

Kiwanis Club of Long Beach

Island Newsletter

December, 2018

Celebrations

Happy Birthday

No members' birthdays celebrated in December

Kiwanis Anniversaries

No Kiwanis anniversaries This Month

Wedding Anniversaries

No wedding anniversaries this month

Schedule of Events

12/1 - Annual Christmas Parade – Ship Bottom

12/5 – 9/AM – Regular meeting – Ship Bottom firehouse – Board meeting

12/5 – 10/AM – Sort socks collected for “Happy Feet” project

12/9 – 11/AM – Lunch at Nardi’s Restaurant - 2/PM – “The Elf” at Surfflight

12/10 – 10/AM – Wrap childrens’ gifts at Maximilian Foundation – Bay Avenue

12/12 – 9/AM - Children’s Breakfast for Special Ed Children at SB Firehouse

12/15 – Christmas Food Drive – Collect donations at local supermarkets

12/19 – 9/AM – Final regular meeting of the year – Ship Bottom firehouse

Happenings

Kiwanis One Day

Kiwanis LBI departed from the tradition of spending one specific day doing a particular charitable work fulfilling the club's participation in the Kiwanis International global "Kiwanis One day" program. Instead, we worked over a three day period helping our partner, the Maximilian Foundation, prepare for and execute the "Fourth Annual Captain's Tournament and Fish Fry". Preparatory work was done on Thursday and Friday. The fish fry took place on Saturday, November 3 at the Manahawkin Elks.

Shown here are Pat Doyle, Bud Dixon, Faith Dixon and Dick Binetsky selling 50-50 tickets at the Saturday afternoon event. It was a beautiful day, but we certainly could have done without the estimated 40 mph wind gusts.



Bill Wiegel Speaker at Kiwanis LBI's November 7 Meeting

Bill Wiegel, a volunteer with “Always Supporting Our Military”, spoke at our November 7 meeting. The organization sends packages containing many different personal items to our overseas troops on a monthly basis. For several years, Kiwanis LBI has donated socks for inclusion in the packages. Bill was given about 600 pairs at our meeting. Based on the comments made by some of the troops in letters they wrote the organization, the socks have been very much appreciated.



Kiwanis LBI President Rick Schmid and Faith Dixon shown with Bill Wiegel after Bill received the Kiwanis LBI Award of Recognition for the very fine presentation he made that morning.

Thanksgiving Collection of Donations for Food for Needy Families

Many Kiwanis LBI members stepped up to the plate to collect funds for Food Drives for the needy for Thanksgiving.

Shown here are Helene Morizzo, Bill Appelget and Pat Doyle at the Acme in Manahawkin, as well as President Rick Schmid standing with Bill Appelget.

Dave Young, Ellie Ehnot, Doug Bode and Peg Appelget volunteered their time collecting at the Acme on LBI. Wally Mianowski, Dick Binetsky and Jim Chenard collected at Murphy's Market in Beach Haven.

A total of \$566 was collected. We are happy that we are helping some needy families enjoy their Thanksgiving holiday



Kiwanis LBI's "Kids Need Kiwanis" Recruiting Brochures

Be sure to obtain an ample supply of our recently re-designed recruiting brochures from our cabinet at the Ship Bottom firehouse. The tri-fold brochures certainly will help to let potential new members know exactly what Kiwanis LBI is all about. Please use this excellent tool to help recruit much-needed new members.



SRHS Key Club's Food Collection for Thanksgiving for the Needy

About ten members of Kiwanis LBI helped to deliver the food collected by the SRHS Key Club for Thanksgiving dinners for the needy. A large turkey and two large boxes of delicious grocery items were delivered to each family.

Approximately 80 needy families were served. This is just one of the many service projects our Key Clubbers perform on a regular basis.

Shown here are two of Our Kiwanis Delivery Folks - Bill and Peg Appelget.



Additional Information for Kiwanis LBI Members with Regard to our Affiliation with the Maximilian Foundation

Our November newsletter contained an article concerning our club's partnership with the Maximilian Foundation. One of the three programs that the Foundation helps fund is the "**MIST**" program" (Mindfulness Infusion for Students and Teachers). Some members asked for an explanation of the MIST program. The article that follows appeared in the July 25 issue of "The SandPaper". Hopefully, this article will answer all their questions. Essentially, the program should help younger students develop self-esteem and have a better self-image. Perhaps this will help them from turning to drugs when they are older. Both contributions from Kiwanis LBI and grants received from the New Jersey District of Kiwanis International help to fund the MIST, STYLE and AWARE programs. The Maximilian Foundation and Kiwanis LBI are very grateful to the New Jersey District Foundation for their financial support.



Barnegat Schools Implementing MIST in Elementary Grades

Jul 25, 2018

The Maximilian Foundation is partnering with Barnegat Township School District to help its students have the tools and strength to avoid behaviors that could negatively affect the rest of their lives by bringing MIST (Mindfulness Infusion for Teachers and Students) to K-5 classrooms, reaching 1,500 students for the 2018-19 school year.

Based in Stafford Township, the foundation has presented a \$2,900 check to cover the cost of implementing the program in the inaugural year.

District Superintendent Brian Latwis said mindfulness is the practice of placing attention and awareness on what is happening in the present moment without making any judgments about it. According to the foundation, mindfulness is a mental state achieved by focusing one's awareness on the present moment, which helps kids prepare for learning, building self-awareness and self-esteem.

"Starting in elementary school, children can learn about the neuroscience behind mindfulness with lessons about how our brain works," the organization says. "By using Mindfulness training, they can become more self-aware by putting their thoughts and feelings into words and developing greater self-control by remaining calm in difficult situations. They learn to treat others with empathy and compassion by developing their own sense of empathy through becoming great listeners, appreciating all the good things in their lives and passing their happiness, serenity and goodwill onto others. Mindfulness helps these kids benefit from learning how to best support their own bodies and minds."

Latwis said the district will be working with Nate Terrell, a clinical social worker who has a private therapy practice in Mullica Hill. He is the author of *Achieving Self-Compassion: Giving Yourself the Gifts of Happiness and Inner Peace*.

"School is not just about academics and curriculum," said Latwis. "There are also social and emotional issues involving children, and this is an excellent opportunity to help kids who may be struggling."

Allison Greco, a counselor at the Cecil Collins School, added, "With the drug problems in the county, we need to reach out to younger children. Hopefully our kids will develop self-esteem and have a better self-image, so maybe they won't want to turn to drugs when they are older."

— Eric Englund ericenglund@thesandpaper.net

How You Can Help Your Club in December

December is an extraordinarily busy month for Kiwanis LBI. We need members to pitch in and help all they are able with the many activities planned for the month. We will need your help at the following activities:

- 12/5 - First, attend our business meeting and then stick around for an hour or so to help sort the socks collected for our "Happy Feet" Project
- 12/9 – Join our members and attend our club's Christmas social function – Lunch at Nardis at 11/AM, followed by the show, "The Elf", at the Surfflight Theatre at 2/PM.
- 12/10 – Meet club members at the Maximilian Foundation on Bay Avenue, Manahawkin at 10/AM and help wrap gifts for the Special Education Childrens' Breakfast
- 12/12 – Be on hand at 9/AM to help with our annual Children's Christmas Breakfast for Special Education children at the Ship Bottom firehouse. Come and see Santa arrive and enjoy activities with the children. Many of our Key Cub members will be there to help serve and entertain the kids. Plan to be there and see the beautiful expressions on the children's faces when Santa gives them their gifts. That, in itself, will be one of the most rewarding events of your day.
- 12/15 – Be sure to sign up for a couple of hours that Saturday to help collect donations to buy food for the needy for the Christmas holidays. Our hours for collection are 9/AM through 1/PM. We generally have two volunteers collect at each of the two shifts at Murphy's Market in Manahawkin as well as at both of the Acme locations on LBI and Manahawkin.

Once again – please try to help where and when you are able. Doing so should lead to a certain degree of satisfaction that you are doing what Kiwanians do – i.e. "Help the children of the world – one child and one community at a time".

Kids Need Kiwanis