

# The Noon News

April 23, 2007

Published by



Waterloo Exchange Club

**Big Brothers Big Sisters of Northeast Iowa** - Lannia Syren, stopped by to tell us about Big Brothers Big Sisters of Northeast Iowa (BBBS). Lannia's been with the organization for six years. She's visited us in a variety of roles at BBBS in the past, but today she's serving as the organization's Executive Director. Lannia's held that post for the past ten months. Congratulations Lannia.



Lannia Syren, Executive Director

BBBS works to establish successful one-to-one mentoring relationships with children that need them and adults. They do this in both school-based and community-based programs. The information Lannia provided indicates they have 30 boys on a waiting list for a Community-Based mentor. Hint. Hint. Hint.

Lannia is also seeking financial support for two projects currently underway. First, there's the major fund-raiser Bowl for Kid's Sake! The Corporate Night event is August 14. The Community Day event is November 3. We can help out as Sponsors, Bowlers or both.

The second area is a \$5,000 gift that BBBS needs to match. Lannia says they need to raise \$4,500 by the end of May.

Of course we Exchangites subscribe to Fredrick Douglas's notion that "*it is easier to build strong children than repair broken men*". Lannia offered facts to support this point-of-view. She said it costs about \$375 to support a child in their programs for a year. That \$375 buys about two days in a treatment facility.

BBBS's work advances the preferred pro-active, preventive approach and merits our support. Check out the website [here](#) or give Lannia a call at 319-235-3937 for more information and to get involved.

**Tee Off Against Child Abuse Golf Tournament** - Along these same lines, Dave Wyant reported we're in the final week to line up sponsors for the golf tournament we're presenting along with other Exchange Clubs in the area. The tournament is a major fundraiser for our partners, the Family and Children's Council.

Dave says we have 25 Sponsors signed up and we could use another five or six. The cost to sponsor a hole is \$375. Contact Dave Wyant at 404 - 8367 or Mark Miller at 833 - 1568 for more information. The flyer for the event is included as page #3.

## NEXT MEETING LOGISTICS

**Program** : Dr. Ben Allen, UNI  
**Invocation** : Craig Holdiman  
**Pledge** : Mike Grillo

## WHAT'S FOR LUNCH

Apr 30: Beef Stroganoff  
May 07: Orange Roughy  
May 14: Pork Medallions w/Raspberry Sauce  
May 21: Chicken Cordon Bleu  
May 28: Memorial Day - No Meeting  
**Order Chef Salad one week in advance**

## PROGRAM SCHEDULE

May 07: Closed Business Meeting  
May 14: TBA  
May 21: Gallagher- Bluedorn P.A.C.  
May 28: Memorial Day - No Meeting  
Jun 04: So Proudly We Hail

## BIRTHDAYS

Apr 28: Don Faris

## THOUGHT OF THE WEEK

President Gobeli offered the following quote : " Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy."

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## Book of Golden Deeds Award - Part 2



Pat Cole and Jo An Headington

Pat Cole finished off some unfinished business with the Book of Golden Deeds Award by presenting our second award to Jo An Headington.

However, before presenting the award, Pat and Wanda found it necessary to identify the person responsible for the nomination so proper credit could be given. Well you see, the nomination was signed by Wendell Wexter. But, the nomination was so eloquently written that the committee was suspicious.

As soon as questions were raised, Brother Wexter was moved to confess that his role was simply one of bring the nomination to the process. Then the spotlight moved to Betty, Wendell's wife. Betty quickly endorsed the nomination and revealed the true author as Sheila Dolan who works in the office at Allen Hospital with Ms. Headington. Betty also is a major volunteer at Allen. Okay, that all makes sense now.

Pat used this as a chance to point out what a great thing this was to have friends collaborating to develop a nomination. She went on to describe how that she feels we sometimes know of a person who we should be nominated for an award, but we are turned off by having to write the nomination. Wendell offers a way to solve that dilemma.

Professionally, Ms. Headington is the Vice president of Patient Care and Chief Nurse Executive for Allen Hospital in Waterloo.

It would take an entire newsletter to list all of Jo An's work as a volunteer. So we'll just say she's been the chairperson for the Allen Alumni Nurses' Association for more than 25 years. A major work of the Alumni Association is providing raising funds and awarding scholarships to needy nursing students. Of course we know how critical the need is for nurses. So this vital work that benefits us all.

Ms. Headington is also very active in the Boy Scouts of America. Since 1996, she's been a member of the Executive Board of the Winnebago Council and was president from 2003-2005.

As is if that wasn't enough, Ms. Headington found time to serve with the Plainfield First Responders, the Family Service League, Cedar Valley Support Services, and the INSPIRE Mentor Program with the Waterloo Community Schools. - Continued in next column -

**Part 2 - cont'd** - Every year since 2000, she's been the Top Walker and since 2002 she has been the Top Individual Fundraiser in the Cedar Valley for the American Heart Association.

Of course, with a record of service like that Jo An has a list of awards a mile long. Looking over the list, it seems every organization this caring woman has worked with has given her several awards. *Editor's note: I took particular notice that Jo An was named one of the 100 Great Nurses of Iowa in the first year of the award...*

We can only imagine how many lives Jo An Headington has touched with her work. Or, as Lannia described, how many young people have grown up inspired by this remarkable woman to reach their full potential.

Great choice for the Book of Golden Deeds Award.

**Guests** - The Wexters are celebrating their 52<sup>nd</sup> wedding anniversary. Exchange is such an important part of Wendell's life that he wanted us to participate in the celebration with them. Hence the cake he brought, along with Betty. Of course Betty also came, together with Sheila Dolan, to recognize Jo An Headington's Book of Golden Deeds award.

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15<sup>th</sup> ANNUAL

# Tee Off Against Child Abuse

In Memory of Bruce Estabrook

**SATURDAY, MAY 12th**

**4-Person Best Shot**

**South Hills Golf Course, Waterloo**

Profits will be donated to the Family & Children's Council, the area Exchange Club's Center for the Prevention of Child Abuse.

## HOLE SPONSORSHIP of \$350.00 includes:

- \* One Team Entry (four golfers and 2 carts)
- \* Sign recognizing the business at a tee box and listed in brochure
- \* Meal provided for all golfers
- \* Individual golfers without sponsors are also welcome



The tournament will be flighted so everyone has an opportunity to win.



There will be numerous pin events on the course and raffle prizes.



Sponsor entries are due May 4th. No refunds will be given.



Shotgun start at 7:30A.M. (Sign in starts at 6:30A.M.) Lunch, pin event and flight winners announcement and raffle prize drawing following.



For more information, contact Mark Miller at 833-1568 or Dave Wyant at 404-8367.

**RETURN THIS PORTION**

Sponsor \_\_\_\_\_

Golfer #1 \_\_\_\_\_

Contact \_\_\_\_\_

Golfer #2 \_\_\_\_\_

Phone \_\_\_\_\_

Golfer #3 \_\_\_\_\_

Address \_\_\_\_\_

Golfer #4 \_\_\_\_\_

City \_\_\_\_\_

**Fees:**

**TEAM SPONSORSHIP**                      **\$ 350.00**

(Includes 4 golfers, 2 carts, meals,  
Tee Box sign and listed in brochure)

Or, Individual Golfers \$60 x \_\_\_\_\_ \$ \_\_\_\_\_

(Includes golf, meal, 1/2 of the price of cart)

Donation    \$ \_\_\_\_\_

Total Enclosed                                    \$ \_\_\_\_\_

**Mail entry form and check to:**

SUNRISE EXCHANGE CLUB  
C/O: Carney, Alexander & Marold  
PO Box 1290  
Waterloo, IA 50704-1290

Signed by \_\_\_\_\_

Date \_\_\_\_\_