



The Klatter

Kiwanis Club of Lubbock, Texas 79408

Kiwanians of the Year:

David Cook & Wayne Kohout

Kiwanis:

Serving the Children
of the World

kiwaniscluboflubbock.org

NAME	BUSINESS	WORK	JOINED	HOME	NAME	BUSINESS	WORK	JOINED	HOME
Andrews, Sandra	Retired Teacher		239-287-4586		Jones, Steve	Prosperity Bank	741-2230		794-5532
Tom	sandramayandrews@gmail.com	2-15-19			Cheryl	steve.jones@prosperitybankusa.com	1-29-09		
Andrews, Tom	Retired, Computer Software		239-284-9420		Kohout, Lequice	Retired, TTU Housing	cell-773-1951		794-3226
Sandra	ctomandrews@gmail.com	2-15-19			Wayne	lequice.kohout@gmail.com	6-20-19		
Ascencio, Dianah	TxDOT Public Inf.	748-4472	cell-292-2358		Kohout, Wayne	Retired, TCEQ	cell-773-5541		794-3226
Raul	ascencio_one@yahoo.com	12-19-13			Lequice	wayne.kohout@gmail.com	3-13-14		
Batrice, John Paul	Clock Doc	797-5036	cell-789-9000		Mallard, David S.	Attorney*	(972) 978-7686		same
Mimi	john@clockdoc.com	7-29-03			Sherry	mallardesq@aol.com	*Mallard Law Fr	10-1-21	
Brown, Tom	Collier Construction	741-1982	325-733-7492		Manning, Marjorie	Homemaker	cell-928-1728		797-9054
Beth	tom@colliertx.com	4-8-14				mmaning@icloud.com	6-2-01		
Campbell, David	Retired Prob. Officer		686-7652		Mason, Luke	Children's Home	762-0481	cell-500-8283	
Kathy	davidcampbell605@gmail.com	4-13-18			Callie	lrmason@childshome.org	8-12-22		
Campbell, Paul	United Supermarket	765-8013	cell-535-0173		Maxwell, Gene	Retired, Banker		cell-787-7103	
Natasha	paulcamp08@yahoo.com	8-18-17			Maysie	gmaxwell@firstunited.net	10-1-98		
Conn, Deborah	Retired, TTU HSC		cell-500-5399		Moore, Jimmy D.	Children's Home*	762-0481 Ext: 208	535-8161	
	debbyeconn@gmail.com	11-16-17			Shelley	jmoore@childshome.org	*President	11-10-16	
Cook, David	Retired USAF & TDCJ		789-9706		Parnell, Susanne	United Supermarket*	472-5856	831-4194	
	toyota3784@yahoo.com	7-3-17				susaneparnell22@gmail.com	*Buyer	5-20-22	
Davis, Kim	Nomiss Communication*		544-4255		Phea, Joe	Retired, Star Care Health System		773-7854	
Paul	nomisskim@outlook.com	*Owner	6-16-22		Felicia	jphea@yahoo.com	6-16-22		
Dover, Ron	Retired Businessman		cell-239-5325		Ramsey, Jill	Homemaker		441-6666	
Charlotte	No Email	4-7-83	239-5180		Patrick	jill.ramsey@ymail.com	2-13-14		
Downum, Gordon	Retired, Educator	cell-790-3652	795-3467		Rinehart, Walter	Retired Educator	cell-786-1559	281-6419	
	gdownum@att.net	11-3-87			Joyce	wrine44056@aol.com	11-16-94		
Dugger, James	Vitalant Blood Services*	797-6804	cell-786-5629		Rostad, Paul	Retired Businessman		cell-441-6194	
Melody	james.dugger@icloud.com	*Div. VP	6-19-20		Judy	paulrostad@gmail.com	2-2-77		
Embley, Charity	TTUHSC faculty, & Copy Press*		cell-300-1377		Upp, Tim	Suddenlink Comm.	771-6051	646-0106	
George	charity.embly@ttuhsc.edu	*Editor	7-2-22		Dolores	tim.upp@alticeusa.com	11-5-17		
Ham, Cindy	Caprock Hm Health	791-0077	470-3775		Vige, Carmen R.	Lubbock Natl. Bank	761-4101	781-2954	
Zane	cindyham@sbcglobal.net	3-17-14				cvige@lubbocknational.com	3-4-15		
Hitch, Reed	Medicare/Retirement*	543-2018	543-2018		Wallace, Mary A.	Retired		cell-432-213-2851	
Denise	reedhitch@msn.com	*Advisor	3-4-19			mwallace43@suddenlink.net	2-26-20		
Howard, Joel	Retired City Atnys. Off.	Cell-445-1232	795-0791		Zeeck, Charles E.	Retired*	cell-787-9716	794-6849	
	jthoward@gmail.com	7-15-11			Vieta (Vi)	cezeeck38@gmail.com	*former Lt. Gov.	8-5-19	
Johnson, Russell	UniFirst Sales Rep.		cell-789-3489						
Heather	russell_johnson@unifirst.com	2-10-16							

57 Members A/O Mar. 5, 2020; 35 Members A/O Jan. 19, Down 22!

Guest Speaker Last Meeting

Patty Freier, MSN, RN, CPHQ, was more a 'mover' than a 'speaker', although, could she vocalize!!

Her presentation was 'Laughter Yoga'! Which, I must admit, did appear a bit 'corny', and **John Paul** discreetly left the room?? Anyhow, your Klatter reporter can't do **Patty** justice in describing her unique, interactive, laughing experience! Her handout '*Just Laughing!*' did, however, and she put us thru 'YOGA'! **You just HAD to be there!**

I wish we had a video of this experience! We'd have 'U-Tube' moments!

Bottom line, **Patty** implored us to just 'laugh' more. Really have as many laughable moments that we can. **My** most 'belly laughs' occur when I see "Christmas Vacation" with Chevy Chase. 'Extra PG', but really hilarious!

Patty explained a good sense of humor can't cure all ailments, but data is mounting about the positive 'things' laughter can do. Like:

Stimulate many organs; increases endorphins released by your brain.

Activate and relieve your stress response; can increase and then decrease your heart rate and blood pressure. A good, relaxed feeling.

Soothe tension; can also stimulate circulation and aid muscle relaxation, both of which can help reduce some of the physical symptoms of stress.

Patty said it's also good for you over the long term. Laughter may:

+Improve your immune system.

+Relieve pain.

+Increase personal satisfaction.

+Improve your mood. Give it a try!

Turn the corners of your mouth up into a smile and then give a laugh, even if it feels a little forced. Once you've had your chuckle, take stock of how you're feeling. Are your muscles a little less tense? Do you feel more relaxed or buoyant? That's the natural wonder of laughing at work. Still a 'sourpuss'?

January 19, 2023

Our January Birthdays:

Joe Phea – 1/11
Tom Andrews – 1/16
Jimmy Moore – 1/20

Our Guest Last Meeting

Roger Mahan, TX Girls & Boys Ranch – our next new member?

Board Meeting 'Mentionings'

Gordon will no longer be attending but will remain a member!

Paul received 'Thank You' letters from Tech 'scholarship' students.

President Announcements:

Debby announced, again, that all club members **need to** complete youth protective services training. This is a directive from Kiwanis International. After a review of the PowerPoint presentation, members will record their name on the compliance list at any meeting. A printed copy of the Youth Protection Policies and Procedures (updated October 2021) is available for each member. If you have any questions, please see Debby.

Donations Still Needed!

Our local Boys & Girls Clubs are still asking for donations of arts and craft supplies, all types, and construction paper, too! These are used by kids while attending the clubs, and while at the clubs for 'after school' activities until their parents get home from work.

Please bring items to meetings.

**Our Klatter was Printed
By First United Bank**

John Paul Batrice's



Bits & Pieces

I'm filling in for John Paul – I read this morning in the AJ (it's still delivered!) that a French nun, Lucile Randon, died before her 119th birthday. WOW! My dad was born 1919, but didn't even make it to 80!

Did you know that in 1920:

- 1 Average life expectancy in the United States was 46 years. Was 77.28 in 2020, and is now falling!
- 2 14% of American homes had a bathtub. 8% had a telephone. 1940, 45% of homes had indoor plumbing!
- 3 Speed limit in most cities was 10 mph. My speedometer has 180 on it!
- 4 Population of Las Vegas was 30. Lubbock's '20 population was 4,051!
- 5 There were 230 reported murders in the U.S. In 2020: 21,570!
- 6 The Eiffel Tower, 1,083 to tip, was the tallest structure in the world. The Burj Khalifa, 2010, in Dubai, is 2,717'

PHONES FOR SOLDIERS!

Tom Andrews wants any and all phones you no longer need, to be donated. Tom will take phones that are working or not. He sends them to Georgia where they are repaired/reset for use by military personnel overseas.

OFFICERS 2022-2023:

Deborah Conn, President
Russell Johnson, President-Elect
Joe Phea, Vice President
Cindy Ham, Treasurer
Paul Rostad, Secretary
Tim Upp, Past Pres.

BOARD MEMBERS:

2021-2023: Tom Andrews, James Dugger, Reed Hitch, David Mallard
2022-2024: David Cook, Kim Davis, Wayne Kohout, Luke Mason

TODAY

Thurs. Jan. 19: Anna Delano, Reg. Marketing Development Mgr., Reliant Energy

ALSO...COMING SOON:

Thurs. Jan. 26: Alex Yack, Senior Director of Development, TTU Col. of Ag Sciences & Natural Resources

Thurs. Feb. 2: David Mallard, Attny. at Law Mediator, Mallard Law Firm / **Board Meets – BE THERE!**

