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## Today's Meeting News

### • Hosts

#### ◦ Greeters

- Ron Publiski and John Bartram



Greeter John Bartram





Ron Publiski was very busy greeting parents and students arriving for the scholarship presentations

- **Presiding Officer**
  - Jody Howard
- **Reporter**
  - Anne Walker
- **Photographer**
  - Spencer Ruffner
- **Publisher**
  - Spencer Ruffner
- **Invocation**
  - Lance Ness
- **Song Leader**



Dan Meikle on the piano lead us in singing The Star Spangled Banner

- **• Guests**

- **Builder Club representatives, scholarship winners and their parents.**

- **• President's announcements:**





President Jody Howard

**Next week's meeting will be at the LISD Center for Sustainable Future 4260 Tipton Hwy, Adrian MI 49221.**

**This month's Board meeting will be tomorrow night May 27<sup>th</sup>, on the second floor of the Tecumseh School Board Bldg. at the corner of N. Ottawa and Shawnee at 7 pm**

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- **Scholarships:**
- **14 –Tecumseh High School Seniors who are our 2015 Kiwanis Scholarship Winners were present with their parents to receive their awards. There were 55 applicants for this year's scholarships. Susan Gilmore indicated the monetary amount of the awards given which will be dispersed to the students 1/2 now and the second 1/2 at the beginning of their second semester in college after they contact the club.**



Scholarship Winners

- **The 2015 Tecumseh High School Scholarship recipients Winners and award amounts are:**

Kelsey Hammer-\$1,000, Andrew Morgan-\$1,000, Claire Burnett-\$1,000, Cassandra Brown- \$1,000, Sarah Hodgman-1,000, Nate Coffin-\$500, Andrew Waite-\$500, Dylan Coleman-\$500, Jillian Rebotarro-\$500, Trevor Willts- \$500, Ben Boettcher-\$500, Jimmy Terry-\$500, Grant Anscheutz-\$500, Kyla Cleere-\$500.

**Congratulations and best wishes to all!**

## • Announcements



Doug Bird

**Doug Bird passed out Travel and Adventure Sales Packets for 2015-16. 30 Kiwanis members are participating in the sales project this year. Sales need to be completed in the next 5 weeks. Contact Doug if you have any questions.**

**Doug Bird-** Gave a brief report and heartfelt thanks to the many club members who helped last week with the 3 day Bird Park Clean-up. The Tecumseh Herald had a nice photo of Doug wearing a Kiwanis vest. He reemphasized how helpful wearing the vests are when we are out doing community service work...and encouraged members to wear them who are out installing or picking up flags. **Flag pick-up teams will be out in the community today retrieving flags post Memorial Day.**

**Sat. June 6<sup>th</sup>-8-10 a.m. - the 9<sup>th</sup> Annual 5K Crop Hunger Run & Walk-** It will take place at the Macon Methodist Church at 9:15am. \$15 entry fee , with an additional \$10 fee if you want a CROP Walk t-shirt. Registration and packet pick-up begins at 8:15 am at the church. Spencer needs volunteers to help out with the race. Our Kiwanis Club donated \$100 to this event. 25% of the funds raised stays in our community.

Please contact Spencer Ruffner if you can help with the run.

## • 50/50 Drawing

\$40.00 won by Mary Tommelein- It pays to be present!



Mary Tommelein Wins

## • Special Guest



Middle School Builders Club officers

**THS- Middle School Builder's Club Officer's** and their faculty advisor Kim Schmidt as well as some parents were present this morning. Tom Meyer introduced us to 2015-2016 Officer's pictured left to right above

Lydia Lopez-Club Treasurer, Garth Escott- Co-President, Katie Selenko-Vice-President, and Rachel Ramsden- 8<sup>th</sup> grade Secretary. Katie spoke about the club fundraiser " Duct Tape a Teacher to a Wall" that raised \$285 from this activity to purchase supplies for the Mott Hospital Party.



Middle School Teacher & advisor Kim Schmidt center.. between Mary Tommelien and Chuck Gehrke

### Special Fines and Happy Dollars



Mary Tommelien paid a happy dollar and had Scholarship winners that were builder club students stand.



- Anne Walker paid a Happy Dollar for the Bryan and Heather Masten's return to Tecumseh to install her flag.
- Lana Archer- Paid a Happy Dollar for Heather and Bryan Masten's visit as well as their help with the flag installation.



Carlton Cook-paid a Happy Dollar for his 15 grandchild graduating from High School





Jerry Wolf paid a Happy Dollar for his 1<sup>st</sup> grandchild graduating from High School



Ken Boyd- Paid Happy dollars for 2 granddaughter's graduating this past week. One from MSU College of Law and the other from Converse College in Spartanburg South Carolina.







George Eidson- Paid a Happy Dollar for the great and ample food service for today's large group and for his granddaughter graduating from Libertyville H.S. with a 4.2 GPA who will attend the University of Wisconsin in the fall with lots of scholarship \$\$\$

## • Birthdays and Anniversaries

None this week

## • Program



Cathy King

Cathi King introduced today's speaker Dee Jay Reinhardt- who spoke about a program she has launched which is called The PEARLS Project.





Dee Jay Reinhardt

Dee Jay started this program in January of 2014 as she was recovering from a debilitating illness. The highlights of her interesting talk are:

Serious illness is one of the most stressful things that a person can go through. Stress is a factor in 80% of all diseases. Chronic stress can lead to feelings of helplessness, hopelessness and futility. In 1964, Norman Cousins was diagnosed with Ankyloses Spondylitis, a very painful disease the causes the disintegration of the spinal connective tissue. He created his own path to recovery by immersing himself in laughter. He checked himself out of the hospital and into a hotel with a projector and a stack of funny movies and T.V. shows. He was able to laugh and sleep pain-free for several hours. By checking his blood sedimentation rate he could document the progress he was making. He had an hypothesis: If negative emotions produce negative chemical changes in the body, wouldn't positive emotions produce positive chemical changes. Is it possible the love, hope, faith, laughter, confidence, and the will to live have therapeutic value? There has been a lot of research done since the 1970's that prove the answer is YES. He wrote several books on the subject. The first ***The Anatomy of an Illness ...started the scientific research into the physiological changes that laughter causes in the body...*** Other books include ***Healing Heart Antidotes to Panic and Helplessness*** and ***Mind Over Illness***. There are many benefits to laughter. Physically: it boosts the immune system, lowers stress hormones, decreases pain, relaxes muscles, and prevents heart disease. Mentally: it adds joy and zest to life, it eases anxiety and fear, relieves stress, improves mood and enhances resilience.

PEARLS is a compilation of quips and quotes and "Pearls of Wisdom" that Dee Jay has compiled that contains 74 pages of inspiration, encouragement, hope and ways to cope with the difficulties in one's life all blended together with the healing power of humor. PEARLS offers many suggestions on HOW to incorporate laughter into life even during dark times. The themes that run through PEARLS such as the importance of thoughts and words . Other themes are the importance of kindness, faith and God. She has add "Tippy (a dog)'s words of wisdom.." When a loved one comes home, always run to greet them". PEARLS also use a theme of butterflies which symbolizes new birth, and second chances.

PEARSL Includes tasks to help occupy readers minds like making lists...Looking back on the upsets and difficulties in life and answering

questions such as “ Have any opened doors for you? Have any given you new priorities? She then encourages the reader to focus on the positive aspects and opportunities losses, upsets and a disadvantage have provided and reminds readers that they’ve made it through past difficulties and can make it through this new challenge.

PEARLS is not only for the patient but also for the caregivers, family and friends of one dealing with a serious illness.

Dee Jay’s goal is to get to the point where she can make at least 25 PEARLS per month but in order to continue, she needs help in four ways.

1. She needs volunteers to help with the hand coloring, lettering and detailing each books receives. You don’t need to be an artist, you just need to be able to stay inside the lines.
2. Materials needed are: 28 lb paper for printing the books. 110 lb cardstock for the Smiles page, 65 lb cardstock for the bookmarks and title pages. 2-paocket folders, Gel pens with metallic, glitter, neon and swirl inks.
3. Funds to purchase items that haven’t been donated
4. Prayers.

She estimates she’ll need about \$1,000 to make 25 PEARL packs a month over the next year. The First Presbyterian Church Mission and Outreach team has agreed to cover the cost of printing for a year. She needs 3-5 volunteers to help work on PEARLS per month to make her goal to be able to reach 240 people per year.

In 2014 28 copies of PEARLS were donated to the Prayer Shawl Ministry, 8 were notebooks that remain in the chemo treatment rooms in four locations and 20 were folders that people could take home. 10 were also give out locally. To date in 2015, 34 copies have been given to Rev. David McNeil, the Chaplain who works with the St. Joe Hospital Chemo patients and families.

Dee Jay Rinehart’s contact information is – home phone 517 423-4223.  
E-mail [dee\\_jay\\_rinehart@yahoo.com](mailto:dee_jay_rinehart@yahoo.com)

## • Future Meeting Responsibilities

Date	Note Taker	Greeters	Greeters	Invocation	Fines	Program Chair	Program Description
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<b>June 2</b>	Chuck Gehrke	George Eidson	Kelly Coffin	Mike McAran	No Fines	Mary Tommelien	Center for Sustainable Future (on site)
<b>June 9</b>	Carlton Cook	Jeff Seitz	Wendy Brys		Terry Lighthall	Gayle Hazelbaker	Lenawee's heart and Soul
<b>June 16</b>	Mary Tommelien				Ron Wimple	Jill Adams	8th Grade Rock and Roll Hall of Fame
<b>June 23</b>	Mike McAran				Mike Becker	Jody Howard	Kiwanis Budget 101
<b>June 30</b>				Ken Boyd		Jeff Seitz	Lindsey Reinarz -- The nature Conservancy



*Kiwanis is a global organization of volunteers dedicated to*



*changing the world one child and one community at a time*

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