



WILD ROSE K-NEWS



Wild Rose Kiwanis - PO Box 138 - Wild Rose, WI 54984

Save the Date - What's On Tap for Our Club

Tue, May 5 TODAY - Family Business Meeting

Sun, May 9 1:00 PM - Jerry Apps Memorial @ WRHS Auditorium

Tue, May 19 7:30 AM - TWO-FER SPEAKER DAY! Chelsee Swen, Chelsee's Mobile Cafe and
WRHS Exchange Students Maral-Erdene Batbaatar (Mongolia) and Michael Hanna (Germany)

Mon, May 25 Memorial Day Parade

Tue, May 27 8:00 AM - Board Meeting

Sat, Jun 20 10 AM to 3 PM - Brat Fry at Wild Rose C-Store

Who's On-Deck for Morning Snacks?

May 5 Gary Clair

May 19 Kristina Jensen

June 2 Pete Duesterbeck

June 16 Linda Steffen



Official Slate of Officers for Election of 2026-27 Positions for Wild Rose Kiwanis

Election scheduled for TODAY

President (Oct-Dec) Karen Reynolds

President (Jan-Mar) Jane Erickson

President (Apr-Jun) Donna Hoffman

President (Jul-Sep) Dan Arndt

Past-President John Jenks

Vice-President Dan Arndt

President-Elect Vicki Jenks

Treasurer Karen Reynolds

Secretary Jane Erickson

Board Position #1 Elizabeth Reynolds

Board Position #2 Pete Duesterbeck

**These officers will assume their
new responsibilities on October 1, 2026**

The other board member
has one year left in their term
Board Position #3 Karen West

HAPPY BIRTHDAY!

MAY BIRTHDAYS

Susan Zuege May 15

Kristina Jensen May 18

Hello Gary

Hello, Gary

This is Kiwanis, Gary

It's so nice to have you back where you belong

You're lookin' swell, Gary

We can tell, Gary

You're still glowin', you're still crowin'

You're still goin' strong

We feel the room swayin'

While the band's playin'

One of our old favourite songs from way back when

So take his coat, members

Find him an empty chair, members

Gary'll never go away again

KIWANIS NOTES

HOW SERVICE BENEFITS VOLUNTEERS

Here are several ways that changing lives can change yours.

By Tony Knoderer

Serving the children of the world — it's the core of what members do in Kiwanis clubs. But when you're talking to people about the value of membership, there's nothing wrong with considering what's in it for members themselves. In fact, the rewards of volunteering can be a powerful incentive for prospective members.



Whether you're recruiting, talking to fellow Kiwanians or simply seeking your own inspiration, these facts are reminders that service is fulfilling and empowering for volunteers as well. Check out — and share — these social, mental and physical benefits:

- **Confidence and cognition.** Studies show that people who volunteer have higher self-esteem and a greater sense of well-being. There's even evidence that service can make the brain healthier. An article by Maria Godoy for National Public Radio (NPR) reports on observational studies of people who volunteer regularly: "Perhaps the most striking comes from the Baltimore Experience Corps trial..... The volunteers spent at least 15 hours a week tutoring underprivileged kids. After two years, the researchers found that the volunteers had measurable changes in their brain health." These included positive changes in areas of the brain that support cognitive processes.
- **New friends and stronger friendships.** Volunteering is an excellent way to find like-minded people. When you volunteer to serve and mentor children and young people, for example, you meet others who care about kids. You also can positively influence peers and improve current friendships by telling them about your service — spreading the "good vibe" that comes with doing great things.
- **More contacts and networking.** Volunteering is a social activity, so it can build up your list of contacts. For example, the people you serve with are great candidates for references and recommendation letters — or simply for passing along each other's names for career and service opportunities. After all, these are the people who have seen you handle challenges and interact with others in group settings.
- **A chance to pay it forward.** There's simply a good feeling that comes with seeing someone help another person. That can inspire people to do generous things themselves. Kindness is contagious — and you could be the inspiration that spreads that spirit.
- **A sense of gratitude.** Helping others is a wonderful way to gain perspective on your own situation. When you're more appreciative of what you have and what you do, you're more likely to enjoy your life as you're living it.

Helper's high: The benefits of service even can be physical. And, yes, there's scientific evidence. The NPR article by Godoy included reporting on measurable differences in both the quality and length of volunteers' lives. "Studies show that when people donate to charity, either financially or through volunteering, they trigger the mesolimbic system — the portion of the brain responsible for feelings of reward," Godoy writes. "The brain releases feel-good chemicals, spurring you to perform more kind acts. Psychologists call it "helper's high."

With Kiwanis, of course, there's an additional benefit to all of the above: getting other people to experience those benefits. Don't forget to post about Kiwanis service — from specific club projects to how it makes you feel — on your own social media platforms. And start discussions in your Kiwanis club about sharing your love for service with more people in your community.



Jim signed up to volunteer at a community garden, mostly because he heard there would be free snacks. On his first day, he accidentally watered the same row three times and was gently reassigned to "official taste tester." By the end of the morning, he'd made new friends, shared plenty of laughs, and gone home with muddy shoes and a full heart—plus a few extra tomatoes he definitely "earned."