

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



### **Speaker Roster 2018**

Oct 16- P Loughran  
Oct 23 – V Marschik  
Oct 30 – NO Meeting  
Nov 6 – D McClure  
Nov 13 – J McKinnon  
Nov 20 – J McNiesh  
Nov 27 – J Nicholas

Please notify Jody Nicholas prior to your program as to your speaker and topic or if you need assistance obtaining a speaker.

### **2018-19 Officers**

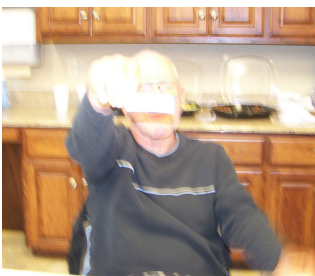
**President:** Jody Nicholas  
**President Elect:** Darrel Charlton  
**Vice President:** Alberta Barrett  
**Treasurer:** Randy Stone  
**Secretary:** Vivian Marschik  
**Outgoing President:** David McClure

### **Board of Directors**

Mariko Cross  
Norm Dunbar  
James Hoyle  
Anthony Triola  
Lisa Youngblood

### **Raffle**

**Winner:** Norm Dunbar  
**Amount:** \$ 11.00  
**Jackpot:** \$140.00 (not won)  
**Next Jackpot:** \$ 145.00



### **Harker Heights Kiwanis Club Meeting 10-16-18**

**Speaker:** Laura Skarpa, LMT

**Topic:** Therapy & Orthopedic Massage – 80% of illness and chronic pain is the result of stress. Orthopedic massage is a soft tissue mobilization method that focuses on restoring structural balance and the prevention and rehabilitation of musculoskeletal dysfunction. It creates a mechanical acceleration of venous blood flow and lymphatic drainage. Passive exercise on soft tissues and mobilization of the skin, connective tissue and muscles triggers responses in the nervous system. This causes the body to react with beneficial reflex mechanisms. It helps individuals who suffer from repetitive motion injuries, muscle spasms, chronic headaches, rotator cuff injuries, back pain and other soft tissue injuries. It is non-invasive therapy that produces beneficial and measurable results. For more information about their specialized pain relief, injury rehabilitation and sports injuries rehab visit:

[www.tranquilretreatmassage.com](http://www.tranquilretreatmassage.com) or call 254-519-2273



### **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:** Paul Loughran

**Pledges:** Jim McKinnon

**Song:** Lisa Youngblood

**Children's Miracle Network:**

Jar passed

**Board Meeting:** today

**Lunch:** Chick-fil-A

sandwiches, nuggets, fruit salad  
& tea

**Birthdays:** Esabell Zellmar

10-14

**Brag:** Norm Dunbar's

granddaughter got her  
acceptance letter to Texas

A & M

David McClure's grandson is a  
National Merit Scholar

**Prayers:** For Esabell's son, he  
is in the hospital and very  
serious.

**Guests:** None

**American Flag Program:**

Darrel Charlton, the next flag  
delivery will be on Monday,

November 12<sup>th</sup> for Veteran's

Day



**Killeen Veteran's Day Parade**

is on Mon. Nov 12 at 11:00 am

line up at 10:30 am

**Builders Club Face Painting**

**Workshop at the HH Library**

**Thursday at 4:00 pm**

**Friends of the HH Library**

**Book Sale Fri Oct 26 & Sat**

**Oct 27. Volunteers needed**

**Waco Sr. Kiwanis Club will**

**be visiting next week for an**

**inter-club meeting**

## **FYI: United Nations Day Education**

Submitted by: Jos Portmann

**United Nations Day** is devoted to making known to people of the world the aims and achievements of the [United Nations Organization](#). United Nations Day is part of United Nations Week, which runs from 20 to 26 October.

In 1948, the [United Nations General Assembly](#) declared 24 October, the anniversary of the [Charter of the United Nations](#), as which "shall be devoted to making known to the people of the world the aims and achievements of the United Nations and to gaining their support for" its work.

In 1971 the [United Nations General Assembly](#) adopted a further resolution ([United Nations Resolution 2782](#)) declaring that United Nations Day shall be an [international holiday](#) and recommended that it should be observed as a public holiday by all [United Nations member states](#).

