
Kiwanis Club of Brantford Newsletter 16-January-2025

1 message

Kiwanis Office Reply-To: kiwanisbrantford@gmail.com or
To: davegslewis@gmail.com

Mon, Jan 13, 2025 at 5:29 AM

[View this email in your browser](#)

**A WEEKLY NEWSLETTER from and about
THE KIWANIS CLUB OF BRANTFORD**

Meeting at the Best Western Brantford Hotel & Conference Centre:
Every Thursday at 12:00 noon

Current Membership – 43



E.C. & C. District

Governor

Pamela Rodney White
KC of Constant Spring

Governor Elect

Cynthina Blackman
KC of Pride of Barbados

Immediate Past Governor

John Chave
KC of Barrie

Secretary/Treasurer

Jim Steele

PROGRAM FOR January 16, 2025

Tim Phelps - How will AI be incorporated into your way of living?

HEAD TABLE

President Nancy Thompson, Speaker Tim Philp, Introducer Linda Moyer, Thanker Alex Morris and Joyce Morris, Funmaster Jim Steele, and others as asked by the House Committee

UPCOMING MEETINGS

Thursday, January 23 – Peter Tudisco – Wine Business
Thursday, January 30 – Daniela Cuesta Figueroa,

KC of Brantford

Division Lt. Governor

Angel Vieth

KC of Kitchener–Waterloo

Club Officers

President

Nancy Thompson

Past President

Alfred Hauk

President-Elect

Maureen Henry

Treasurer

Jim Steele

Secretary

Dave Lewis

Club Directors

2 Year Term

Ross Pope

Karen Adams

Joanne Murray

1 Year Term

Randy MacKenzie

Leo Vos

Bob Wade

Immigration Settlement Services

Thursday, February 6 – James Poppin, Criminology

Professor, WLU

UPCOMING SOCIAL EVENTS

Kiwanis social getaway event to the Oban Inn February 7th and 8th. Carpooling available. Please confirm that you have your reservation to Pallo.

KIWANIS CONVENTIONS

Eastern Canada & Caribbean District Convention – Niagara Falls, May 29 to 31, 2025

Kiwanis International Convention – Pittsburgh, June 25 to 28–2025

BIRTHDAYS

Simran Shoker – Birthday – January 13

Karen Adams – Birthday – January 13

WEDDING ANNIVERSARIES

Len & Roma Makkreel – Anniversary – January 17

ANNIVERSARIES OF DATE JOINED

Bob Wade – Joined – January 15, 1988

EDUCATIONAL SPOT

Key Club International is Kiwanis' oldest continuing youth–service program. The first Key Club “for key boys” was organized by the Kiwanis Club of Sacramento, California, in 1925. The concept of a service club for high school students spread to other Kiwanis clubs, and Key Club became an official program of Kiwanis International by 1942. Today, more than 200,000 young men and women belong to Key Clubs in more than 4,500 high schools throughout the US, Canada, and a growing number of other nations. Key Club International is run largely by its members, who conduct conventions and elect officers each year at the district and International levels.

THOUGHT FOR THE WEEK

“The key is not to prioritize what’s on your schedule, but to schedule your priorities.” —
Stephen Covey

**To view the highlights of last week's meeting,
please click on the button below.**

Last Week's Meeting Highlights



Copyright © 2025 Kiwanis Club of Brantford, All rights reserved.
You are receiving this email because you opted out. This is your confirmation

Our mailing address is:
Kiwanis Club of Brantford
[6-30 Brant Ave](#)
Brantford, ON N3T 3G6
Canada

[Add us to your address book](#)

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

Highlights of the Thursday, 09 January, 2025 Weekly Meeting

Vice President Maureen Henry, welcomed all members and Guest Speaker, Alfred Hauk ~ Holistic Healing Arts Centre and Guest Janet Jordan.



VP Maureen open the meeting with the ringing of the Bell and the opening Thought of the Day.

“You are never too old to set another goal or to dream a new dream.” – C.S. Lewis



VP Maureen asked PG Joanne to introduce her Guest Janet Jordan, who is at our meeting today to enjoy our fellowship and learn more about our Club.

Phil Hoekstra directed the 50/50 draw, with Randy MacKenzie and Paulette Hauk holding potential winning tickets, however no one picked the Joker from the available cards. The pot continues to grow.



Randy MacKenzie stepped up as the Funmaster today and talked about New Years resolutions. He asked those present, How many people made New Years resolution? The answer was, none. A few people said they were restating past goals. During a brief discussion on the subject, it became evident that in the past the resolutions made and broken were probably because they were unrealistic in the first place.

It was suggested that you could decide to make a resolution at any time throughout the year but they should be:

- Clear, measurable, and realistic goals. Avoid vague goals like "exercise more" or "drink less".
- Break your goals into smaller steps and determine when, where, and why, you want to accomplish them.
- Find people who believe in you and support your goals.
- Don't take on too much
- Give your resolution, time to become a habit



Birthdays and Anniversaries were celebrated for:

Randy MacKenzie – Birthday – January 7

Judy Jones – Birthday – January 9

Peter Liberati – Joined – January 7, 2008

Linda Moyer – Joined – January 9, 2019

Happy Stories were given by: Randy MacKenzie, Linda Moyer, Poullette Hauk, Leo Vos, Joanne Muarry about the contirbution that PP Paul Thompson has made to the Kiwanis Club of Brantford and Paris-Brant Kiwanis Club.

Our Guest Speaker today is Dr Alfred Hauk owner of Holistics Arts.

Dr Alfred opened with a Chamber of Commerce video highlighting him as Entrepreneur of the year in 2016. This video presented a quick overview of the development of Dr Hauk’s holistic’s organization in Brantford from the early 1990 to 2016



Dr Alfred gave us a condensed background about the development of Holistic healing in Ontario and more specifically Brantford.

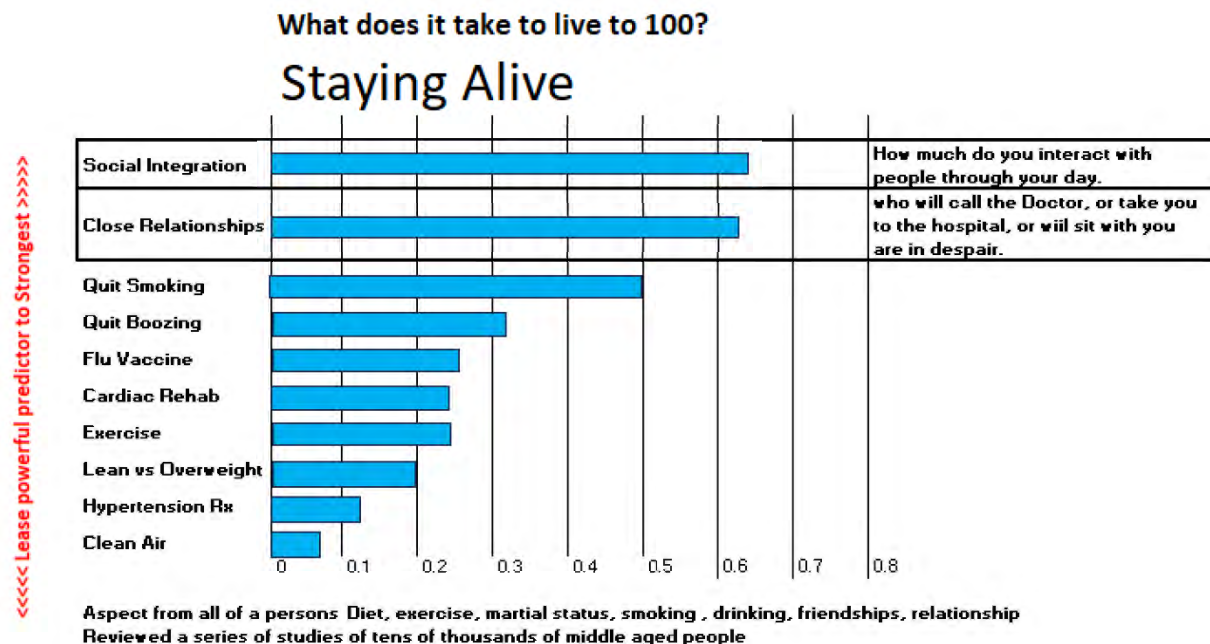
In the early 1990s Dr Alfred and Poullette started the 1st Naturopathic Salon in Brantford, in the basement of a Hair Salon at 130 St George St and every few years, they grew and move to larger facilities, until today they are located as Holistic Healing Arts Centre at 274 King George Rd in Brantford.

Dr Alfred indicated that Naturopathic Medicine offers a customized approach to health care, and that they provide treatment plans tailored to suit each individual patient needs. Their Own, “Owners Manual”.

He warned against quick-fix diets, fads and marketing promotional gimmicks. The objective is to practice “Smart Living”. To work together with each person to tailor their individual needs to live the best life they can.

Dr Alfred presented an interesting Ted’s Talk video named, “What it takes to live to 100”.

Following is a list of factors related to this question, and what reduced their chances of dyeing the most.



Dr. Alfred Hauk was thanked warmly and with appreciation on behalf of the members by Leo Vos

The podium was handed back to VP Maureen who called for Committee Reports and Announcements

- A reminder was made to all Board Members that the Board meeting later today would start at 5:00PM

Final Thought for today: "Life is like a bicycle: To keep your balance, you must keep moving." Albert Einstein.

If there is nothing else for the good of Kiwanis, we will adjourn this meeting with the ringing of the bell. Have a great weekend.

Following are some candid pictures from this meeting.

