

# SUNRISE NEWS

April, 2011

Kiwanis Breakfast Club of Oconomowoc  
P.O. Box 462 Oconomowoc, WI 5306  
Wednesday morning 7:15 AM  
Lake Terrace Clubhouse Restaurant  
1380 West Wisconsin Avenue

*Kiwanis is a global organization of volunteers dedicated to changing the world one child and one community at a time.*



## FIND YOUR INNER CHILD

**When it comes to livening up club meetings, age-old wisdom says to “think young.”**

Some say that everything you need to know about life you learned in kindergarten. Certainly knowing to play fair, share, clean up your own messes and say you’re sorry are valuable lessons that can help you grow into a more well-rounded adult.

But some of those lessons can also help your club engage its members in deeper, more meaningful ways. Because club members, after all, are really just friends. And if we learned anything in grade school, it was how to build and navigate friendships. The bonds you forge with your members are the foundation for a long, happy relationship. Your club’s personality and ability to keep things new and interesting can make all the difference between a friendship that lasts a day or stretches over a lifetime.

“Our club meetings are the highlight of my week,” says Josh Barnett, the immediate

past president of the Kiwanis Club of Normal, Illinois. They really are.”

If your club members don’t feel the same, it might be time to shake things up. “If someone’s 15 minutes late to a club meeting, do they know exactly what they’ve missed and what they’re going to walk into? Are you that predictable?” asks Rhonda Vrell, area director for Kiwanis International.

“You don’t want your meetings to be so unpredictable that it’s uncomfortable, but you do want to change things up once in awhile.”





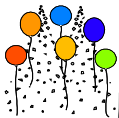
**Jack's Jumpers**

- April 11, 2011
- J. Smid, Coord.
- L. Christian
- B. Hirsch
- C. Crom\*
- J. Fredrich
- A. Wagner
- A. Lynch
- S. Manke
- D. Lauber
- J. Navin
- A. Bednar\*
- J. Brandt

**Bill's Bunch**

- May 9, 2011
- B. Peebles, Coord.
- M. May
- L. Schacht
- J. Grothaus
- J. Schneider
- B. Prunty
- F. Steinlein
- K. Kaempf
- F. Schnell
- M. Hayden

\*snowbird



**HAPPY BIRTHDAY**

- April 1 - Sandy Spanaus
- April 6 - Lou Christian
- April 6 - Bob Smith
- April 7 - Jack Grothaus
- April 19 - Kathy Kaempf
- April 21 - Bill Peebles
- April 29 - Carroll Radtke

**HAPPY ANNIVERSARY**

**GREETER & INVOCATION**

- April 6 - Gert Wilkinson
- April 13 - Al Bednar
- April 20 - Liz Bednar
- April 27 - Jason Brandt
- May 4 - Lou Christian

**WHAT'S HAPPENING**

- April 9 – **3<sup>rd</sup> Annual Tri-Club Spring Concert 7:30 pm** Oconomowoc Arts Center
- April 11 - **Jack's Jumpers BINGO.**  
Please arrive around 6:00 to help transport residents to the Great Room
- April 12 - **Kiwanis Board Meeting** at Life Enrichment Center 7:15 AM
- April 16 – **Semi-Annual Cleanup at Oconomowoc Food Pantry**  
9:30 outside/10:30 inside. Bring gloves.
- April 19 – **Kiwanis Blood Drive** at the Life Enrichment Center
- April 29 – **Sorting and packaging of pre-sale tree sale orders** at Lakeland 6:00 PM
- April 30 – **Kiwanis Tree Sale** (BP Station in Ixonia and Piggly Wiggly on Brown Street) 8:00 to around 1:00 or when sold out
- May 7 – **Radio Days** WTKM Hartford
- May 10 – **OHS Hall of Fame Dinner and Awards** at Oconomowoc High School
- July 7-10 – **Kiwanis International Convention**  
Geneva, Switzerland
- August 20-21 – **Oconomowoc Festival of the Arts**
- August 19-21 – **2011 District Convention**  
Brookfield Suites, Brookfield
- Nov. 6 - **Kiwanis Shrimp Dinner**

**Thanks to Al Bednar and Bill Foster for arranging the speakers for April**

- April 6 – “Jacob Looman, “Guillain-Barre Syndrome”
- March 13 – Kris Miles, “Pennys and Nickels Support Center”
- March 20 – Club Day
- March 27 – Mark Neumann, businessman and politician



## FOOD PANTRY CLEAN-UP

Saturday, April 16<sup>th</sup> is scheduled for the semi-annual cleanup at the Oconomowoc Food Pantry. Those wanting to work outside should plan on getting there around 9:30; those willing to help inside should arrive around 10:30. Helping clean at the Pantry is in lieu of paying rent, electric bills, etc. by the Pantry. **BRING A PAIR OF GLOVES.**

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## LAKE AREA FREE CLINIC'S WISH LIST

(from Mary Reich, Executive Director of Lake Area Free Clinic)

### Over the counter medications:

- Ibuprofen 200mg
  - Brand names include Advil, Motrin
  - 200mg is the common strength
- Acetaminophen 325 mg or 500mg
  - Brand name is Tylenol
- Baby Aspirin 81mg
  - Any generic or brand
- Vitamin D3 1000IU
- Fish Oil 1000mg
- Allergy medications - generic or brand
  - Loratidine (Claritin)
- Triple Antibiotic Ointment (Bacitracin/neomycin/polymyxin)
  - Brand names include Neosporin
    - Small tubes, please

- Cetirzine (Zyrtec)
- Fexofenadine (Allegra)

**Bottled meds should be 200 count or less; we cannot use giant sized bottles**

- Diabetic syringes, lancets, pen needles
  - If those with diabetes have surplus

Office supplies: Copy Paper & Paper Towels

**REMINDER: BE SURE TO LET THE NEWSLETTER PERSON KNOW IF YOUR EMAIL ADDRESS CHANGES. THANKS**

The annual Kiwanis Tree Sale will be held on Saturday, April 30<sup>th</sup> at the BP Station in Ixonia and Piggly Wiggly on Brown Street.



We will sort and package the presale orders at Lakeland on April 29<sup>th</sup> beginning at 6:00 PM. This year we have ordered Black Hills Spruce and White Pine. We have it on good authority that it's not going to rain as it has the last two years (or maybe even three years!). A sign up sheet will be sent around soon for members to volunteer to help.

Please continue to save plastic bags, especially those from Piggly Wiggly, and newspaper (but not the glossy or colored section)



## HMMMM

- Old skiers never die, they just go downhill.  
Old clerks never die, they just become defiled.  
Old Elks never die, they just become dislodged.  
Old mailmen never die, they just lose their zip.  
Old magazine editors never die, they just expire.  
Old janitors never die, they just kick the bucket.  
Old golfers never die, they just lose their drive.  
Old mountain climbers never die, they just peak out.  
Old bankers never die, they just lose their balance.  
Old photographers never die, they just stop developing.  
Old musicians never die, they just become disconcerted.  
Old chiropractors never die, they just become unnerved.  
Old garbage collectors never die, they just fail to pick up.  
Old school principals never die, they just lose their faculties.  
...contributed by Carroll Radtke



### KIWANIS BREAKFAST CLUB WEBSITE

Jason has done a great job of getting the Breakfast Club website up and running. If you haven't yet checked it out, you can access our site at [www.oconomowockiwanis.org](http://www.oconomowockiwanis.org). Please pass along any pictures of Kiwanis activities that Jason might be able to use on our website. Check with him if you have any questions. KUDOS to Jason for taking on this new undertaking.



## TRI-CLUB CONCERT

April 9<sup>th</sup> is right around the corner. We need members to be out there selling concert tickets to friends and relatives to a concert they will definitely enjoy. The 3<sup>rd</sup> Annual Tri-Club Spring Concert will be held on Saturday, April 9, 2011, at 7:30 PM. The concert will feature Four Guyz in Dinner Jackets and Two Rohde Girls. There will also be an opportunity to enjoy a catered dinner prior to the concert. If you are able to help with other necessary activities the day of the performance, please contact Mike.

...Mike Hayden

### BOSTON STORE SUPPORT

Through the efforts of Jerry Schneider and those who sold booklets or volunteered at the store, our Kiwanis Club has netted \$861.77 for the entire February sale and \$840.00 during the November sale. That totals \$1702.12 for this budget year. This amount is \$1202.12 OVER our budgeted amount. Since December of 2002, we have earned \$12,913.88 for club projects and initiatives. Applause! Applause to Jerry for coordinating this club activity.

### BELIEVE IT OR NOT??

- “Stewardesses” is the longest work typed with only one hand.
- “Lollipop” is the longest word typed with your right hand.
- “Typewriter” is the longest word that can be made using the letters only in one row of the keyboard.
- There are two words in the English language that have all five vowels in order – abstemious and facetious.
- A goldfish has a memory of three seconds. (That’s often better than mine!!)



## UPCOMING INTERCLUB MEETINGS

**Phew!! Talk about being highly organized. Members Margaret Finley and Gert Wilkinson have made arrangements for upcoming Interclub meetings. For it to “count,” we need at least four members to attend the interclub. Let Liz know if you are able to attend.**

<b>April 4</b>	<b>Monday</b>	Watertown Noon Club at Upper Crust <b>Gert, Margaret, Fred and Kathy volunteered to attend.</b>
<b>April 14</b>	<b>Thursday</b>	Waukesha Golden K Coffee & Sweets at 8:15; meeting starts at 9:00 AM. Located at the Easter Seals Training Center, corner of Northview & Airport Roads. Speakers at this meeting: 3 World War II veterans who have been on the Stars and Stripes Honor Flight. They are members of the Waukesha Kiwanis Club. <b>Jack, Roger, Fred, Jane and Jerry volunteered to attend</b>
<b>April 28</b>	<b>Thursday</b>	Waukesha Noon Club (Same site as the Golden K above) <b>Liz, Gert and Sandy volunteered to attend.</b>
<b>May 12</b>	<b>Thursday</b>	Jefferson 6:15 PM at the Town Inn on South Main
<b>May 23</b>	<b>Monday</b>	Fort Atkinson 6:00 PM at Salamones Restaurant (This one may change since their regular meeting falls on Memorial Day.)
<b>June 14</b>	<b>Tuesday</b>	Pewaukee 6:30 PM at Park Avenue Pizza <b>Liz volunteered to attend.</b>
<b>June 22</b>	<b>Wednesday</b>	Muskego 12:00 PM at Waukesha State Bank on Janesville Road across from Kohl's <b>Liz volunteered to attend.</b>
<b>July 14</b>	<b>Thursday</b>	7:00 AM at Village Hall in Hartland <b>Liz volunteered to attend.</b>

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## RADIO DAYS

Contracts are being made with past advertisers and the repeat business is looking good so far; however, we can always use new customers. WTKM gives us a reduced rate for our ad customers plus 50% of the ad cost (40% @cash and 10% advertising credit) comes back to our Club which is put toward our community projects. This is a great selling point. Please think of additional businesses that might want to help us and get some good advertising. Let me know. Thanks. ....Jerry Schneider



**Kiwanis Golden K and Kiwanis Breakfast Club Satellite Club Status Info**  
At the Wednesday, March 30<sup>th</sup> breakfast meeting, President Liz Bednar announced that the Oconomowoc Golden K Club may become a satellite club of the Breakfast Club, pending Board approval. The following information describing a “satellite club” is taken from the Kiwanis International website.

A club satellite allows an independent group of people to become members of your club for a specific reason. Forming a club satellite is a good option for clubs hoping to expand into a new area or appeal to a small group with common circumstances. The group may not be large enough to form a new club, but it might be just the right size to become a club satellite.

Adding a satellite club can empower your club to expand its service outreach. By joining the host club, satellite club members enjoy all the benefits of Kiwanis, including all the benefits of Kiwanis, including elected positions, attendance at conventions, KIWANIS magazine and insurance coverage.

How it works

- The host club works with the club satellite to establish the guidelines of the relationship.
- The host club board authorizes club satellite service projects and fundraising efforts.
- The host club maintains the financial oversight to ensure appropriate compliance with local requirements.

There's no minimum number of members needed to initiate a satellite, but if a satellite group reaches 25 or more, it can consider petitioning for its own charter without penalty to the host club. In addition, the host club can have several satellites in an area, each meeting a unique need.