

CCKC NEWSLETTER

1st Place, Club Bulletin 2014-2015
Distinguished Club 2013-2014
Golden Corral, Noon on Monday
1630 North Monroe Street
Tallahassee, Florida 32303

JULY 25, 2016

INSIDE:

CONCERT FUNDRAISER
KIWANIS ONE DAY UPDATE
SPEAKERS & GUESTS
... AND MUCH MORE



Kiwanis

CAPITAL CITY KIWANIS CLUB

Kiwanis International is a global organization of volunteers dedicated to improving the world one child and one community at a time.
Club #5153, Division 3

Chartered Aug. 31, 1959

(Photo: © Jay Blakesberg)

Recent Speakers

July 11th – Robin Dunn Bryant, From the Ashes Healing

Before moving to Tallahassee from Washington D.C. for a quiet place with less crime, Robin was diagnosed with breast cancer, so she began yoga teaching training to connect with her body. She stayed because she finally felt safe in her body.



She wondered, "Who else is not able to be there fully and not take care of themselves?" She discovered TRE® - Tension, Stress, and Trauma Release Exercise. People and animals both have tremors and body shakes when stressed, so are people supposed to suppress those feelings, or be like animals and move on to other things? She started TRE®

In 2011 or 2012 to learn how to do it with individuals and groups. She opened her own business in March with a shoestring budget and no business plan, and she helps people work with their body so the body can say you are free to live. She also taught the attendees to do a breathing exercise: Pick 1 thing to "move" that is adversarial in your life, focus on it on the inhale, and then exhale love. Very simple & powerful!



2016 – 2017 Miracle Sports Calendar

- **TENNIS****July 7-28** (Tennis played at **Temple Israel, 2215 Mahan Drive.**)

Baseball and Football played at **Miracle Field, 2899 Jackson Bluff Road, Field #3 in Messer Park.**

- **BASEBALL****September 8 – November 17**
(Note: Miracle Sports Baseball Seminole Showdown November 17)
- **FOOTBALL****January 19 – April 6 (No football March 16 - Spring Break)**
(Note: Miracle Sports Football Seminole Showdown April 6)

SPORTSABILITY April 6-8, 2017

Games are played on **Thursday nights** (Children: 6:00 pm to 7:00 pm / Adults: 7:00 pm to 8:00 pm)
More info: www.fdoa.org/miracle-sports / info@fdoa.org / (850) 201-2944

Concert Fundraiser

In a joint fundraiser with Elder Care Services, CCKC sold refreshments at the Steve Miller Band concert on July 20th at The Pavilion at The Centre of Tallahassee. Volunteers checked IDs and issued armbands, took orders and money, ran beverages, and prepped & served food.

CCKC and ECS will split about \$2,800 in proceeds, and we need your help to keep this going! Upcoming concerts are Alice Cooper (August 16th) & Rascal Flatts (September 24th), so contact **Jim Wylie** to volunteer.



Pictured below: **Harry Biske, Annie Biske, Jim Ledbetter,** Amanda (CKI Lt. Governor), Pam Price, Jessica (FSU CKI President), **Jim Wylie, Woody Price, Heather Locke, Rose Patterson, Sam Kerce, Rose Ledbetter,** Tommy Mills

Kiwanis One Day

Kiwanis One Day – the day when Kiwanis clubs around the world do service projects on the same day – is moving from April to October. The original date for Kiwanis One Day in 2016 was April 2nd, so on October 22nd we have another opportunity to join with Kiwanis International and clubs worldwide to do more service to improve the community and the lives of children in our community.

Kiwanis[®] ONE DAY

October 22, 2016



FSU SEASON TICKETS



Raffle

Draw Date: August 19th
Winner Notified via Email

WHAT YOU WIN...

**One Pair of
2016 FSU Season Tickets**
Sec 31 - Row 29 - Seats 3&4
Includes SSF Reserved Parking Pass

\$50 Recommended Donation



SHOOT THE MOON

Night Golf Scramble

Join KTLCB for 9 Holes of Golf under the Harvest Moon with Tracer Golf Balls and Illuminated Greens!



Sponsored by 
velocity
 ONLINE.NET



Visit www.ktlcb.com to learn how YOU can help Keep Tallahassee-Leon County Beautiful

Friday, Sep. 16, 2016
Summerbrooke Golf Club
 (7505 Preservation Road)
 6:00 pm - Registration & Social
 (Appetizers-Cash Bar)
 7:15 pm - Shotgun Start
 10:00 pm - Social (Dessert-Cash Bar)
Space is Limited - Register Now!
 Phone, Fax or Email your Registration
 Fax KTLCB @ 850-222-1221
 Email keptallahasseebeaut@comcast.net

SPONSORSHIPS
 (Includes Team of 4 Players)
 Hole Sponsor - \$425 (\$150 w/out Team)
CRESCENT MOON SPONSOR - \$500
FULL MOON SPONSOR - \$1,000
 Individual Players - \$80
 Non-Golfers - \$15 (social activities)
 All Golfers fees include:
 Green Fees, Cart, and 2-Tracer Golf Balls
 (additional Tracer balls available to purchase)
For Sponsorship Details
 Phone KTLCB @ 850-545-6507



REGISTRATION INFORMATION

Golfer 1 Name: _____
 Email: _____
 Phone: _____
 Golfer 2 Name: _____
 Email: _____
 Phone: _____

Golfer 3 Name: _____
 Email: _____
 Phone: _____
 Golfer 4 Name: _____
 Email: _____
 Phone: _____

Happy Bucks!

Happy Bucks - July 11th

Tom Morgan is happy...\$5 for diapers AND \$2 for tips AND \$2 in recognition of Honor Flight Tallahassee vets at the Firecracker 5K - Jim Davis for food; Woody Price for check-in; Dwight Davis, Susan & Howard Eisenman for tents and chairs; Bruce Gillander for parking; Jennifer Ohlsen for coordination & resources.

Dwight Davis is happy...\$5 for diapers AND for Susan Eisenman for figuring out tents are put up and taken down.

Howard Pardue is happy...he has another 4 bags of shoes AND not happy he will HAVE to go up to the mountains to play music, dance, and drink beer.

Woody Price is happy...to say that we need to wrap up the Shoe Drive, so ask yourself "What Would Howard Do?" He is embarrassing everyone and Woody advises folks to ask clubs, church and synagogue go-ers, and friends and neighbors to help. Howard Pardue notes that he has a potential resource with the Outreach Minister at church, who was cleaning out a closet and liked to help create business for folks overseas and helping a local civic club - This is not hard.

Jim Davis is happy...\$5 for Jennifer Ohlsen and the Firecracker 5K.

Janet Morgan is happy...ICON recognized Tales for Tots AND the 5K came out great and the kids were happy to sing AND glad it is over for Tom Morgan and everything went well AND for getting back her mic.

Jennifer Ohlsen is happy...although there are enough happy bucks to thank all for their contributions AND for the incredible day on July 4th from 4:00-11:00 AM AND for 506 runners - our biggest turnout yet AND she is no longer allowed to bring a cell phone - her personal phone was lost last year, and her work phone this year AND at ICON she had the opportunity to share Healthy Families Florida and clubs from 6 states were interested in information AND she bet on Portugal, while her son bet on France, so he had to buy dinner AND our speaker is here.

Bruce Gillander is happy...Portugal won Euro 2016.



Happy Bucks - July 18th

Tom Morgan is happy...\$5 for diapers and \$2 for the tip jar.

Amber Tynan is \$20 happy...very happy that Finnley is here. She was born on June 9th at 5 lbs. 4 ozs. and is now 8 lbs. 5 ozs., so she was a hungry little girl at night when Mommy is trying to sleep. One in 2,000 babies are born with milk teeth, but Finnley developed 2 real teeth in the first week. AND \$15 for Jennifer Ohlsen, Rose Ledbetter, Jim Ledbetter, and Tom Morgan for the Firecracker 5K and Dustin Driggers for Florida Blue's sponsorship and Rose and Jim Ledbetter for volunteering at the Beer Garden at Tom Brown Park.

Jack Levine is \$5 happy...to congratulate a future Key Clubber (Finnley) AND he just got back from a convention which supported a new initiative to lower the voting age to 16 for school board positions AND Jennifer Ohlsen's upcoming presentation at DCON.

Dwight Davis is \$5 happy...for diapers.

Annie Biske is \$3 happy...for diapers.

Rose Ledbetter is happy...Jennifer Ohlsen survived the Firecracker 5K. Jennifer said she survived, but 2 golf carts died on the race course.

Jim Ledbetter is happy...but for a Virtual Club event, not a CCKC one...He and a VKBB member picked up furniture for Guardian ad Litem, took it to a storage unit on the 3rd floor, then took some of the same furniture back down to the truck to deliver, pushed a stalled Chevy Tahoe (5,000 lbs.) off the road into a parking lot on the way, and delivered the furniture to a 21-year-old moving out of the foster care system.

Recent Guests

July 18th – President Amber Tynan is back from maternity leave and brought a surprise guest . . . Finnley!



ELIMINATE
maternal/neonatal tetanus



Kiwanis Objects

The six permanent Objects of Kiwanis International were approved by Kiwanis club delegates at the 1924 International Convention in Denver, Colorado. Through the decades, they have remained unchanged.

- * To give primacy to the human and spiritual rather than to the material values of life.
- * To encourage the daily living of the Golden Rule in all human relationships.
- * To promote the adoption and the application of higher social, business, and professional standards.
- * To develop, by precept and example, a more intelligent, aggressive, and serviceable citizenship.
- * To provide, through Kiwanis clubs, a practical means to form enduring friendships, to render altruistic service, and to build better communities.
- * To cooperate in creating and maintaining that sound public opinion and high idealism which make possible the increase of righteousness, justice, patriotism, and goodwill.

Zeller, Hixson, & Davis Fellows

CCKC is proud to recognize its members' support of the Kiwanis International & Florida Kiwanis Foundations.

Donors who give \$1,250 to The Eliminate Project—a global initiative to eliminate maternal and neonatal tetanus – become Walter Zeller Fellows, named in honor of the first donor to the Kiwanis International Foundation.

| | |
|------------------------|-------------------------|
| <i>Ev Anderson</i> | <i>Bill Rogers</i> |
| <i>Jim Davis</i> | <i>John Ryan</i> |
| <i>Howard Eisenman</i> | <i>Hilmar Skagfield</i> |
| <i>Bob Henderson</i> | <i>Larry Spalding *</i> |
| <i>Ed Joyce</i> | <i>Donna Wells *</i> |
| <i>Jim Ledbetter</i> | <i>Fred Williams</i> |
| <i>Woody Price</i> | <i>Jim Wylie</i> |



Donors who give \$1,000 to the Kiwanis International Foundation become George F. Hixson Fellows, named in honor of the first Kiwanis International president.

| | |
|------------------------|-------------------------|
| <i>Bob Henderson *</i> | <i>Bill Rogers</i> |
| <i>Tom Duggar</i> | <i>Hilmar Skagfield</i> |
| <i>Howard Eisenman</i> | <i>Larry Spalding</i> |
| <i>Ed Joyce</i> | <i>Marcia Waller</i> |
| <i>Howard Pardue</i> | <i>Donna Wells *</i> |
| | <i>Jim Wylie *</i> |



Donors who give \$1,000 to the Florida Kiwanis Foundation become Ralph Davis Fellows, named in honor of the first Florida Kiwanis Foundation president.

| |
|------------------------|
| <i>Howard Eisenman</i> |
| <i>Bob Henderson</i> |
| <i>Bill Rogers</i> |
| <i>Larry Spalding</i> |
| <i>Jim Wylie</i> |



*Diamond-level (additional \$1,000/\$1,250 donated)

CCKC Current Projects

Service Projects:

1. **Roadside Clean-up:** Quarterly, in conjunction with Keep Tallahassee - Leon County Beautiful members pick up trash along a dedicated one-mile stretch of Richview Road.
2. **Handicap Ramp Building:** At the request of, and in collaboration with Ability First, the club constructs ramps for disabled or senior clients with limited access to their house.
3. **Miracle League:** CCKC, with other Division 3 clubs, Florida Disabled Outdoors Association, local government agencies, business and private organizations and individuals, supports a special athletic field and activities for children and adults with limited abilities.
4. **Pop-Top Tabs/Toiletries:** Beverage can pop-tops are collected for Ronald McDonald House, and hotel toiletries are collected for the Big Bend Homeless Coalition.
5. **Meals-on-Wheels:** Each week a club member(s) delivers meals from Elder Care Services to about 10 clients on Route G5.
6. **Feed-the-Hungry:** Once a quarter, members provide meal service to the homeless.
7. **Dictionaries & Thesauruses:** The club annually provides dictionaries to all 3rd graders at Ruediger, Pineview, Chaires, and Woodville Elementary Schools and thesauruses to students at Raa and Woodville Middle Schools.
8. **Ruediger Elementary Terrific Kids Program:** CCKC sponsors recognition and mentoring of outstanding pupils ages 6-11.
9. **Kids Voting:** During general elections, CCKC staffs a booth at a selected voting precinct to help educate kids on the election process.
10. **SSF Scholarships:** The club partners with the Southern Scholarship Foundation (SSF) and provides financial support for SSF's mission to provide rent-free housing to qualified students.
11. **Ralph Davis Kiwanis House:** CCKC, with other Kiwanis clubs, stocks food shelves and cleans/maintains this Southern Scholarship House.
12. **Diaper Drive:** CCKC donates diapers to Healthy Start and Healthy Families Florida for kids ages infant to 5 years.
13. **Soldier Care Packages:** CCKC sends packages/backpacks with personal care items to deployed US combat troops.
14. **Turn About:** Members serve on the board and support this private non-profit, family-centered agency providing Child Victim Rapid Response for children who are victims and/or witnesses to violence, and for drug/alcohol rehab for youth and adolescents.
15. **Toy Donations at TMH Pediatric Unit:** CCKC's Kiwanis One Day Project buys and delivers toys to children receiving treatment at Tallahassee Memorial Hospital's Pediatric Unit.
16. **Big Bend Hospice Tree of Remembrance:** Members staff the tree for a day, and shoppers donate to purchase an ornament to place on the tree in memory or in honor of a deceased loved one.
17. **Apples for Teachers:** CCKC and Kiwanis Kids recognize teachers and staff at Ruediger Elementary for their service with apples once a year.

18. **Tales for Tots:** CCKC donates new and "gently loved" books to kids, infants to 5 years old, volunteers to read the books to them, and then gives them the books to keep in order to encourage them to read.
19. **Service Leadership Programs:** CCKC sponsors Kiwanis Kids at Ruediger Elementary School, Builders Club at Raa Middle School, and Key Clubs at Lincoln, Rickards, and SAIL High Schools.
20. **ReadingPals:** Members volunteer to read one-on-one, for one hour a week, with a student in kindergarten, 1st, or 2nd grade at a Title One school to inspire and help them to read on grade level when they reach 3rd grade.
21. **Guardian ad Litem:** Members volunteer their time in this partnership of community advocates and professional staff providing a powerful voice on behalf of Florida's abused and neglected children.
22. **Immunization Coalition:** This partnership of health agencies in Leon and Gadsden Counties, Leon County Schools, and Kiwanis Clubs promotes infant and back-to-school immunizations and flu shots.
23. **Elder Day Stay:** Members donate items to be used for Bingo prizes at Elder Care Services which allows a "home away from home" environment with safe, social interaction for seniors.
24. **Honor Flight Tallahassee:** CCKC supports the mission to transport local veterans to Washington, D.C. to visit those memorials dedicated to honor their service and sacrifices.

Fund-raising Projects:

1. **Football Parking:** Members park cars at the Southern Scholarship Foundation (SSF) parking lot on Stadium Drive during home FSU football games. CCKC splits the proceeds with 70% going to SSF to help provide college scholarships and a portion of the remaining 30% to CCKC to support club projects.
2. **Pancake Breakfast:** volunteers cook eggs and pancakes at a local restaurant for breakfast.
3. **Alternative Christmas Market:** An annual fundraiser in early December in which the club staffs a booth at Christ Presbyterian Church providing shoppers with items supporting a selected club project, such as the Miracle League, from which they can choose to purchase as donations.
4. **Firecracker 5K Race:** CCKC is continuing the 30-year history of this Kiwanis race, started by the Greensboro Kiwanis Club, and always held on the 4th of July. The event also includes a 1 mile fun run/walk.
5. **Saturday in the Park Concert Series:** Members sell beer and wine to concert-goers at Ponce de Leon Park on the first Saturday of the month from May to October.
6. **Bunco:** A fundraiser involving the social dice game for groups of 12-16 players.

Service & Fundraising Information

Pop Top Tabs and Hotel Freebies

Place pop top can tabs and any hotel freebies in the container in the storage cabinet for distribution to Ronald McDonald House and Big Bend Homeless Coalition. POC: Annie Biske

Meals on Wheels Roster – ROUTE G5

Please place the date of service on your calendars. If for some reason you find that you are unable to deliver the route, try to arrange a swap with another club member.

Please be at Elder Care Services, 2518 W. Tennessee St., by no later than 11:00 on your assigned date. Earlier is better! Remember we have to deliver the meals no later than 12:30 to meet Federal guidelines. Call 245-5932 if you have a conflict. For those of you who are new members, please see Fred Williams for information concerning the meals route. Thanks!

July 27 – John Kenyon

August 3 – Harry & Annie Biske

August 10 – Tony Shah

August 18 – Tom Duggar

August 25 – John Ryan

The Centre of Tallahassee Concessions

Alice Cooper

August 16th @ 6:00 PM

Rascal Flatts

September 24th @ 3:30 PM

2415 N. Monroe Street, 32303

Roadside Cleanup

August 13th

7:30 AM for food; 8:45 AM no food

Bada Bean

2500-B Apalachee Pkwy., 32301

Meet at the DHSMV parking lot on the corner of Apalachee and Richview at 8:45 AM

FSU Home Football Parking Fundraiser

September 10th @ 8:30 AM

Southern Scholarship Foundation

322 Stadium Drive, 32304

Board of Director Meetings

CCKC Board of Directors last met on July 18th. The next meeting is August 1st. The board meets on the first Monday of every month at 5:30 pm at the office of Margaret Lynn Duggar 1018 Thomasville Road. Members are encouraged to attend BOD Meetings. Meeting minutes & materials are posted on the CCKC website at www.Capitalcitykiwanisclub.com/info.html



Kiwanis International, District, Division, CCKC Leadership

2015-2016 CCKC Officers

President: Amber Tynan
President Elect: Jim Davis
Past President: Woody Price
Secretary: Rose Ledbetter
Treasurer: Joe Sanders

CCKC Board of Directors

2014-2016:
Dwight Davis, Tom Morgan, Linda Smith
2015-2017:
Tim Atkinson, Dustin Driggers,
Jim Ledbetter, Jennifer Ohlsen

2015-2016 Division 3

Lt. Governor: Jerome Wyche (Madison)
Lt. Governor-Elect: Woody Price (CCKC)
Past Lt. Governor: Steve Sullivan (Tallahassee)
Secretary/Treasurer: Jim Ledbetter (CCKC)
Florida Foundation Trustee: Jim Wylie (Killearn)

2015-2016 Florida District

Governor: Celia Earle
Governor-Elect: Gary Frechette
Past Governor: Chuck Gugliuzza
<http://www.floridakiwanis.com>

2015-2016 Kiwanis International

President: Susan Petrisin
President Elect: Jane Erickson
Past President: Dr. John Button
<http://www.kiwanisone.org>

To contact the Newsletter Editor:
ledbetter.kiwanis@gmail.com

CCKC Datebook

Birthdays

Members are encouraged to give a gift equal to their age to the CCKC Foundation or service projects.

July 28th – Howard Eisenman

July 29th – Kim Davis

July 31st – Fred Williams

August 13th – Jan Morgan

Wedding Anniversary

August 4th – Dick Dowdy

August 5th – Melissa Watson

Membership Anniversary

August 1st – Tony Shah (5 years)

August 2nd – Tom Duggar (30 years)

August 4th – Mike Stephens (2 years)

August 5th – Howard Pardue (14 years)

August 6th – Emma Huddleston (4 years)

Coming soon . . .

Program Coordinator:

July – Jennifer Ohlsen

August – Amber Tynan

September – OPEN

Weekly Greeter:

July – Jim Ledbetter

August – OPEN

September – Fred Williams

Upcoming Speakers:

- August 1st – Akin Akinyemi,
Leon County Property Appraiser Candidate
- August 8th – Jim Messer,
Florida House District 9 Candidate
- August 15th – Kelly Ann Fasano,
FSU Foundation – 7 Days of Opening Nights



Kiwanis
International

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