HONORING GLENDRA HUNT ON HER RETIREMENT! A reception will be held at the Adair County Public Library on Friday, January 8 from 3:30-5:30, followed by a celebration at the Dukum Inn immediately following until 7:30 p.m. Glenda brought books today purchased with our club funds.

VEDANT PATIL, EXCHANGE STUDENT FROM INDIA, WAS A GUEST TODAY! He is pictured with DG Ralph exchanging banners at the District Conference on October 17, 2015.

FOUNDATION GIVING: Chair Jeff Romine announced that, as of the end of December, we were $1,100 behind where we were a year ago. Jeff said some have had difficulties donating online. If you need his help with any form of giving, contact him <jeff.romine@gmail.com>.

DR. HELIENE TOBLER, HOLISTIC NUTRITIONIST

David Nichols introduced our speaker and provided the following biography: “Heliene Tobler is the founder of Body of Health, a nutritional and lifestyle mentoring company, and co-founder of DrTobler.com, a health and wellness information site. She has a bachelor’s degree in business and Masters and Ph.D. degrees in Holistic Nutrition. Her addiction to healthy eating led to culinary training under Chef Gordon Rader, director of the nationally recognized culinary program at Indian Hills Community College, where she has served as an adjunct. A broadcaster, blogger and coach for families who want to stay healthy, Heliene teaches practical wellness, from the eyes of a recovering fad dieter.” Heliene provided us tips for healthy living. Check out “Healthy U” - a weekly program on KMEM-FM, 100.5 FM, Memphis, MO, 10-11 A.M. each Tuesday.

50-50 Drawing: Joe Vincent did not pull the ace of spades; pot now up to $102.

Guests:

Vedant Patil (Exchange Student from India)
Debbie Nichols (guest of David Nichols)
Theresa Condon (guest of Jacob Condon)
Ryan Gordon (guest of Greg Gordon)

Make Up Meetings at 1000 Hills club - NE Regional Medical Center cafe (Thursdays at 7 a.m.) or North Star club - Wooden Nickel (Tuesdays at 5:15 p.m.)

Upcoming Programs/Events:

Jan. 13: Club Assembly
Jan. 19: Soup Social/Dukum Inn/5:30 p.m.
Jan. 20: Terry Combs/Chariton Valley Association
Feb. 27: Foundation Dinner/KC
Feb. 29-Mar. 4: Literacy Readings
Mar. 19: Taste of the World/Newman Center
Apr. 30: Shoes for Orphan Souls/St. Joseph, MO