



# The Sandusky Kiwanian

*"Serving the children of the world"*

A newsletter for the members and friends of the Kiwanis Club of Sandusky

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**MAY 15, 2008**

**A NOTE FROM PRESIDENT TONY CUMMINGS:** "Hello everyone. As you know our Golf Outing is coming up on Wednesday, May 28, 2008 at Sleepy Hollow Golf Course in Clyde. At this point I want to take the opportunity to thank everyone for their continuing efforts on the golf outing. We now have 14 paid hole sponsors and are well on our way to exceeding our goal of 18. We have 31 door prizes and more on the way. And last, but not least, we have at least 14 teams signed up with the possibility of several more! Great job everyone! Our work is not done so continue to ask about sponsors, four-member teams, door prizes and volunteers. We should be having another golf committee meeting soon. Remember, even if you are not a golfer you can still contribute to this fundraising event by finding hole sponsors, teams, prizes, inviting potential new members, and working at the event itself. If we all do our part this will be our most successful golf outing yet! \*\*\*\*\* It seems like a very little amount but if you are doing searches on the internet most of us probably use Google, Yahoo! or something similar to do a search. Now your internet searches can create income for our club. In addition to the income generated with [igive.com](http://www.igive.com) when you make purchases you can also make our club 1 penny for every search you make on the internet by using [www.isearch.igive.com](http://www.isearch.igive.com) set up your account on "igive" using the link provided on our website or using this link:

<http://www.igive.com/welcome/warmwelcome.cfm?c=46370>

you can then use "isearch" to do all of your searches. It uses yahoo's search engine so you don't have to worry about not finding what you are looking for. \*\*\*\*\* I also want to thank members for spreading the word around about membership. We have three potential members in the wings and I am coordinating with Pat Scheid to plan the induction ceremony. Keep up the great work! \*\*\*\*\* Bike Week is just around the corner as well. Our work days are Saturday, June 14 and Sunday, June 15, 2008 at the Erie County Fairgrounds. A sign-up sheet for volunteers will be going around soon for this additional fundraising event. \*\*\*\*\* WE STILL NEED A VICE PRESIDENT! Have a great week!"

## **UPCOMING EVENTS:**

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| May 20     | Program: Alice Springer, the Initiative for Firelands                                   |
| May 27     | Committee Day - @ FRMC – South Campus Cafeteria (Old Providence, 1 <sup>st</sup> floor) |
| May 28     | Golf Outing: At Sleepy Hollow Golf Course   |
| June 3     | Program: Amy Roldan, Big Brothers & Big Sisters   |
| June 10    | Program: John Schaffer, History of the Firelands  |
| June 11    | Board Meeting - @ FRMC – South Campus Cafeteria (Old Providence, 1st floor)             |
| June 17    | Program: Don Roesch, ARC  |
| June 24    | Committee Day - @ FRMC – South Campus Cafeteria (Old Providence, 1 <sup>st</sup> floor) |
| June 26-29 | Kiwanis International Convention @ Orlando, Florida (Learn well, Tony!)                 |
| July 1     | Program: Joe Hayberger  |
| July 8     | Program: John Millar, Kiwanis Foundation  |

**FORD SAYS PROTOTYPE COULD GET 120 MPG:** The plug-in version of the Ford Escape compact SUV is a gasoline-electric hybrid. It will have five times the battery capacity of the current Escape and will recharge from a standard household outlet. Ford says the plug-in engine will get up to 120 miles per gallon, in careful city driving, and 70 mpg to 80 mpg on the highway. It's unclear how much the bigger battery and charging hardware will increase the price of today's Escape, which starts at \$27,170. The drive train is the same as the non-plug-in version but with a 10-kilowatt-hour battery and a 2.3 liter gasoline engine, which reaches 133 horsepower at 6,000 rpm.

**EXERCISE TAKES THE EDGE OFF CHRONIC PAIN:** Doctors at the Mayo Clinic say that when you are in pain, exercise is probably the last thing on your mind. But it could be more important than you think. Regular exercise is a versatile weapon in the fight against chronic pain. It may seem difficult to start, but your body will thank you, say the Mayo people. What exercise can do: It increases endorphins, which are the body's natural pain relievers. Exercise builds strength, which takes the load off bones and cartilage. It increases flexibility when you exercise. That means joints are able to move through their full range of motion and are less likely to ache or be painful. It increases your energy level and gives you the strength to cope with life and with pain. It helps you maintain a healthy weight and contributes to better sleep. It enhances your mood and gives a sense of well-being. You look better and have the confidence to continue. And last, but not least, exercise protects the heart.

**START THE DAY RIGHT, HEAD OUTSIDE AND SEE THE LIGHT:** If Monday morning finds you not too eager to start a new week, the good news is: You can ban blue Mondays and hazardous hump days for good. It's easier now because it's spring. The early morning sunshine can make you feel energetic and can boost your mood say authorities at the Sleep and Mood Disorders Laboratory at Oregon Health & Science University in Portland. Maybe you've noticed that you already feel more awake in the morning. It's because the time when dawn begins affects the body's circadian rhythm. To get your rhythm reset even better, get outside as soon as you wake up. An early morning walk is ideal, but stepping out on your apartment balcony can help. Stretch and loosen up. Face the sun and inhale deeply as you raise your arms. Imagine that you are pulling energy-boosting light into your body. Remember, if you take that walk you'll be brighter and smarter when you get to work.

**ON THIS DAY IN HISTORY:** On May 15, 1942, a U.S. Congressional bill establishing the Women's Auxiliary Army Corps becomes law. It granted women official military status, enabling them to serve in non-combat positions. It was not until 1978, however, that women were allowed to become regular U.S. Army members.

**QUOTE OF THE MONTH:** "The future belongs to the things that can grow, whether it be a tree or democracy." *Kenneth D. Johnson*

**TRIVIA QUESTION** – What will be the winning golf team score in our Wednesday, May 28, 2008 golf outing? (April Trivia Answer: We have just 10 non-golfing volunteers to help with this year's golf outing. There's still time to volunteer to just be a helper the day of the golf outing).

**THE NEXT ISSUE** of the "Sandusky Kiwanian" will be published on June 15, 2008. Submissions are due by June 13 and can be sent to Newsletter Editor, Jim Sennish, via FAX @ (419) 557-6835 or by e-mail [Jim.Sennish@firelands.com](mailto:Jim.Sennish@firelands.com). Please be sure to visit our club and other Kiwanis websites at [www.sanduskykiwanis.org](http://www.sanduskykiwanis.org), [www.ohiokiwanis.org](http://www.ohiokiwanis.org), and [www.kiwanis.org](http://www.kiwanis.org) to see all the new information about our club and Kiwanis in general.