



On the beem



I-I District of Kiwanis International

Division 13

November 2009

Making the most of volunteer work

As Kiwanians, we know that volunteering is fun and rewarding, but it's also a little more complicated than just showing up and having a good time. Here's some advice on how to make the most of your volunteer work during projects or at meetings:

Be selfless. Selfless is the opposite of selfish. Don't think about what you can do to help yourself. Think about what you can do to help others.

Be well-trained. Know what you're doing as a volunteer. If you need some time to learn your job, take that time. If you need training or need someone to show you what you're supposed to do, speak up. If you're good at your job, it will be much easier to help others (plus you'll have a lot more fun).

Be dependable. Do what you say you'll do, and do your best. Don't show up late, and always keep your promises. People will be relying on you so you don't want to let them down.

Be enthusiastic. Don't moan and groan your way through your volunteer work. If you really don't like what you're doing, find something else. Always have a positive attitude and show others that you're doing this because you WANT to.

Be open-minded. One of the really great things about being a volunteer is the chance to learn and experience new things. Keep your mind open to new possibilities, and you'll probably grow as a person.

Be respectful. Always remember to show respect for other people and other cul-

tures. Keep in mind that your way of thinking or living is not the only way there is.

Be cooperative. Don't be a "hot shot" or a loner. Don't try to do everything yourself. Work as part of a team to make sure everyone gets a chance to participate and do his or her fair share of work. If someone asks for help, be willing to lend a hand. If you need some help, ask politely for it.

Be understanding. Try to see things through other people's eyes. Try your best to understand what other people are go-

ing through, even if it's something you've never dealt with yourself.

Be humble. Humble people don't brag or go around telling everyone about all the good things they've done just to get some attention or feel superior. They're happy knowing that they're making a difference, and don't need to shout about it.

Be friendly. Treat others like friends, and they'll do the same for you. Many Kiwanians who volunteer meet new people with whom they want to stay friends. You might just meet someone who becomes a buddy for the rest of your life!

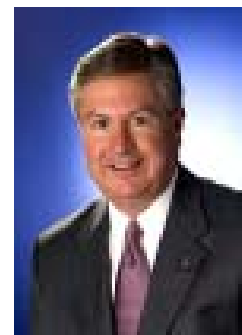
Soderstrom named Interim Chief Executive Officer of Kiwanis

Stan D. Soderstrom recently was named Interim Chief Executive Officer for Kiwanis International. As Kiwanis chief executive, Soderstrom is responsible for providing leadership and direction to the board, staff and volunteers for the global organization of both adult and youth members totaling more than 600,000.

Soderstrom joined the International staff in 1997, and recently held the position of Chief Impact Officer. In that role he focused on the successful growth and development of the Kiwanis' youth and adult leadership development programs around the world, as well as strategic planning and board governance for Kiwanis International and its two youth organizations, Key Club International and Circle K International.

Soderstrom also led the introduction and development of new membership-

based service clubs for elementary school children and adults with disabilities. During that time, Kiwanis enjoyed a 75% increase in total paid membership of its



youth and young adult clubs' membership.

He completed undergraduate studies at Texas Tech University and graduate coursework at the University of

Texas at Austin.

Active in the Kiwanis family since 1974, he was a district officer in both Key Club and Circle K, and would later serve as both a Circle K and Key Club district administrator for the Texas-Oklahoma District.

2009-2010

I-I District Officers

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 Gov Asst Brian Davis
 Treasurer Bob Brunton
 Governor-elect . Larry Forsberg

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2009-2010

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 Leadership Team**

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Kiwanis Growth

Dennis Swinton .. Rochelle G-K

Youth Services

Bruno Kapacinskas Dixon

Bowl-A-Thon

Jim Swickert Sauk Valley-Dixon

Key Club District Governor

Blaire Sambdman Dixon HS

Key Club Div. 13 Lt. Governor

Beth Brooks Dixon HS

Worldwide Service Project next steps

Kiwanis International received more than 200 proposals from all over the world for the next Worldwide Service Project. Now that the Oct. 1 deadline has passed for submission of proposals, a special committee has the difficult task of reviewing the proposals, selecting the finalists and making a recommendation to the Kiwanis International Board of Directors.

During the selection process, the committee may choose to interview the finalists and we will also provide an opportunity for our more than 600,000 members worldwide to comment on the next Worldwide Service Project. Announcement of final selection is scheduled for the Opening Session of the 95th Annual Kiwanis International Convention in Las Vegas, Nevada,

in June, 2010.

Kiwanis International's first Worldwide Service Project virtually eliminated iodine deficiency disorders worldwide. Working with the United Nations Children's Fund (UNICEF) and the U.S. Fund for UNICEF, the entire Kiwanis family joined together to raise almost \$100 million.

Changes made in monthly report form

As many of you have already realized, Kiwanis International has made some changes to the monthly report for the 2009-10 Kiwanis year. The monthly report fulfills the club's reporting requirements to Kiwanis International, is used to help improve our programs, and alleviates the need for a more extensive year-end annual report.

The monthly report now includes tracking of "signature" club projects, such as Kiwanis One Day, Read Around the World, and YCPO. **By completing all 12 monthly reports, data is automatically rolled into the Annual Club Re-**

port. Completion of the monthly reports also allows for up-to-date on-line tracking of the club's progress toward the Distinguished Club award.

There is also a new webpage on the KiwanisOne system to assist club secretaries with on-line reporting, including frequently asked questions and training videos on the new monthly report.

I know God will not give me anything I can't handle. I just wish that He didn't trust me so much.
Mother Teresa



Mark Your Calendars!

2009

- Past Lt. Governors Conference Nov. 13-15
 •DoubleTree Hotel, Bloomington, IL
- Division 13 Council meeting Dec. 1
 •KSB Hospital, Dixon, IL

2010

- Circle K's Holiday Embrace Jan. 9
 •DoubleTree Hotel, Oak Brook, IL
- Division 13 Council meeting Feb. 2
 •KSB Hospital, Dixon, IL
- District Mid-Winter Convention Feb. 12-14
 •Oak Brook Hills Marriott Resort, Oak Brook, IL
- I-I District Circle K Convention Feb. 12-14
 •Oak Brook Hills Marriott Resort, Oak Brook, IL

- Div. 13 Bowl-A-Thon Feb. 14
 •Dixon, IL
- Division 13 Council meeting April 6
 •KSB Hospital, Dixon, IL
- Kiwanis One Day of Service..... April 10**
- I-I District Key Club Convention April 9-11
 •Decatur Hotel/Conference Center, Decatur IL
- Division 13 Council meeting June 1
 •KSB Hospital, Dixon, IL
- Kiwanis International Convention June 23-26
 •Las Vegas, NV
- Key Club International Convention July 7-11
 •Memphis, TN
- I-I District Convention Aug. 5-8
 •Marriott Uptown Hotel, Normal, IL
- Circle K International Convention Aug. 4-7
 •St. Louis University, St. Louis, MO
- Key Leader Program (hosted by I-I Dist) Oct. 29-31
 •East Bay Camp, Hudson, IL

Happenings Around the Division



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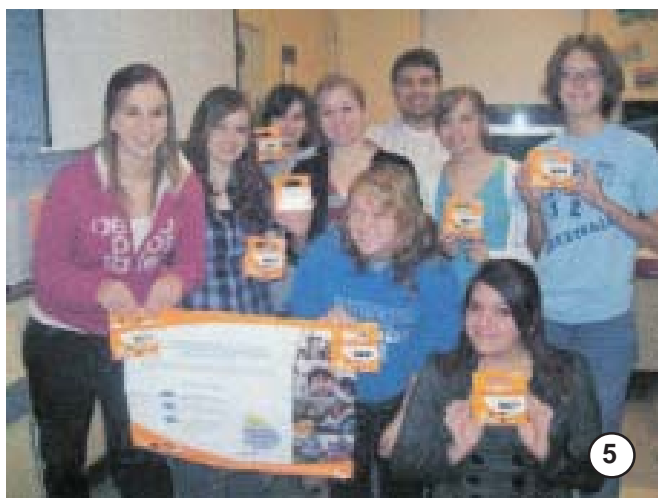


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1 - Larry Wing (far right) was installed as the newest Kiwanis Golden K member on Oct. 22. Also pictured are mentor Dean Herrmann, club president Jim Busse, and Tom Villa. 2 - Cathy Warren, Rosemary Eike, and Tom Shouer of Oregon Kiwanis prepare beefburgers during Autumn on Parade. 3 - Preparing for Adopt-A-Highway pickup are Byron Kiwanians Jim Michmershuizen, Brian Stukenberg, and Jon and Karyn Wilson. 4 - Oregon Key Clubbers enjoy an interclub with Dixon Key Club. 5 - Rochelle Key Clubbers and their UNICEF boxes, ready for a great Halloween night. 6 - Byron Key Club president Blake Mora tells Kiwanians of the club's activities as advisor and Byron Club member Dirk Palmer looks on.



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Forty-six years ago, Camelot was destroyed by a bullet.

This destruction wasn't evident at first, but the security of The Fifties was replaced by the uncertainty of the Turbulent Sixties, the Beatles replaced Elvis Presley, the Great Society replaced the New Frontier ... and America lost its innocence.

All this happened 46 years ago on November 22, 1963 when Lee Harvey Oswald assassinated President John F. Kennedy in Dallas.

I had completed my sophomore year at Northern Illinois University in May of 1963 and had gotten married in June. By the middle of November I was engrossed in my studies and worked as a supervisor part time for the University Food Service. I had worked on John Kennedy's campaign in 1960 during high school and had seen him speak during a campaign stop at York High School. His youthfulness, and his articulateness gave me a sense of optimism. I was proud to be young and an American.

I went to supervise the lunch crew at Lincoln Hall on that November 22 day, and there was the usual banter and joking as students went through the line for their food. But a whisper began to grow as one student said to another, "Kennedy's been shot!"

No one believed it, but I took a small transistor radio into an unused dining room. I listened as the reports were de-

livered on the President's health. Then Roger Mudd's voice came on and announced President Kennedy had died. I sat in stunned silence, unbelieving, and then, I wept.

I went home and when my wife of five months, Chris, returned from work we, and the rest of the nation, watched the newscasts in silence and disbelief.

Saturday morning I went to the Student Union at 9 am to get a newspaper. You could have heard a pin drop on campus. Students, professors, workers all passed one another in a daze. The world seemed to move in slow motion.

I read in the newspaper that the state funeral would be the next day and burial on Monday. I returned home at 10 am.

"You know, we may never have the opportunity to see a state funeral again in our lifetime," I said to my wife. "Want to Go?"

At 11 am, we threw a hurriedly packed suitcase into our 1960 Volkswagen Beetle and headed for Washington D.C. Being the historian, I purchased a newspaper from each major city along the way which I still have. Sixteen hours later we were in Silver Springs, Maryland and took a motel room at 3 am.

Up early Sunday morning, we drove to downtown Washington DC. You could do that then. We also found a parking place near the Washington Monument. They had those then also. It was a bright, crisp morning and we moved to the reviewing area across from the Capitol

The Kennedy Assassination

A Personal Reflection

by Ron Beem



The original Kennedy gravesite.

Bill Mauldin's Pulitzer Prize winning cartoon *Grieving Lincoln* in the *Chicago Sun Times*.



building on Pennsylvania Avenue. We were at the base of the reviewing stand in the front row, a perfect view for the ceremonies. And there we stood, waiting for our glimpse of history.

There are some events which are simply eerie and hard to explain. As we were waiting for the caisson with the riderless horse to make its way up Pennsylvania Avenue to the Capitol steps, in the crowd someone whispered, "Oswald's been shot." It was like a pebble dropped into a calm lake and you were able to see the ripples get larger and larger. "Oswald's been shot!" We had no radio with us and our response was like most others. "What happened?" "Really?" So there we were knowing a big piece of news with no way to find out the details, or to its accuracy for that matter. It wasn't until that evening that we found out the details of Jack Ruby killing Lee Harvey Oswald on national television.

We were among 300,000 mourners who lined Pennsylvania Avenue in silence and witnessed the procession of the funeral cortege and the riderless horse, indicative of a fallen leader. Six grey horses pulled the flag-draped casket, mounted on the same caisson that had held Franklin D. Roosevelt.

After the procession passed, crowds moved toward the Capitol where the President would lie in state for 21 hours. Over the span of 18 hours, 250,000 people, some waiting for as long as 10

hours in a line that stretched 40 blocks up to 10 persons wide, personally paid their respects as Kennedy's body lay in state. As a result, the Capitol was kept open all night.

Our location across the street from the Capitol steps and at the base of the reviewing stand for dignitaries, provided us the opportunity to see up close the taking of the casket into the Capitol, Jacqueline Kennedy and children, Robert and Edward Kennedy, and caisson and riderless horse.

The next day a caisson took Kennedy's body in a procession through Washington DC, across the Potomac River to the final burial site in Arlington Cemetery at the knoll Kennedy once referred to when he said, "I could stay up here forever." Jacqueline Kennedy lit the eternal flame.

John F. Kennedy's final resting place was a simple spot surrounded by a white picket fence. Today there is a vast memorial. Personally, I always liked the original gravesite. Perhaps its simplicity reminded me of a time now past.

As Chris and I drove home, we had spent almost all the money we had taken with us for food, motel, gas and incidentals.

We had no credit cards and there were no ATMs then. Our 1960 Volkswagen had no gas gauge. When the tank was empty, the driver pushed a lever to a one gallon reserve tank that emptied into the gas tank. That was usually enough gas to get one to the nearest gas station. At Joliet, we had to go on the reserve tank. We pulled into a gas station which at the time advertised gas for 32 cents a gallon. Neither my wife nor I smoked so we always used the ask tray for loose change. We scoured through our clothes and the ash tray and came up with 64 cents. We put two gallons in the tank and made it back to DeKalb -- two young, impetuous seekers of history.

There are certain events which define a generation, and certain questions which help us relate to those events. For Tom Brokaw's *Greatest Generation*, the question is "Where were you when Pearl Harbor was bombed?" My generation answers the question, "Where were you when Kennedy was assassinated?" We all remember, vividly, where we were, what we were doing, how we felt. It was the day Camelot was destroyed by a bullet, the day we lost our innocence.



Robert Kennedy and Ethel Kennedy seen following Jacqueline Kennedy as she leaves the United States Capitol with John Kennedy Jr. and Caroline Kennedy, after viewing the lying in state of John F. Kennedy.



The History of Thanksgiving

A Meal Without Forks • Mayflower Myths •

Thanksgiving is celebrated each year among plates of turkey, dressing, mashed potatoes and gravy, cranberry sauce, and, of course, pumpkin pie. And everyone knows about the first Thanksgiving. It was learned in grade school.

The Mayflower anchored at what is now Provincetown, Massachusetts in November, 1620. The adults among the 102 passengers drew up the Mayflower Compact to rule themselves by the concept of majority rule. They moved across the bay and began building Plymouth Plantation in December. Half of the settlers died the first winter, and following a good harvest in the fall of 1621, 50 or so survivors and 90 Wampanoag guests celebrated the first Thanksgiving for three days.

From our grade school experience, most people learned that the men wore tall, skinny hats and starched collars while the women wore black dresses and white caps. They were simple, plain folk who used “thee” and “thou” when they talked. And, of course, they had buckles on their shoes.

However, the truth is somewhat different. The “Pilgrims” consisted of the “Separatists” who came by way of Holland looking for religious freedom. They called themselves “Saints” and the others on the Mayflower “Strangers.” The “others” made up the majority of the Mayflower passengers, and were looking for economic opportunity. Together the two groups built the Plymouth settlement.

The inhabitants liked bright colors. Although black was worn, so was blue, red and yellow. And there were no buckles. They were just not popular with the English then.

Thanksgiving Tradition

Thanksgiving as we know it is a blend of three traditions: an ancient English tradition of secular harvest feasts, a

solemn and religious Day of Thanksgiving and Praise in the Puritan tradition, and a nationalistic commemoration of the Pilgrim’s landing known as Forefather’s Day.

The merry harvest feast at Plimouth in 1621 – sometime between Sept. 21 and



The First Thanksgiving by Jennie Brownscombe

Nov. 9 – is as close as one gets to the image of “the First Thanksgiving.” The first solemn Day of Thanksgiving and Praise wasn’t called until 1623, when a timely rainstorm saved the colony’s crops. Forefather’s Day, first observed in Plimouth about 1790, is Dec. 21.

Abraham Lincoln declared the first national “Thanksgiving” in 1863.

The Feast

The harvest festival of 1621 is mentioned in two quotes, one of which begins: “Our harvest being gotten in, our governor send four men on fowling, that so we might after a special manner rejoice together ...”

It is known the colonists had roast wild fowl, cod, sea bass and corn meal. Native Wampanoags (Eastern People or People of the Dawn) brought venison to the feast.

The word “vegetable” was not used then, but a “sallet” of cooked or raw vegetables was served regularly. Meats were roasted or boiled; the fish was boiled or

perhaps grilled. Breads were cooked in a skillet or baked.

Scarce sugar meant no cranberry sauce or preserves, although cranberries might have been in the stuffing. The failed wheat crop probably meant no flour for pie crust. Beer and water would have been the preferred beverages.

No creamed onions (flour-thickened sauces and gravies were not possible). No apple cider (no apples in New England). No celery (it was unknown).

Men and women sat at cloth-covered tables, mostly on benches; only a few important men had chairs. Children fetched dishes and waited on their families. And the few women did all the cooking.

The pilgrims didn’t use forks; they ate with spoons, knives, and their fingers. They wiped their hands on large cloth napkins which they also used to pick up hot morsels of food.

Salt would have been on the table at the harvest feast, and people would have sprinkled it on their food. Pepper, however, was something that they used for cooking but wasn’t available on the table.

In the seventeenth century, a person’s social standing determined what he or she ate. The best food was placed next to the most important people. People didn’t tend to sample everything that was on the table (as we do today), they just ate what was closest to them.

Serving in the seventeenth century was very different from serving today. People weren’t served their meals individually. Foods were served onto the table and then people took the food from the table and ate it. All the servers had to do was move the food from the place where it was cooked onto the table.

Pilgrims didn’t eat in courses as we do today. All of the different types of

foods were placed on the table at the same time and people ate in any order they chose. Sometimes there were two courses, but each of them would contain both meat dishes, puddings, and sweets.

Our modern Thanksgiving repast is centered around the turkey, but that certainly wasn't the case at the pilgrims's feasts. Their meals included many different meats. Vegetable dishes, one of the main components of our modern celebration, didn't really play a large part in the feast mentality of the seventeenth century. Depending on the time of year, many vegetables weren't available to the colonists. The pilgrims probably didn't have pies or anything sweet at the harvest feast. They had brought some sugar with them on the *Mayflower* but by the time of the feast, the supply had dwindled. Also, they didn't have an oven so pies and cakes and breads were not possible at all.

The food that was eaten at the harvest feast would have seemed fatty by 21st Century standards, but it was probably more healthy for the pilgrims than it would be for people today. The colonists were more active and needed more pro-

tein. Heart attack was the least of their worries. They were more concerned about the plague and pox.

People tend to think of English food at bland, but, in fact, the pilgrims used many spices, including cinnamon, ginger,



1621 Harvest Feast

nutmeg, pepper, and dried fruit, in sauces for meats.

In the seventeenth century, cooks did not use proportions or talk about teaspoons and tablespoons. Instead, they just improvised.

The best way to cook things in the seventeenth century was to roast them. Among the pilgrims, someone was as-

signed to sit for hours at a time and turn the spit to make sure the meat was evenly done.

Since the pilgrims and Wampanoag Indians had no refrigeration in the seventeenth century, they tended to dry a lot of their foods to preserve them. They dried Indian corn, hams, fish, and herbs.

The biggest meal of the day for the colonists was eaten at noon and it was called noonmeat or dinner. The housewives would spend part of their morning cooking that meal. Supper was a smaller meal that they had at the end of the day. Breakfast tended to be leftovers from the previous day's noonmeat.

In a pilgrim household, the adults sat down to eat and the children and servants waited on them.

The foods that the colonists and Wampanoag Indians ate were very similar, but their eating patterns were different. While the colonists had set eating patterns - breakfast, dinner, and supper - the Wampanoags tended to eat when they were hungry and to have pots cooking throughout the day.

What May Have Been on the Menu

SEAFOOD: Cod, Eel, Clams, Lobster

WILD FOWL: Wild Turkey, Goose, Duck, Crane, Swan, Partridge, Eagles

MEAT: Venison, Seal

GRAIN: Wheat Flour, Indian Corn

VEGETABLES: Pumpkin, Peas, Beans, Onions, Lettuce, Radishes, Carrots

FRUIT: Plums, Grapes

NUTS: Walnuts, Chestnuts, Acorns

HERBS and SEASONINGS: Olive Oil, Liverwort, Leeks, Dried Currants, Parsnips

What Was NOT on the Menu

Surprisingly, the following foods, all considered staples of the modern Thanksgiving meal, didn't appear on the pilgrims's first feast table:

HAM: There is no evidence that the colonists had butchered a pig by this time, though they had brought pigs with them from England.

SWEET POTATOES/POTATOES: These were not common.

CORN ON THE COB: Corn was kept dried out at this time of year.

CRANBERRY SAUCE: The colonists had cranberries but no sugar at this time.



PUMPKIN PIE: It's not a recipe that exists at this point, though the pilgrims had recipes for stewed pumpkin.

CHICKEN/EGGS: We know that the colonists brought hens with them from England, but it's unknown how many they had left at this point or whether the hens were still laying.

MILK: No cows had been aboard the *Mayflower*, though it's possible that the colonists used goat milk to make cheese.

Source: Kathleen Curtin, Food Historian at Plimoth Plantation

Young Children Priority One: Precious Minds video available

Precious Minds is a 17 minute VHS video produced by the Kiwanis Club of Ottawa, Canada Priority One committee in the fall of 2000. One year later, over 1,500,000 copies have been distributed. It is now available for distribution in the I-I District.

Recent discoveries have shown that reading to children between the ages of 0 - 3 can help them realize the full potential of their brain. In the ground breaking report, "Early Years Study", co-chairs Margaret Norrie McCain and Dr. J. Fraser Mustard concluded that "early child development is as important, if not more important than the periods chil-

dren spend in education or post-secondary education." The research reveals that children who are read to when exceptionally young, are more likely to develop a lifelong interest in reading, do well in school, and succeed in adult life.

With the financial support of the National Literacy Secretariat, the Ontario Tuillium Foundation and the Children's Hospital of Eastern Ontario Foundation, the Kiwanis club of Ottawa has prepared a video, which present these exciting discoveries. The intention of the video is to make parents and caregivers aware of the significant benefits created by reading to very young

children. The video offers parents and caregivers a wide selection of practical suggestions on ways to nurture early literacy in children.

The target audience includes parents and custodians of young children (0 - 3), pediatricians, hospitals, chil-

dren health professional groups, parenting classes, libraries, literacy organizations, daycare centers.

For More Information
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**2nd Division 13
 Council Meeting**
of 2009-2010 year
Tuesday, Dec. 1
7:00 pm
KSB Hospital
403 East First Street, Dixon, IL

inspiration

Rich or Poor?

One day a father and his rich family took his young son on a trip to the country with the firm purpose to show him how poor people can be. They spent a day and a night in the farm of a very poor family. When they got back from their trip, the father asked his son, "How was the trip?"

"Very good, Dad!" answered the son.

"Did you see how poor people can be?" the father asked.

"Yeah!" said the son.

"And what did you learn?"

The son answered, "I saw that we have a dog at home, and they have four. We have a pool that reaches to the middle of the garden; they have a creek that has no end. We have imported lamps

in the garden; they have the stars. Our patio reaches to the front yard; they have a whole horizon.

When the little boy was finished, his father was speechless.

His son added, "Thanks, Dad, for showing me how poor we are!"

Isn't it true that it all depends on the way you look at things? If you have love, friends, family, health, good humor and a positive attitude toward life, you have everything.

You can't buy any of these things. You can have all the material possessions you can imagine, provisions for the future, etc., but if you are poor in spirit, you have nothing.

Read Around the World Program

Open a child's mind to reading—all year long.

Every child should experience the joy of reading. Kiwanis members believe this, and have long been dedicated to Kiwanis International's *Read Around the World* program.

What used to be a month-long observance is now a focus for the whole year, giving the entire Kiwanis family of clubs the chance to implement *Read Around the World* projects at any time.

More reading projects touch more children's lives.

Kiwanis' *Read Around the World* program focuses on sharing the joy of books with children—from reading with them to getting them books they can have for their very own.

If you're interested in learning more about the *Read Around the World* program, or how you can help get books to children who need them most, contact 1-317-875-8755, ext. 211.