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VOL 16 January 3, 2005

TIDINGS

KIWANIS 
CLUB OF SAN DIEGO

TUESDAY AT NOON

Meeting at the U.S. Grant Hotel
326 Broadway, San Diego, CA 92101

Next Meeting:
January 11, 2005

Program:
Removing the STRESS

Guest Speaker:
Debbie Roes

Chairman of the Day
Randi Stellar
Austin Veum Robbins & Parshalle

Invoker:
James Rigopoulos

Coming up Next:
January 18, 2005

Program:
Vic Salazar, TV Anchor
NBC 7/39



THE PROGRAM

.....DEBBIE ROES

How often do you find yourself saying things like “there aren’t enough hours in the day.” “I work all the time and my to-do list just keeps getting longer and longer!” or “I wish I had more time for myself”? Do you think that if you could just manage your time better that you would be able to “get it all done?” In this presentation, you’ll realize that “time management” is a misnomer and that our focus should all be on life management. You also come to identify the “big rocks” in your life, how to distinguish between what’s important and what’s urgent, and some tools and strategies for creating more space and time in your life.

Debbie Roes has actively pursued a passionate interest in human development and personal growth since high school. Her numerous credentials include both Bachelor’s and Master’s Degrees in Psychology and a certification as a Certified Professional Co-Active Coach.

NOTEWORTHY ITEMS

—On Dec 21 we celebrated our annual get together with our friends of the Salvation Army by having Major Williams from the Army's ARC give us some food for thought & then he also brought along the "Brass Band." Good member Capt Stephen All led us all in singing the beautiful Christmas carols we all look forward to each year. And a good time was had by all.

—On Dec 28 there was no meeting at the US Grant 'cuz on Dec 29 quite a few of us were at the Convention Center to host and honor this year's nominations for Most Inspirational High School Foot Ball player and the winner was announced at the Holiday Bowl Kick-Off Luncheon, of course.

INTERCLUB SCHEDULE

JANUARY 2005

1/12 BONITA CLUB 7 AM

1/27 LEMON GROVE

SUNRISE CLUB 7 AM

Walking—is it good for you??

It is well documented that for every minute you exercise, you add a minute to your life. This enables you, at 85 years of age to spend an additional five months in a nursing home at \$5,000 per month.

I joined a health club last year and spent about 400 bucks. Haven't lost a pound. Apparently you have to show up.

I have to exercise early in the morning before my brain figures out what I'm doing.

I have flabby thighs, but fortunately my stomach covers them.

And lastly, I don't exercise because it makes the ice jump right out of my glass.



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JUNE PREWITT, Administrative Secretary

HAPPY BIRTHDAY

DEAR KIWANIS FRIENDS

Phil Benton.....Retired
Jennifer Case.....SAIC
Mike Reber.....Retired

'SAD SAC'

IT WAS A HOLIDAY SO NEXT

SAD SAC will be at \$150.

Every Tuesday meeting starting MAY 8 we have drawn a Member's name from a hat IF that member is there -AND-has paid \$2 to get into the drawing...that member will win \$100 (+ weekly \$50 incremental increases) But IF you miss out you will be the **SAD SAC** in the next Tidings.

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