



# Kiwaniis

## Gateway to the Islands



## The Gateway Gazette

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*“Children are the world's most valuable resource and its best hope for the future.”*  
- John F. Kennedy

### NEW MEETING LOCATION!

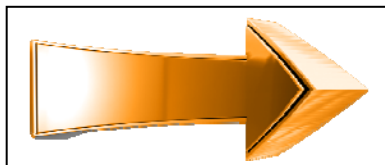
Sunshine Seafood Café  
8750 Gladiolus Drive, Fort Myers

Cost: \$11.00 (includes tax and tip)

As a courtesy to our host, please RSVP promptly  
– thank you!

### Meeting Calendar

July 20	Chris Heidrick - Heidrick & Co.
July 27	Rev. Rebecca G. Hines - Destiny Ministries of Southwest Florida, Inc.
August 3	Board Meeting – ALL members welcome!
August 10	Kevin Cummings - Teen Challenge SW Florida
August 17	Brainstorming for the New Kiwanis Year
August 24	Brainstorming for the New Kiwanis Year
August 31	Vicki Stephan - Junior Achievement



**Annual Banquet**  
**Thursday, September 23, 2010**  
**6:00 PM**  
**Sunshine Seafood Café**

## We Want To Hear From You!!

The Kiwanis Club of Fort Myers Gateway to the Islands strives to deliver a meaningful experience to all members. Your feedback is critical to making our club the best it can be. The Club Excellence Tool is an online self-evaluation survey designed to monitor the health of our club. Based on your responses, the program offers recommended improvements and resources to help us make those changes. Please go to [www.KiwanisOne.org/clubexcellencetoolonline](http://www.KiwanisOne.org/clubexcellencetoolonline) and enter this ID to begin the survey: SV4849270. All responses are anonymous. If you have not already taken the survey, please do. It only takes a few minutes to complete. Thank you!

**Mark your calendars - District Convention August 26-29, Orlando**

**The Board voted to use Club funds to pay the registration fee for ANY club member interested in going!!**

**Visit [FloridaKiwanis.com](http://FloridaKiwanis.com) for more information and to register.**

**Hotel reservation deadline - July 26<sup>th</sup>**

**Convention registration deadline - August 1st**

**Please submit a copy of your conference registration to Karen Sonnanstine at [ksonnans@msn.com](mailto:ksonnans@msn.com) for reimbursement.**

## Kiwanis International Webinars

<b>Date and Time</b>	<b>Webinar Title</b>
<b>Wednesday, July 7, 2010 3 p.m., EDT</b>	<b>Finding the Right People - Building A Team</b> Join us for a fun and interactive session where we will cover the key aspects of getting the right people on the bus: assessing skills, the personal ask, commitment and accountability.
<b>Tuesday, July 13, 2010 8 p.m., EDT</b>	<b>ReMember Campaign</b> Before deleting inactive club members, make an honest effort to "ReMember" them. The intent of the campaign is to re-involve the individual in the fellowship and service of the club. KI President, Paul Palazzolo, will review a checklist and guidelines to boost retention in your Kiwanis club.
<b>Wednesday,</b>	<b>Developing Your Kiwanis Calendar - The Critical Path to Success</b> Remember, no one plans to fail, they fail to plan. Create a strategic plan of

<p><b>July 14, 2010</b></p> <p><b>3 p.m., EDT</b></p> <p><b>Monday,</b></p>	<p>action and capture it in a calendar to follow throughout the year to keep you on track to meet your goals.</p>
<p><b>July 19, 2010</b></p> <p><b>3 p.m., EDT</b></p>	<p><b>Habits of Successful Clubs</b>  A quality club with outstanding projects and valuable member experiences must be planned. Learn ten simple habits of successful clubs.</p>

Visit [www.kiwanisone.org/webinars](http://www.kiwanisone.org/webinars) for more information and registration.

**GTTI's Biggest Fundraiser Continues!**

Delicious Dining Discount books are now available for purchase. This year's edition contains "buy one get one" offers from 47 Lee County restaurants. At only \$20 per book, it's a great value. As of July 6<sup>th</sup>, we have raised \$4,617! For more information, contact Viki Luster at: [vluster@nvtlsi.com](mailto:vluster@nvtlsi.com). To find out where to purchase books, visit our club website: [www.kiwanisgtti.com](http://www.kiwanisgtti.com).

**Service Opportunities**

**Hats and Hugs** – We continue to collect **NEW stuffed animals** for Children's Advocacy Center and **hats** for The Children's Hospital.

**Tales for Tots** – We are still collecting books for children ages 0-2 for Brightest Horizons.

**The Heights Foundation** – The Heights Foundation has invited GTTI members to attend its **Mom and Tots Play Group** on Wednesdays from 9:30-10:30 am at the United Way. If interested, please contact Diane Connell at: [dconnell@cac-swfl.org](mailto:dconnell@cac-swfl.org).

**The Junior League** needs volunteers for **Taste of the Town** on 11/7/10 in Centennial Park. Please contact Danielle Emery if you are interested at [danielle.m.emery@ampf.com](mailto:danielle.m.emery@ampf.com).

**Candlelighters** is seeking sponsors for its annual golf tournament, **Tee Up "Fore" The Kids**, on 9/25/10. Contact Viki Luster for more info at [vluster@nvtlsi.com](mailto:vluster@nvtlsi.com).

### July 13 Meeting Highlights

- **IMPORTANT NEWS REGARDING MEETING LOCATION – Beginning September 7, meetings will be held at Faith United Methodist Church, 15690 McGregor Blvd. The meetings will be brown-bag.**
- **Club members welcomed our speaker, Carol Simontacchi, and special guest, Lieutenant Governor-Elect, Bruce Boyd.**
- **Terry Luster shared a thank you letter from Peace Lutheran Church for our donation to their summer camp; a copy of the International Convention's official program, and results to date of the Club Excellence Tool survey.**
- **Danielle Emery and Terry inducted our newest member Dona Kriete with Reliance Bank. Welcome Dona!**
- **Lieutenant Governor-Elect Bruce Boyd shared next year's themes for the State of Florida - Young Children Priority One and Feed the Hungry. Our division-wide project will be "Kiwaniis Night at the Everblades" on January 21, 2011. Proceeds from tickets sold by Kiwanians will be distributed to Division 19 and individual clubs with Division proceeds going to Kiwanis International's Project Eliminate. This will be a great opportunity for clubs to promote themselves and involve their Service Leadership Programs.**
- **Ms. Kathy, director of Faith United Methodist Church's summer camp, sent photos of the three happy campers we sponsored!**



### **Guest Speaker: Carol Simontacchi, Certified Lifestyle Educator and Owner of Island Nutrition Center**

Carol gave a very entertaining and informative presentation on healthy living. As a nationally renowned speaker and educator, Carol shares her knowledge of nutrition science and counseling with audiences around the country. She is an Adjunct Professor

of Nutrition for the Huntington College of Health Sciences, Knoxville, TN. Carol has authored several books and has been featured on numerous radio and TV shows, and in many magazines as well.

Carol presented her rules for healthy living in easy-to-digest snippets. For instance, three beverages you should never drink: soda (especially diet), powdered drink mixes and, surprisingly, milk. Instead, we should guzzle water (one ounce for every two pounds of body weight) and green tea; and red wine in moderation. Meals should consist of a small amount of protein (chicken, fish, beef) coupled with lots of vegetables. Fruit, walnuts, olive oil and raw chocolate are also on Carol's list of good foods. Stay away from sugar, wheat and rancid fats (such as fast food, bacon, margarine, etc.).

In addition to a healthy diet, Carol recommends adopting a lifestyle that includes getting 8 hours of sleep a night, regular exercise, and getting involved in something bigger than yourself. And finally, she suggests asking your doctor to test your levels of c-reactive protein, homocysteine, iodine and Vitamin D. Together, these tests are excellent indicators of your body's overall health.

For more information, visit [www.islandnutritioncenter.com](http://www.islandnutritioncenter.com).

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### Kiwanis Gateway to the Islands 2009-2010 Board of Directors

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*Kiwanis is a global organization of volunteers changing the world one child and one community at a time.*