



# Kiwaniis®

## KIWANIS KEY

Weekly Newsletter of the Kiwanis Club of GREEN BAY – DOWNTOWN, Founded 1917

### KIWANIS MEETING OF May 8<sup>th</sup>, 2017

With President Ole off to Vegas and hopefully winning another award for the Kress Inn, today's meeting was Anne's to run. We started out by reviewing yesterday's Pancake & Porkie breakfast (well, not right away ... first we ate club sandwich wraps and birthday cupcakes). Thanks to our really talented raffle ticket sellers (Southwest Key Club and the Jacques children), it looks like we'll bring in more than \$3,500 this year before expenses. Many thanks to all that worked and sold and cleaned and smiled!

It was a small group today (too many members had bellies full of pancakes, I think), just 10 of us including our speaker. Happy dollars came from Rick as he gave the pancake financial report and Ann who had very excited children yesterday after they won a raffle prize.

We only sang one song today, but it was an important one – “Happy Birthday”! There were no May birthdays in the audience, however.

Bob Rowan introduced Kevin Smith, our speaker today. He is an advocate of “The Work” which is a series of four questions that you apply to each stressful, unhappy, or counterproductive thought that comes into your mind. Byron Katie (a woman) is the author of this method of self-inquiry that helps us free ourselves from the anger and negativity we feel when we accept our thoughts, unquestioned, as true.

If we can see that certain thoughts are the source of unhappiness, we can use “The Work” to let go and be free of them.

As perplexing as this methodology sounds, it’s been featured in TIME magazine and on Oprah. A number of Hollywood stars are followers. As Kevin told us today, if it can help why not give it a try!

Upcoming meetings:

May 15 – Scholarship dinner, arrive at the Black & Tan at 5:45 PM

May 22 – Rick will have a speaker from the Aging and Disability Resource Center

May 30 – Nicolet School 3rd grade class at the NEW Zoo, please arrive by 10:45 AM

June 5 – Steve has the meeting

June 12 – Ben has the meeting

By: Rick Satterlee