

The Noon News

March 09, 2009

Published by



Waterloo Exchange Club

Family and Children's Council – April is Prevention of Child Abuse Month. The Family and Children's Council (FCC) has a lot of special activities going on during April to raise the awareness of this awful problem. So FCC Director Julie Pitzen and Assistant Director Adriane Carlson came by to update us on what is being planned. Julie also met with our Prevention of Child Abuse Committee during the lunch. For our newer members—the



Patty Foster and Don Faris visit with Julie Pitzen (center)

prevention of child abuse is one of the Club's major areas of focus and FCC is one of our major partners in that effort.

Julie explained the Blue Ribbon symbol that is used as the theme for the prevention of child abuse. The Blue Ribbon idea is to simply

wear or display a blue ribbon to tell your friends, neighbors and community members that you want to prevent child abuse and neglect.

The initiative has grown from a grandmother's struggle to cope with the murder of her grandson. In 1989, Bonnie Finney of Portsmouth, Virginia, started a personal battle to combat child abuse. She tied a blue ribbon around her van's antenna in memory of her grandson Michael "Bubba" Dickinson, whose battered body had been found at the bottom of a canal. Her hope was, "Even if we change one child's life, it would be worth it. I don't want other parents or grandparents to go through what we're going through."

From that determined grandmother's effort, a national movement has been mobilized. And, we will have opportunities to work with FCC in the coming month to carry on Bonnie's work here in the Cedar Valley.

Julie explained that Black Hawk County has the highest per capita rates of: single parent head of household families; divorce; children born out of wedlock. The stage is set for potential problems for children in family situations that have these stress factors.

Then Julie explained the various programs FCC has proactively deployed in response to these troubling demographics. She spoke at length about the *Parent Connection* program sponsored by the area Exchange Clubs. The folks in this program, volunteers and FCC staff, work with parents that are having problems raising their children. They offer various forms of coaching and counseling, as well as serving as positive role models. FCC offers many other excellent programs that have proven track records. Check them out [here](#). Great group doing fine work against a horrid problem.

Set aside an hour or so on April 4th for tying ribbons in parks around the area. And, there will be other ways we can get involved, too. Stay tuned.

NEXT MEETING LOGISTICS

Program : Closed Business Meeting
Prayer : Jennie Hansel
Pledge : Sue Wilson
Menu : Tuna Salad Croissant & Soup

PROGRAM SCHEDULE

Mar 16: Closed Business Meeting
Mar 23: INRCOG—2035 Transportation Plan
Mar 30: Basketball Awards
Apr 06: A.C.E. Student of the Year
Apr 13: Closed Business Meeting

WHAT'S FOR LUNCH

Mar 16: Tuna Salad Croissant & Soup
Mar 23: Meatloaf
Mar 30: Fried Chicken with Cole Slaw
Apr 06: Tuna Croissant with Fruit Cup
Apr 13: Philly Cheese Sandwich
Order Chef Salad one week in advance

BIRTHDAYS

Mar 09: Kathleen Earnest
Mar 13: Bill Senn
Mar 15: Doug Carter

THOUGHT OF THE WEEK

"The way to good health is to eat what you don't want, drink what you don't like and do what you'd rather not." - Mark Twain

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Club Awards - Wanda Martin, Awards Committee Chair, reminded the awards season is upon us. We've been looking at the criteria for the Rookie of the Year Award. This week we add the other two: Exchangite of the Year and Book of Golden Deeds. *Nominations for the awards must be turned in to Wanda by March 23rd.*

Rookie of the Year Award -

Definition: "Inexperienced, a new comer." Exchange defines rookie as a member with less than two years service in the club. Rookie of the Year goes a step further, it's still that inexperienced person with less than two years, but it's someone who has demonstrated a degree of outstanding interest and enthusiasm and has a high level of participation in club activities.

Nominations must be in writing and club activities should be listed. This individual should be honored for their **Exchange involvement, enthusiasm and interest** not other volunteer activities.

Here's a list of the members who qualify for the criteria of being a member with less than two years of service:

Ames, Julie	Johnson, Mark
Breakenridge, Dawn	McGowan, Kathy
Carter, Douglas	McNamee, Lori
Foster, Patty	Porter, Debbi
Girsch, David	Rogers, Robin
Harrington, Shawn	Schultz, Sylvia
Horan, Scott	Shepherd, Richard
Huffman, Elizabeth	Shinkle, Gale
Hunter, Trent	Shollenbarger, Mary
Husome, Glenda	Woods, John

The members serving with Wanda on the Awards Committee include: Kathy Earnest, Kathy McGowan, David Sasse, Mary Shollenbarger and Nancy Showers. Normally the selection of the Rookie of the Year is made by the President. The committee will only be involved in the selection if they are asked to do it. If this would happen, Kathy McGowan and Mary Shollenbarger will not be involved in the selection since they are eligible to win the award.

Exchangite of the Year Award Criteria -

Definition: An award given to the Exchangite that has done the most for the advancement of the club within the last year. Someone that has gone above and beyond the normal status of being an Exchangite. Has taken the role of helping Exchange grow through the additional work they have done. The award can also be given to a member that has, for years, been dedicated and worked for Exchange without fanfare, just has a love for Exchange. Usually a person that is a candidate that just stands out and will often be nominated by several different individuals. Following is an example of a nomination:

Using the above criteria, I would like to nominate NAME for Exchangite of the year. In my opinion he/she is deserving of this award. Following is a list of activities this individual has been involved in this last year or since joining Exchange:

- Co-chair of the "So proudly We Hail Committee"
- Worked on the "Sunshine Special"
- Has attended 3 National Conventions and 4 District Conventions in order to learn & grow in Exchange
- Attended several education training sessions
- Worked the Home and Sport shows every year since joining the club in 1998.
- Served on the Board of Directors for 2 years
- Has chaired almost all the committees
- Brought in 3 new members last year for a total of 7
- Always early for Exchange meetings and has become the unofficial greeter
- Has worked to establish rapport & fellowship with other clubs in the area
- Always available when a volunteer is needed regardless of the job to be filled

This list is by no means complete, but on a consistent basis this individual is there to serve Exchange. NAME represents our organization with style and class and it is very evident this individual loves Exchange. We wouldn't be honoring him/her for the work done in Exchange this past year, rather we would be honoring them for the many hours spent on Exchange since the time they were recruited. This individual certainly exemplifies Exchange in a manner we can all be proud of. Let's honor NAME as Exchangite of the year 2008-09.

Nominations must be in written form and turned in to Wanda Martin, Chairperson.

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Book of Golden Deeds - The National Exchange Club's Book of Golden Deeds Award project recognizes dedicated volunteers who give endless hours of their time and talents toward bettering the community. Volunteerism is important to our society and should not go unnoticed.

Honoring a fellow citizen with the BOOK OF Golden Deeds Award is a heart-warming and inspiring act not only for the honoree, but for the Exchange Club and its members. The Book of Golden Deeds exemplifies Exchange beliefs and is easy to implement.

When searching for the appropriate volunteer, keep in mind that the recipient need not be a person of great wealth or prestige. It is important to choose a person who is sincere about helping the community, has an exceptional track record of continued, unselfish giving and enjoys volunteering his or her time to help others. The recipient can be from any profession, a member of any organization or even from the humblest walk of life - someone who deserves acclaim, but rarely receives it.

The book of Golden Deeds award is not limited to a single volunteer, but can be presented to a group of individuals such as civic groups, sororities/fraternities, religious groups and charitable organizations. The volunteer **does not** have to be an Exchange member.

For many years, the club only gave out one "Book of Golden Deeds" award yearly. Several years ago the board made the decision we would give up to 3 awards within the year if we had applicants that had made significant contributions and were equally qualified. Even though we may have 3 or more applications we may make the decision to only give one based on the quality of the applications.

When making out a nomination it must be in written form with specific examples of the nominee's volunteer history. **THE ONLY CRITERIA FOR RECEIVING THE AWARD IS TO HAVE MADE SIGNIFICANT CONTRIBUTIONS TO THE COMMUNITY.** All nominations should be turned in to Wanda Martin, Awards Chair.

Guests - Dick King invited Annette Redmond as his guest. Annette works at Iowa Hearing Clinic.

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