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**2008-2009**  
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**THE BRAINERD KIWANIAN**



# BRAINERD KIWANIS NEWSLETTER

FEBRUARY 23-27, 2009

## Happening This Week

### OUR SPEAKER THIS WEEK

#### *Dalton Roberts*



Dalton Roberts is a humorist, musician, poet, songwriter, author, newspaper columnist, politician and front porch philosopher.

As a politician, he served 16 years in the highest elective office in Hamilton County, Tennessee and was given the honorary title of County Executive Emeritus.

As a musician and songwriter, he has played the Grand Ole Opry, wrote a hit country song, as well as an NBC-TV theme song.

His popular columns appear in several newspapers and magazines featuring humor, politics, human interest stories, religion and philosophy, and just about anything that fascinates his uncommon curiosity.

He has written two books, "Things That Really Matter" and "KICKSTARTS." His articles and poems have appeared in dozens of national magazines.

He was honored by the National Management Association as the Outstanding Manager of the Year in 1991. During his tenure as County Executive his administration won over 100 national awards for excellence.

#### *Thanks To Our Volunteers*

Denise Broadus will lead us in the pledge and our song. Janet Phillips will greet our guests this week.

**SPIRITUAL QUOTE** - Young people who obey the law are wise; those with wild friends bring shame to their parents. Proverbs 28:7

#### *Presidential Quote*

"An honorable defeat is better than a dishonorable victory."  
Millard Fillmore (1850-1853)

#### *Note From Doug*

I left the meeting last Friday with twice as many books as I brought. If you still have books out and DO NOT plan to sell them, I need them this Friday. Please try and sell what we have so that we can wrap this up. The books will sell themselves. If you don't have one yourself, check out the great bargains inside and you will want one!

#### *Note From Rick Bleedlove*

For those who could not attend our meeting today, it was agreed that the Siskin project did not meet our criteria and would be a project that we may not could handle

Also, we ruled out the East Brainerd Elementary School playground project.

We have narrowed down our project to possibly the St Andrew Center. All that went to visit there had a good impression that they were doing a great job in the community and they had a great need there. I have e-mailed Mike Feely to give us some additional details and a budget.

For those of you who did not go over there, may I ask that you pay a visit and see if you got the same impression as those who did.

I am plannign to go over there next week to take some pictures.

Also, as for the Partnership for Families project, I think we all agreed that the bathroom project was something that we could not accomplish. We would need plumbers, etc. and the cost could very well be more than we could budget for. However , we all agreed that we would like to do something for them outdoors that would not cost a lot. Replace the steps, basketball goal, replace a table, etc.

Again, for those who did not go over to St. Andrews, please take time next week to stop by and visit.

#### *Contact Information for Newsletter*

Louis Davis - 423-635-6624 or [louis66@bellsouth.net](mailto:louis66@bellsouth.net)

# How Parents Can Prevent Bullying

As schools across the United States start a brand new school year this month, school administrators once again have to figure out ways to combat the serious problem of bullying. "One hundred percent of children are touched by bullying as a victim, perpetrator or bystander," says Dr. Meline Kevorkian who is the author of a new book, "101 Facts About Bullying: What Everyone Should Know."

## How to Spot Bullying

Some of the signs of bullying are not as apparent as your son or daughter coming home from school with a black eye. There are a few classic signs parents should watch out for such as claiming illness to avoid going to school, missing possessions or money, bedwetting, problems concentrating, trouble with schoolwork, and irritability. Parents should also be aware that if your child possesses certain characteristics such as low self-esteem, has emotional reactions, has inability to stand up for his or herself, has a lack of social skills, or suffers from insecurity it may make him or her more of a target for bullying.

So what if your child is not exhibiting the classic signs of bullying, but you, as a parent, still think that there might be a problem at school? One thing you can try is to ask your child 'Who's the bully in your class?' or 'Was anyone bullied at school today?' and pay close attention to the reaction. A child's response should give clues as to if they have been the target of a bully or even help them to open up about problems they have experienced with a bully.

## Why Bullying Prevention is so Important

Some adults may have the wrong perception of bullying; that it will ultimately produce a child with more emotional strength or a stronger character having dealt with those difficult situations. However, bullying is more likely to put children at risk for long-term troublesome and depressive behaviors. Another real problem from bullying is that "children (who) continually observe bullying that goes unchecked or ignored by adults are at a greater risk of becoming bullies themselves," which could ultimately make bullying an epidemic in our schools. Finally, bullying can and has been proven to lead more serious bad behaviors such as vandalism, shoplifting, and other destructive or aggressive behavior.

## What Can Parents Do to Prevent Bullying

A common misconception of how children should handle a bully that the bullied child should fight back, which is actually one of the worst ways for a child to handle a bully. "The cycle of bullying and victimization is reinforced when the victim responds aggressively," says Kevorkian. She also says that mediation seldom works in a case of bullying

because by asking the children to work together to resolve their differences revictimizes the victim.



## Begin by Talking to Your Child

The best way to begin is to start talking to your child. Ask your children how their day was at school. If you are seeing more uncomfortable pauses from them or they are afraid to respond there might be a problem.

## Be on the Lookout for Injuries

Keep an eye out for injuries that are more than just a scuffed knee from a gym class or recess.

## Talk to Other Parents

If your child is having a problem with a bully, chances are there are other students who are having a problem. Talk to other parents so that you are aware of problem kids in the class and their bullying methods.

## What to Do if You Have Confirmed Your Child is a Victim of a Bully

### Keep Records of Incidents

Keep a written record of the incidents, recording the names of the children involved, when and where it happened, and what happened. Also, keep records of meetings with teachers, guidance counselors, or school administrators.

### Request a Meeting With the Teacher

Make sure you promptly meet with the teacher to address the concerns in a friendly, non confrontational way. You should ask the teacher for his or her observations and ask how he or she intends to put an end to the bullying. Finally, set an appointment with the teacher for a follow-up.

## Brainerd Kiwanis Committee Structure

Kiwanis International recommends nine standing committees. I have described their general duties below.

Within our Kiwanis of Brainerd By.Laws are included a few more specifics, which I have included as committees of the Kiwanis of Brainerd.

Some of these committees will have sub-committees whose chairman may be a member of the main Committee. Sub committee members will not be members of the main committee unless the Committee Chairperson chooses to include them.

1. **COMMITTEE ON CLUB MEETINGS AND ADMINISTRATION** is responsible for providing the most effective club meeting possible. Areas of focus should include the club meeting program, physical, reception, fellowship, and inter-club relations, as well as other areas that the committee may deem pertinent. *Important duties are assigning greeters, leaders for song & pledge, etc.* Bill Payne

2. **COMMITTEE ON COMMUNITY SERVICE** should implement projects on the arts, business affairs, citizenship, civic improvements, community beautification, conservation, health, international understanding, literacy, public affairs, safety, or help for senior citizens and disabled persons. Popular projects include Special Olympics, Meals on Wheels, issues forums, and youth exchange. JoBeth Kavanaugh

3. **COMMITTEE ON FINANCE AND FUND RAISING** is responsible for preparing a budget of estimated income and expenses for submission to the board of directors, as well as any recommendations it may have on financial matters of the club. It is also responsible for securing the funds necessary to meet budget requirements. Rick Bleedlove

4. **COMMITTEE ON HUMAN AND SPIRITUAL VALUES** should implement projects that support spiritual development, provide human companionship and comfort, or offer counseling and guidance. Projects can encourage interfaith and interdenominational religion activity, such as prayer, but should not support a specific religious sect. Popular projects include prayer breakfasts, laymen of the year awards, transportation to religious services, visits to nursing homes, and support of grief counseling. *Important duties include prayer at each meeting.* Susie Michal

5. **COMMITTEE ON MEMBERSHIP GROWTH AND EDUCATION** should strive to increase membership according to the standards provided in the bylaws. The committee should consider all Membership Information Forms and submit new member recommendations to the board of directors. The committee should also develop an effective orientation and induction ceremony for all new members and promote regular attendance by all members at club meetings. Committee needs to have a way of contacting missing members, and keeping in touch with those who haven't been in a while, as well as report to the club if action is needed concerning their membership. Davis Williams

6. **COMMITTEE ON PUBLIC RELATIONS** is responsible for helping to ensure that the public receives, through the media and other means, the Objects, goals, programs, and achievements of Kiwanis International and the club. Public Relations Committee would be responsible for creating a flyer with the goals projects listed of Kiwanis of Brainerd. David Hamilton

7. **COMMITTEE ON SPONSORED YOUTH** shall devise ways and means to establish and support K-Kids Clubs in elementary schools, Builder's Clubs in middle schools, Key Clubs in high schools and Circle K Clubs in universities and colleges, and should encourage and promote the activities of all Aktion clubs, K-Kids, Builder's Clubs, Key Clubs, and Circle K Clubs sponsored by the club. The committee should include the Kiwanis club advisors to the sponsored Circle K, Key Club, Builders Club, K-Kids, and Aktion clubs. Doug Crowson

**8. COMMITTEE ON YOUNG CHILDREN PRIORITY ONE** should implement projects to children, prenatal through age five. Projects can address maternal and child health, child care, early development, nutrition, parenting education and support, advocacy, pediatric trauma, or safety. Popular projects include encouraging literacy, assisting child care and Head Start programs, distributing the home-safety checklists, educating the public about Shaken Baby Syndrome, and building or repairing playgrounds. Sandy Maddox

**9. COMMITTEE ON YOUTH SERVICES** should implement projects that address school-aged youth. Projects can address academics, advocacy, career exploration, character education and citizenship, club activities, health, hobbies, leadership development, literacy, mentoring, prevention of drug abuse, or sports and recreation. Popular projects including sponsoring sports teams, Terrific Kids, Bringing Up Grades (BUGS), Hugh O'Brian Youth leadership seminars, scholarships, mentoring, and career days. Bob Colby

**10. BBQ COMMITTEE** shall coordinate and prepare all activities and events for the annual barbeque. Sandy Maddox

**11. INTER CLUB COMMITTEE** shall organize visits to other Kiwanis clubs within our district. At least 4 Kiwanians from Brainerd should be in attendance at another club meeting in order to be an inner club. Denise Broadus

**12. COMMITTEE ON PROGRAMS** shall arrange programs for each meeting, cooperating with the board of directors and other committees of this club as far as diversifying the programs in coordinating them with the club. Steve Jacoway

## **SOMETHING NEW FOR MEMBERS**

This Friday there will be sign up sheets at the registration desk for those who want to participate in our new online Brainerd Kiwanis Business Directory. There is no cost for members. Just fill out the form and include a business card. This project will take about three weeks to complete and get online. If your in business or work for a business, charity, etc we would like to include you in the new directory. The purpose is so other members can refer business to you or when they require your service or product they will come to you first.

## **ROSTER UPDATE**

This Friday there will be a copy of the current online roster at the registration table. Please check your profile and make sure all the information is correct. Phone numbers, e-mails, etc. There will be a supply of 3x5 cards for those who need to correct any information on their profile. Please put your name and the information you want corrected. Thank you for your help with this project.