

March 1, 2026



Heads Up News Letter

February Kiwanian of the Month!



Congratulations to **Homer Nottingham**, our February Kiwanian of the month! Homer heads up Community Fitness Day and World Tai Chi/Peace Day every year. As a master teacher of Qigong and Tai Chi, he brings his students to work in our fair booth and to help with back-to-school shopping. Homer always has a positive word and inspires us all. Thank you, Homer for doing so much for our club!

Gold Country Kiwanis

March Agenda

No Team One Meeting in March

Monday March 2nd Board Meeting

Friday March 6th 2 pm – 4pm World Qigong & Tai Chi Day Planning Meeting

At Eskaton Village Lodge 625 Eskaton Circle, Grass Valley in the Courtyard Room

Saturday March 7th 11:30 am to 1:30 pm DCM in person – Kiwanis Division

44 hosted by Kiwanis Club of Auburn. No DCM on zoom in March, April, May, or June.

Thursday March 12th Noon Kiwanis lunch at Wild Eye Pub

Ghidotti Key Club Take Over/ Colleen Young Key Club Advisor.

Thursday March 26th Noon Kiwanis lunch at Wild Eye Pub

Team One award lunch for our nonprofits

Tuesday May 12th NC/Media 30 minute presentation about Kiwanis/Greg

Nichols

Information for the good of the Club



WORLD QIGONG & TAI CHI DAY 2026



Sponsored by Gold Country Kiwanis Club
Sierra Nevada Memorial Hospital Foundation



****Fundraiser for Local Children****

Saturday, April 25



Pioneer Park Bandshell – Nevada City

9:30 AM – 11:30 AM

Taiko Drummers

“HealthSpan” Qigong with Homer

Tai Chi Demonstrations



FREE EVENT

Free Food & Drinks – Silent Auction and Raffle

“Sponsor a Child”

“Back to School Clothes and Supplies” only \$125

Laugh and have fun for Community Wellness

TAI CHI QIGONG
FOR HEALTH



BODY MIND SPIRIT

Fun-Social “HealthSpan” Event!!!





HEALTH/SAFETY & FIRE PREPAREDNESS 21st ANNUAL CARNIVAL, 2026

Our 2026 Health/Safety & Fire Preparedness Carnival, presented by Nevada County O.E.S. and Gold Country Kiwanis will be presented at the Nevada County Administration Center, 950 Maidu Avenue, Nevada City. Set-up may start at **9 AM, Saturday, June 6**. The Carnival activities will begin at **11 AM** and close at **4 PM**. Exhibitors' Booths will be arranged in the parking area under the solar-collector shade structures and around the lot's perimeter. **First Responder's Equipment** will be stationed in the adjacent grassy frontage. Plan to supply your own tables, banners and materials to be arranged in the Exhibit and Demonstration Areas. First Responders vehicles will be arranged to allow safe and rapid egress in case of an emergency.

Back to School Shopping Event August 10th 2026 at JC Penney Grass Valley



Inspiration

88 Years Upright

A Message from Homer Nottingham

March 24, I turn 88 years old. When people hear that number, they often ask, "What's your secret?" My answer surprises them. It's not a miracle supplement. It's not perfect genetics. It's not luck.

It's movement, service, and community.

For over two decades, I've taught HealthSpan Qigong here in Nevada County. I've learned that you are only as young as your spine is flexible — and only as vibrant as your purpose is clear.

And Kiwanis has given me purpose.

Kiwanis: The Spine of Our Community

In Qigong, we say the spine is the river of life. It supports the body, protects the nervous system, and keeps us upright.

Kiwanis is the spine of this community.

When we provide school supplies for children...

When we sponsor Community Fitness Day... Community First Responders Day...Children Festival Day...Community Fitness Day...World Tai Chi Day and so many other extraordinary events for the children in our community.

When we support families in need... When we show up for one another...We are strengthening the backbone of Nevada County. And something wonderful happens when we serve:

We stay energized. We stay connected. We stay useful. Usefulness is powerful medicine.

Here is what 88 years has taught me:

- Move every day.
- Breathe deeply.
- Stay curious.
- Laugh often.
- Serve someone.

When I teach Qigong and see our community moving together, I feel younger.

When I watch Kiwanis members invest in children, I feel hopeful.

When I see generosity in action, I feel grateful.

Aging is inevitable.

Growing old is optional.

Let's continue to stand tall — together.

Let's remain flexible in spirit and firm in integrity.

Let's keep building a Nevada County where children thrive, seniors stay active, and people support one another.

Because the moment we stop serving... We start shrinking.

At 88 years, I plan to keep moving, keep teaching, and keep serving alongside you.

Thank you, Kiwanis, for helping me stay upright.

With gratitude,

Homer L. Nottingham

Bear River High School Keynote Talent Show 2/27/26





Glauner, Kristin 3/17
Norman, Bob 3/23
Nottingham, Homer 3/24



Morrissey, Tom 03/05/1999
Young, Colleen 03/06/2017
Deane, Susann 03/07/2016

Kiwanis Leadership for 2025-2026

Gold Country Club Officers

President: Buckley Armacher

Past President: Norm Westmore

Secretary: Karen Poskus

Treasurer: David Jones

Gold Country Club Directors

Janice' Moule- Gold Country Education and Youth Benefits Foundation
Chairperson

Colleen Young- Ghidotti High School Key Club Advisor

Jan Weaver-Publicity Chairperson

C.J. LaCivita -Co-Chairperson Nevada Country Fair/Treat Street

Amy Spencer-Past Membership Chairperson

Greg Nichols-Membership Chairperson



Kiwaniis®



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