

**Kiwanis Club of
Harker Heights**
P O Box 2309
Harker Heights, TX 76548



Harker Heights Kiwanis Club Meeting 01-31-17

Speaker Roster

Jan 31 – B Dunlap
Feb 7 – K Frazier
Feb 14 – B Griffith
Feb 21- G Honaker
Feb 28 – J Hoyle
Mar 7 – A Krebs

Please notify **Bill Griffith** prior to your program as to your speaker and topic or if you need assistance obtaining a speaker.

2016-17 Officers

President: David McClure
President Elect: William Griffith
Vice President: Jody Nicholas
Treasurer: Randy Stone
Secretary: Vivian Marschik
Outgoing President: Charles Sweeney

Board of Directors

Patty Brunson
Steve Carpenter
Darrel Charlton
Mariko Cross
Richard Dinwiddie
Norm Dunbar
Jos Portmann
Esabell Zellmar

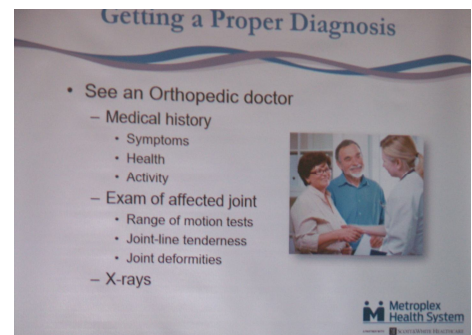
Raffle

Winner: Darrel Charlton
Amount: \$ 20.00
Jackpot: \$ 185.00 (not won)
Next Jackpot: \$ 190.00 😊😊



Speaker: Terrie Holditch, Coordinator, Joint Dept at Metroplex Hospital

Topic: Joint Pain Relief - first seek a proper diagnosis by seeing an orthopedic doctor to determine what kind of condition is causing the pain in your joints. Knee & hip problems can be caused by Synovitis, Bursitis, Tendonitis, and Arthritis. You may have inflammation, pain, swelling and loss of motion. Treatments vary from rest, icing, elevation, NSAIDS, physical therapy or other medications. Common arthritis's are Osteoarthritis and Rheumatoid arthritis. It is the most common cause of disability in the US. Rheumatoid arthritis can affect many joints at the same time and can occur at any age. Osteoarthritis is the most common and it affects the joint cartilage mostly in the knees, hips, back and hands. Exercise, weight control and properly fitted footwear help put less stress on the joints. For more information and to register for classes www.mplex.org/EducationEvents or Contact US 254-526-7523



Kiwanis Motto

Kiwanis is a global organization of volunteers dedicated to improving the world one child and one community at a time

Club Business:

Prayer: Gary Honaker

Pledges: Mariko Cross

Song: Dick Dinwiddie

Pancake Supper Feb 25th– tickets and flyers are available from Jody Nicholas, the school will be open at 3:00 pm. We will have 3 workers and a custodian. The vendor for milk and juice has changed to Highland and the cafeteria mgr. will order for us. We received a \$200 gift card from Target and Sam's Club will have a card for us this week.

10 Guests from Waco Seniors Club will be at our meeting next week for an inter-club meeting

Lisa Youngblood did a great job with the Key Club Induction last week.

HH Chamber Coffee

Connection is next Tues. morning at the HHFD at 8:30 am and the HH Chamber After Hours will be at the YMCA Wellness Center on Thursday at 5:30 pm.

Come attend and promote our club and the pancake supper

Prayers: Keep Allie Krebs in your prayers

Birthdays: None

Lunch: Schlotzsky's sandwiches, pickle, chips, cookie & tea

Guests: Erin Spencer

Brag: None

Joke: Jim McKinnon – read by Randy Stone – A couple Aggies went ice fishing. Brought all their tools and cut a hole in the ice. Then they hear a voice from above. “There are NO fish there”. They leave and come back 2 more times and each time they would hear that voice from above. “There are NO fish there”. Ask Randy for the rest of the story 😊



**FYI: Community Education
Submitted by: Jos Portmann**

It is important that members of the Fort Hood Metroplex communities understand the impact of the Armed Forces at Fort Hood. Recently published data and information is available to the public. Key areas of interest follow:

Fort Hood has deployed and redeployed more than 852,000 soldiers in support of overseas military operations since 2003.

In January, Fort Hood broke ground on the Army's largest renewable energy project, an on-post farm with 63,000 solar panels and an off-site wind turbine farm capable of generating 40% of the installations energy needs.

Fort Hood has the most employees on a single site in the State of Texas.

Estimated contributions of Fort Hood to the Texas Economy, 2015: a. Direct employment: 60,159; b. Direct and indirect employment: 201,538; c. Output: \$35.4 Billion; d. Gross Domestic Product: \$21.0 Billion.

Population associated with Fort Hood: 27% of Bell and Coryell County Population.

Regional average military employment wages are 20% higher than the State Military average.

From 2004 to 2014, Central Region military average wages grew by \$19,865 or 47%.

Harker Heights High School Key Club Installation of Officers and Induction of new members

