Today’s Program…

**Total Wellness**

Deb Jones introduced Demond Johnson and Amanda Colwell of A2 Fitness Professionals. Demond Johnson has been certified through the Aerobics and Fitness Association of America, American Fitness Professional Association, as well as the International Fitness Association for the past fifteen years. He retired from the U.S. Army with over twenty years of active duty service, where he was, among many duties, assigned as the Army Master Fitness Trainer and as the U.S. Army’s Weight Control Program Coordinator, and as the Modern Army Combatives Instructor. As a Personal Fitness Instructor, he works with all populations, those who want to lose weight, and those who want to build muscular strength and endurance. He has been fortunate to have worked with many well-known people in the world of fitness and wellness, including contestants on NBC’s “The Biggest Loser” and Extreme Makeover: Weight Loss Edition. He has been in the Ann Arbor area for ten years and has dedicated himself to the community’s overall health and wellness. He has worked with the University of Michigan Comprehensive Cancer Center’s Outreach Program, The National Kidney Foundation of Michigan, and The American Heart Association, which has awarded Demond with the Gold Community and Gold Workplace Awards. He works with many high school athletes throughout the community, as well as with many corporations and businesses that wish to improve their employees’ health and fitness.

Demond’s presentation, ”Total Wellness”, challenged us to think about wellness in a global way that would include Physical Wellness, Spiritual Wellness, Self Wellness, Relationship Wellness, and Financial Wellness. We need to start with Self Wellness by changing habits and learning habitually. We need to plan, execute, focus, reassess and move forward. He believes that we need to commit to our goals physically, emotionally and mentally. He also stressed the importance of setting achievable, measurable goals. Our holistic fitness and health goals should be in 30, 60, and 90-day increments. Indeed, he says that if we can’t see measurable improvement in the first 9 days or so, then we are at risk of giving up and not achieving our goal.

~Today’s Program is continued on page 5.

Next Week’s Program…


Upcoming Programs…

- April 24—Club Financial & Board Update. President Alan Burg.
- May 1—Ann Arbor Kiwanis Annual Scholarship Awards.

Meetings…

- Thursday, April 13, KCW, Buildings and Equipment Committee at 9:00 a.m.
- Monday, April 17, Ned’s Place, Strategic Planning Committee at 11:00 a.m.
Guests at Our Club...
Garry Donner had no guests to introduce, other than our speakers, but treated us to a song and dance!

Hospitality...
William Hampton, substituting for Nicole Zollinger, relates that she thinks of herself as a Kiwanis ghost right now. This is understandable because she has a new job as Director of Development at the U of M's Comprehensive Cancer Center and a new baby and it has been "a wild 2017."

Our Salvation Army bell ringing campaign had another successful year thanks to the coordinator, Garry Evans, and his many helpers. In fact, according to the most recent data, the Michigan District Kiwanis donated over 3,000 person hours and raised in excess of 172 million dollars in the last reporting year. William reminds us that on this date, William Booth, the founder of the Salvation Army, was born in 1829. The Salvation Army was founded in 1865.

April 15th is the 92nd birthday of Odie Elden, the wife of deceased Kiwanian member, Sandy Elden.

William asked us to remember that April is National Donate Life Month. He and his wife, Esther, are both on the Michigan donor registry. Their eight-year old grand niece, Taylor, received a heart transplant prior to her first birthday. The life expectancy of donated hearts is approximately 9.16 years. She will be scheduled for another transplant within the next year. No living person has ever survived more than two heart transplants, so unless technology improves, her total life expectancy is less than 21 years of age. There's nothing more emotional than the meeting between a donor family and a recipient's family, especially as it relates to hearts. Our hearts go out to William and his family.

Announcements...
• There will be no sale at Kiwanis Center Downtown on Saturday, April 15th. Donations will be taken at KCD. KCW is open Friday, April 14, and Saturday, April 15.
• We are in the final round of bidding in the sale of Kiwanis Center Downtown.
Fines...
Dan Dever proposed a fine for Alan Burg for not having fined anyone since the start of the meeting. Garry Donner proposed a fine for all past presidents for not helping Alan do his job correctly. Bill Robb proposed that everyone be fined for good measure.

Happy Dollars...
Lynne Lande was happy to give away theater tickets she is unable to use that she was given by Ann Mattson. They were quickly claimed by a lucky Kiwanian. Dale Leslie is happy that Mike Dabbs has adapted well to retirement and is living a second productive life. Bob Carr is celebrating a great week in Houston, Texas, even if it is flat there, and is just happy that William Hampton has done so much in his short time in our club. William Hampton wants to thank Betsy Ford for taking the picture he used on his Christmas Card last year.

Nick Dever encouraged Bob Carr to take his longhorn ornament and thanks everyone for helping to clean up after the meeting. Max Ziegler is very pleased to announce those Kiwanians honored with Volunteer Service Awards at the Michigan Medicine Volunteer Recognition event on April 3, for those involved with Motor Meals: Ken Shaw, 15 years; Dick Smit, 5 years; Gordon Beeman, 2 years; and In Memoriam: Jim Couch, 5 years; Fred King, 7 years; Ron Williams, 35 years. Congratulations to all, well done!

Peter Schork wants to remind us that we need help three weeks from now on Monday, May 1, for Kiwanis Scholarship Day, so please come 15-20 minutes early, since we’ll be hosting around 80 guests. He also thanks Dan Dever for all the hard work he does. Bryce Babcock gave a shout-out to Chris who really went out of his way to help his grandson get a new bike! Mike Dabbs, after retiring in December, is happy his wife, Pam, is still speaking to him after 60 hours in the car during a recent trip.

Bob Gray is happy that we have successfully transitioned to the new Point of Sale cash register system at KCW. If you are interested in learning the new system, see Bob. Doug Ziesemer is glad to announce that our new tenant, Lyndenmeyr Munroe, “the leading independent paper and packaging distributor”, moved into their new space at KCW. Joe Medrano is happy that the weather now permits motorcycle rides, and also that Betsy Ford is back from Florida! Betsy Ford thanks Alan Burg for all he has done to help her out with club duties in her absence.

Spring Divisional Awards for 2016-17...
- Salvation Army Bell Ringing—(Garry Donner and Garry Evans)
- K Family Leadership Sponsorship—(Bill Tasch and Don Kossick) for K Kids, Key Club, Circle K, and Aktion Club
- Round Robin Interclub—(Dave Drake)
- 100% Participation in Kiwanis of Michigan Foundation—(Larry French)
- District Outstanding Club Award—(Past President Betsy Ford and Secretary Kathie Wilder)
- District Outstanding Lt. Governor Award—(Julanne Williams)
- Kiwanis International Children’s Fund Award
(Six members attended the Spring Divisional, which constituted an Interclub Meeting: Dale Leslie, Julanne Williams, Kathie Wilder, Joe Medrano, Sue Dailey, and Alan Burg.)

TEDxYouth@AnnArbor Invitation...
The youth organizers of TEDxYouth@AnnArbor 2017 are pleased to announce the program for their all-day event, held at Skyline High School Commons & Auditorium, 2552 N. Maple Road, Saturday, April 22 from 8am to 4pm. Students $5, Adults $10, Families $30. Ticket includes light lunch and interactive technology exhibits. The event is sponsored by AAPS District Library, Skyline High School & PTSO, and Community Television Network.

View the program and purchase tickets by clicking here.
### April 2017

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### This Week’s Numbers

- **Attendance:** 63
- **Fines:** $21.31
- **Happy $:** $56
- **Mott Pot:** $0
- **Vouchers:** $2,278
- **Total Vouchers:** $34,261 YTD (12 Families)
- **Thrift Sale:**
  - **KCD:** $5,333
  - **KCW:** $6,533
  - **Other:** $977
- **Total:** $12,243
- **YTD:** $320,765

*Note: The fact that you are taking time to read this indicates a high aptitude for being a newsletter editor. Email John Kidle at jkidle@gmail.com immediately to volunteer.*
Today's Program Continued...
By setting goals in the right way we will be poised to create a way of living and not just a lifestyle, the only way to achieve a lasting result. He stressed the importance of choosing fitness activities that are fun and physically and socially rewarding. Health and wellness should not be a "second job". We thank Demond Johnson for his commitment to community health and wellness and his motivating presentation to help us all achieve our wellness goals.

Announcements Continued…
- Ellen Webb and our Kiwanis Club/Foundation Voucher Program is being recognized by the Michigan Ability Partners on Friday, April 28. They are having a TasteFest from 5:00 to 9:00 p.m. with a presentation at 7:30 p.m. at the Washtenaw Community College Morris Lawrence Building. Tickets are $35.00 per person. Get more information by clicking this link.
- Voucher Sign Up. Please volunteer for April and May. There are still some open positions on Thursday mornings. See Ellen Webb.
- Summer Camperships ($250) due Monday, July 31. Ray & Eleanor Cross Foundation 50/50 challenge. See Jane Talcott or Harry Cross.
- Larry French announced that Mike Dabbs will be receiving the 2017 Community Service and Leadership Award from the Brain Injury Association of Michigan (BIAMI). Mike has been president of the BIAMI since 1993, and recently retired. Unfortunately, all tables at the celebratory dinner are sold out. Larry will be donating to create an ad for the evening's brochure in Mike's honor for $750.00. Please consider contributing $25.00 to help celebrate Mike's achievements. Contact Larry French for more information.
- Dale Leslie is conducting a survey to help determine what club members want to do to celebrate our 100th Anniversary of the Kiwanis Club of Ann Arbor. Be sure to fill out a survey. Check your email for a copy or look on the president’s table at the meeting.
- The April Board Meeting is next Tuesday, April 18 at KCW at 6:30 p.m. There will be a Tour of KCW at 5:00 p.m. Board Agenda items are due to Kathie Wilder, by this Thursday afternoon, April 13.
- Summer part-time paid positions are open for workers at Kiwanis. Applicants must be 18 or older.
- The next evening Work Session at KCW for members and volunteers is next Wednesday, April 19, from 6:00 to 8:00 p.m. Please let Marianne D’Angelo or Mary Stewart know if you plan to be there.
- "The Plan B group" is an informal group of members who are investigating options for keeping the Kiwanis Downtown building. They will host a meeting of interested members and volunteers at the Kiwanis Downtown location on Thursday, 4/13 from noon-1:30pm. Cold and hot sandwiches and chips will be served. RSVPs are appreciated to mclauw4@gmail.com.

Interclubs and Social Events of Interest…
Mark your calendars!
- 4/17—Chelsea Super Interclub on Monday, April 17, at 6:15 p.m. at the St. Joe’s Chelsea Hospital cafeteria
- 4/26—Spaghetti Dinner High Point School, Ann Arbor Western
- 5/9-5/10—Member Luke Panning and his family compose a popular musical group (Fiddlefire) that will be performing at the Holland Tulip Festival in Holland, MI, Tuesday, May 9th and 10th, 7-8:30 p.m.
- 5/21—Manchester Kiwanis River Raisin Canoe Kayak Race
- 5/24—Manchester Super Interclub
- 5/25—Golf Outing Fundraiser Ann Arbor Western
- 6/6—A2Y Chamber Golf Outing
- 7/29—TIGER GAME AND BUS TRIP on July 29th. $70 per person, sandwich etc. on bus, driver tip, great seats, fireworks, and a ride back to A2. Get you reservation and money to Fred Sanchez ASAP, 734-277-7077 or fsanchez@aol.com.
- 9/14—Our GOLF OUTING is Sept 14th at Pierce Lake Course in Chelsea. Contact: George Gilligan.
"Serving the Children of the World"

Interested in becoming a member? Please send an e-mail to MembershipGrowth@a2kiwanis.org or visit the website www.a2kiwanis.org.

The Kiwanis Club of Ann Arbor is committed to serving the community. Meeting times are Mondays at Noon at 200 S. First Street, Ann Arbor, MI 48104. The phone number is 734-665-2211. The website is www.a2kiwanis.org.

Sale and Donation Hours:
Thrift Sale Downtown: 200 S. First at Washington, Saturdays 9am-Noon
Thrift Sale West: 100 N. Staebler at Jackson, Fridays and Saturdays 9am-1pm
Saleable Donation Drop Off: Downtown: Mondays, Thursdays, and Saturdays 9-11:30am
West: Fridays and Saturdays 10am-12:30pm
Call for Donation Pickup: 734-665-0450

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