

ANNOUNCEMENTS

Pat Koehler: Has gotten a property at Stark and Wackerly Roads for her Habitat house

Will spend October in Seattle caring for a brother after a transplant operation

Kristi Godley: a Northwood University Circle K member, she has become Michigan Circle K governor

NU Circle K will be helping pack 10,000 "Kids Against Hunger" meals November 2nd

Circle K will sponsor a Kiwanis family-wide meet at Holly, MI on October 20th

NU Circle K will host the state convention next March 24 and 25 in Midland

Chuck Gartner: we have the volunteers we need for CROPWALK October 7th

Jim Heffel: we only have two folks who did not pay their dues this past quarter

Diane Stevens: reading at schools starts in October

Alex Rapanos: Creative 360 luncheon fund raiser October 10th; he has tickets

Fred Honerkamp: the Legacy Center will lead afternoon and evening discussion groups of the upcoming vote to legalize marijuana on October 2nd at the Sloan Center at Northwood

.PROGRAM NEXT WEEK: Roger Moll, President's Year End Review

MEMBERSHIP

- We welcomed Roger Moll back from his service with ACT Uganda
- Max Bottomley and Diane Stevens both returned after extended absences

PROGRAM: CHILDHOOD TRAUMA

Our Betsy Sullivan, who is a licensed professional counselor and owner of Parent Coaching, was the presenter. She introduced us to the concept of Adverse Childhood Experiences which addresses the traumatic experiences that children between the ages of birth to 17 can suffer. These traumas can be the result of intentional personal actions, such as physical or sexual abuse or domestic violence. They can also result from external forces such as a natural disaster, accident or war.

Why do we need this information: because as Kiwanians we are invested in children. Because as Kiwanians we are invested in our communities. Because speakers often refer to information about the subject but typically do not offer explanations. Because the issues that result from such traumatic experiences carry through from childhood to adults thereby affecting all of us.

Betsy offered some statistics to illustrate the extent of the problems: Some 26% of children witness or experience a traumatic event before age four. Sixty percent of adults say they have experienced abuse or other trauma. Some 11 percent of girls between ages 14 and 17 report instances of sexual assault. Forty one percent of all youths under eighteen experience physical assault. Not surprising, it is much worse for children living in poor inner city neighborhoods where over 70 percent are exposed to a combination of traumatic experiences.

The consequences are demonstrated in learning difficulties, low self-esteem, poor problem solving ability, truancy, various behavior issues, hopelessness, peer conflict.

The home environment is obviously the place most of the trauma takes place. It is the result of divorce, alcoholism, drug abuse, neglect, general family dysfunction. There is a direct relationship between childhood experiences and adult health, both mental and physical. The more ACEs someone has, the higher the risk of adult health issues. The good news is much of the dysfunction can be prevented. You can make a difference in someone's life by being there for them. By showing support and showing someone cares about them. The earlier we can start to help a child, the better, but it is never too late!

There is a good source on the web, KPJRFilms.com which offers programs for helping children become resilient in dealing with life's difficulties, and another which addresses dyslexia in children.