

K *The Kiwanis Club of Abilene* KIWANIGRAM



JUST PEOPLE, Alana Maddox Abilene Country Club, Noon, March 3

Alana F. Maddox works at Just People Inc., a faith based agency serving the disadvantaged, specifically people in recovery, people leaving prison and the homeless. Alana has a BS degree with a major in social work from Henderson State University and a Master of Public Administration from University of Louisville. She has been

involved in social work, mediation, non-profit administration, government administration and ministry.

She and Dr. Tim Maddox, Associate Professor at HSU have been married 28 years, and have two sons.

Alana became Executive Director at Just People two and a half years ago. Dur-

ing this time JPI has transitioned to an organization with micro-enterprises that give participants an opportunity for temporary part time work and provides a revenue stream for the agency. It is a position which has brought together her experience in ministry and non-profit administration.

BRAIN GAMES AND BRAIN DRAINS, Helen Teague February 24



Helen Teague

Nancy Miller introduced Helen Teague as the speaker today. Helen presented a wonderful program and was very good at weaving humor into her presentation as she shared valuable information regarding our brain. Helen took time for a group picture to share

with her Dad, Dr. Bill Teague, who was a member of the Kiwanis Club of Abilene. Dr. Teague had perfect attendance with the club until the day his second child was born, which he missed to be at his daughter's birth.

Helen shared interesting tips for improving brain power like doodling while listening can improve memory by 29%. The mind is our most potent weapon in the battle of health. The brain loves music, interaction and variety. Nutrition and sleep boosts the immune system. Brain Games is our connection with others. Statistics show that praying over one minute lowers blood pressure.

We learned that "Brain Drains" are: Pessimism, Isolation, Routine, Apathy,

Fear, Multitasking, Poor Nutrition, Negativity, Fear, Passivity and Stress. Helen provided a few fun brain games at each table and gave each person an "Officially Sanctioned Stress Relief Tool". I must say, the "tool" brought stress relief and laughter to the group.

President Mark Young thanked Helen for speaking to us today and stated we would make a donation to the Kiwanis Club Foundation in her honor for scholarships.

Today's meeting was led by **Mark Young**. The prayer was led by **George Knight**. **David Jones** led the music with **Millie Braddy** accompanying on piano. **Faye Dodson** led the pledge and **Ken Poynor** introduced our guests.

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Upcoming:

Pancake Day—April 24th

Aktion Club Meetings—Meetings have moved to the 3rd Tuesday of each month. Next meeting is 3/16/10. Their Club project is making baby blankets for various organizations.

What's going on with your committee? Send your announcements in and we'll post it right here!

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Faces of Kiwanis



Faces of Kiwanis: Nancy Miller introduced the program. Ken Poynor introduced the guests. George Knight led the prayer. Mark Young presided over the meeting. Kristen Carnohan. Bill Hoogstra says, "Bon appétit!"

Club Business

SEE BY THREE COMMITTEE By Glyn Hammons, Chairman

We have now completed all See by Three screenings for 2009 (and Spring of 2010).

There are many hard workers who deserve a big **THANK YOU** for your work with this program. We did eye screenings on a total of 274 kids at 16 locations. A total of 203 passed the tests, 31 were referred for further testing and 40 will need to be re-screened this fall.

At least 30 different Kiwanians helped with the screenings and many of you worked multiple times to help cover the 72 times volunteers were needed.

In addition to our club members at least 6 from other clubs helped. As you can see from these numbers, this is a huge effort. Each and every one who worked any of the 235 hours required to do this job is appreciated. And we will welcome others when we start again next fall.

A special thanks to our team leaders **Lynda Fogerson, Lora Lynn Christensen** and **Diane Martin** for their many hours of work and their dedication to the See by Three program. Thanks again for a job well done.

NEW CHAIRMAN

Don Paige has accepted the role of Committee Chair of the Community Service Committee replacing Clay Copeland who is moving from Abilene on March 1st.

Reports

Gumball Report

By Earl Williams



1175 Machines in operation.
\$304.44 collected
\$241,914.24 collected to date!

Hendrick Children's Hospital Wing

Goal:	\$50,000.00
Pledges Rec'd:	\$18,571.82
Mo. Bank Drafts:	\$ 1,263.75
Shootout:	\$ 2,500.00
Needed to Reach Goal:	\$25,383.18

UPCOMING PROGRAMS

March 10—Pancake Day Kick-off, Lora Lynn Christensen
March 17—Jimmy Monhollon
March 24—Dr. Heath Burns, AISD Superintendent
March 31—Easter Program, Randy Williams

Spiritual Aims Message...by Randy Williams

Several months ago, I began to notice that I felt angry and easily irritated all the time. Now, sometimes being a County Commissioner can get you to that point but that didn't seem to be a factor. I'm certain that Gaye Lynn noticed this since our wives usually know us best.

I began to ask God to show me the source or root cause for why I felt so absent of joy. He showed me that I was listening to too much "talk radio" and that, even though I agreed with most of what was being said, it was keeping me stirred up. On top of that, I am a "current events" junky and watch a good amount of news

programming. You know, you can just take in so much war, murder, rape, drug overdoses, corruption, disasters, etc. until it finally begins to choke your spirit.

In Philippians 4:8, the Apostle Paul said, *"Finally, brethren, whatever things are true, honest, just, pure, lovely, and of good report; if there be any virtue, and if there be any praise, think on these things."*

Even Jesus withdrew from people and went into the wilderness for spiritual renewal. Could it be that nature's symphony of sights and sounds have a spiritually restorative aspect? Perhaps this is why I love to

go fishing by myself even though I don't eat fish. You want to **"Change the World, One Child at a Time"**? Make sure that you don't let the world **steal your "JOY"**!

Prayer Requests:

Elaine Shields, Dorothy Dowell-Broken Hip, A.C. Johnson-Broken Hip, and Clarence Presswood, Nell Sims who is homebound for now. Remember Charlotte Davis, wife of former member Bruce Davis, who began chemo treatments at Hendrick on 2/2/10.

Guests

GUESTS, 2/24/10

Nancy Brock, guest of Price Brock

Eddie Alvarez, guest of Bobbie Wolfe



Sharon Ammons was the guest of Sheila Watts.

NEWEST MEMBERS

- Brady Currey—1/27/10
- David Batson—10/21/09
- Twyla Young—10/7/09
- Will Smith—10/7/09
- Guy Lucas—9/23/09
- Pam McGrew—9/2/09
- Ron Colwell—9/2/09

Who's Who in Kiwanis and More

CARE & SUPPORT

James Hallmark, Chairperson
 Committee Members: James Cassle, Nell Sims, Van Boozer, John Snapp, George Knight, H.B. Terry, James Shields and Roland Williams

Kiwanis Birthday List

3/03 Merle Collins

3/04 Jarrell Young



CUP MONEY

\$34.66

BRAG BASKET

\$11.00



Kiwanis Club of Abilene

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KIWANIS IS WHERE A NEED IS SERVED!



2008-2010 OFFICERS

Mark Young—President
Lora Lynn Christensen—President-Elect
Jamie Breed—Vice President
Charles Kirkpatrick—Vice President
Randy Williams—Vice President
Russell Berry—Immediate Past President
Ricki Brown—Treasurer/Foundation Treasurer
Faye Dodson—Secretary
Henry McGinty—Assistant Secretary

2009-2010 DIRECTORS

Two Year:

Rob Allen, Marty Anderson, Will Smith, Dick Kincaid, Don Paige

One Year:

Mark Hoover, Kelly Jones, Ty Purcell, Mac Sipe, Lew Lewis

Shorts



Kelly Jones enjoying the fare at the Country Club.



Lynda Fogerson works on her brain teaser last week.

NAME THIS KIWANIAN!

1. He was born in Bryan, Texas, grew up in La Marque and moved to Abilene from Rhein-Main Air Force Base, Germany 17 years ago.
2. He attended Lincoln High School in La Marque and Mc Murry University.
3. He has been a member of the Kiwanis Club of Abilene for 4 months.
4. He is retired from the Air Force after 30 years of service.

Last Week's Kiwanian: **Russell Berry**