



# Kiwaniis®

## GRAND RAPIDS



<http://www.kiwanisgrandrapids.org>

February 2024

### PROGRAMS YOU MAY HAVE MISSED

Dan Williams, President  
Linda Paige, Secretary  
Sarah Pastoor, Treasurer  
Linda Paige, Editor

#### Future Programs/Events

<b>March 9</b> Kiwaniis One
<b>March 12</b> Steve Soper Civil War Generals
<b>March 19</b> Regular Meeting
<b>March 22 &amp; 28</b> Terrific Kids
<b>March 26</b> Regular Meeting
<b>April 2</b> Key Club Members Visit Board Meeting
<b>April 4</b> Action Club Meeting



Our own Kiwanis member Bill Weitzel gave us a presentation on Managing Stress. We all deal with different types of daily stress and how we react to it varies and can have long term implications on our physical and mental well being. Bill showed us, and we discussed, parts of a National Geographic produced a special on stress featuring Robert Sapolsky PhD in Neuroendocrinology: <https://www.youtube.com/watch?v=AYFZAYenR20>

Former Kiwanis Governor Dee Hudson talked about the Kiwanis of Michigan foundation. It started in 1922 in Detroit when the Kiwanis Club of Ann Arbor established a school and recreation program for the children’s units in the hospital. Over the years the program has expanded to three hospitals, supporting “non-insurance reimbursable” activities promoting children’s recovery. Every year Kiwanians contribute over \$200,000 toward the many “child life” programs that promote children’s recovery, therapy, educational and recreational activities.



Kyle Szucs with Kids' Food Basket gave us an update on the program and the future changes coming to the organization. They provide 10,000 meals to school children every day across 4 counties. They have their own farm that produces some of the food they provide.

The club meets every **Tuesday** from 11:30AM to 12:30PM.

#### Shots on the River

5760 W River Dr NE,  
Belmont, MI 49306  
616-951-6071

Always remember—  
**#KidsNeedKiwaniis**

#### Club Contact Information

**Tim Breadon** - President: [@kiwanisgrandrapids.org](mailto:@kiwanisgrandrapids.org)  
**Linda Paige** - Secretary: [kiwanisgrandrapids.org](mailto:kiwanisgrandrapids.org)

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 Kiwanis clubs, a practical means to form enduring friendships, to render altruistic service and to build better communities.
- To cooperate in creating and maintaining that sound public opinion and high idealism which make possible the increase of righteousness, justice, patriotism, and goodwill.

## MORE PROGRAMS YOU MAY HAVE MISSED



Our Lt. Governor Mike Martin joined us as our speaker to talk about two of our U.S. presidents, John Adams and John Quincy Adams. John Adams led us into independence and got Jefferson to write the Declaration. He was the first Vice President and hated it. After the war he became a diplomat. His son John Quincy Adams knew 6 languages and is famous for the Monroe Doctrine. After his presidency he spent 17 years in congress and spoke out against slavery.

## MARCH IS READING MONTH



In early February, ten of the twelve bikes were ready for delivery to local schools. They will be prizes for the students, rewarding them for their hard work to become better readers. We thank [#walmart1923](https://www.walmart.com) for helping us purchase the bikes.

March is Reading Month bikes delivered in Mid February and some are on display at Grand Rapids area schools. The kids see the bikes and know that they could win one of them for their reading efforts this month.



Marilyn Perski & Principal Martini

We are on the web: [kiwanisgrandrapids.org](http://kiwanisgrandrapids.org)  
 Facebook:: [Kiwanis Grand Rapids North](https://www.facebook.com/Kiwanis-Grand-Rapids-North)  
 Twitter: [kiwanisgr](https://twitter.com/kiwanisgr)

## CLUB SERVICE RECAP

### Mentor at Northview High School

Hours Total — 2

Members Involved — 1

Children served—2

### Terrific Kids Awards

Hours Total — 5

Members Involved — 5

Children served—50

### Palmer Elementary

#### Literacy

Hours Total: 2

Children Served: 4

### March is Reading Month Bike Delivery

Hours Total — 10

Members Involved — 4

Nonmembers — 1

Children served — 1800

## “QUOTABLE NOTABLES”

*“Adopting the right attitude can convert a negative stress into a positive one.” - Maya Angelou*

*“If you're going through hell, keep going.” - Winston Churchill*

*“Do not follow where the path may lead, go instead where there is no path and make a trail.” - Ralph Waldo Emerson*

*“If your actions inspire others to dream more, learn more, do more and become more, you are a leader.” - John Quincy Adams*



## March



17 Pat Newcombe

21 Linda Paige

## Kiwanis Trivia

The first former Key Club member elected as president of Kiwanis International was Ted Osborn, who served in 1975–76.