



# Kiwanis®

**KIWANIS CLUB OF RIDGETOWN**

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## **NEWSLETTER FOR THE WEEK OF MARCH 24, 2014**

### **March 20, 2014 meeting:**

Twenty members welcomed guests PLG Ron Elliott and David Campbell.

### **Happy \$\$**

\$ - Kiwanian Jenn was happy/sad to see a new side of Past President Brad

\$ - Kiwanian Jenn was happy that Key Clubbers Morgan and Brandon were accepted for the mission trip to Guatemala next March.

\$ - Kiwanian Jenn was happy to be home.

\$ - Kiwanian Jenn was happy to report that Amanda has a job in Saskatoon.

\$ - Past President Kiwanian Brad was happy that he topped Kiwanian Jenn's happy list.

\$ - President Brian was happy with the calm and peacefulness of the meetings as of late.

### **Mystery Handshake**

Kiwanian Keith was pleased that everyone shook his hand other than Kiwanian Gary Wake.

### **Key Club**

Our Key Clubbers are hard at work preparing for Mid-Winter Rally and DCON. They also have events being held in the school such as Duck Dynasty Day where the student body is encouraged to wear their camo gear. The popcorn machine is currently being restored to its glory for future fundraising use.

### **Quiz Night**

This Thursday is Quiz Night. Past President Dale rallied the troops for judges, runners and tables. If you are available to help, please come to the RDHS gym at 6:15.

### **Chili Cook-off**

Kiwanian Keith reported that we had another successful evening. Chili was sold out by 7:10, everyone attending was well fed, warm and had a great time. Kiwanian Dennis Vaughan left the happiest as the 50/50 winner! Thanks to all that attended and helped out with the event.

### **Gourmet Dinner**

A reminder to sell, sell, sell those tickets! If you have tickets that need to be sold yet, please give them to Kiwanian Keith so we can help to get them sold. If your books are sold, please return stubs and money to Kiwanian Keith as soon as possible.

### **Splash Pad**

Kiwanian Mary Ann presented further information. The club voted unanimously in favour, on a motion brought forward by Keith Hamilton, seconded by Jen Vaughan to submit applications for available grants. A club vote on the project will happen in the near future. Members were asked to review the information sent to them on the splash pad proposal. If you have any questions, please speak to Mary Ann. Thanks Mary Ann for all the work you have done on this potential project.

### **Westover Treatment Centre**

PLG Ron Elliott gave a presentation on Westover Treatment Centre and the work they carry out at their facility in Thamesville. PLG Ron is a member of the St. Thomas Inc. Kiwanis Club and is the Executive Director at Westover.

Addiction is a progressive, life threatening disease. Substances like drugs and alcohol physiologically change the way the brain functions. With new drugs being introduced faster than can be legislated, substance use and abuse continues to rise, making treatment centres like Westover vital.

Westover is an abstinence based, 19 day residential treatment centre. It aims to enable individuals, their family and friends to recover from substance dependence and co-dependence in order to lead a healthy and productive life. It is a safe environment conducive to learning the recovery tools necessary to overcome the effects of substance dependence.

In addition to the 19 day program, Westover offers a 6 day co-dependent program for people who are living with and/or are enabling addicts. New in 2014 is a Second Stage program that is focused on preventing relapse. It allows individuals to come back to Westover for two weeks of resident care to help keep them focused on recovery. Each program Westover offers has six months of after care for everyone after the residential portion of their recovery is complete.

The focus of the offered programs is primarily on self-esteem and self-awareness. Through various teaching approaches, clients learn what changes they can make in order to feel more at ease with themselves.

Individuals are expected to participate in all aspects of the program at Westover. This includes lectures, treatment related videos, discussion sessions, one-on-one sharing with group members and a one-on-one counseling session with a Primary Counselor, daily chores and individuals are expected to follow the schedule in place. There is also time provided for exercise and relaxation. The focus is primarily on recovery from substance dependence. Through the various teaching approaches offered, individuals learn what changes they can make in order to feel more in control of their lives and their addiction. Sessions on communication, assertiveness, stress management, rational self-counseling and anger management are offered to all residents. Westover also assists their clients in exploring their feelings, issues concerning boundaries and encourage them to make healthy choices.

Westover has 24 beds that are funded by the Erie-St. Clair Local Health Integration Network (LHIN) making these beds available to Ontario residents with no direct costs. They also have Private Pay beds available for eligible individuals looking to guarantee an early intake.

Westover accepts self-referrals as well as referrals from healthcare professionals, industry/employee assistance or other agencies, self-help groups, family, friends and alumni. To register, an individual must meet the following criteria:

- 16 years or older
- Assessed by an assessment and referral agency as having a substance dependence problem
- Demonstrate a commitment to make a lifestyle change
- Ideally seeking first-time residential treatment

**The Kiwanis Club of Ridgetown meets weekly at 6:30 pm in the basement of Mount Zion Presbyterian Church, 59 Main St. E., Ridgetown, every Thursday, from September 1<sup>st</sup> through June 30<sup>th</sup> each year. Summer meetings are hosted by members at various local addresses.**

### **Easter Egg Hunt**

Ridgetown's 38<sup>th</sup> Annual Easter Egg Hunt will be held April 19<sup>th</sup>, 2014. This year both age groups will be held at the high school, easing the rush from one hunt to the next for families with children in both age groups. Ages 3-6 will be at 10am, ages 7-10 will be at 11am. As last year, our club is hosting the 7-10 year olds. There will be a golden egg prize of a bike in each group this year! This year it was decided to make the changeover from using real eggs to plastic eggs. The committee graciously accepts donations of these eggs.

Spend some time surfing! You will find fundraising ideas, service ideas, Kiwanis education and much more.

Take time to review the District website:  
[www.kiwanisec.org](http://www.kiwanisec.org)

Take time to review the International website:  
[www.kiwanis.org](http://www.kiwanis.org)

Links to both of these websites can be found on our club website:  
[www.ridgetownkiwanis.com](http://www.ridgetownkiwanis.com)

### **Kiwanis One Day**

Each year, Kiwanis clubs around the world join in a day of service. **In 2014, Kiwanis One Day is April 5.**

Information on Kiwanis One Day can be found on the Kiwanis International website.

If anyone has an idea for Kiwanis One Day for our club please contact President Brian.

### **MEETING AND EVENT SCHEDULE**

March 27	Quiz Night
April 3	Business & Board meeting
April 10	Von Martels Stables
April 17	Nominations taken from the floor – program TBD
April 19	38 <sup>th</sup> Annual Easter Egg hunt at RDHS
April 24	Roadside cleanup
May 1	Annual meeting

### **INTERCLUB OPPORTUNITIES**

April 18	London Kiwanis prayer breakfast
April 26	Governor Hope's visit to Region A
April 30	Can/Am banquet in Sarnia

### **QUIZ NIGHT**

Registration forms for the 30<sup>th</sup> quiz night are posted on the club website and available at Mitton's Jewellers. Get your team together for March 27, 2014.

### **GOURMET DINNER TICKETS**

Kiwanian Keith reminded members to sell their tickets. The draw will be held at our April 17 meeting.

