



The Klatter
 Kiwanis Club of Lubbock, Texas 79408
 Kiwanian of the Year: Tim Upp

Kiwanis:
 Serving the Children
 of the World
 kiwaniscluboflubbock.org

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From Our Kiwanis Magazine:
"Let go of holding on" article by
Megan Fulwiler...

"The new year has begun. Instead of making a resolution to do one more thing, what if you 'let go' of something instead? Resolutions are a familiar way to kickstart a new you, but most of us (almost 80%) fail to keep them. Start fresh by learning to 'let go of things that no longer serve you', and make space for creating the life you want." (Megan elaborates...)

Why we hold on?

"For a society organized around acquisition, it's not surprising that we often define ourselves by our possessions, job titles or relationships. As a result, releasing any of these can feel like giving up what we worked so hard to attain."

"Leaving a job or a relationship can feel like quitting. And quitting feels a lot like failure, especially when it comes to how we define ourselves." (Megan elaborates...)

Letting go is good for us!

"Dropping off household items at a donation center can feel freeing. Finally making a decision can be liberating. And that's because clinging takes a lot of emotional energy." (Megan elaborates...)

How to let go!

"Letting go is a life-long practice. It requires paying attention to what you feel, learning to identify what you want and recognizing when it's time to say goodbye. Here are tips:

- Write it down in a journal
- Express gratitude
- Move your body/take a walk
- Be kind to yourself
- Breathe, exhale to release

Please read, then **reread**, this article in the Jan/Feb 2022 magazine. It may make a better you and year!

Board Meeting 'Mentions...':

Our **Board** met yesterday at the Red Zone Café at 3602 Slide Rd, in their Locker Room. The **Board** moved to renew the agreement with the TX Dept. of Transportation to continue our '**Trash Off**' (pick-up) thru 2022, along both sides of Regis St. from I-27 to the airport entrance road, twice a year.

Debby Conn procured a **Proclamation** from **Mayor Pope** recognizing our club's 100th Anniversary Feb. 23, 2022. This will be presented at our Wed. Feb. 23rd meeting commemorating 100 years of our club's service to the Lubbock community.

The **Board** also reinstated our \$1,000 contribution to the Challenger Little League for 2022. Due to COVID, the league cancelled all play during 2020, but spent our 2020 contribution during 2021.

This brings our total contributions for 2022 to \$15,000. All of this total is raised by our Flag income, which is why it is so important we have enough volunteers for our five Flag Days this year!

Debby Conn is Chairperson for our club's "100th Anniversary" celebration! **Dianah Ascencio** is her Vice-Chair, and **Charles Zeeck**, former Kiwanis Lt. Governor, is the club's 'Historian'.

Please contact Debby or Dianah if you would like to help them with this historic event, coming Wednesday, Feb. 23rd 2022!

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John Paul Batrice's



Bits & Pieces

I used to wonder what it would be like to read other people's minds. Then I got a Facebook account, and now I'm over it!

Did you hear about the cross-eyed teacher who lost her job because she couldn't control her pupils?

When you get a bladder infection, urine trouble!

England has no kidney bank, but it does have a Liverpool.

I dropped out of that Communism class because of lousy Marx.

Be kind to your dentist. He has fillings, too!

The earthquake in California obviously was the government's fault!

I got a job at a bakery because I kneaded dough.

OFFICERS 2021-2022:

Tim Upp, President
Jimmy Moore, President-Elect
Deborah Conn, Vice President
Cindy Ham, Treasurer
Paul Rostad, Secretary
John Paul Batrice, Past Pres.

Board Members:

2020-2022: David Cook, Richard Lee, Mary Wallace, Charles Zeeck

2021-2023: Tom Andrews, James Dugger, Reed Hitch, David S. Reid.

TODAY

Thurs. Jan. 6: Mystery Guest Speaker! Come to the meeting to find out who it is!

ALSO COMING SOON

Thurs. Jan. 13: Poppy Beard, President of 'Unpack Ministries', Ministry for Single Mothers

Thurs. Jan. 20: Leslie Timmons, Community Education Coordinator, 'Voice of Hope' Texas

