

Kiwanis

NEWSLETTER

The Gateway Gazette News

Kiwanis Club of Fort Myers Gateway to the Islands

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www.kiwanisgtti.com & <http://twitter.com/KiwanisGTTI>

Editor: Viki Luster

"A tree is known by its fruit; a man by his deeds. A good deed is never lost; he who sows courtesy reaps friendship, and he who plants kindness gathers love. **Saint Basil**

Upcoming Dates

Feb	23	TBA
Feb	24	Division Council Meeting- Cape Coral High School 6 Pm- bring canned good for the soup kitchen – items for Haiti container
Mar	2	Board meeting at the regular meeting time
Mar	6	Zone Conference in Bradenton, first 4 to sign up club will pay your registration fee.
Mar	27	Car Wash * Eagle Lube * We have towels from Connie!!!!!!
Mar	30	Special Guest Meeting Day to highlight our year of service and share with others
Apr	?	Spaghetti Supper/ Dinner

Membership Contest

For every guest you bring from now until March 30th your name will be entered into a drawing for a free Delicious Dinning Discount Book. So bring lots guests, the more you bring the more times your name will be entered into the drawing. Special recognition will also be given to each member that brings in a new member. More details on the March 30th, Special Membership Day to follow.

Self-Awareness

J Patrick Buckley III member of the Metro-McGregor Kiwanis spoke to us on February 16th about self-awareness.

(The author's footnote) Pepper Spray is your friend for men and women. It is legal to carry, ladies it even comes in PINK and from this day forward, I will be carrying mine, read below to find out why. This is what Pat had to say.

So what is one thing that everyone can do, regardless of gender, size, strength, age or ability? One word, Awareness. I'm not talking about self awareness or talking to your inner child. I'm not that kind of a counselor. I mean situational awareness. Knowing what is going on around you and making it apparent to those around you that you are aware. Look around to find possible threats and have the confidence that you can avoid the problem, like waiting for the next elevator or walking across the street to maintain your personal space. Might you offend someone? Possibly, but the goal isn't to be polite, the goal is to get home to your loved ones. Keep a flashlight with you, I do. Nothing, and I mean nothing, sends a clearer message. Than using a flashlight as you leave your destination, directing that bright beam of light into bushes, dark corners and alleys, between cars, and into and under your own vehicle. Feel free to direct that beam of light on someone if you think that person is a threat. Bad guys are like cockroaches, they hate bright light. Keep your Pepper Spray out and available, be prepared to use it if needed.

One common technique "bad guys" use is called "The Interview". The bad guy will ask you a question such as, "Can I borrow a cigarette?", "How do I get to Main Street and Fifth Avenue?", "Do you have any spare change?", and "What time is it?" I want you to fail this interview so he never get close to you, behind you, distracts you, or thinks any more about hurting you. This means you may need to be abrupt, loud, and even rude. This may be tough for some women since ladies are often raised to be accommodating, so practice. "I'm out of cigarettes.", "I don't know where that place is.", "I have no money." The mind is the ultimate defensive weapon, use it. Situational awareness is the key to avoidance, whether it is you avoiding a possibly dangerous situation, or a bad guy avoiding you. It is a good day when everyone gets home. For more about Pepper Spray, Questions can be sent to buckley@jpbeseq.com.

Discount Dining Book

In addition, some creative ideas on distribution would be helpful. This is a great deal for \$20, all are buy one get one (BOGO is the slang term); some have additional stipulation of maximum value of \$25 or \$20 or \$15, **or** with purchase of two beverages, but not both the dollar amount and two beverages.

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