

Noon Each Wednesday @ First United Methodist Church
313 N. Center St, Arlington, TX 76011

&
Every Third Thursday @ 6:00 p.m. @ David's BBQ
2224 W. Park Row Dr, Pantego, TX 76013

P. O. Box 441, Arlington, TX 76004
JANUARY 2013

Editor: Laura Lammons 817-640-7711

Investing in our
children for a
better tomorrow
Since 1952

Kiwanis
Club of Arlington, Texas

60 YEARS & \$700,000
BENEFITING THE CHILDREN &
COMMUNITY OF ARLINGTON!

FIRST MONTHLY EVENING MEETING

WILL BE HELD

JANUARY 17, 2013 AT

DAVID' S BBQ FROM 6-8 PM

2224 W. PARK ROW DR, PANTEGO, TX 76013

**BRING A
FRIEND
TO
EVENING
MEETING!**

BUGs or BRINGING UP GRADES

BUGs is a hopping success!

Major players from KCA are Herman Duh,
Larry James, Dave McElwee and
Laura Lammons.

Pictured below is winner
Chayanne Derouin!

Developing leaders through academic achievement.

Kiwanis
Bring Up
Grades



JANUARY & FEBRUARY BIRTHDAYS

01/17 Tom McCarty
01/29 Linda Criswell

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02/04 Bill Baker  
02/05 Russell Hildebrandt  
02/13 Tom Lee  
02/14 Kevin Cartwright  
02/21 Bob Gardner  
02/23 Bob Nicol  
02/23 Ken Watkins  
02/24 Kay Lancaster  
02/25 Kent Rasmussen  
02/26 Don Henderson

**BRING IN YOUR  
NEW OR  
ANTIQUE  
SILENT  
AUCTION ITEMS!**

# GRATITUDE

The Webster's Ninth New Collegiate Dictionary defines gratitude as thankfulness, gratefulness, or appreciation as a feeling or attitude in acknowledgment of a benefit that one has received or will receive. Psychologist Robert Emmons of the University of California, Davis, defines gratitude in two parts:

1. Gratitude is an affirmation of goodness in the world.
2. Gratitude requires the recognition that the sources of this goodness exists outside of individuals.

That is why Edwin Arlington Robinson said, "There are two kinds of gratitude: The sudden kind we feel for what we take; the larger kind we feel for what we give."

The experience of gratitude has historically been a focus of several world religions, and has been considered extensively by moral philosophers such as Adam Smith who wrote: *Gratitude is not the same thing as indebtedness. While both emotions occur following help, indebtedness occurs when a person perceives that they are under an obligation to make some repayment of compensation for the aid. The emotions can lead to different actions; indebtedness can motivate the recipient of the aid to avoid the person who has helped them, whereas gratitude can motivate the recipient to seek out their benefactor and improve their relationship with them.*

Gratitude can serve as a motivator. It may also serve to reinforce future pro-social behavior in benefactors. For example, there is a delicacy in Ibo diet called "Akidi". It is prepared from Oil bean seed. It is so delicious that when housewives prepare it and serve it to her husband or a family friend, the custom is that the woman should be well appreciated by the recipient. If that is not done, the woman is certainly not going to repeat that treat to the person. So the saying goes, "If the Oilbean woman is not well treated, she will not repeat the gesture". What it means is that it is important to appreciate good deeds. The Bible tells us of the story of the lepers who Jesus Christ cured. He told them to go and show themselves to the Priest, which means go and show appreciation. That shows us how important it is say "Thank you" each time one is lucky to receive favor from another person.

Gratitude is not only associated with greater well-being, but that the sentiment and those benefits can be cultivated. We feel happy and satisfied when we are there for others; when we offer a helping hand to the needy. Those who do volunteer work, charity work and social work are usually happy and contented people. They are not always men and women of means, but they are people who believe in what they do, because they derive satisfaction from so doing. It is only natural that while they do not expect recipients to pay them back, it behooves of them to give something in return and what they are expected to give is to show acts of gratitude. If that is not done, it would amount to ingratitude, which Shakespeare said, "is worse than the traitor's alms." The importance of gratitude cannot therefore be over emphasized.

It observed that regular practice of gratitude goes with physical benefits, such as strong immune system, and higher levels of broad positive emotions as well as social benefits, such as being more forgiving, outgoing and feeling less lonely and isolated. People who help others or perform charity work are usually practical people, good mixers, sociable and entertaining. You hardly see them looking moody or demonstrate anti-social feelings. They are happy people, always with smiles in their faces. Gratitude expects such people to be appreciated, admired and seen as they are **great people**. That is why Robert Brault said, "There is no such thing as gratitude unexpressed. If it is unexpressed, it is plain, old-fashioned ingratitude."

There is a link between spirituality and gratitude. While these two characteristics are certainly not dependent on each other, experiences have shown that spirituality is capable of enhancing a person's ability to be grateful and therefore, those who regularly attend religious services or engage in religious activities are more likely to have a greater sense of gratitude in all areas of life. Gratitude is viewed as a prized human propensity in the Christian, Buddhist, Muslim, Jewish, and Hindu traditions. Worship with gratitude to God is a common theme in such religions and therefore, the concept of gratitude permeates religious texts, teachings, and traditions. For this reason, it is one of the most common emotions that religions aim to provoke and maintain in followers and is regarded as a universal religious sentiment. In the Catholic church, act of charity is part of the corporal works of mercy. Experience has shown that most people in the volunteer or charity work are usually people who practice one religion or the other.

An active daily practice of gratitude can quite literally change your life. That is why Cicero said, "Gratitude is not only the greatest of the virtues but the parent of all others." It is the most powerful spiritual resource we have. It is unlike anything else we experience. Feeling grateful generates a ripple effect through every aspect of life, potentially satisfying some of our deepest yearnings - for happiness, healthier relationships and inner peace. People are moved, opened and humbled through experiences and expressions of gratitude. Actively engaging in the practice of gratitude maximizes the enjoyment of life and significantly reduces the impact of our difficulties. Meister Eckhart said, "If the only prayer you said in your whole life was, THANK YOU that would suffice." Without gratitude, life can seem lonely, depressing and improvised.

In an article on Gratitude written by Ross Bishop, he said, "Among other things, if you want to be more compassionate? Work on gratitude. Want more inner peace? Work on gratitude. Want more patience? Work on gratitude. Want to reduce your stress? Want to live longer? Want to heal more quickly? Gratitude does this by creating new contexts through which we process the occurrences of our lives. It is our perspective on life that determines our ability to experience gratitude."

Although there is the feeling of gratitude, gratitude is much more than that. It is a state of being. Expressing gratitude creates a feeling of expansiveness. We reach out and touch other people, nature, God, The Universe. Receiving gratitude is unlike anything else we experience. It melts the doubts and uncertainty that otherwise dog us. It soothes our pain. Hence George Herbert said, "Gratitude is personal. It is the feeling of thanks for all that we have been given and for all the things we appreciate. Words simply cannot express the grandeur of gratitude. It is an essential aspect of the God in us. Feeling gratitude gives us a vote of confidence that we really are ok. It connects us with both God's love for us and other people's appreciation for our being here. It reminds us that we are not alone. It reminds us that we are loved and *not such a loser after all.*"

Some people have a difficult time receiving and expressing gratitude. That is why William Arthur Ward said, "Feeling gratitude and not expressing it is like wrapping a present and not giving it."

Our world would be different if we would find courage and make time to express our gratitude. How wonderful life would be if we could tell people how much we love them and how grateful we are that they are in our lives. It is a virtue to show and demonstrate gratitude. Let us join George Colman to, "Praise the bridge that carried you over." We are told in the Bible to give thanks in all things.

Innocent C. Ugochukwu

# **SALVATION ARMY BELL RINGERS!**

FIVE KETTLES  
RAISED A

**RECORD \$2,451.96**

Per Joann Johnson, Kettle Coordinator, described the KCA's efforts as "FANTASTIC!"

December 8th:

Kroger = \$358.44

Wal-Mart / Arlington High = \$476.27

Lamar High = \$346.36

December 15th:

Kroger = \$613.89

Hobby Lobby = \$657.00



Thanks to all of the following for their enthusiastic participation:

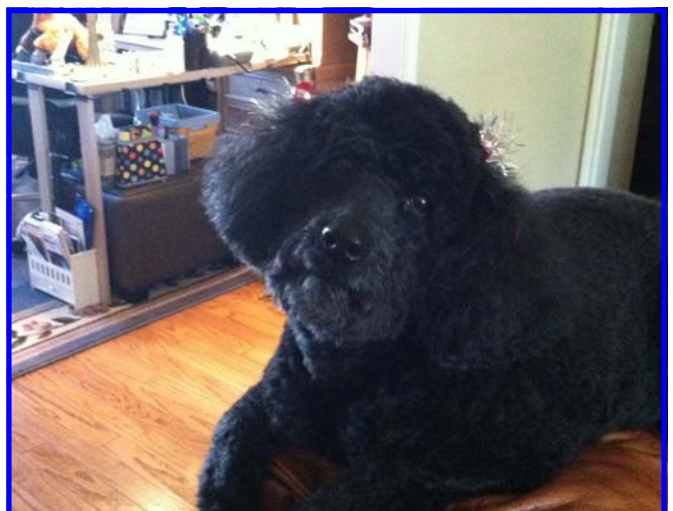
Arlington HS Key Club—Rodney Copenhaver  
Bowie HS Key Club—Bill Bentley  
Lamar HS Key Club—David Damron  
Builders Club—Elwood Preiss  
Frank Coburn  
Bill Denney  
Herman Duh  
Larry & Carolyn Heath  
Larry James  
Sabrina & Jerry Jones  
Kay Lancaster  
Bob Landon  
Dave McElwee  
Lloyd Schara  
Ken Watkins



December 8th @ Kroger's—Ferguson Junior High Bell Ringers

## **DOGS TOP 2013 NEW YEAR'S RESOLUTIONS**

10. *Bigger holes*
9. *Less crate time*
8. *Ditch the cats*
7. *More walks*
6. *Fewer tricks*
5. *Learn new begging techniques*
4. *Shed more*
3. *Sign DOGS DESERVE VARIETY IN DIET petition*
2. *Bark louder*
1. *CATCH THE TAIL*





## OFFICERS:

|                                             |              |
|---------------------------------------------|--------------|
| <b>President</b>                            |              |
| Russell Hildebrandt                         | 475-8853     |
| <b>Pres.-Elect &amp; Pancake Chairman</b>   |              |
| Jeremy Normand                              | 465-6292     |
| <b>VP for Programs</b>                      |              |
| Al Becker                                   | 287-1118     |
| <b>IP President</b> Jerry Jones             | 266-1895     |
| <b>Secretary / Newsletter</b>               |              |
| Laura Lammons                               | 214-457-2254 |
| <b>Treasurer</b> Ken Watkins                | 460-8888     |
| <b>Asst Treas</b> Al Becker                 | 287-1118     |
| <b>Directors (4) 2-yr term exp. 9/30/12</b> |              |
| Kerry Jordan                                | 706-5863     |
| Des Fuller                                  | 932-5850     |
| Tom Dodson                                  | 228-9512     |
| Ben Armstrong                               | 275-2691     |
| <b>Directors (3) 2-yr term exp. 9/30/13</b> |              |
| Bill Bentley                                | 967-7401     |
| Kay Lancaster                               | 274-2571     |
| Larry James                                 | 528-1625     |

## SERVICE COMMITTEES:

|                                          |              |
|------------------------------------------|--------------|
| <b>Sponsored Youth Coordinator</b>       |              |
| Russ Hagan                               | 795-7860     |
| <b>Boy Scout Oversight</b>               |              |
| Jerry Jones                              | 266-1895     |
| <b>K-Kids at Corey Elementary</b>        |              |
| Bill Bentley                             | 967-7401     |
| <b>K-Kids at Grace Lutheran Elem.</b>    |              |
| Steve Stigler                            | 274-1654     |
| <b>K-Kids at Little Elem.</b>            |              |
| Al Becker                                | 287-1118     |
| <b>Builders Club - Ferguson Jr. High</b> |              |
| Elwood Preiss                            | 461-6526     |
| <b>Key Club at Arlington HS</b>          |              |
| Jamie Cisneros                           | 228-2729     |
| Rodney Copenhaver                        | 739-6184     |
| <b>Key Club at Bowie HS</b>              |              |
| Bill Bentley                             | 967-7401     |
| <b>Key Club - Kennedale HS</b>           |              |
| Herman Duh                               | 214-335-5122 |
| <b>Key Club - Lamar HS</b>               |              |
| David Damron                             | 999-3721     |
| Frank Coburn                             | 682-472-0621 |
| <b>Key Club - Martin HS</b>              |              |
| Larry James                              | 528-1625     |
| <b>Community Services</b>                |              |
| Al Becker                                | 287-1118     |
| <b>Human &amp; Spiritual Values</b>      |              |
| Kay Lancaster                            | 274-2571     |
| <b>Int'l Understanding</b>               |              |
| Laura Lammons                            | 214-457-2254 |
| <b>Teacher of the Year</b>               |              |
| Jannette Workman                         | 496-4147     |
| <b>Young Children-Priority One</b>       |              |
| Laura Lammons                            | 214-457-2254 |
| <b>Youth Services</b>                    |              |
| Larry James                              | 528-1625     |

## ADMINISTRATIVE COMMITTEES

|                                    |          |
|------------------------------------|----------|
| <b>Audit</b>                       |          |
| Wayne Clark                        | 465-3232 |
| <b>Membership</b>                  |          |
| Bill Bentley                       | 967-7401 |
| <b>Physical Arrangements</b>       |          |
| Dale Sears                         | 461-0930 |
| <b>Publicity/ Public Relations</b> |          |
| Mark Permenter                     | 272-5363 |

## CHARTER ORGANIZATION REPS

|                          |          |
|--------------------------|----------|
| <b>Boy Scout Troup 5</b> |          |
| Jerry Jones              | 266-1895 |
| <b>AA for Youth</b>      |          |
| Dave Turney              | 478-0830 |

## OUSLEY JUNIOR HIGH

# TEACHER OF THE MONTH

NOVEMBER 2012

## CHRISTIAN HUSTON

Christian has taught at Ousley for 1 year, but has taught for 13 years total: four years at Andrews HS (Andrews, TX) and eight years at Hays HS (Austin, TX). He has a Bachelor of Music Education degree from Angelo State University. The reason he chose teaching is because of his father who is a coach, sportscaster and a preacher. His father taught him at an early age the importance of self-discipline and setting goals. I enjoy helping students discover these attributes for themselves.

Christian enjoys spending time with his wife, Hollie, and their son, Hayden, and two boxers Ali and Apollo! He also spends his free time running, reading, playing golf, listening to music and traveling.



### ARLINGTON HS KEY CLUB MEETING DATES:

1st Thursday of each month at Noon in Gym A

Faculty Advisor: Jamie Cisneros [jcisnero@aisd.net](mailto:jcisnero@aisd.net) or [jamie.cisneros@yahoo.com](mailto:jamie.cisneros@yahoo.com) 817-228-2729

### KENNEDALE HS KEY CLUB:

1st & 3rd Wednesday of each month, 7:10 am Rm 302 & 2:50 pm in Library

Faculty Advisor: Sherri Wade [wades@kisdtx.net](mailto:wades@kisdtx.net) 817-563-8176

### LAMAR HS KEY CLUB MEETING DATES:

2012-2013 Dates: 12/4, 1/15, 1/29, 2/12, 2/26, 3/12, 3/26, 4/9, 4/30

Room 261 at 2:45 pm

Faculty Advisor: Elizabeth Chamberlain [echamber@aisd.net](mailto:echamber@aisd.net) 682-867-7077

### MARTIN HS KEY CLUB MEETING DATES:

1st & 3rd Wednesday of each month. Gym A @ Noon

Faculty Advisors: Olivia Basham [obasham@aisd.net](mailto:obasham@aisd.net) 817-808-3287 & Melissa Mays [mmays2@aisd.net](mailto:mmays2@aisd.net) 682-867-8600

### FERGUSON JR HIGH BUILDERS CLUB:

Contact Elwood Preiss for schedule at 817-461-6526

Jenita Davidson [j davidso@aisd.net](mailto:j davidso@aisd.net) 817-

### COREY ELEMENTARY K-KIDS:

4th Thursday of each month after school in the cafeteria

### GRACE LUTHERAN K-KIDS:

1st Friday of each month at 11:30 am

### LITTLE ELEMENTARY K-KIDS:

4th Thursday of each month after school in the cafeteria

Faculty Advisor: Libby Broyles [ebroyles@aisd.net](mailto:ebroyles@aisd.net) 682-867-3300

## UPCOMING ASSIGNMENTS

### **JANUARY**

Prayer, Pledge & Song: **Sabrina Jones**

Interclubs: **Don Henderson**

### **FEBRUARY**

Prayer, Pledge & Song: **Innocent Ugochukwu**

Interclubs: **Larry James**

## PROGRAMS

### **JANUARY**

9th—Pancake Day Review Continued— Russell Hildebrandt & Jeremy Normand

16th— Dr. Ed Kolbe—Distinguished Long-Time Kiwanian

23rd— Mark Joeckel—Wheeler Advertising; Arlington Proud Campaign

30th— David Rhodes, President of The Rhodes Financial Group—"How to Avoid Being Financially Scammed"

### **FEBRUARY**

6th—Patti Diou, Executive Director, The Friends of the Levitt Pavilion

13th—Terry Nelson, The Drug Policy Forum of Texas, Former Member: U.S.

Border Patrol, the U.S. Customs Service, and the Department of Homeland Security

20th—No Speaker, **Setup for Pancake Day Breakfast on Feb. 22**

22nd—Setup for Pancake Day Breakfast

27th—Tony Rutigliano, President and CEO, Downtown Arlington Mngmt Corp

