
K *The Kiwanis Club of Abilene* **KIWANIGRAM**



Vol. LIX

June 17, 2009

No. 36

CRIME VICTIM CRISIS CENTER DIANE DOTSON, EXECUTIVE DIRECTOR

**Noon, Wednesday, June 17
Abilene Country Club**

"Violent Crime in Abilene -- Not in MY Backyard!"

RCVCC's mission is assisting victims and survivors of violent crime and working to prevent violence. The agency's services include current and future plans to provide more anti-violence education on our high school and college/university campuses, as well as expanding services to rural adult and child victims of violence.

SLEEP APNEA, THE SILENT KILLER DEBRA WOLFE and WENDY MORENO

JUNE 10

President **Russell Berry** presided. **Lew Lewis** led the prayer, **Jamie Breed** led the singing. **Millie Braddy** played piano. **Bedford Furr** led the Pledge of Allegiance. **Don Paige** introduced our guests.

Doug Williamson, who has sleep apnea, gave a great introduction of our speakers FROM Choice Medical Supply, Debra Wolfe and Wendy Moreno. Debra gave a very informative presentation on sleep apnea stating this was more prevalent than diabetes or asthma, yet doctors fail to screen for it. Most treatment currently occurs on the "back end" after it becomes a major problem rather than focusing on prevention. Debra explained that sleep apnea can reduce life span by as much as 20 years and went on to define sleep apnea as a blocked airway or not breathing. Sleep Apnea causes the heart to pump harder and also causes the person to gasp for air, usually resulting in waking one's self up gasping for that air.



Sleep Apnea Poster Boy Doug Williamson with Debra Wolfe and Wendy Moreno of Choice Medical Supply

A few signals of possible sleep apnea are: daytime sleepiness, tired during the day, choking during sleep, restless sleep, and urinating at night.

She indicated treatment can vary however the C-pack is most commonly used. This tool has improved over the years and is now a small, quiet machine which blows air up the nose at a slight rate. She stated the C-pack works as a stint to keep the airway open. Debra provided forms for those present that provided important information along with a questionnaire to help determine if a person might have sleep apnea.

Debra closed stating she had presented programs at other Kiwanis Clubs in Abilene, but that the Kiwanis Club of Abilene was definitely more fun!

FUTURE PROGRAMS

June 24 – Red Light Camera Possibilities, Assistant City Manager David Vela

July 1 – Patriotic Program, Nancy Robinson Masters

July 8 – Everything You Want to Know about Our Country, Randy Williams

July 15 – Abilene Police Department S.W.A.T.



PRAYER REQUESTS

Pray for **Roy Dent's** wife, Linda, who continues treatment at M.D. Anderson. Pray for **Clarence Presswood** who is at Hendrick Rehab, Room 2004. Pray **J.C. McCurdy's** wife, Arlene. Pray for Earlene and **Billy Clay**, who have moved to Royal Estates.

"I so much appreciate the club's recognition of my wife Linda's cancer treatments at M.D. Anderson. She is now back in Abilene, and only returns to Anderson quarterly for periodic evaluations to make sure the cancer has not returned. Thanks for all your prayers, and we still solicit them as we continue on." **Roy Dent**

Cup Money - \$32.36



Brag Basket - \$14.00

Spiritual Aims Message: "God's Charge"

There are many views of what God purposed in creating mankind. The answers vary according to the context of the one who answers. However, when the Puritans in the young America were accused of condemning everything as sin that "tastes good or feels good or fattening", they had gone to the extreme of condemning God's creation. While there is evil and excess in our world, the writer of Ecclesiastes gives a balance to man enjoying God's good world.

"I have seen the business that God has given to the sons of men to be busy with. He has made everything beautiful in its time; also he has put eternity into man's mind, yet so that he cannot find out what God has done from the beginning to the end. I know that there is nothing better for them than to be happy and enjoy themselves as long as they live; also that it is God's gift to man that everyone should eat and drink and take pleasure in all his work. I know that whatever God does endures forever; nothing can be added to it, nor anything taken from it; God has made it so, in order that men should fear before him." Ecclesiastes 3:10-14

BIRTHDAYS

June 17 **Don Scargall**
June 18 **Keith Garner**
June 21 **Rick Armstrong**



NEW MEMBERS

| | | |
|----------------------|---------|------------------------------------|
| Robert Pollan | 5/20/09 | Russell Berry/Dennis Laster |
| Jerry Zikmund | 4/22/09 | LuGene Lewis |
| Nelson Sparks | 4/15/09 | LuGene Lewis |
| Brice West | 4/15/09 | Guinn Smith |

INTERCLUBS

Key City Club
Monday, June 8
Gary Bomar
Jamie Breed
Keith Garner
Jennifer Kent

Greater Abilene
Thursday, June 11
Keith Garner
Russell Leavenworth
John Thomas
Randy Williams
Doug Williamson
Jarrell Young



This brings our total interclubs to 70 for the 2008-2009 Kiwanis year, with 92 individuals participating in at least one interclub.



FACES OF KIWANIS: **Jack Harkins** in the Lunch Line. **Don Paige** introducing guests. Birthday Boy, **A.C. Johnson**. **Kelly Jones** with cherry cobbler. **President Berry** and **Gumball King Earl Williams**.

ANNOUNCEMENTS & NOTES

The Key City Kiwanis Club will be meeting at Sharon's Party Room for their Monday, June 22 meeting.

The 2009 TX-OK Convention is being hosted by the Kiwanis Club of Rockwall, Texas, August 6th through August 9th.

The 2009 International Convention is June 24-27.

New Member Orientation will be held Wednesday, June 17, in the Abilene Country Club Board Room.

Disaster Relief Training at the Salvation Army June 20.

Celebration Tuesday – September 29!

Ramp Committee will build first ramp this Saturday, June 13, on LaSalle Street. Builders include **Bill Hoogstra, Kelly Jones, Dennis Laster, Ricki Brown and Jerry Carter**.

Kiwanis Calendar on the website: www.abilenekiwanis.org

RECENT GUESTS – June 10, 2009

| <u>GUEST</u> | <u>MEMBER</u> | <u>GUEST</u> | <u>MEMBER</u> |
|--------------|--------------------|----------------|-----------------|
| Bryan Brock | Price Brock | Gary Jay | Greater Abilene |
| Jeff Coffey | Kelly Jones | George Woodfin | Greater Abilene |
| Debra Wolfe | Club Guest | Doyle Harper | Greater Abilene |
| Wendy Moreno | Club Guest | Judd White | Greater Abilene |

BOARD ACTIONS

The board acted on six requests for deletions at the regular board meeting on Tuesday, June 9. Two of those, Devin Stewart and Becky Allen, were moving out of town and of course, they were approved.



Tabled were the requests from four others (Gloria Fanous, Christy Horn, Tracie Willyard, and Shannon Nix) until after our August board meeting pending further discussion. These members are unable to attend meetings. Discussion centered around the possibility of another membership classification that would allow individuals to be members in another fashion - such as paying only dues without meals, dues with limited meals, requiring participation in a certain number of activity projects, or some other qualification that hasn't been brought to the table. The Board would like to come up with a way to keep from losing members and would welcome any ideas to retain members. The four remaining Abilene members will be contacted and will not be charged dues for June or July, while an effort is made to find a solution to the problem.



LAYPERSON OF THE YEAR

At the Division 35 Prayer Breakfast, 6/3, **Jarrell Young** was the recipient for the Division 35 Layperson of the Year. Mr. Young's name and resume had been given to Carl Lockett, Chair of the Spiritual Aims Committee, along with two others.

His name will now be submitted to the District as a nominee for Layman of the Year for the Texas-Oklahoma District to be named at the convention in Rockwall in August.

Gumball Report

By Earl Williams



308 Machines Read
\$370.32 collected
\$238,685.80 collected to date!

We have 1,203 machines in operation!

GO, EARL, GO!

Hendrick Children's Hospital Wing Goal \$50,000

48 MEMBERS PLEDGING TO THE HENDRICK CHILDREN'S HOSPITAL CAMPAIGN

Approximate Money Pledged to Date

Amount Collected to Date

Amount Needed to Meet \$50,000 Goal

Still Needed to Reach Goal



\$19,200.00

\$14,106.47

\$35,893.53

\$26,883.00



Marty Anderson helped in the phone bank and **David Jones** presented two checks from our club at the CMN Telethon on May 31. (\$3000 Pancake Dollars for Camp Courage and \$6,475.48 for Hendrick Children's Hospital from the Basketball Shoot Out).



We have recently received letters of "Thank You" from several sources for our use of Pancake Dollars in the past few weeks.

The **Abilene Chamber of Commerce Foundation** expressed thanks for our contribution of \$250 for the Spotlight on Teachers event.

The **City Recreation Division** said thanks for the \$350 gift that will go toward the Summer Playground Program scholarship fund.

Hendrick Home for Children received \$500 to go toward The Angel Fund that assists children at the Home.

Jennifer Tate said thanks for thinking of her with the invitation to attend our luncheon honoring valedictorians and salutatorians.

These are good examples of "***Doin' Something!***"

2008-2009 OFFICERS

| | | | |
|---------------------|--------------------------|---------------|--------------------------------|
| Russell Berry | President | Mark Young | President-Elect |
| Jamie Breed | Vice-President | Ricki Brown | Treasurer/Foundation Treasurer |
| Randy Williams | Vice President | Faye Dodson | Secretary |
| Charles Kirkpatrick | Vice President | Henry McGinty | Assistant Secretary |
| Carl Lockett | Immediate Past-President | | |

2008-2009 DIRECTORS

TWO YEARS

Ty Purcell Mac Sipe
 Shirley Velasco Kelly Jones
 Mark Hoover

ONE YEAR

Sharon Jones Dick Kincaid
 Jerry Carter John Thomas
 Lora Lynn Christensen

The Kiwanis Club of Abilene Chartered - May 25, 1921

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KIWANIS IS WHERE A NEED IS Served