



Kiwaniis[®]

GRAND RAPIDS



<http://www.kiwanisgrandrapids.org>

October 2020

PROGRAMS YOU MAY HAVE MISSED

Tim Breadon: President
John Bigari: Secretary
Treasurer: Sarah Pastoor
Linda Paige: Editor

Future Programs/Events

<p>November 17 Steve Kelso - Kent County Health Department</p>
<p>November 24 Melinda Ysasi GR 2nd Ward City Comm.</p>
<p>December 12 Salvation Army Bell Ringing</p>



[Peter Meijer](#) spoke to the club about their campaign's vision for strong, stable, and effective representation in Michigan's 3rd congressional district [#MI03](#). He sees the need for proven leadership representing West Michigan in Congress during these uncertain times.

Lance Kraai, is the Social Enterprise Director at [New City Neighbors](#). Their mission is to empower youth to their full potential. They do this through an urban farm program, a pop up cafe that serves wood fired pizza, and by hosting cooking and gardening clubs for youth.



For the remainder of the year the club will meet virtually every Tuesday at Noon.

Contact the Secretary or President if you would like to join our meeting.

Always remember—
#KidsNeedKiwaniis



Club Contact Information

Tim Breadon - President: @kiwanisgrandrapids.org
John Bigari - Secretary: kiwanisgrandrapids.org

CLUB SERVICE RECAP

Kids at Christmas and Bell Ringing Planning:

Hours Total — 10

Members Involved — 2

Non members— 4

Est youth served: 50

MORE PROGRAMS YOU MAY HAVE MISSED



The club welcomed Hillary Scholten running for the Michigan 3rd Congressional District. She spoke about her family values and the experience she has that makes her qualified to fill the seat.



“QUOTABLE NOTABLES”

“All the world’s a stage and most of us are desperately unrehearsed.” — Sean O’Casey

“Greatness is a road leading towards the great unknown.” - Charles de Gaulle

“It is better to remain silent at the risk of being thought a fool, than to talk and remove all doubt of it.” - Maurice Switzer



November

06 Nancy and Bob Mills

24 Linda and Tom Kozura

29 Barb and John Bigari

We are on the web: kiwanisgrandrapids.org

Facebook: [Kiwanis Grand Rapids](https://www.facebook.com/KiwanisGrandRapids)

Twitter: [kiwanisgr](https://twitter.com/kiwanisgr)

The primary purpose of this club is to improve the quality of life for children and families worldwide by adhering to the Objects of Kiwanis International. The objectives were approved in 1924 and through the decades, they have remained unchanged.

- To give primacy to the human and spiritual, rather than to the material values of life.
- To encourage the daily living of the Golden Rule in all human relationships.
- To promote the adoption and application of higher social, business, and professional standards.
- To develop, by precept and example, a more intelligent, aggressive, and serviceable citizenship.
- To provide, through this club, a practical means to form enduring friendships, to render altruistic service, and to build a better community.
- To cooperate in creating and maintaining that sound public opinion and high idealism which make possible the increase of righteousness, justice, patriotism, and goodwill.

Mindful habits can help people and organizations

Nik Koulogeorge

Adapted from Kiwanis.org

“Mindfulness is all about being in the present moment,” she says, “paying attention to the here and now, without judgment, and with kindness and curiosity.”

Mindfulness is important, where people reflect upon their values and their role within a community. The great thing about mindfulness is that it easily can be practiced and integrated into your day. Try these four simple tips to incorporate mindfulness into your daily life or as a club activity.

1. Take mini breaks to rest and refocus.

Whether you are working from home, working from an office or just hoping the baby stays asleep for five more minutes, mindfulness is something you can integrate into any five-minute period during your day.

Body scan exercises or listening activities take just a few moments of time but can help you relax or refocus your mind. The sense of clarity will improve your performance on your next task.

2. Create vacation-like awe.

Greater Good Magazine defines “awe” as “the feeling we get in the presence of something vast that challenges our understanding of the world, like looking up at millions of stars or marveling at the birth of a child.”

You don’t need a clear night sky to create a sensation of awe. A simple walk in a park will refresh your spirit. It even can be felt at home or at your desk. Indoor plants or videos of refreshing or awe-inspiring scenery can offer subtle and similar benefits.

3. Calmly kick off a meeting or activity.

Use any mindfulness activity to kick off a meeting. Meetings can be hectic, so require attendees to set their phones aside and take part in a brief mindfulness activity.

The activity doesn’t need to focus on the meeting’s topic. Simply helping others set their mind into the present situation can result in a clearer, more productive and more civil gathering.

4. Create community at the table.

A great benefit of mindfulness is that it builds connections when practiced with a group. Like meditation, reflection, prayer or yoga, mindfulness makes a helpful practice among family, friends and colleagues. Take a moment to enjoy the scents of a holiday dinner or reflect upon the impact of a service activity with loved ones.

Kiwanis Trivia

Kiwanis became an international organization in November 1916 with the creation of the Kiwanis Club of Hamilton in Ontario, Canada. However, the organization's official name, “Kiwanis Club,” was not changed to “Kiwanis International” until the Constitutional Convention in Denver in 1924