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Jayme Roth '09
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COMMITTEE CHAIRS

COMMUNITY SERVICE
DAVID O'LEARY
Bloodmobile
Christina Isacson
Christmas Tour of Lights
Bob Elliott
Meals on Wheels
Dave Calverley
Mother's Day Breakfast
Zach Goswick
Park Projects
Ben Coopman

YOUNG CHILDREN-PRIORITY ONE AND YOUTH SERVICES
DR. KEVIN O'LEARY
Breakfast with Santa
Dave Calverley
Scholarships
Bob Elliott
Terrific Kids
Nancy Verhoeven

SPONSORED YOUTH
DAVE WIMANN
Craig Key Club
Dave Wimann
Parker Key Club
Tom Waller
Madison K-Kids
Dr. Kevin O'Leary
Roosevelt K-Kids
Dave Wimann
Van Buren K-Kids
Dave O'Leary
Wilson K-Kids
Jim McMullen/
Robbie Seals
Interclubs
OPEN

FUND RAISING/ FINANCE
DR. JIM DAMROW/ ERIC SCHERDELL
Fest-of-Ale
Tom Waller
Dave O'Leary
Pancake Day
Dr. Jim Damrow/ Jim Stoa

CLUB ADMINISTRATION
TOM WALLER
Membership
Dr. Ryan VanRoo
Laura Feit
Newsletter Editor
Dave Fleig
Public Relations
Laura Feit
Social Events
Irene Stewart
House
Don Chapin

HUMAN & SPIRITUAL VALUES
** OPEN **

Kiwanis is a global organization of volunteers dedicated to changing the world one child and one community at a time.

January 31, 2008, Vol. XXVI, No. 18

2 Week Roundup

Jan. 24 Noon Meeting – Students of the Month:

From Craig - Amanda Coffren. From Parker - Emily Rennie

Announcements:

Pancake Day is coming up!! The date is still TBD, but probably in April

Help is needed on the Public Relations and Spiritual Aims committee's. Talk to any officer or board member if interested.

Ace pot drawing:

No Ace of Hearts Drawing or Happy Dollars today, as the set up folks were planning for a Roundtable.

Program:



Kitty Cole, the Community Education Coordinator for Mercy Health Systems was our program today. Kitty had a "New Year's resolution" theme today.

Unfortunately, by this time most people have already given up on their New Year's resolutions. One of the keys to making successful resolutions is setting realistic goals. Be aware of all the normal, predictable occurrences that would prevent you from accomplishing your goals, and plan around them.

There are many resources available to help you stay on track like health and lifestyle coaches and personal/fitness trainers. If fitness is your goal, you should be working towards 60 minutes of exercise 5 to 6 times a week, and 90 minutes if you want to lose weight. Weight lifting (machines, bands, body weight) is also increasingly important as you age because your muscle mass begins to be replaced by fat after the age of 40.

There is a growing focus on wellness due to the growing obesity rates here in America. This trend has affected adults and juveniles, in fact, diabetes is no longer classified as adult-onset and juvenile-onset. It is now called Type II and Type I because more and more kids are getting "adult"-onset diabetes; almost always due to their weight.

Jan. 31 -

Guests:

George Mark's son Randy came from Wauwatosa

Students of the Month:

Emily Rennie from Janesville Parker.

Announcement:

-Dave Wimann stated Pancake Day is scheduled for April 12th at First Lutheran Church

-Dr. Kevin states the membership committee is going to have a business after 5 meeting in the end of February.

-April 8th will be a District Leadership Banquet at the same location of our noon meetings

-Jamin Arn gave a check for \$21 for cartridges

-Harvey Miller said the holiday gathering was a great event. The house was beautiful and food was great.

Ace pot drawing:

Ben Coopman Jack of diamonds

Happy Dollars:

-Dr. Kevin saw a couple of great girls BB games (Craig vs. Parker)

-Dave Green was happy to see old friend Randy Mark

-Randy Borman was thankful for our new music recorder to aid our singing "abilities".

-Rob Terry - happy because one of his managers had baby, and he only had a few scheduling problems as a result.

-Ben Coopman was happy because he recently got a load of road salt

-Dave Wimann was happy the Rock County roads are better than Dane County

-Ed Pulliam was glad he has such a good dentist

Program:



Ed Pulliam talked about the SOS Project (Site of Senses). It is a project that Janesville Kiwanis is very happy to be launching. SOS is basically a manufactured box that has specific toys designed to help mentally and visually impaired children to develop their hearing and motor skills. Our club has already purchased 6 boxes that have been placed in the Janesville School District, and we have 4 more ready to be distributed. We are hoping this idea could spread to other Kiwanis Clubs and take off.

More info: www.SiteOfSenses.org

Thanks to Tom Waller & Dr. Ryan VanRoo for taking the notes. Members having information for future newsletters can email editor@janesvillekiwanis.org.

Janesville Kiwanis

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