



Kiwanis Club of Raleigh

January 2024

Newsletter Vol. 73 - No. 4

Programs

Meetings are held at Highland UMC in the Bradley Center. Lunch is served starting at 12 noon. Meeting portion will start around 12:40 p.m. Bring a guest!

- 5 - Jan: **Leah Strom**, American Cancer Society
- 12 - Jan: **George Smart**, *USModernist*
- 19 - Jan: **Scott Loyek**, Triangle Wealth Management
- 26 - Jan: **John Davis**, John Davis Consulting

Kiwanis 2023

New Member Contest Has Ended....

Here are the results!

Meredith Little

is the winner of the

\$250 Gift Card to the Angus Barn!

Meredith sponsored Kim Blackwell & Alyson Gillis

We also want to acknowledge: Robert Cooper for sponsoring Roger Smith and Sanford Bailey for sponsoring Michael Sciortino

Thank you to Robert Cooper for donating the \$250 gift card for this contest!



Mark Your Calendar!



January 26: Salvation Army Soup Kitchen

February 2: Foundation Grantees come to meeting

February 10: Carolinas District Midyear Conference, Raleigh, NC

February 23: Salvation Army Soup Kitchen

March 22: Salvation Army Soup Kitchen

New Year's Resolutions—2024

Happy New Year! The beginning of a new year is a time to plan and yes, make resolutions. Make your resolutions attainable and make a list as your guide.

Here are some ideas for resolutions:

- 1. Start a gratitude journal.** Keeping track of things, people and events that you're grateful for throughout the year can help you to improve your mental and physical wellness. It literally breathes new life into us. It recharges and it rejuvenates.
- 2. Make time for family.** With the busyness of our daily lives, it can be difficult to prioritize spending time with loved ones. This year, make a conscious effort to carve out that one-on-one time, whether it's by planning regular family dinners or simply "Face Timing" once a week to check in.
- 3. Build a better budget.** If there's one New Year's resolution that will help you the most in the long run, it's making a vow to save more money. Outline a rough budget that works for you — and make a plan for how you'll stick to it. Rethink when and how you buy things for your home and family; often, there are savings you're leaving on the table.

New Year's Resolutions—2024 cont.

4. Practice mindfulness. Anxiety can nag at anyone during any season, in all parts of life. Practicing mindfulness means doing everything you can to be grateful for what you have in the moment, where you are in life, and who you are right now. Committing to mindfulness can help you become a better person in less than a year's time.

5. Read more books. January is the perfect time of year to snuggle up with a new book. To keep yourself accountable all year long, why not link up with friends and peers to connect over the best pages you've read? Keep a list of what you read to track your progress.

6. Drink less alcohol. You already know you don't need to drink to have fun — so why not make this year the one you cut back? Doing so can help to improve your mood, sleep, skin and your immune system. Plus, it'll also help you save money in the long run.

7. Commit to a healthier sleep routine. So many issues can be traced back to a poor night's sleep. And yet, there is so much more that we can aim to improve beyond a reasonable bedtime. Creating a plan to improve your sleep hygiene — the habits you maintain to get good sleep every night — may look different for everyone, as it depends on when you need to be active and working throughout the day. Your brain actually relies on cues to regulate your internal circadian rhythm, and the choices you make throughout the day can interfere with these. Start taking charge of your sleep.

8. Be more active in Kiwanis. Starting a new hobby is one thing, but becoming more active in your Kiwanis club will help you meet new people, involve you in new projects and improve your life. Invite friends and business associates to join our Kiwanis Club. There is a place and a committee for every Kiwanian. Kiwanis needs you just as kids need Kiwanis.

Have a great year.

Buck Lattimore

Boys and Girls Club Christmas Party

Our club, lead by Kevin Benedict and a team of member volunteers helped the Boys and Girls Clubs of Wake County celebrate Christmas! We served hotdogs, pizza and such to over 100 hungry children.

The highlight of the evening is when Santa (our own Andrew Leager) arrived. Santa presents a gift for every boy and girl there. For some, this is the main (maybe only) gift that they will receive for Christmas. What a special evening it is to be a part of this event.



Thank you volunteers!!!!

Kevin Benedict, Patti Benedict, Andrew Leager (starring as Santa of course!), Cricket Harrell, Glen Harrell, Buck Lattimore, Travis Wiggs, Alyson Gillis, Kimberly Blackwell, Jason North (special thanks to Jason for playing the Grinch brilliantly and thrilling the kids while they waited before dinner!), Jill Bryan, Ty Burrell, Ty Hartwell, Scott Pias, Hampton Fields, Frank Crawley, Marsden Crawley, Robbie Wooten, Robert Cooper, Sandra Birkhead, Mike Birkhead and Bill Burlington.



January Birthdays

1	Robert Cooper	17	Harold Garner
4	David Beeler	19	Dick Heidgerd
4	Tommy Manning	19	Jake Plotkin
7	Bob Phoenix	22	Fallon Hanley
9	Allan From	26	Nick Fountain
13	Marshall Mauney	31	Sanford Bailey
13	L Poole		

Gov. Christopher L. White Change the Future Campaign

December 20230
 October 2023 – December 2023:.....\$185.99
 Campaign to date:\$33,401.91

All members are invited to make a donation equal to the number of years they are celebrating for this year’s birthday!

Please make your check payable to the:
Raleigh Kiwanis Foundation, Inc



Survey Summary

Thank you to those members who took the time to fill out our survey regarding the club, dues, venue and meals. John Collar has put together a summary that he will be sharing with the club on Friday, January 5.

If you would like to take a look at John’s presentation, please click the link below:

[Survey Summary](#)

Membership Welfare



Congratulations to **Jefferson and Katye Griffin** on the birth of their second child, Ann Elizabeth “Annie” Griffin.



Frances Bobbie is RETIRED!! Frances officially retired from Baird as their Vice President of Private Wealth Management. **Congratulations Frances!!**

Bob Goodale celebrated his 90th Birthday by flying a plane! Watch the video proof right here!



<https://youtu.be/p1t6SFaHMjE?si=qJ2SzOnTQRQnWza6>

Courtney Allen’s husband had a successful bone marrow transplant! They are both home now hoping to move forward to a healthier 2024!

If you have any membership welfare items, PLEASE let us know so we can share it with the membership.

secraleighkiwanis@gmail.com



December Board Meeting

The December board meeting was held on Tuesday, December 19, 2023. Our current membership is 172 (144 Active, 28 Senior). For the fiscal year through November 30, 2023, Treasurer John Collar reported operating income of \$16,361.29, operating expenses of \$42,626.89, service income of \$24,365.28, service expenses of \$3,902.07 and net assets of \$59,099.78.

The death of Mike Dodd was recognized. Alyson Gillis was approved for membership.

The board was informed that PortalBuzz will be closed down and unavailable in February, 2024. Our club only uses PortalBuzz for billing so we will be moving to Quickbooks Online for all billing. Reports were given on the Boys and Girls Club Christmas Party and a BIG THANK YOU was issued to Kevin Benedict for hosting the dinner for the 100 plus children. We also had the most volunteers for that event that we ever have. The membership contest is coming to an end. Robert Cooper was thanked for his donation of the gift card to the Angus Barn. Extensive discussion was held regarding the results of the survey. John is preparing a summary to be presented to the membership on January 5, 2024.



Salvation Army Soup Kitchen and Women's Shelter

A **BIG Thank You** to Cricket and Glen Harrell and Jeff & Cheryl Cohen for helping on December 22. We will need at least 2 volunteers on Friday, January 26 from 4:30 p.m.—6:45 p.m.

Kiwanis Club of Raleigh

PO Box 12
Raleigh NC 27602
919-749-9675

Meetings

Fridays 12:30 to 1:30 p.m.
Highland United Methodist Church
1901 Ridge Road
Raleigh NC 27607

Newsletter

Interim Editor: Courtney Allen

Club Officers and Directors 2023-2024

President..... Buck Lattimore
President-Elect..... June Small
Secretary..... Courtney Allen
Treasurer..... John Collar
Immediate Past President... Stacy Askew

Directors 2021-2024... Hugh Grist
Bill Whitley
Meredith Little

Directors 2022-2025... Robert Cooper
Hampton Fields
Travis Wiggs

Directors 2023-2026... Cynthia Ball
Nathan Brown
Jason Tyson

Foundation Officers and Directors 2024

President..... Amy Funderburk
Vice President..... Gwen Vass
Secretary..... Wes Tripp
Treasurer..... Brian Bennett

Directors 2022-2024... Amy Funderburk
Michael Moore
Chip Winstead

Directors 2023-2025... Phil Kirk
Rocky Strickland
Gwen Vass

Directors 2024-2026... Tanner Crawford
Martin Green
Wes Tripp

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