

## **SWANI Chapter of IAAP**

### Meeting Minutes

- When:** October 18, 2011
- Where:** Cursing Stone Pub at the Glen Erin Golf Course
- Speaker:** Doug Anderson
- Present:** Kim Rebarcek, Lisa Skarlupka, Aimee Bierman, Roxanne Matteson, Nancy Arnold, Mandy Doersam, Sue Scott, Sally Keena, Tammy McElwee, Brenda Groninger
- Next meeting:** Tuesday, November 15, 2011
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#### **I. Welcome and Introductions**

We all welcomed Sue Scott, our newest member to SWANI.

#### **II. Dinner**

We had a great dinner of chicken, pulled pork, cheesy potatoes, green beans and cookies served by the fabulous staff of the Cursing Stone Pub.

#### **III. Program**

Doug Anderson provided us with a great, interactive program on valuable self defense techniques we all can use. It's difficult to describe the techniques he showed us (and let us demonstrate on him), but he covered how to:

Thwart an unwelcome person from the front by using our fingers & a quick jab to the esophagus to engage the gag reflex or changing our extended palm into an elbow to knock the wind out of them.

More extreme attacks, such as a bear hug from behind (turn to open space & strike groin), and choking from the front (rotate hip & raise arm, force elbow down to force the attacker to bend his elbow & loosen grip), were also demonstrated.

If attacked, remember to yell, "Fire" instead of "Help" because the chance of people coming closer to see what's going on is much greater.

#### **IV. Business**

Minutes – No hard copies were distributed. Please check them out on the SWANI website (<http://www.iaap-swani.org>)

Treasurer's Report – There's a possible correction on the member rebate amount and Sally Keena is researching it. Nancy Arnold motioned to approve and was seconded by Roxanne Matteson.

#### **V. Announcements/Good of the Order**

50/50 Raffle (\$21) was won by Tammy McElwee. There were multiple winners of gift bags also.

Lisa Skarlupka recently got a promotion to the assistant to the Dean of General Education at Blackhawk Technicall College. Congrats Lisa!

There will be a community college band concert November 18 in Freeport. Please contact Mandy Doersam for more details if interested.

#### **VI. Adjournment**

The meeting adjourned at approximately 8:00 p.m.