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Kewanee Key Club
Thursdays at 7:30 am
Petersen Auditorium

Wethersfield Key Club
Tuesdays at 7:40 am
Mr. Clark's Room

Central Builders Club
Every Wed. at 7:45 am
Room 317

Visitation Builders Club
Every Tuesday at 7:35am
Art Room

Central K-Kids
1st and 3rd Fri. at 7:45 am
Library 2nd Floor

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One Can Make a
Difference

Reminder-Talk to
someone this week
about Kiwanis.

Lance D called the meeting to order, led in singing, & led in the Pledge. Dave K offered prayer.

Guests: KHS Key Clubbers Johnny Williams & Paige Reeser-working on Goodfellows-decorated boxes for homerooms to collect canned goods for contest with prizes including free tickets to Midwinter or cuts in the lunch line or traveling trophy; also helping with Salvation Army bell ringing, holding Blood Drive tomorrow all day at KH for Red Cross. K-Kids Blair Bullock & Lizzy Gustafson-helping with Goodfellows baskets. WHS Key Clubbers Thomas Motley & Marcus Minter-held a Blood Drive last Friday with 50 good donations, helping with the Goodfellow baskets too.

Announcements: Lance 'Passed the Pig' around in honor of Vic VanUnnik-collecting for the Angel Tree (this week & next week)-see what we come up with & hopefully the Club can match the donation-the need is great & Linda Bolls spoke to our Club twice this year. Lance was disappointed only he & Ken V were brave enough to wear their short sleeved Kiwanis shirts today. Roger M passed around the sign-up for Salvation Army bell ringing. We are doing it this Saturday & need 3 more volunteers. Please volunteer! Amron B shared the schedule for Goodfellows activities (attached). We need Kiwanis members to drive the delivery cars/trucks 12/21-please sign up if you can help! Thank you for your canned goods donations/cash donations. Lance passed around thank you notes from ABCD & from Claudia for our contribution to help defray her Lt Gov expenses.

Attendance: Hadyn M reported we had 2 program guests, 4 Key Clubbers, 2 Central K-Kids & 33 members in attendance for a total of 41.

Happy Dollars: Roger C collected today-Roger C-\$2 Bears, Letter To The Editor proves Lou is still alive; Tom M-\$2 for Roger; John S-happy for Claudia & what she did last Sunday evening; Kristin K-\$2 in memory of her husband's grandmother, happy to have (2) new kittens at home; Lori C-\$2 program & in hopes the Bradley Braves pull off a miracle tonight & beat Duke; Brock T-happy Kristin has the kittens & they don't; Claudia B-At Circa 21 last Sunday night saw "Great Tidings of Plaid" to which she wore a plaid skirt, she was chosen from audience to play the handbells (thanks to John Sayers, she had training); Dave K-unhappy thing happened when a semi flipped on I-80 but happy for Food Pantry because they got pallets of cookies!; Ken V-Brock's music; John K-\$8 grandchild born on 9/11/01 & new grandson Luca born this morning but he missed Pearl Harbor Day by 1 day & Wednesday \$2; Margaret G-program, daughter Lizzy here (3rd generation) & Blair here too from K-Kids; Lynn F-program, be generous with the Pin Pig, follows right along with our Mission; Amron B-for Brock, don't take his contribution for granted, only 1 other Club in our Division that has a piano player & that person is not even a member, plays then leaves; Emily R-\$3 program, Brock's music.

Program: "VAGARY" presented by Emily R & Mark R. Mark read the word of the day & Emily R introduced our speakers, Holly Hicks, Director of Cardiopulmonary Services & Melinda Shimmin, FNP from Family Health Clinic. Offering a Smoking Cessation Program to the general public for the first time, 12/14/10 or 12/28/10, starting at 6:00 pm in East /West Conference Room. Will last approximately 1 hour with tips, educational materials, prescriptions at a reduced cost, refreshments & snacks, & support group meetings. Want to provide a one stop shop to facilitate smokers to quit by January 1, 2011 (1/1/11-what a GREAT DAY to do it). Support Group Meetings will be held 1/4 & 1/18, & then every 1st Tuesday of the month the remainder of the year as long as needed. Melinda Shimmin stressed that the effects of smoking do not only harm the smoker but those around the smoker as well. In the USA, 24.8 million men (23% or 1 in every 4) & 21.1 million women (18% or 1 in 5) are smokers. Of high school students, 20%, or 1 in 5 have smoked in last 5 days. Smoking contributes greatly to lung cancer, the #1 cause of cancer in the USA for both men & women. In 2010 there were 220,000 new cases of lung cancer & 157,000 deaths with 87% of the dead being smokers. Smoking contributes to many other types of cancer too. Tobacco accounts for over 30% of all cancer deaths. Second-hand smoke is as dangerous for kids as giving them a cigarette & letting them smoke it.