

**Kiwanis Club of
Harker Heights**
P O Box 2309
Harker Heights, TX 76548



Speaker Roster 2018

Mar 20 – G Honaker
Mar 27 – J Hoyle
Apr 3 – P Loughran
Apr 10 – V Marschik
Apr 17 – D McClure
Apr 24 – J McKinnon

Please notify Jody Nicholas prior to your program as to your speaker and topic or if you need assistance obtaining a speaker.

2017-18 Officers

President: David McClure
President Elect – Jody Nicholas
Vice President: Darrel Charlton
Treasurer: Randy Stone
Secretary: Vivian Marschik
Outgoing President: Charles Sweeney

Board of Directors

Steve Carpenter
Mariko Cross
Norm Dunbar
James Hoyle
Esabell Zellmar

Raffle

Winner: Esabell Zellmar
Amount: \$ 16.00
Jackpot: \$ 210.00 (not won)
Next Jackpot: \$ 215.00 !!



Harker Heights Kiwanis Club Meeting 03-20-18

Speaker: President David McClure

The Kiwanis International Convention is June 28- July 1 in Las Vegas. There are 3 proposed amendments that will be voted on. Those can be reviewed on line. The TX-OK Convention will be August 2-4, 2018 in Abilene, TX **Are you planning to serve as a delegate at the 2018 DCON in Abilene?** The form to register is not available yet but check back soon. Once available, you will need to complete the form and mail or fax per the enclosed instructions. Please make three copies: 1. Send one copy to the District office per the instructions by the deadline. 2. Keep a copy in the club secretary files. 3. Each delegate should bring a hard copy of the form to DCON.



Kiwanis Motto

Kiwanis is a global organization of volunteers dedicated to improving the world one child and one community at a time

Club Business:

Prayer: Darrel Charlton

Pledges: Jody Nicholas

Song: Lisa Youngblood

Club Assessment review will be presented at the May 8th meeting

Student Citizenship Award will begin the 2018-19 school year

Children's Miracle Network: Jar passed

Incredible Kids luncheon will be on April 12th at the Bell County Expo. Fee is \$25

Easter Sunrise Service – April 1, 2018 at Carl Levin Park, those handing out the flyers arrive at 6:30 am. Service begins at 7:00 am. A donation jar will be at the end of the bleachers. It will go for helping those in need in the community. There will be a breakfast at the HH Activity Center and donations collected there will help support the food care center.

Lunch: Chick-fil-A sandwiches, nuggets, fruit salad & tea

Birthdays: none

Brags: Check out the local magazine at the HH Chamber "Hometown Living" and see the wonderful article about Bob & Sue Dunlap

Board Meeting today

Guests: none

Prayers: Mariko Cross & Allie Krebs

Scholarship Applications are due April 20, 2018

Pancake Supper report was given by Treasurer Randy Stone. There are still a few items to be paid yet but it looks like the net will be about \$2800 this year.

American Flag Program:

First delivery will be Memorial Day Monday, May 28, 2018



FYI: Education

Submitted by: Jos Portmann

“Essential oils have become a popular alternative treatment for many ailments and have a positive impact on your health. Research is currently limited but there are scientific studies ongoing to evaluate the positive effects essential oils can have.”

Five popular essential oils:

1. Lavender – sweet smell, known to induce a calm and reduce anxiety;
2. Lemon – increase energy, improve concentration and strengthen the immune system;
3. Ylang-Ylany – rich intoxicating scent as an aphrodisiac and to reduce stress;
4. Chamomile – light and sweet scent ... uplifting your mood, improving urinary track health and can act as an anti-inflammatory;
- 5 – Eucalyptus – minty or pike like scent ... reduce congestion, improve concentration as a stimulant.

SOURCE: Austin American-Statesman Advertising Supplement, Sunday, March 4, 2018, 50ATX, A Guide for Young Boomers and Beyond; Essential oils treat many modern ailments.