

## ***THE SWAINSBORO KIWANIAN*** ***February 20, 2024***

With President Cheryl Goodman presiding, Gary Couse led the Pledge of Allegiance and Wanda Ellis gave the blessing. We had 11 members in attendance and 4 guests, Joelle Romanchik-Cerpovicz, Ava Willis, Avery Thompson, and Trinity Nichols.

Since both Judges were absent, President Cheryl used her executive power and fined Tim and Cheryl Goodman for a Seedling Garden Club picture in the newspaper.

Tim Goodman announced the club had completed the Georgia District Interclub Challenge by visiting all eight Kiwanis Clubs in Division 17. 686 miles in 2 months!

Tim reminded us that Mid-Winter Training is March 16<sup>th</sup> in Macon at Middle Georgia State University. The registration fee is \$45 per person. The club will pay the registration fee.

Tim also reminded everyone to **SELL, SELL, SELL** those 2024 Tabloid Ads. The deadline for selling ads is March 27, but we need to start now.

President Cheryl noted that two of our former members, Ginny Smith and Dr. John Black, had trees planted to honor them on Georgia Arbor Day. On February 9, the Seedling Garden Club planted a Japanese Magnolia Tree in front of Swainsboro Primary School to honor Ginny Smith, who used to teach there. Dr. John Black was honored by EGSC with the planting of a Black Gum Tupelo tree on the college campus. Dr. Black was the 4<sup>th</sup> president of the college and was also president of the Swainsboro Kiwanis Club in 2006-2007.

President Cheryl reported our donation to the Swainsboro Primary School Media Center. The donation was presented to Principal Sarah Tapley, Media Specialist Krista Hostilo, and Media Center Clerk Princess Middleton.

The club is partnering with the Seedling Garden Club to co-sponsor the Pine Tree Festival Flower Show on April 27 and 28. We recently donated a check to the Seedling Garden Club for venue expenses.

President Cheryl, Paul Cerpovicz, and Deana Patrick reported on the Dr. Seuss Celebration at the Franklin Memorial Library on February 26.

The program for the evening was hosted by Paul Cerpovicz. Paul introduced his wife, Joelle Romanchik-Cerpovicz, who introduced Ava Willis, Avery Thompson, and Trinity Nichols, 1<sup>st</sup>-year Graduate Students in Nutrition at GSU. They did a presentation on how to modify recipes and eating habits and choices to limit salt, sugar, and fat. While eliminating fat completely is not good, we should find ways to limit our fat intake. Substituting more good fats is one way of moderating our fat intake, as well as finding butter substitutes (applesauce). We need to cut back on added sugar and find naturally occurring sugar substitutes like fruits and dairy products. People usually exceed the amount of sodium they need. Lots of salt is in preserved and canned foods. When using canned vegetables give them a sodium rinse before use. The key to modifying recipes is not “all or nothing,” but to start small and do what is best for you.



The cake, donated by Edwin Canady, was won by Brenda Barber. Ava Willis won the Domino's pizza and Avery Thompson and Trinity Nichols won the boxes of chocolates.

### **KIWANIS REMINDERS**

- March 5 - Regular Meeting – Program – Bobbie Daughtry, Cake – Travis Garrett
- March 16 - Mid-Winter Training – MGSU – Macon
- March 19 - Regular Meeting - Program - Tim Goodman, Cake - Jim Clapham
- March 19 - Board Meeting
- March 27 - Tabloid Ads Due
- April 2 - Regular Meeting – Program – David Gribbin, Cake – Bobby Seamans

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