

# Kiwanis AKTION CLUB



## The Only Service Leadership Club for People Living with Disabilities!

### Arranging Your Aktion Club Meeting

As Aktion Club Administrator I often get asked, "What should the Aktion Club meeting include?" There is no one way for all clubs. Each club has its own way of running a meeting, but here are some examples. I recommend that every club print out a generic agenda in large print and laminate it to use each meeting.

Have enough copies for those who have a part and a couple of extras for guests. Designate a "Greeter" who arrives early and welcomes each member by shaking hands and getting the name(s) of any guest or visitor. Clubs should have a name tag for each member to wear with their name printed in large letters and their membership pin attached. These are kept in the meeting room on a hook. The Aktion Club of Holt Michigan, pictured below, begins by having the club president give a call to order by ringing the bell. Next the members stand giving the Pledge of Allegiance and singing the Star Spangled Banner (also printed out and laminated). (Continued on pg. 2)

### In This Issue

- Arranging your Aktion Club Meeting
- Mark Your Calendars - Aktion Club convention
- Quarterly Activity Reports are due
- What 2 Aktion Clubs are doing
- Fun Activities
- July 25 Aktion Club Day at the Ballpark in Lansing



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# Arranging Your Aktion Club Meeting

The Lenawee County Aktion Club in Adrian has a person who chooses a song each meeting to sing. Give your best singer the role to start it off each meeting. The secretary gives a roll call of members followed by introducing any guests such as the Kiwanis Club representative or Aktion Club administrator. Minutes or notes from the last are read, followed by discussing upcoming service projects or events. The treasurer might collect dues or give a report on monies raised in the fundraiser. The Vice-President often reports on the service project. The Holt Club members bring pop tabs to the meeting to collect for the Ronald McDonald House and also collect "Happy Cents" loose change that goes toward a service project like the local animal shelter. Many clubs have a program like their Kiwanis sponsoring club does each week. Good programs include speakers from the organization that you raise monies for like the animal shelter or Ronald McDonald House. Ask your Kiwanis Club sponsor to be a program like how to behave on the job. Invite your Aktion Club Administrator once a year, he always has something to share. I also suggest that you make a tent card (8 1/2 X 11 card stock folded in half horizontally) that gives the name of each officer such as "President Bill" and use it at each meeting; it identifies the importance of each office. And include a fun activity, check the internet on the subject of "ice breakers".

~ Gordon Schleicher

## Mark your 2016 Calendars!!!



### Aktion Club Convention, August 10, 2016 in East Lansing!

**Location:** University United Methodist Church 1120 South Harrison Road

**Cost:** \$10 for each Aktion Club member, advisors, parents and volunteers free.

Clubs send one check make out to South Lansing Kiwanis Club and send c/o Gordon Schleicher 1586 Hagadorn Road, Mason, Michigan 48854

The convention will be one day in order to save money and work on your part. We will have the opening session at 10:00 a.m. and closing at 3:30 p.m. with activity the hour before and after for those who can come early and/or stay late. I heard from many of you that the cost and travel expense were a hardship this last year. This year there will be no paperwork required to send in before August 10. The registration fee will be \$10 for all Aktion Club members. There will be no charge for advisors and volunteers. We will still have the awards, election of a Governor, Subway sandwich lunch along with the five foot banana split, a craft and service project, a get moving activity, and an opportunity for each club to present your best fund raiser or service project.

# Quarterly Reports Due

Quarterly Activity Reports are Due and Please email a copy of your report to [Aktionadministrator@mikiwanis.org](mailto:Aktionadministrator@mikiwanis.org) We want to thank you and share what you are doing with other clubs in the district.

## Here are what two clubs are doing:

### Capitol City Aktion Club of Lansing, MI

Capitol City Aktion Club, sponsored by the Kiwanis Club of Delta Township, meets at Transitions North Building in Lansing twice a month. The club has 19 members and their officers include Patrick as president, Mark is vice-president, Seth is secretary, and Devon is club treasurer. In February members made Valentine cards for children at the Women and Children's Center for the homeless. In March the club held a silent auction to purchase food for the county animal shelter. They also bought and shipped water to residents in Flint Michigan. On "Kiwanis One Day" in April they will spruce up a picnic area around their building. Great job Capitol City Aktion Club! And thank you Aktion Club Kiwanis advisors Betty McCastle and Bonnie LaFay along with agency advisors Stacie and Rosemary.

### Aktion Club of Jackson, MI

The Aktion Club of Jackson Michigan is the only community based club in Michigan. Started by Kiwanians Cheri and Bob Johnson, their members come not from an agency but were recruited from the Jackson area. With 27 members they performed 100 service hours in the quarter and held one event with their Kiwanis sponsor the Kiwanis Club of Jackson. That service included cleaning and sorting at their local resale shop, making Valentine cards for the residents at Friendly Home retired home, making seed packets for "We Can Make a Difference House" and collecting items for Youth Haven Ranch.

Thank you, Jackson Aktion Club for serving your community so well!

We wish to share your club service, event and fund-raising projects with all the clubs in the state. Please email your digital jpeg photos along with a description of the service project or event to [aktionadministrator@mikiwanis.org](mailto:aktionadministrator@mikiwanis.org)

# Activities for Individuals with Developmental Disabilities!

Check out the link below for a full list of activities with as needed modifications!

<http://www.recreationtherapy.com/tx/txdd.htm>

**Frisbee golf-** play a 9 hole or an 18 hole course indoors or outdoors. Targets can be simple to difficult depending on ability of participants. Participants can choose the targets or the leader can pre-set a course. Start the game by having each participant tossing a Frisbee at a target. Count the number of times each player tosses the Frisbee to hit the target. Lowest count wins that "hole." Play as a team, play individually. Set up a tournament. Play for fun.

**Poems Written to Music-** play an instrumental piece and ask the participants to close their eyes and listen carefully to the music. Ask the group what the music makes him or her think of. What colors do you see? What kind of place? A city? Mountain? Ocean? What time of year is it? The poem can begin with "I hear music. I see \_\_\_\_\_. I feel \_\_\_\_\_. I reminds me of \_\_\_\_\_. Have each member complete the blanks.

**Collecting Things-** collecting hobbies are fun. They encourage participants to independently work on their hobby. Begin the group by talking about collecting things and what they may want to collect for a hobby. Suggestions include bottle caps, stones, leaves, flowers, milk caps, baseball cards, stamps, autographs, etc. Groups can collect similar objects and spend group time on hunts and on showing what they have collected from the previous week.

**Tin Can Alley-** set up some empty cans or plastic bottles of various sizes in horizontal row. First place them 5 feet away, then 10 and at increasing distances. You can mark point values on them. Put higher points on smaller objects. Give participants a ball and have them throw or roll the ball toward the cans. The cans do not have to fall over to count. Each turn consists of two tries.

**Walks-** on a walk, always mix fun, challenges, excitement and movement. Play games as you go (follow the leader, don't step on cracks, freeze every time the leader says "freeze"). Tell stories. And sing!

**Back to Nature walks-**

- a- Listen! How many sounds can you hear? Can you tell what's making the sound.
- b- Feel! How does the pine needle feel? Feel the brick. Feel the dirt. Does this leaf feel the same as that one?
- c- Sniff! What do you smell? Where is the smell coming from? Smell this flower.
- d- Look! Take a magnifying glass with you. Look at leaves, pine needles, flowers, bugs. Take along pictures of things to look for.
- e- Sssh! Take a silent walk. Be as quiet as you can and you may see some shy animals

**Scavenger Hunt-** take a list of things to find in nature and see if group members can find it

**Campfire Sing-a-long-** build a small fire outdoors and cook marshmallows. Sing campfire songs. If meeting indoors, build a simulated fire with logs and a red light underneath it.

**Director Draw-** choose a "director" and give others a pencil and a paper. The director's job is to think of something for the others to draw. The only restriction is that the director can't tell them exactly what they are drawing. Simple circles, squares, etc. are suggested. He must give clear instructions verbally or physically on how to draw the object he is thinking of. Show each other the finished drawings.

**Kite Flying-** with a good kite and a good wind, kite flying can be exciting and enjoyable for the participants and those just viewing.

**Marching to music-** play a march music or any music with a strong beat. March to the music. March together. March in different directions with everyone going their separate ways.



## **Jackson Aktion Club Bowl-A-Thon**

**The Jackson Aktion Club will be hosting the 4<sup>rd</sup> annual Bowl-A-Thon**

**Saturday, May 7, 2016. Registration will start at 10am**

**Bowling from 11am to 1pm**

**The event will be held at Airport Lanes**

**3501 Wildwood Ave., Jackson, MI 49202**

**T-shirts free to Aktion Club members. \$10 for volunteers, family or friends.**

**Cost:** \$15 per bowler includes 2 hours of bowling, shoes, 2 slices pizza and pop.

**Non-bowlers:** \$10 includes 2 slices pizza and pop.

**Prizes:** Prizes will be given as well as a 50/50 drawing.

After expenses remaining funds will be donated to local children's charities and the  
Aktion Club service initiative Sleeping Children Around the World (SCAW)  
providing bed kits for needy children around the world.

**RSVP to Cheri by April 23 via email [cherijohnson03@gmail.com](mailto:cherijohnson03@gmail.com) or call 517-879-9058**



# same 'nufs, new shell

Experience the NEW Cooley Law School Stadium



## kiwanis aktion clubs!

Lugnuts vs. Kane County Cougars — Monday, July 25th @ 12:05pm

\*Game typically last between 2.5 - 3 hours

### avoid the line, get a sack lunch!

For an additional \$4.00 each your group can get sack lunches for everyone and avoid the concession stand lines. Sack lunches include a turkey sandwich, applesauce and a drink. Hurry since this option is limited and can only be pre-ordered with your group tickets!

\*Group raffle slips will be enclosed with tickets

### say lugnut!

A Delta Dental smile shots photographer will find our group in the  stands and take our picture! You can download the complimentary keepsake on the Lugnut's website 2 days after the game!

### you might be a winner!

Someone from our group will win a special Lugnuts gift in the group raffle! Ask your group leader for your raffle form before you head to the game! Winners will appear on the scoreboard in the 7th inning!

### Ticket Order Form

Club: \_\_\_\_\_ Advisor: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ # of Box Tickets: \_\_\_\_\_ @ \$11.00 = \_\_\_\_\_

Number of sack lunches: \_\_\_\_\_ @ \$4.00 = \_\_\_\_\_ Total due = \_\_\_\_\_

Please return forms with payment for your entire group to:

ATTN: Justin Burkett at 505 E. Michigan Ave, Lansing MI 48912.

Or to order with a credit card by phone, call Justin at 517-485-4500 ext. 246.

Hurry! ...The absolute last day to order is: Friday, July 15th

Make Checks Payable to: Lansing Lugnuts

For more information please contact: Larry Memmer @ 517-376-6813

Order Deadline: Friday, July 15th

