



Serving the
Children
of the World

CHESTER Kiwan-e-gram

MEMBER NEWSLETTER VOLUME XVIII – ISSUE NO 2 - NOV 2008
CELEBRATING 37 YEARS OF COMMUNITY SERVICE
 The Kiwanis Club of Chester is on-line at <http://www.chesterkiwanis.org>

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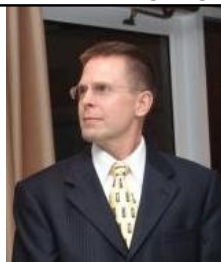
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Programs
Oct-Dec, Phil Crow
Jan-Mar, Noel Grosso
Apr-June, Ed Thompson
July-Sept., Bill Fox

Date		Program
11/24	Mon	Regular Meeting - Jeanne E. Hovenden, Esq Bankruptcy Law.
12/1	Mon	Board Night – Short Program
12/4	Thu	Angel Tree – With the Keyettes Southpark Mall - 5-7 and 7-9 – Contact Nicole to sign up.
12/4-12/7	Thu-Sun	Bizaare-Bazaar at RIR See Danny for details
12/6	Sat	Canned Food Drive – Key and Keyettes 10-4PM in three shifts at the Food Lions on Chester Rd and Jeff Davis – Contact Nicole
12/6	Sat	Governor's Visit – Angel Tree Warehouse 11:30 – 4:00 PM - Lunch and a Work Project contact Bob by 12/1
12/8	Mon	Regular Meeting - Rich Napier Building in times of Hardship
12/14	Sun	Christmas Parade – 12:noon – 3 PM Contact Angie for assignments.
12/15	Mon	NO Regular Meeting - Kiwanis Christmas Party at Dixon's

Meetings are held on Monday Nights at Rite Aid Drug store in Chester at 6:30 PM unless otherwise noted.
 Contact this quarter's Program Chair Phil Crow with suggestions.
CHECK THE WEBSITE FOR OUR CURRENT SCHEDULE



President Dixon

PRESIDENT'S VIEW Thanks – Giving

The following is from the John Tesh website
<http://www.tesh.com/>

If you want to get healthy - give thanks.

Experts say we'd be a lot healthier if we extended our tradition of giving thanks at the holidays throughout the entire year.

According to Web MD, the connection between gratitude and health goes way back. There are thousands of years of literature that declare the benefits of being grateful. And mental health professionals are now taking a closer look at how powerful gratitude can be..

Grateful people are healthier partly because they tend to take better care of themselves. They



exercise more, eat a healthy diet and get regular physical exams. Also, research shows that feelings of thankfulness help us cope with daily stress. And people with a grateful attitude tend to be optimistic, which boosts the immune system.

So, here are some ideas to help you become more thankful for what you have:

Keep a **gratitude journal**. People who keep a journal exercise more, have a stronger immune system, feel better about their lives and are more optimistic about the future.

Make a list of **the good things in your life** from cable TV to your friends to your dog. Think about how you may take them for granted. Some people just need a list as a visual reminder.

And the most important of way to become a more grateful person: Reframe a situation by looking at it with a more positive attitude. It's all how you interpret things. So instead of thinking "I work so hard I never get any time off" think, "All this overtime will come in handy when I ask for a raise in January!" In no time at all, you'll be able to make the "gratitude attitude" your personal mantra.

I could not have said it better. This thanksgiving when you are reflecting on all the hard times ahead, reframe that thought. Even in the worst of times, we are better off than 85% of the world. We have so much to be grateful for, so ...make a list – keep a journal ... and above all ...Be blessed.

Dixon



Looking for a nice Christmas present for someone you have been with for a long time? Nothing says "I really appreciate you being there for me" like a nice clock, especially if you write your name on it somewhere obvious.



Don't Forget

2008 Kiwanis Club of Chester Christmas Parade



Sunday December 14, 2008
2:00 PM

Come join thousands who watch and participate in the annual Chester Kiwanis Christmas Parade. The parade will begin on Sunday December 14, 2008 at 2:00 PM. Spectators should arrive early as roads in the area will be blocked for the parade at 1:45 PM until the parade is over. The route will be the same as last year; it will begin at the Chester YMCA and will end at the Chester Village Green. The theme for this year's parade will be "Up on the Housetop".



Anniversaries and Birthdays



Birthdays

Eddie Grosso	11/18
Bert Bowman	11/11
Charlie Der	11/20
Robert Cassada	12/2
Teresa Duncan	12/29
Noelle Grosso	12/19
Steven Miles	12/20
Tom Sokal	12/3
MJ Thompson	12/28
Dale Williams	12/5

Anniversaries

MJ & Ed Thompson	12/18
Suzie & Bradley Trotter	12/26
Dale & Tom Williams	12/20

Bizarre or not Bazaar?



Come and find out. We still may need your help with the Bizarre Bazaar. This event is fun and easy and provides funds for our Administrative fund. Yes, fellow **Christmas Kiwanians**...the Bazaar is right around the corner. If you have not already signed up for first week in December, it is not too late. We always can use fill-ins for cancellations.

See **Danny** for details

Implementing the Capital District Strategic Plan

by Governor Tom Ganse

Now that the 2008 House of Delegates has accepted and ratified a Strategic Plan for the District, it's time to fully explain its implementation so that all of our members can understand their roles, how they contribute to the overall success, and why it benefits them as individual members serving their local communities. Promotion and

awareness are critical to succeeding, since this plan ultimately is executed at the most fundamental level by those individual Kiwanians working within their individual clubs. This plan must become common knowledge and every member must know and understand his or her role in our unified success if we are to succeed.

By way of review, this plan is designed to chart this District's course to Kiwanis' 100th anniversary. Our vision is that, by 2015, 20,000 Capital District Kiwanians will provide 350,000 service hours, invest \$4,400,000 to support community needs, and sponsor 860 Service Leadership Program clubs throughout Delaware, Maryland, Virginia and the District of Columbia.

We will accomplish these goals by using detailed "inchstone" steps, designated action points of contact, and due dates. The Long Range Planning Committee is already working to provide this information prior to the November 15th Board meeting. With those details in place, the Board is responsible for generating "action items" and tracking them to closure. The final key ingredient to this plan's success lies in educating our membership regarding their roles, and being responsive to their input.

Perhaps for the first time, our District has aligned a true long-term vision, knowledge of the details required to accomplish that vision, and a management structure that can track the required actions to completion. But perhaps most importantly, we have a District Plan that reflects the overarching needs of our individual clubs.



Consider the five goals of the Plan:

- (1) 12% annual increase in Service Hours to 350,000 by September 2015
- (2) 15% annual increase in Funds Expended to \$4.4 Million by September 2015

- (3) 12% annual increase in number of Service Leadership Programs to 860 clubs by September 2015
- (4) 12% annual increase in net Membership by September 2015
- (5) Modernizing our operating environment

Every club in this District can benefit or become stronger by accomplishing these five general goals. During the coming year, your Top Gun Lieutenant Governors will be working very closely with the club Presidents and Presidents-elect to determine each club's reasonable, expected contribution in each of these five areas, and helping them identify their own, unique "inchstones" to accomplish their goals. With that



done, the Lieutenant Governors will roll the club goals together to create Division Goals. By doing so, they will be creating an effective list of club requirements that the District Board will use to task and resource the District Club Support Committees,

who are then charged with providing every club with the help they require!

Taking this process even farther, the Trustees will roll together the Divisions' goals to determine the Region's goals before bringing them all together to determine whether or not we are tracking toward the current District goals. Any discrepancies will be identified by the Board, and a plan to reconcile the differences will be developed by applying additional resources, as required, or adjusting our goals.

It is very important to note that 2008-2009 is a transitional year. It is the year we will build this plan or "put the meat on the skeleton". We have a



general sense of where we are going and how to get there, but our individual Kiwanians and their collective knowledge remain our single most powerful resource.

We are counting on every one of you to become part of the solution, not part of the problem. If you see opportunities to improve, refine or correct this process, please do not hesitate to contact me. I would love to hear from you!

Tom Ganse

EXTRAORDINARY WORK

Children's Book Drive Any Time Any Child's Book

Remember to support our effort to collect children's books.

Contact: Basil Furr for information



INTERCLUBS



Governor's Visit – 2008

Saturday, December 6th
11:30 – 4:30 PM

Lunch and a Work Project Angel Tree Warehouse

1104 E Laburnum, Richmond.

This is in lieu of a formal Governor's Dinner. Gov. Tom Ganse has decided a short gathering, and an informal lunch followed by a work project is his preference. We'll talk the talk, then walk the walk on Dec 6th. Lunch (Stew and 'Que) will be provided for a small fee. You must sign up with Bob by Dec 1 as he must submit a head count. You have a choice of working in the warehouse or with the James River Park system.

See **Mary Lykins** for dates and times of our next interclub.

Turkey Trivia Quiz

How much do you know about the turkey? Take Aristotle's Turkey Trivia Quiz and find out!



1. When was the first Thanksgiving celebration?
 - A. 1492
 - B. 1567
 - C. 1621
 - D. 1777

2. Where was the turkey first domesticated?
 - A. Canada
 - B. Mexico and Central America
 - C. New Zealand
 - D. India

3. What is a female turkey called?
 - A. a rooster
 - B. a cuckoo
 - C. a chick
 - D. a hen

4. What is a male turkey called?
 - A. a larry
 - B. a clark
 - C. a harry
 - D. a tom

5. What great American statesman lobbied to make the turkey the national symbol?
 - A. Benjamin Franklin
 - B. Thomas Jefferson
 - C. John Adams
 - D. Billy-bob Thornton

6. What sound does a female turkey make?
 - A. gobble
 - B. cluck
 - C. chirp
 - D. peep

7. What sound does a male turkey make?
 - A. gobble
 - B. click
 - C. chirp
 - D. peep

8. About how many feathers does a mature turkey have?
 - A. 1,500
 - B. 2,000
 - C. 3,500
 - D. 5,000

9. Which state produces the most turkeys annually?
 - A. Kansas
 - B. Ohio
 - C. Arkansas
 - D. Minnesota

10. How fast can wild turkeys run?
 - A. 5 mph
 - B. 15 mph
 - C. 25 mph
 - D. 45 mph

11.

12. How does Arkansas rank among the other states in turkey production?
 - A. first
 - B. third
 - C. eighth
 - D. fourteenth
13. What Native American tribe celebrated the first Thanksgiving with the colonists?
 - A. the Wampanoag tribe
 - B. the Pamunkey tribe
 - C. the Choctaw tribe
 - D. the Arapaho tribe
14. Can wild turkeys fly? If so, how fast?
 - A. No.
 - B. Yes, up to 25 mph
 - C. Yes, up to 40 mph
 - D. Yes, up to 55 mph
15. Approximately what percentage of American homes eats turkey on Thanksgiving?
 - A. 49%
 - B. 67%
 - C. 82%
 - D. 90%
16. Approximately what percentage of American homes eats turkey on Christmas?
 - A. 34%
 - B. 50%
 - C. 67%
 - D. 89%
17. What is the name of the skin that hangs from a turkey's neck?
 - A. bling
 - B. wattle
 - C. garble
 - D. swag
18. Which U.S. president specified that Thanksgiving would fall on the last Thursday of November?
 - A. Martin Van Buren
 - B. Andrew Jackson
 - C. William H. Taft
 - D. Abraham Lincoln
19. Which president attempted to move the Thanksgiving holiday to the fourth Thursday in November to create a longer Christmas shopping season?
 - A. Franklin D. Roosevelt
 - B. Dwight D. Eisenhower
 - C. Harry S. Truman
 - D. Gerald R. Ford
20. Which country consumes the most turkey per year per capita?
 - A. The United States
 - B. Israel
 - C. Spain
 - D. Lithuania
21. What is the best way to defrost a turkey?
 - A. with a blow torch
 - B. in the refrigerator
 - C. in cold water
 - D. in the microwave oven

Thanks to:

<http://home.aristotle.net/Thanksgiving/trivia.asp>

Here are the results of the Turkey Trivia quiz:

1. When was the first Thanksgiving celebration?
Answer: **1621**
2. Where was the turkey first domesticated?
Answer: **Mexico and Central America**
3. What is a female turkey called?
Answer: **a hen**
4. What is a male turkey called?
Answer: **a tom**
5. What great American statesman lobbied to make the turkey the national symbol?
Answer: **Benjamin Franklin**
6. What sound does a female turkey make?
Answer: **cluck**
7. What sound does a male turkey make?
Answer: **gobble**
8. About how many feathers does a mature turkey have?
Answer: **3,500**
9. Which state produces the most turkeys annually?
Answer: **Minnesota**
10. How fast can wild turkeys run?
Answer: **25 mph**
11. How does Arkansas rank among the other states in turkey production?
Answer: **third**
12. What Native American tribe celebrated the first Thanksgiving with the colonists?
Answer: **the Wampanoag tribe**
13. Can wild turkeys fly? If so, how fast?
Answer: **Yes, up to 55 mph**
14. Approximately what percentage of American homes eats turkey on Thanksgiving?
Answer: **90%**
15. Approximately what percentage of American homes eats turkey on Christmas?
Answer: **50%**
16. What is the name of the skin that hangs from a turkey's neck?
Answer: **wattle**
17. Which U.S. president specified that Thanksgiving would fall on the last Thursday of November?
Answer: **Abraham Lincoln**
18. Which president attempted to move the Thanksgiving holiday to the fourth Thursday in November to create a longer

Christmas shopping season?

Answer: **Franklin D. Roosevelt"**

19. Which country consumes the most turkey per year per capita?
Answer: **Israel**
20. What is the best way to defrost a turkey?
Answer: **in cold water**

Score 1-5 Dumb Cluck 6-10 Turkey challenged 11-15 Practically Turkish 15+ Turk-a-riffic!

Thanksgiving FAQs



The Pilgrims, shown here with the Wampanoag Indians in **The First Thanksgiving**, painting by Jean Louis Gerome Ferris (1863–1930), celebrating their first Thanksgiving (painting courtesy of Library of Congress, Prints and Photographs Division, Detroit Publishing Company Collection).

They were a group of Puritans who landed at Plymouth Rock, in what is now Massachusetts, United States, in 1620. In 1621 Governor William Bradford of New England proclaimed a day of "thanksgiving" and prayer to celebrate the Pilgrims' first harvest in America. United States president Abraham Lincoln, following the precedent of a number of states, designated a national Thanksgiving Day in 1863. Now Thanksgiving Day falls annually on the fourth Thursday of November.

Fact or Fiction: The tradition of playing or watching football on Thanksgiving started with the first National Football League game on the holiday in 1934.



Fiction. The American tradition of college football on Thanksgiving is pretty much as old as the sport itself. The newly formed American Intercollegiate Football Association held its first championship game on Thanksgiving Day in 1876. At the time, the sport resembled something between rugby and what we think of as football

today. By the 1890s, more than 5,000 club, college and high school football games were taking place on Thanksgiving, and championship match-ups between schools like Princeton and Yale could draw up to 40,000 fans.