

## March 12, 2025

*"Kiwaniis is a global organization of volunteers dedicated to improving the world, one child and one community at a time."*

### Today's Program

**Colin Hatch**, new Athletics Fund Raiser. He will be speaking on the upcoming Captain's Challenge, projects in the works for athletics, and what is on the horizon for Skyhawk Athletics.

**Last Week:** President Laura Taylor, fitness manager at Martin Wellness Center at Sports Plus Rehab Center, outlined some of their offerings when she spoke to Kiwanis at the March 5 meeting. She noted that Sports Plus-Martin strives to return every patient to a pain-free level of comfort to which they are accustomed. The team has a combination of clinical expertise, genuine caring, and a strong community reputation that sets Sport Plus-Martin apart. Laura said, "We value the building, nurturing, and sustaining of new relationships and friendship with one another." Martin Wellness Center has gym equipment, an indoor walking track, group exercise classes, personal training and individualized exercise plans, and health and functional fitness assessments are offered. Martin Wellness Center exists to prevent disease and to promote healthier lifestyles using education, physical activity, and nutrition to improve the overall health and wellness of its members and the West Tennessee community.

Laura also described the Rock Steady Boxing program offered at Martin Wellness Center where she serves as head coach. Rock Steady Boxing is a non-contact boxing program that provides a uniquely effective form of physical exercise for people living with Parkinson's Disease.



Included in picture are Brodie Estes, Volunteer, Marvin Holley Rock Steady Boxing Participant, and Julie Simpson Volunteer

## Martin Kiwanis Calendar

Apr. 7 — Board Meeting, Martin Public Library, 12 noon  
Apr. 30 — Fifth Wednesday Social (also July 30, Oct 29)

**Note: All meetings at UTM from March 26th through May 7<sup>th</sup> will be in UC 125 (back of Cafeteria).**



**From the March 6 Board Meeting:** Anna reported that Alisse Kirk from Martin Parks and Recreation talked with her about changes the city is planning for the 2025 Easter Egg Hunt. Alisse wondered if Kiwanis would like to take care of concessions and that those could be free—free coffee, hot chocolate, and water. She also said that if Kiwanis wanted to give out anything else, that would be fine. We noticed, however, that Kiwanis is already listed in the advertising for giving out the free coffee and hot chocolate.

**Recruiting for Key Leader:** Linda shared information about Key Leader and added the following information in a letter: "Now is the time to begin heavily recruiting regular student participants to attend Kiwanis Key Leader Weekend on April 25-27, 2025!!! We are just a little over 5 weeks ahead of the registration deadline, **April 11, 2025**, so please recruit and register students as soon as you can. Our goal this year is 65 students that are regular participants. We have 10 student facilitators, and so we need to fill up their neighborhoods with students! We do have 8 female and 8 male regular participants already registered as of Monday, March 3, 2025. If anyone needs a brochure to share with your students, there is also a copy on this on the website that you may share. Don't forget that the ones who register the earliest will get to stay in the nicer available housing!" The address to register is [www.wtnkeyleader.org](http://www.wtnkeyleader.org).

## Active Members

Anita Airee  
Richa Airee  
Bill Austin  
Mary Elizabeth Bell  
Otha Britton  
Anna Clark  
Jim Clark  
Danelle Fabianich  
Olivia Fernandez  
Wayne Fields  
Ann Gathers  
Bettye Giles  
Vickie Hazlewood  
Steve Lemond  
Linda Luther  
Jennifer Medford  
Mary Morgan  
Katie Parr  
Jayne Parrish  
Roberta Peacock  
Vincent Politte  
Linda Ramsey  
Sara Sieber  
Clinton Smith  
David Sudberry  
Jamie Summers  
Laura Taylor  
Joyce Washington  
Earl Wright