

THE SWAINSBORO KIWANIAN

February 15, 2022

With President Dianna Wedincamp presiding, Paul Cerpovicz led the Pledge of Allegiance and Bobbie Daughtry gave the blessing. We had 26 members present. Our guests for the evening were Calder Ward, Kim Critchley, and Division 17 Lt. Governor Jeanette Lafond.

Tim Goodman reported on the PTF Tabloid, Mid-Winter Training, and our interclub activity. Tabloid materials were distributed. Mid-Winter Training is March 12 in Macon starting at 9:00 am. The cost of the training is \$40, which will be paid by the Kiwanis Club. President Dianna needs to know by February 25 if you plan to go, so she can make the reservations. The club has almost completed our 1st round of interclubs. We have attended all Division 17 clubs except Douglas, which will be completed on February 22. Tim passed out a copy of the Division 17 club meeting information for those members who want to participate in the next rounds of interclubs. Tammy Allen announced that the club will be able to go into the schools for the March 1st Reading Day. We should contact the school to see when we can read to the kids.

Gary Couse gave the national sports report. In the Super Bowl the Rams beat the Bengals 23-20, with WR Cooper Kupp being named the MVP. Former UGA players QB Matthew Stafford, RB Sony Michel, and LB Leonard Floyd played for the Rams. In the Winter Olympics, the US has 17 total medals behind Norway, the Russian Olympic Committee (ROC), and Germany. The big news is the off-again, on-again, off-again banning of ROC figure skater Kamila Valieva for controlled substance usage.

Tammy Allen gave the local sports report. A number of local teams are either in the playoffs or headed that way, including the SHS girls' basketball team, the DEA boys' basketball team, and the SHS boys. Kiwanians Travis and Petite Garrett are currently at DEA cheering on the team. The endangered species of the day is the Koala, mistakenly called the Koala bear.

Judge Jim Daughtry fined Dess Smith for a SAR article in the newspaper without a picture. He fined President Dianna for using "Miss" 8 times in the Kiwanis meeting.

Our program for the evening was hosted by Sondra Fortner. She introduced Kim Critchley, the owner of Kindred Yoga in Metter. Kim outlined the benefits of Yoga including increased flexibility and strength, greater body-awareness, reduction of stress and anxiety, better cardiovascular health, weight management, and community.

Some doubt they can do Yoga because they are not flexible enough and others view Yoga as a religion. Kindred removes these barriers by offering classes from a Christian perspective and with all welcome to participate. She offers a variety of programs from rehabilitation to more sweat producing "hot classes." They provide a healing and friendly environment for practice and growth. Kim went through a very simple relaxation exercise with us while we were seated. Namaste.



Good-News \$1's were given by Mary Ellen Smith for her 30th high school reunion and Windy Ward in honor of her three children all born in February. Cindy Ware gave a \$1 for her 4-yr old granddaughter's award at Thomas Jefferson Academy. Tammy Allen gave a \$1 for Family Connection's successful pecan sale netting \$950 for college scholarships. President Dianna gave a \$1 for her granddaughter's laughter and her son's new job training.

The pig-pick'n cake, donated by Jane Durden and baked by Petite Garrett, brought \$74 and was won by Windy Ward. Frank Patrick won the Domino's pizza and the Valentine's candy provided by President Dianna was won by Dess Smith.

KIWANIS REMINDERS

March 1	Regular Meeting	Host: Gary Howard Cake: Joe Ware
March 15	Regular Meeting	Host: Petite Garrett Cake: Dwight Watt
March 15	Board Meeting	Host: Jeffrey Brewer
April 5	Regular Program	Host: Tracy Mason Cake: Ginny Smith
April 19	Annual Meeting	Host: Cassie McIntyre Cake: Rosa Amerson
May 3	Regular Meeting	Host: Cayla Scarboro Cake: Anita Cerpovicz

The Swainsboro Kiwanian (USPS 530-500). Published weekly by the Swainsboro Kiwanis Club, P.O. Box 3, Swainsboro, GA 30401-0003. Issue Date: February 15, 2022. POSTMASTER: Send PS Form 3579 to Swainsboro Kiwanis Club, P.O. Box 3, Swainsboro, GA 30401-0003. Periodical's postage paid at Swainsboro, GA 30401.