



Noon News

The Weekly Newsletter of the Ripon Noon Kiwanis Club

P.O. Box 504 – Ripon, WI 54971 – www.riponnoonkiwanis.org

Weekly Meetings Tuesdays at Noon at Ripon College's Pickard Commons

Serving the Children of the World

NOON NEWS IS GOOD NEWS

December 8, 2009

The Noon News staff all braved the storm and reported for work this morning. We're hunkered down and buttoned up, but the Noon News must go through!

Attendance

15 members and 3 guests

Guests

Norm Loomer brought his wife **Sue**. We were happy to have Circle K president **Erin Hying** with us again. And our speaker was **Danelle Phillips** of Ripon Medical Center.

Bells Rang!



Left: Nooners **Pat Hart** and **Tonya Alling** and Aktion Clubbers **George Jung** and **Herman Simson**
Right: **Rich** and **Sandy Scamehorn**

Head Ringer **Rich Scamehorn** reported that Nooners filled all of the slots for Salvation Army bell-ringing Friday and Saturday. On Saturday members of the Aktion Club joined them for a really good time. Rich said that the campaign is off to a good start, with about \$2400 dropped in the kettles the first weekend.

It Was Indeed a Dickens of a Khorus

Paul Nulton, Rich Scamehorn, Helga Ridders, and Melanie Oppor braved the cold and caroled for Dickens of a Christmas visitors in front of Diedrich Jewelers Friday night.

CHEESE!



Left: Circle K members **Stephanie Bradshaw, Andrea Lyke, Ania Cholewa,** and **Stephanie Schaub** put cheese boxes together.

Right: Nooners **Ken Koffarnus, Don Amsden,** and **Matt Lueptow** fill boxes with cheese, sausage, and chocolates.

Hoads of Nooners and RHS **Circle K** members descended on Ripon Printers Tuesday afternoon to pack cheese boxes and baskets. Special thanks to Head Cheeses **Paul Nulton** and **Ken Koffarnus** and every-present Nooner Prexy **Tonya Alling** for creating order out of chaos. And to the Circle K-ers—Thank you, thank you!

Thanks also to Nooner and Ripon Printers CEO **Andy Lyke** for making his facilities available.

Preliminary estimates show a profit of \$3100 to help support our service projects. Way to go Nooners!

Tuesday's Program: Lighten Your Load, Focus on Wellness



Tuesday's program was presented by Early Bird and Ripon Medical Center staff member **Danelle Phillips**. She gave some disturbing facts about wellness in Wisconsin:

- Only 28% of people are getting the recommended amount of physical activity.
- 62% are overweight or obese.
- 50% eat fast food at least three times a week.

In response, RMC is presenting the Focus on Wellness and Lighten Your Load programs. These programs were developed to address the need in our community and area to increase physical activity and reduce the incidence of obesity. In its first year, Lighten Your Load had over 125 participants, with contestants representing both genders and ranging in age from young adult to the elderly. Last year's individual winner lost an amazing 49 pounds in just 8 weeks! Based on contestant surveys, they are extending this

year's challenge to 3 months or 13 weeks. They have eliminated the team competition, but have added winners for genders and ages, as well as runner-up prizes. Prizes awarded to winners in four categories (female under 35, female 35 and older, male under 35, male 35 and older).

Much more information is available at <http://www.rmctriathlon.com/triathlon/Lighten_Your_Load.html>.

Next Week: Wednesday is the New Tuesday

Next week we'll have a joint meeting with the Early Birds, but at a different time and place. We'll be meeting Wednesday noon at Royal Ridges. We'll be entertained with a holiday program by director **Sandy Polcyn** and the **Ripon High School Jazz Band**.

Interclubbing

Interclub Coordinator **Rich Scamehorn** has come up with two more Interclub opportunities. On Tuesday we'll be visiting the Fond du Lac Noon Club. They have visited us often, and this is the club that spawned our club 85 years ago. Rich says that we need one more person to make this an official Interclub. And then on January 9 there will be a Governor's Visit, including dinner, at the Fond du Lac Ramada Inn. Interclubs are fun! Let Rich know (<scamy@centurytel.net> or 748-2086) if you would like to join in.

Board Met

The Ripon Noon Kiwanis Board met Monday noon. President **Tonya Alling** reported that **Audrey Wesner** had found it necessary to resign from the

Board. The Board approved **Mellisa** (that's 2 Ls, 1 S) **Wipijewski** (not pronounced at all like it looks, but it makes sense if you're Polish) to fill out the rest of her term. Thank you, Audrey, for your service, and thank you, Mellisa, for stepping up.

Ripon Middle School principal **Tom Hoh** is very interested in starting a Builders Club and has a staff member who is also willing to participate. We need a Noon Kiwanian who would like to take the lead. Interested? Contact Tonya <tonya@allingenterprises.com>.

Details on the Board meeting were recorded by Secretary **Kristy Sadlon** and are available at <<http://riponnoonkiwanis.org/minutes/minutes.html>>.

FdL Lakeside Kiwanis Has Nuts

Fond du Lac Lakeside Kiwanis is selling nuts. Please contact Div. 12 Lt. Gov. **Stu Kindschuh** at kindschuhs@jwspeaker.com if you would like to order some. Orders placed on Fridays are available for pick-up the following Wednesday. This fundraiser runs for several more weeks. The Lakeside club purchased 10 boxes of cheese from us, so let's get a little nutty and return the favor.

Queen of Spades 50-50 Raffle

With \$112.50 in the pot and only 43 cards in the deck, **Bill Neill** choked and drew the 9 of clubs. That leaves seven winning cards (including the Big Kahuna) among the 42 remaining. Pretty good odds, eh?

Happy Bucks!

Bill Neill was happy to see Nooner **Richard Zimman** dressed as Santa in a Living Window.

Kristy Sadlon dropped two bucks to celebrate her brother graduating from Fox Valley Technical College with a degree in Engineering and for things in her life.

Andy Lyke was happy that because of Wednesday's expected snowstorm his wife wouldn't be able to go shopping. And he was happy that he and Tom Kueler were able to solve all of the world's problems while bell-ringing.

Rich Scamehorn was happy about the weekend's events, including the Choral Union concert Sunday in which the group sang "Footloose"—but probably not as well as the Kiwanis Khorus did at our Variety Show last March.

Norm Loomer was happy to have wife **Sue** with him and was happy that his parents would be moving to Ripon Friday.

Stand Up and Be Counted!

For each of the next four meetings (December 16, 22, 29, and January 5) we will need head counts in advance so that those preparing our meals will know how many to expect. Please RSVP to Tonya

<tonya@allingenterprises.com>.

Who Is Sick?

If you know of anyone who is ill or injured, please contact **Steve Sorenson**, **Helga Ridders**, or **Marge Burling**.

Service Hours Anyone?

Please keep track of your service hours and e-mail them to **Kristy Sadlon** at ksadlon3606@charter.net .

On the Agenda

Dec. 16 (Wednesday)

We'll have a joint meeting with Early Birds for a Christmas program by the **Ripon High School Jazz Band**. The meeting will be at Royal Ridges at noon. Cost is \$7.

Dec. 22

Scoutmaster **Dave Schoff** and members of Troop 735 will present "100 Years of Scouting." **We will need a head count for Sodexo so Sarge knows how much food to prepare.** The College is closed for a month but will keep the commons open for us all but December 29th.

Dec. 29

We'll meet at **Immanuel United Methodist Church** for pizza and salad.