

April 10th, 2013

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## Special points of interest:

- Club & Family Summer Outings.
- Saying a Kind word to a Friend, Family member or Child.
- Upcoming events

## Community Health/ Help

In today's society we are all so busy running here and running there. Do we really take enough time to take care of ourselves and those around us?

The aches and pains that we sometimes get are just shrugged off saying " Oh it will be gone in a day or so, this is normal. "

When what we really need to do is be seeing a doctor or therapist, get some exercise.

We have tried over the last several weeks to provide helpful information on several different issues.

We hope that with Guest Speakers like:

**JoAnne Zaratsian** from Akron General Lifestyles. Who advised us that there are so many precautions that can be taken to protect ourselves now and in the future. Akron General Lifestyles has specialized individuals that will work out the best program to suit your needs. And keep you on a fit and healthy track with your diet and exercise.

Just as important as knowing what exercise to participate in and food to eat is the knowledge of knowing what Insurance Policy's are available to us. And the benefits of each.

Our next guest speaker

**Crystal Cianciola** who spoke to us on Health Care Reform. And the many changes that will affect all of us in the coming year.

Crystal spoke us about who to go to in order to get help figuring out what the best policies are and why.

Maybe you missed these meetings but are still interested in knowing some of the above information. Don't just play the guessing game and hope you end up with the best policy. Contact someone and have them advise you. Then take that information and pass it along so the next person ( a son, daughter or neighbor ) can get the help also.

Massage Therapists and Bowen Therapists are individuals who are trained to help people with the release of muscle tension, There are many places in the Portage Lakes Area that Provide this service such as a Bowen Specialist named **JuliAnn Hricko** at **Shear Dimensions**. These individuals have had specific training by **RN Specialists** and have earned degrees. Why walk around in pain if you don't have to?

As **Kiwanians** we are always looking for ways to reach out and make this community a better place to live by helping one child, one community at a time.

Sometimes times it is thru a project here in this small Lakes Community and sometimes it is by raising money for Project Eliminate.

And as important as all the above mentioned things are!

Community Health isn't all about money and policy's it's about the Community and those who live in it.

Maybe you have an elderly neighbor who just needs someone to talk to for a few minutes. Or needs to be taking small walks daily for the exercise but doesn't want to do it alone. The 5 minutes you take to walk them to the mailbox or end of the block could mean an hour without pain in their legs.

Or taking them a flower from your garden—that little smile you will get has just exercised the muscles in their faces.

Reaching out to help a family member who may need help getting to the grocery store, or to a pharmacy to pick up a prescription. Maybe they are in a wheelchair and need to get outside for a little fresh air.

All these things are help for a community member and you have accomplished two things at once. Think about it not only did you help someone in your community—you helped yourself on the way to a healthier you.

# SKIP A MEAL PROJECT

Each year in the month of April we join the Kiwanis International project called "Skip a Meal."

Invite your family and friends to join the program. It's simple—Pick one night in April to Skip a Meal. At your weekly meeting. On that night you can Brown bag it, leftovers or skip the meal that night.

Some clubs will set up stands outside stores and collect money that way. Or they may collect donations at an event they may have going on.

Several clubs have arranged sponsorships through local gyms and hold a weight losing contest with First, Second and Third place winners.

You can also get your community involved. There are several ideas for fundraisers for this project on the

Kiwanis website.

Portage Lakes Kiwanis will be participating in the "Skip a Meal" program by serving leftovers at our Wednesday night meeting on April 24th, 2013.

Every \$ 5.00 that is spent on a meal and donated to this project feeds 7 children.

What a great feeling to know that 7 children will not go to bed hungry or wake up in the morning hungry.

We encourage everyone to attend this special meeting again please bring your families, neighbors and help with this wonderful program.

# Member & Family Outing

Bring you spouse, a neighbor or a friend. All money collected that night will be going to a very worthy cause.

This is just one more way to help change the lives of children all over the world.

This years first Member / Family fun night has been announced.

On June 6th, 2013 we will be attending an Aeros game at Canal Park.

The game will start at 7 pm. And will be followed by Fireworks.

What could be more fun than to enjoy the game with your family and then watch the fireworks under the stars.

# PROJECT ELIMINATE

This afternoon I decided to go and visit the Kiwanis International website @ [www.kiwanis.org](http://www.kiwanis.org). Once at the website I came upon all kinds of updates on "Project Eliminate for MNT." ( Maternal/ Neonatal Tetanus )

I never realized how many infants and mothers for that matter contract this deadly disease. Or that the effects of the disease are so excruciating— tiny newborns are suffering repeated painful convulsions and extreme sensitivity to light and touch. How truly awful this must be for the child ( not knowing or understanding what is happening to them ) and for the Mother. ( knowing there is nothing they can do to help their child.

The encouraging thought is that Kiwanis has joined in with UNICEF to tackle and eliminate this deadly disease from the face of the earth. Eliminating MNT from the face of the earth will help the poorest, most neglected mothers and babies with additional life saving health care.

Kiwanis International has raised \$ 28 million towards this Global Campaign. To date the Service Leadership Clubs have raised close to \$ 1.5 million dollars.

Portage Lakes Kiwanis in just a few short weeks has raised \$ 677.00 towards our first goal of \$ 1,000.00 dollars. This has been done with our Baby Bottle change collecting project which was initiated by Jeff Goodwin & Vicki Kepnes. It is simple and easy. Obtain your baby bottle from Vicki or Jeff and then simply drop your change into it. Create a fun project for the kids or grandchildren to raise money and donate it to this very worthy cause. Not only will it help these underprivileged children and mothers but it will give your child or grandchild a sense of pride knowing they have helped someone that has a lot less than they do.

ISN'T IT WORTH A TRY KNOWING YOU COULD SAVE A LIFE

# PIRATE DAYS IN PORTAGE LAKES

The **Third Annual Pirate Days in Portage Lakes** are just a few months away.

This years events will start on "**Friday -July 19th**" with the kick off being the **Reverse Raffle/ Silent Auction**. Tickets are currently available and the price of each ticket are the same as last year: **Grub Ticket Only \$ 35.00**

**Grub & Raffle Ticket \$ 100.00**

**Table of Eight: \$ 345.00** ( includes eight meal tickets and one raffle ticket. ) There will be many silent auction items to bid on, side boards

and a chance at the reverse raffle. For tickets please contact our local pirate **Esther Cole @ 330-414-7021**.

Don't wait to long our first table of Eight has already been sold to **Gehm & Sons**.

**Saturday—July 20th** will start this day off at the **Swim Beach in Portage Lakes State Park** with a Treasure Hunt & boat ride out to Treasure Island for the kids. Activities include a Costume Contest, treasure hunt, create your own pirate hat, balloon pop.

**Beware** of the pirates roaming the beach area for they may just make you "**Walk**

**the Plank**" to earn your own pirate Eye patch.

Then take a cruise on the Treasure Island Pontoon Boat to the Island where you can battle the pirates trying to invade the Portage Lakes.

There will be other events announce in the weeks to come in the newsletter. Or you can visit us at:

[www.plkiwanis.org](http://www.plkiwanis.org) &

On Facebook

For more details on this fun and exciting weekend.

# BIRTHDAY'S, ANNIVERSARIES, CLUB ANNIVERSARIES— KEY CLUB NEWS AND DATES TO REMEMBER.

## BIRTHDAY'S

Vicki Kepnes April 20th  
Chet Brown April 23rd

## ANNIVERSARIES

Paul & Betty Schukert April 3rd  
Bob & Rebecca Goff April 11th  
Al & Julie Grzeschik April 13th

## CLUB ANNIVERSARIES

Jack Sarver - 12 Years  
Scott Shookman - 29 Years  
John Schermesser 32 Years

## KEY CLUB NEWS

### ELLETT

PLK Advisor Jerry Schrop  
Secretary: Kalli Butler  
Treasurer: Winnie Daulbaugh

President: Cloe Muir  
VP: Brenna DuPratt

The April event for the Ellet Key Club is to “ Help out at the Community Garden “ The kids will gather together under the Y Bridge to clean up and plant any plants that have been donated for this project. This is being done in memory of all those who lost their lives below the bridge.

To show your support please donate plants or join the kids with donated plants and gloves in hand on April 20th, 2013 at NOON.

### COVENTRY

PLK Advisor's - Jon & Cass Freeman

### MANCHESTER

PLK Advisors—Scott Shookman & Sam Reynolds  
President Brooke Lowry  
Secretary Katie Adkins  
Advisor Brad Johnson

## KINDNESS

Kiwanis is a Global Organization that promotes “ Helping One Child, One Community at a time. “ So to keep in line with that let's make sure that at least once a day you share a kind word with a child. You will be amazed at how big of a smile this can put on their faces. And how it will warm your heart seeing them smile.

“ BELIEVE IT AND YOU WILL ACHIEVE IT “  
*Did you make someone smile today?*

## **Pirate Treasure Hunt Meetings**

Be a part of putting a smile on a child's face in the Portage Lakes Community on July 20th, 2013 by helping with the:

### THIRD ANNUAL PIRATES KIDS TREASURE HUNT

<u>DATE</u>	<u>TIME</u>	<u>LOCATION</u>
April 25th	6:30 pm	Civic Center
May 9th	6:30 pm	Civic Center
May 23rd	6:30 pm	Civic Center
June 6th	6:30 pm	Civic Center
June 20th	6:30 pm	Civic Center
<b>July 11th</b>	6:30 pm	Civic Center

( final meeting prior to Treasure Hunt on July 20th, 2013 )

These meetings are open to everyone who would like to volunteer on Saturday the 20th.

Should the meeting time and date change we will notify you in advance

## DATES TO REMEMBER

- April 16th **Div 20 Meeting**— Sponsored by PLK Bellacino's—Stow Ohio
- April 17th MAPS Air Museum Time: 6 pm  
Cost: \$ 10.00 per person entrance fee ( includes dinner )
- April 24th Regular Meeting / Board Meeting  
Skip a Meal Project
- April 25th Pirates Meeting
- May 1st Regular Meeting
- May 8th Regular Meeting—Last day for PRESale  
Tickets to the Aero's game June 7th

## REMINDER TO ALL BOARD MEETINGS:

All Board Meetings are held the last Wednesday of each month unless otherwise noted.

Please try to be in attendance as much as possible as the board needs your vote.