



Kiwanis Club of Madison West

KIWANOGRAM

Guests: Ivan Kieler, grandson of Ed Reisch.

Program: Jan Thiel from Exerstrider demonstrated the use of walking poles for building core and upper body strength. These poles also are used to improve a person's balance and in physical therapy. These poles provide a total body workout.

The length of the poles are adjustable to match the needs of the person walking. The adjustment is made to have forearms horizontal when holding hand grips of the poles in the vertical position.

A number of different tips are available. For normal walking, a boot shaped rubber tip is recommended which was demonstrated today. For people addressing balance issues, the bell shaped tips are used. They also have rubber tips for hiking or trekking.

The poles can be used without rubber tips. The result is a hardened metal tip that can be used on slippery surfaces such as ice.

Exerstrider is Madison based company started in 1988.



Jan Thiel coaching Boomer

July 15, 2016

Presiding:	Mary Mennes
Greeter:	Jim Bly
Opening word:	Tom McCrill
Music:	Boomer and Mary
Checkpoint:	Virg Jurrens, Marv Beatty
Drawing:	Ed Reisch
	Dickson Scholarship

Announcements:

Items from President Mary Mennes:

1. Bruce Hoehne is attending Lt. Gov. training today. He will be serving a two year term for Division 3 of the Wisconsin-Upper Michigan District. Division 3 consists of 13 Kiwanis clubs in Southwestern Wisconsin.
2. The Wisconsin-Upper Michigan District Convention is scheduled for August 12-14 in Oconomowoc. Our the three delegates to the convention are Mary Mennes, Ken Saville and Ron Schuler. Bruce Hoehne will also be attending the convention.
3. A special breakfast meeting is scheduled for September 2, 8:30 am, at Lussier Center on Gammon Road, just north of Jefferson Middle School. (continued)

Important Dates

<u>Date</u>	<u>Event</u>
July 23	Opera in the Park Garner Park
August 3	Board of Directors HyVee Fitchburg
August 12-14	WIUM District Convention Oconomowoc
September 16	Foundation Trustees Covenant

Upcoming Programs:

<u>Date</u>	<u>Program</u>	<u>Greeter</u>	<u>Opening Word</u>
July 22	Homelessness in Madison Casey Becker	TBD	Ken Saville
July 29	Antarctic UW Research Tony Wendricks	Jack Padgham	Karyn Schairer

Meeting Time and Location

Fridays, 11:45 am

Covenant Presbyterian Church
326 South Segoe Road
Madison, WI

Web site: www.madisonwestkiwanis.com

Email: Admin@madisonwestkiwanis.com

Facebook:

www.facebook.com/madisonwestkiwanis

Club Officers (2014-2015)

President:	Mary Mennes
Vice President	Millard Johnson
Secretary	Ron Schuler
Treasurer:	Randy Grobe
Past President	Carrol Spencer

Board of Directors

Bill Battista	Tom McCrill
Bonnie Hansen	Jim Danner
Arlin Brannstrom	Brian Martin

Announcements:

4. The Dane County Kiwanis Club leaders will be meeting July 19 (6:00 pm dinner, 7:00 pm business meeting). The purpose of these bimonthly meetings is to share information and explore potential opportunities for collaboration.
5. Our Pancake Day is less than 4 months away so it is time to start planning our largest fundraiser. Jim Danner will schedule a meeting of the pancake committee in August.
6. Members are encouraged to visit our Facebook page. You can view it by going to our Facebook web site listed above or going to our club web site and click on the Facebook logo located below the menu

Ed Reisch is planning a Kiwanis evening at 'Opera In The Park'. It is scheduled for July 23 in Garner Park. Kiwanians attending would gather at 7:00 pm. Contact Ed if interested: mlreisch@chorus.net or 274-4371.

Fred Ross reported potential member, Doug Ream, was unable to attend today but plans to attend our next meeting, Be sure to extend a warm Kiwanis welcome.

Madison West Kiwanians have an opportunity to have their business be a sponsor of our web site which received 5,651 visits and 8,798 page views during the past 12 months. Currently, Johnson Block is a sponsor which is recognized by their logo appearing below the menu on our public web site. The logo is linked to their web site. Their logo appears on member, password, web site at the top of each page. Contact Ron Schuler at rschuler@wisc.edu.



YOU CAN MAKE A DIFFERENCE

Reinvigoration Program

Twenty new members by December, 2017

Today's Opening Word by Tom McCrill

President Mary, Fellow Kiwanians, Friends of Kiwanis-
----The Word for the Day is Change

As we seek to revitalize our club – to add new members and to focus our time and energy toward improving the lives of children in our community and nation we are faced with the need to make changes - to alter programs and procedures that need to be changed to make our club more relevant in the current times.

To that point I offer you a three quotes about change.

#1. If you do not change direction you may end up where you are heading. Lao Tzu

Low membership, fewer members to do the good works that have been the hallmark of our club, less influence in the lives of children in our community. This is a direction in which we were headed. A change was needed.

#2. Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change we seek – B. Obama

Our kiwanogram makes note of this in its weekly closing when it states

[YOU can make a difference!](#)

#3. The best way to predict the future is to create it. – Peter Drucker

We can create a new more vital club in our future – by making changes now! By acting in the present we can secure our place in the years to come.

Will you join me in a word of supplication?

Lord of all faiths – forgive those of us whose lives are bound to the past. Also forgive those of us who discover we are always living for the future. Help us to realize we need to live in the present. Today you are working in our lives. Grant that we may be open and receptive to your presence and direction. Amen.