

The

MOTIVATOR

Exchange Club of Lake Tansi, P.O. Box 58, Crossville, TN 38557
Club #2359 Div XII TN-KY -- Linda Carothers, Editor
LTEC meets the 1st & 3rd Fridays of each month at 7:30 AM at the Hiawatha Center

JUNE 2017

May started off with Orientation at our first meeting. There are still some new members that need to go through it, but it is quite interesting and informative. Just to get some of the history of the Lake Tansi Exchange Club is worth it.

We did get a total on our Spaghetti dinner, \$3, 210. Great job to all who participated.

I can honestly say that I have never seen people step forward and volunteer like this group does. It is so impressive. Especially the newest ones, Tim and Joni Witherite, Sally and Gus Rogers, Marcy Tucker, Jena DeMars, Susan Dowell, Stephanie Lilly, Dennis and Pat Schloerke, the girls at Stephens Center, Tammy Lapp, And a special thank you to **Sharon Kirtley** who has saved us the hassle of getting a car for the golf tournament. She assured us at the end of last year's tournament that we had one for this year. I'm sure the ones putting the tournament together would agree that it has taken a huge load off their shoulders. Thanks Sharon!!!



One of our scholarship recipients was at the last meeting, May 19th. Courtney Turner graduated from Stone High School and is on her way to the University of Tennessee in Knoxville. Her enthusiasm was contagious as she told us her plans. She graduated third in her class, with Honors, and has her future ahead of her. We wish her luck and with the determination she exuded, I'm sure she will fulfill her goals.

Our guest speakers, Christy Dolinich and Julie Brown of the “Home Away from Home Head Start and Childcare Center” told amazing things their kids are doing in this program. The excitement they both had about their program told volumes about their dedication to those children. I actually got so engrossed in what they were telling us that I forgot to make notes, but I do plan a visit and see for myself all the great things they’re doing, as Mike Ferry vouched for.

Please keep Fred Roehlig and Bob Murray in your prayers. Bob Gatta had surgery just a week or so ago, but managed to be with us on Friday. Keep him in your prayers also.



The Memorial Day festivities at the Thunderbird are coming up this weekend.

And, as this Memorial Day weekend starts, let us all remember why the day is set aside:

A MEMORIAL DAY POEM

It is the SOLDIER, not the reporter, who has given us freedom of the press.

It is the SOLDIER, not the poet, who has given us freedom of speech.

It is the SOLDIER, not the campus organizer who has given us the freedom to demonstrate.

It is the SOLDIER, who salutes the flag, who serves beneath the flag, and whose coffin is draped by the flag, who allows the protester to burn the flag.

Unknown

As we celebrate the weekend with family and friends, let us be ever mindful of the brave men and women who have fought and died for the freedoms we enjoy in our everyday lives.



JUNE BIRTHDAYS: (Happy birthday)

Herb Pallatt 6/30



JUNE ANNIVERSARIES: (Happy Anniversary)

Ken and Carolyn Deadman 6/3

Gus and Sally Rogers 6/26

Herb and Carolyn Pallatt 6/29



GOLF TOURNAMENT ----- JUNE 3RD!!!!!!!!!!!!!!

SPECIAL GOLF TOURNAMENT MEETING: Wed May 31st, 9AM POA board room

(I NEED VOLUNTEERS TO HELP SERVE. If you can help, please call me at 788-2184)

JUNE MEETINGS: 2nd and 16th.

BBQ CHICKEN meeting June 7th, at the POA board room.

QUOTE FOR THE MONTH:

“God put us here to prepare this place for the next generation. That’s our job. Raising children and helping the community, that’s preparing for the next generation.”

..Dikembe Mutombo....

This is something that was passed on to me this month and I definitely think it’s worth the read:

BENEFITS OF VOLUNTEERING TO AN OLDER POPULATION

A review of recent research found that a growing body of research indicates that volunteering provides not just social benefits, but individual health benefits as well.

This research has established a strong relationship between volunteering and health. Here are some of the key findings from this research.

Older volunteers are most likely to receive greater health benefits from volunteering.

Volunteers must meet a “volunteering threshold” to receive significant health benefits. Once that threshold is met, no additional health benefits are acquired by doing volunteering more. The definition of considerable volunteering has been variously defined by these studies as 1} volunteering with two or more organizations; 2} 100 hours or more of volunteer activities per year; and 3} at least 40 hours of volunteering per year.

Volunteering leads to greater life satisfaction and lower rates of depression.

Volunteering and physical well-being are part of a positive reinforcing cycle. Evidence suggests the possibility that the best way to prevent poor health in the future, which could be a barrier to volunteering, is to volunteer.

Individuals who volunteer live longer.

State volunteer rates is strongly connected with the physical health of the states’ population.

No wonder our group is so healthy, happy, not depressed and getting older by the day!!!!