbor Foundation and submit no later than April 30, 2019. Thank you!**

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# February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Sale & Donations: TKC 9-1	2 Sale & Donations: TKC 9-1
3	4 <u>Black History Month</u>	5	6 <u>Kiwanis Young Professionals 7pm</u>	7	8 Sale & Donations: TKC 9-1	9 Sale & Donations: TKC 9-1
10	11 <u>Peace Neighborhood Center</u>	12 Board Meeting 6:30pm	13	14 Valentine's Day	15 Sale & Donations: TKC 9-1	16 Sale & Donations: TKC 9-1
17	18 <u>A2 Fire Safety Update</u>  Presidents' Day	19	20	21	22 Sale & Donations: TKC 9-1	23 Sale & Donations: TKC 9-1
24	25 <u>Brain fitness at 50 and Beyond</u>	26	27	28		

# March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Sale & Donations: TKC 9-1	2 Sale & Donations: TKC 9-1
3	4 <u>Women's History Month</u>	5	6 <u>Kiwanis Young Professionals 7pm</u>	7	8 Sale & Donations: TKC 9-1	9 Sale & Donations: TKC 9-1
10 DST Begins	11 <u>Michigan Maritime Museum</u>	12 Board Meeting 6:30pm	13	14	15 Sale & Donations: TKC 9-1	16 Sale & Donations: TKC 9-1
17 St. Patrick's Day	18 <u>St. Thomas School</u>	19	20	21	22 Sale & Donations: TKC 9-1	23 Sale & Donations: TKC 9-1
24	25 <u>Member Recognition—Hixon Awards</u>	26	27	28	29 Sale & Donations: TKC 9-1	30 Sale & Donations: TKC 9-1
31						



## This Week's Numbers

**Attendance:**  
49

**Fines:**  
\$13.85

**Happy \$:**  
\$24

**Mott Pot:**  
\$213.51 Today  
\$981.76 YTD

**Vouchers:**  
\$1,920  
9 Families  
\$26,249 YTD  
135 Families  
YTD

**Thrift Sale:**  
**Friday:**  
\$7,691  
**Saturday:**  
\$11,271  
**Other:**  
\$0  
**TOTAL:**  
\$18,962  
**\$355,478 YTD**  
(Unofficial)



**KIWANIS CLUB  
ANN ARBOR  
Meetings:**

Noon on Mondays at  
The Kiwanis Center  
100 N. Staebler, Suite C  
Ann Arbor, MI 48103-9755

[www.a2kiwanis.org](http://www.a2kiwanis.org)

Building Phone:  
734-665-2211



**Sale and Donation Hours**

The Kiwanis Thrift Sale  
At The Kiwanis Center  
100 N. Staebler at Jackson  
Fridays and Saturdays  
9am-1pm

Saleable Donation Drop  
Off:  
Fridays and Saturdays  
9am-12:30pm

Call for Donation Pickup:  
734-665-0450



**Other Links:**

- [Michigan District Kiwanis](#)  
Click [here](#) to read the latest *Michigan Builder*.
- [Kiwanis International](#)
- [Kiwanis Young Professionals of Washtenaw County](#) Meets 7pm first Wednesday of Month
- [U of M Circle K](#)  
Meets 7pm Thursdays at UM Union or League (Check Calendar on Website)
- [Kiwanis Club of Ypsilanti](#)  
Meets Noon Wednesdays at EMU Student Center
- [Ann Arbor Western](#), Meets Noon Tues. at Quarter Bistro

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

Interested in becoming a member? Please send an e-mail to [MembershipGrowth@a2kiwanis.org](mailto:MembershipGrowth@a2kiwanis.org) or visit the website [www.a2kiwanis.org](http://www.a2kiwanis.org).



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**2021 A CENTURY OF SERVICE**



**KIWANIS CLUB OF ANN ARBOR**

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