



Serving the Children of the World

The Nugget

Golden K Kiwanis Club
Decatur, Illinois

Club Officers 2025-2026

President: Tom McQuiston **President Elect:** Dick Virgin **Vice President:** None

Secretary: Lynda Durnil *Asst. Secretary: Roberta Williams*

Treasurer: John Baird *Asst. Treasurer: Karen Sivils*

Directors:

Cheryl Boss, Joel Hawkinson, Pat Riley, Cathy Sebok, Kathy Thompson, Sally Williams

Past President: Harold Wilkinson

Regular Meeting each Wednesday at 9:30 A.M. at Salvation Army Reception Hall

April 15, 2026

God Bless America /Pledge of Allegiance / Kiwanis Pledge: Roberta Williams

Invocation: Cheryl Boss

Piano: John Baird

Mike Runners: Harold Dausman, Dan Sebok

Photographer: Joel Hawkinson

Program: John Baird introduced our own Grant Bullock, Masters of Science in Education, Guidance & Counseling.

Suicide prevention presentation (Talk Saves Lives)

- Scope: Over **800,000** people die by suicide each year; every **40 seconds** someone dies by suicide worldwide; suicide is the **10th** leading cause of death in the US; **47,000+** US deaths in **2017**; **25** attempts per death.

- Risk factors: Multiple interacting factors increase risk — mental health conditions (depression, bipolar, anxiety, eating disorders), serious/chronic physical conditions, chronic pain, traumatic brain injury, family history of suicide or mental illness, childhood abuse, prior suicide attempt, access to
- lethal means, exposure/contagion, prolonged stress, recent stressful events, and genetic risk.
- Prevention: Mental health care access, family and community support, problem-solving and educational skills, cultural/religious supports, proactive self-care (exercise, diet, sleep, stress management), and insurance parity for mental health reduce risk.
- Means restriction and time: Limiting access to lethal means and creating delays reduces suicide — examples include higher bridge barriers, CO2 sensors in garages, blister medication packaging, and secured firearms.
- Response actions: Talk privately and listen; ask directly about suicidal thoughts; express concern and avoid minimizing feelings; stay with the person if imminent risk; remove or secure lethal means; escort to mental health services or call **988** (or 911).



Grant wants us to pass this information on to any other groups we're in.

Cathy Sebok presented Kiwanian of the Month of March to Ralph Czerwinski & Tom McQuiston. Congratulations!!!



Dick Virgin – word of the week – sabbulonarium – a gravel pit. No one guessed!

President, Tom McQuiston conducted an election & these members were elected.

President – Dick Virgin President Elect – Mark Avery

Secretary – Lynda Durnil Treasurer – John Baird

Ass't Secretary – Roberta Williams Ass't Treasurer – Karen Sivils

Directors: Mike Carr, Jim Kramer Club Advisor – Kyle Anderson

Ass't Club Advisor – Bob Bischoff

Health Report: Roberta Williams – welcome back to Jack McCoy, Marcia Uchtorff is home & Jim Higdon has been in and out of the hospital. Both appreciate cards they've received. Doug Warren is in the hospital.

Attendance: Lynda Durnil

55 members 1 speaker 56 Total

Announcements:

Kyle Anderson – 8 weeks until the golf outing, June 12: pick up envelopes about the hole sponsors to deliver to businesses & be thinking about the silent auction. Plan to come to the golf dinner even if you didn't play.

Mary Jean Bauer – Taking reservations (today, April 15, is the last day) for the Spring Luncheon, Wednesday, April 22, 1pm, KC Hall, \$15. Spouses, guests welcome.

Jackie Evans – there were 128 academic applications & 26 for the trades. We will give seven \$1500 scholarships this year. The program for the club will be the 2nd Wednesday in June.

Mark Avery – there is a link in this newsletter to volunteer at the Impossible Science Festival, April 29-May 1.

Harold Wilkinson – The Millikin Homestead is sponsoring a chess activity. If you have a chess set you'd like to display or play in a competition, sign up.

- He has some cards about the upcoming tribute to the Millikin Homestead. The movie about James Millikin will be on April 29 at 6pm & May 3 at 2pm in Albert Taylor Hall & later at the Lincoln Square Theater.

Dick Virgin – results of the survey – overall a high level of satisfaction how the club operates. There were some suggestions for improvement. There was strong support for the current communication (newsletter & email).

- In keeping with the 250th anniversary of the Declaration of Independence, we're going to be recognizing some American composers & their music. We will be bringing in some other pieces of music for our opening music.

Tom McQuiston – Kite day is this Saturday, April 18, noon – 4. Bring a chair & enjoy!

Key Club Updates:

St. Teresa Key Club: meets 1st Sunday of the month, 6pm, All Purpose Room

Mt. Zion Key Club: meets 4th Sunday of the month, 6pm, cafeteria

Dates to Remember:

4/18/26 Kite Day, noon-4pm, Sinawik Park

4/22/26 Spring Luncheon, KC Hall, 1pm

4/23/26 Appreciation Dinner, 4-6pm Good Samaritan

4/25/26 Rock Springs Festival of Spring, park cars

4/28/26 Good Samaritan Inn, 11-1pm

Birthdays & Anniversaries: Kevin Cleary

Birthdays: None

Anniversaries: Joel Hawkinson

** Due to a directive from International we are not to publish personal information.

Famous Quotes: Bob Hope, “you never get tired unless you stop and take time for it!”

50-50 Drawing: Roberta Williams drew the Queen of Hearts!!! She won \$299. It starts over next week. Get your tickets!

Up Coming Programs:

4/22/26 Crystal Hoadley, Sunshine School Supplies

4/29/26 Linda Boles, Decatur Quilters Guild

5/6/26 Vanessa Duncan, Special Olympics

5/13/26 Linda Little, CHELP, Dementia Friendly Decatur

Ongoing Projects

- Collecting Food Coupons for the military - Cheryl Boss
- Collecting clean plastic caps & lids for school benches & tables - Paula Luckenbill
- Collecting pop tops for Ronald McDonald House, Springfield - Paula Luckenbill
- Turn in hours to Karen Sivils - itcpa96@gmail.com, estimate #children helped
- Kiwanis clothing - Roberta Williams
- Golden K board meetings - 2nd Monday each month, 1:00 pm, Central Christian Church
- Decatur Lakeside 9/11 Memorial Flagpole and Flowers

Wednesday Donations

1st – Food Bank

2nd – K.N.R.F.

3rd – School Support

4th - Trauma Dolls

5th – Scholarship Fund

Speaker ideas...if you have an idea for a Golden K speaker, please let John Baird or Mark Avery know.

Here is the link to volunteer for the Impossible Science Festival...April

29-May 1...Decatur Civic Center...for more info, call Nancy Brodbeck at

217-519-2952

https://docs.google.com/forms/d/e/1FAIpQLSeLOxaQ7-M8ay3vE2FxFcKDTcd7YekoyA03Fgt_EECpz6RFGQ/viewform

Story for today: John Dunn

Editor: Linda Thomas, lthomasxq@aol.com, 217-454-2605

Substitute Editors: Lynda Durnil & Roberta Williams

Click to view meeting

<https://www.youtube.com/@GoldenKKiwanisofDecatur>

Facebook:

<https://www.facebook.com/profile.php?id=100071723247020>