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Tecumseh Kiwanis Club News

Tuesday  Morning
December 29, 2009

Publisher: Bryan Masten

Presiding Officer: Alan Burg

Reporter: Chuck Gehrke

Photographer: Dick McLaughlin

Happy New Year!

Greeters: Julie LoMonaco and Jerry Neese

Invocation: Wendy Brys

Guests:

- Cal Tuttle hosted guest Rick Olsen for his second visit this morning.
- Former member Steve Phillips joined us for breakfast this morning.



Former member Steve Phillips

Announcements:

- President Alan Burg presented Carey with a Christmas gift from the club for all the work she does on our behalf each week in setting up our breakfast.



President Alan Burg thanks Carey for all her assistance in 2009

- Committee reports are due to Bryan Masten by Thursday, December 31, 2009.
- The December board meeting has been rescheduled to Wednesday, January 6, 2010 at 6:45 AM. The bank doors will be locked at 6:50 AM, so be sure you are on time!
- The next Travel and Adventure will be Voyaging Alaska's Inside Passage on January 12, 2010.



Vickie Kinkade announces T&A program for January

- Interclubs are scheduled to join the Blissfield club on Thursday, January 14th and the Brooklyn club on Tuesday, January 26th.
- Walt Ward announced the next fellowship will take place at Basil Boys on January 15th from 5:30 - 7:00 PM. The cost will be \$6.00 per person.



Walt Ward invites the club to a fellowship night at Basil Boys

- Wendy Brys reported that we have sold \$850 of our Candle Warmers with only 4 Kiwanians selling. If everyone would sell 1 -2 it would be a great success.



Wendy Brys encourages club members to sell candle warmers

- The next "Dinner On Us" takes place on Tuesday, January 5th.

50/50 Drawing: The pot will carry over for the second week in a row.

Fine Session: Fine Master Tom Meyer had New Years trivia for us this morning. If you are Italian be sure to wear red underwear for good luck.



Tom Meyer tested us on New Years trivia

Special Fines:

- Bill Baker had a happy dollar for a safe trip to visit family in Colorado.



Bill Baker has a happy dollar for a safe trip to visit family in Colorado

- Susan Gilmore had a happy dollar for having family home for the holidays.

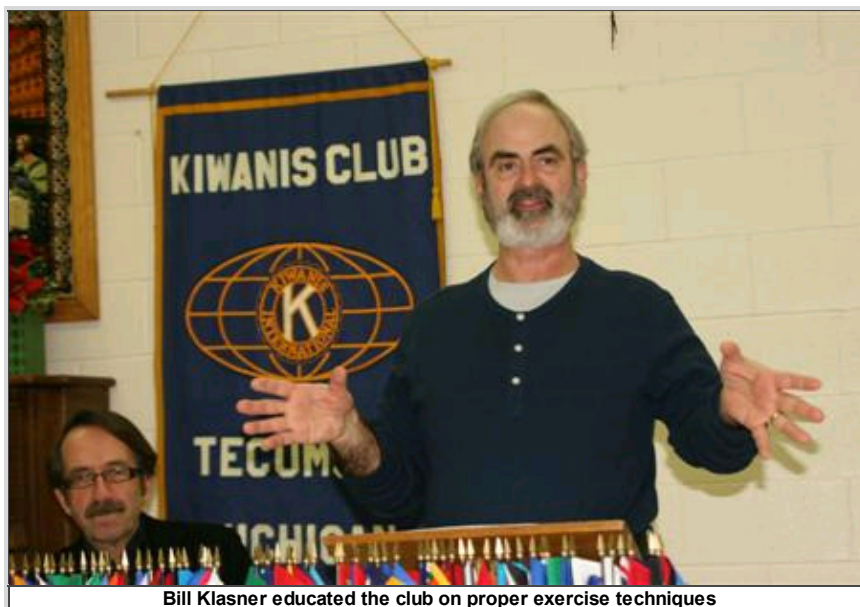


Birthdays: Jody Howard has a birthday on the 4th. Be sure to wish her happy birthday if you see her.

Anniversaries: (None the week)

Program: Member Bill Klasner spoke to the club this morning about proper exercise technique. Bill emphasized the importance of performing the right type of exercise for your lifestyle or goals. A person exercising to lose weight would not perform the same tasks as a power lifter training for the olympics.

Bill also talked about the importance of strength training for everyone. Often times when you lose weight you lose both fat and muscle. When you gain weight often you gain weight as fat. He also noted that increased muscle mass may help protect your joints and bones as you age. He also discussed how exercise can aide those with balance impairments regain balance through specific exercise regimens.



UPCOMING KIWANIS KAPERS

1. **Tuesday, 12 January 2010 - Travel and Adventure - 7:00 PM.**
2. **Friday, 15 January 2010 - Fellowship Pizza - 5:30 - 7:00 PM.**

Additional References:

- [Membership Recruiting Materials.](#)

Meeting Program Responsibilities

Date	Note Taker	Greeters	Invocation	Fines	Program Chair	Program Description
January 5	Marcy Brown	Tom Pinard Wendy Pizaña	Carlton Cook	David Stimpson	Cal Tuttle	Donna Baker, CPA
January 12	Anne Walker	Susan Reeder Spencer Ruffner	Ron Wisner	Tom Titus	Marcy Brown	Membership
January 19	Tom Titus	Bill VanTuyle Herm Wadke	Chuck Gehrke	Walt Ward	Anne Walker	TBA
January 26	Cal Tuttle	Terry Douglass George Eidson	TBA	Craig White	Rick Webb	TBA