

# ***THE SWAINSBORO KIWANIAN***

***March 19, 2024***

With President-Elect Paul Cerpovicz presiding, Jeff Palmer led the Pledge of Allegiance and Bobbie Daughtry gave the blessing. We had 11 members in attendance and guests, Joelle Romanchik-Cerpovicz, Rebecca Sharron, and Ashley Fisher.

Judge Jim Clapham fined himself for not visiting Mary Ellen in the hospital.

Deana Patrick gave a Good News \$1 for her son and daughter moving into their new house. Paul Cerpovicz gave a \$1 for daughter, Karolina's, new full-time job at Georgia Southern. Dianna Wedincamp a \$1 for her March birthday.

We need to keep all our members in our prayers, and most especially Bobby Seamans and Mary Ellen Smith. Mary Ellen did very well in her stent replacement surgery today.

Paul reported on the classes he attended at the Mid-Winter Training on March 16<sup>th</sup> in Macon at Middle Georgia State University.

The Kiwanis Club will assist with the Franklin Memorial Library's Walk-In-The Park on March 22 at the Recreation Center from 4:00 – 6:00 pm, weather permitting.

On March 25, EGSC Circle K members will be filling Easter eggs with candy for the Franklin Memorial Library's Easter Egg Hunt on March 29.

The USAF Band of the West will be performing at EGSC on Sunday, March 24, from 3:00 – 5:00 pm. Tickets are free but people are asked to go to [www.ega.edu/vision-series](http://www.ega.edu/vision-series) to reserve a seat.

All 2024 Tabloid Ads need to be sold and the forms and money turned into Tim Goodman on or before the deadline of March 27. Dianna Wedincamp will take your ads if you have them tonight.

The Brooklet Kiwanis Club is holding its 75<sup>th</sup> Anniversary Celebration on March 19 in Statesboro. Let President Cheryl know by March 12 if you wish to attend. The club will pay the \$15 cost of the meal.

The program was hosted by Paul Cerpovicz, who turned the program over to Dr. Joelle Romanchik-Cerpovicz. She introduced her Georgia Southern University graduate students, Ashley Fisher and Rebecca Sharron. Ashley and Rebecca are pursuing a Master's Degree in Nutrition and Food Science at GSU. Ashley discussed gluten in carbohydrate-rich foods, the effect it can have on people suffering from gluten-intolerance or Celiac Disease, and how to adjust diets to avoid gluten. She also talked about food safety concerns when dealing with people who are very sensitive to gluten. Rebecca talked about avoiding Irritable Bowel Syndrome (IBS) by developing a low FODMAP diet. A FODMAP diet includes foods that are fermentable, oligosaccharide, disaccharide, monosaccharide, and polyol-rich. By eliminating all FODMAP foods until IBS symptoms disappear, then reintroducing these foods one at a time to see which ones can be tolerated, a person can personalize his/her diet to avoid IBS and lead a healthier life.



The banana nut cake, donated and baked by Jim Clapham, was won by Dianna Wedincamp. Jeff Palmer won the Domino's pizza. Dianna Wedincamp won two jars of pepper jelly and David Gribbin won the third jar of pepper jelly.

## **KIWANIS REMINDERS**

- March 27 - Tabloid Ads Due – SELL, SELL, SELL
- April 2 - Regular Meeting – Program – David Gribbin, Cake – Bobby Seamans
- April 16 - Regular Meeting – Program – Tim Goodman, Cake – Mary Ellen Smith
- April 16 - Board Meeting
- May 7 - Regular Meeting – Program – Gary Couse, Cake – Wanda Ellis

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