

Chester, VA Kiwanis Gram

OFFICERS: President: Joan Benton
Vice-President: Allen Shore
Treasurer: Robert Cassada
Secretary: Philip Crowe
Immediate Past President: Gary Burleigh

NEW MEMBERS: Brian White, Kathleen Wiltsie and Donald Newton
Newsletter Editor: Kathleen J. Wiltsie k_wiltsie@comast.net for contributions to the news. Thank you in advance.

QUOTE of the month:

Excellence is never an accident; it is the result of high intention, sincere effort, intelligent direction, skillful execution and the vision to see obstacles as opportunities.

Member Focus

Danny Wyatt

Born in southwest Virginia, Norton VA to be exact. Son of a coal miner. Family moved to Colonial Heights while I was a toddler, graduated from CH in 1970. Got an AA degree from Richard Bland College in '72, and my Bachelor's degree from Virginia State University in '81. I write (mostly emails these days) but in the past anything from poems to a book (unpublished) titled "WHAT WAS DAD THINKING". I am a Christian who has a personal relationship with Jesus Christ. Married a Chester girl, Susan Dance, in '74 and with each move she moved me closer to the heart of Chester. We have two children Rus and Cari. Cari is married to Nathan Brown and they have produced the best looking, smartest and all everything grandson for us named Sean Wyatt Brown, age 1.5 yrs. (almost 2) I played baseball and football and received a scholarship offer to play small college football that I did not take. In middle school years I played the trumpet in the school band but gave it up because the Beatles didn't have horns and I couldn't play football and toot a horn. Took up drums in high school and still bang on them when no one is home to bother. I love people and know to be happy I need to be interacting with others. If I am quiet, usually something is wrong. I feel very honored to lead our club in prayer at each meeting, and to belong to the best Kiwanis Club in Virginia... maybe the world.

Joan Benton's 5 F's Faith, Family, Friends, Finances & Fun

On several occasions I have been asked, "Why are you a Kiwanian?" My answer is always the same, "It fits in my life's plan!" Inevitably the next question is "What is your life's plan?" and I explain what I learned in a seminar in which the speaker said:

"All too often we clutter our lives with things of little significance while we neglect the more important things in our lives. Realizing how precious and limited our time is here on earth, I reevaluated my life while waiting to see if my wife would survive her cancer treatments." (Which she did!)

He went on to say "I came up with a **formula for living** and I like to call it my **five f-word formula; faith, family, finances, friends and fun**. Anything I do in my life has to fit in one of these categories or I don't do it."

"So we are on the same page of music, so to speak, let me give you my definitions of the five f-words. By the way, you think I have given them to you in alphabetical order and while that may be so, I believe they have been put in order of importance by a higher power!"

Faith – is the corner stone on which every human being should build their life. In whatever faith you are, believe it and practice it by setting a good example for others. For one without faith on earth is a lonely soul."

Family – in whatever unit you call family, build it, love it unconditionally and cherish it, for one on earth without family is a lonely soul."

Finances – let me highlight the basics. Each human possess at least one God given talent. It is our job to find out what that is, expand on it and be the best you can be. When you receive your paycheck, distribute it in the following manner."

1. "Tithe
2. Pay yourself and don't touch it. You will be glad for the self-discipline in your senior years.
3. The rest is to live on, remembering a few more things. Don't spend more than you make, pay cash whenever possible and while personal possessions are nice, they aren't everything."

Friends – learn what it takes to be a true, good friend in a give and take relationship. Nurture and cherish those friendships, for one on earth with many friends is rich by far.

Fun – give yourself permission to have fun. Life goes by quickly. You don't want to be in your senior years wishing that you should have, would have or could have!

Let me show you how I perceive my Kiwanis membership and how it fits in my life's plan. I perceive our club to be a faithful family of friends joined together for the good of others and having fun while doing it. As you can see, it fits in all five categories and proves to me that it is well worth it!!

For Better Health

Why should flu be taken seriously?

Flu should never be dismissed as “just the flu.” It’s a serious disease, and while most cases are mild, some can be deadly. On average, seasonal flu is responsible for thousands of deaths every year in the United States —mainly among people 65 and older.

For more information about the Flu go to cdc.gov or flu.gov

While on the topic of vaccinations you should have, do you know when your last tetanus was? Tetanus vaccination is due every 10 years and they now had pertussis protection as more cases have been seen.

Email k_wiltsie@comcast.net with your health questions and the answers will be in the next “For Better Health” column.



November & December Birthdays *Happy Birthday!!!*

William Fox	Nov 27
William Rhea	Nov 27
Robert Cassada	Dec 2
Allen Shore	Dec 3
Tom Sokol	Dec 3
Noelle Grosso	Dec 19
Steven Miles	Dec 20

*Sympathies to***Tom Sokol whose mother passed away***What's new?*

Ed Thompson had his first grandson Born Sep 14th. In his own words –
 "...he's just about perfect in every way. We are just delighted about him in every way. He is the son of our daughter and son-in law Jane and Cole Carlisle of Charleston, SC. His name is Thomas Coleman Carlisle, V and he made his presence and "presents" to us on Sept. 14. I might also add that on Sept.25 four generations were together...Jr., III, IV, and V. To say that he is loved is an understatement."

What's Happened / ning?

1. Oct 11th Bob Cassada talked to us about the Chesterfield Colonial Heights Alliance for Social Ministry (CCHASM) and the good work they do for the community.
2. Oct 18th Clint Arrington from Lonesome Dove Equestrian Center. The center is a non-profit organization that works with Veterans who are mentally and physically challenged as a result of their service to our country. Clint had a great slid show presentation of the work they do and the results they achieve with an all-volunteer staff and donated horses.
3. Oct 25: A Place for Mom. Elder Care advisor spoke and talked about veteran benefits you must ask for. Ed has name and more info.
4. Nov 1. Key Clubbers present and running a "Hands Up" fundraiser. Organization with 60-year history, animals bought and given to a family to help them be independent.
5. Nov 8. Key clubbers from Thomas Dale reported on their activities.
6. Dec 12th. Christmas Parade
7. Dec 13th – Christmas Party

Speaker Chairperson	Oct, Nov, Dec:	Ed Thompson
Speaker Chairperson	Jan, Feb, Mar:	Ted Rayman
Speaker Chairperson	Apr, May, June	Noelle Grosso
Speaker Chairperson	Jul, Aug, Sep	You ☺

Volunteer opportunities

1. CCHASM Thanksgiving Program 2010. Sorting and packing work at Chesterfield County Fairgrounds (for meal gift packages) on;

Monday and Tuesday Nov 15 & 16 noon-3pm

Wednesday & Thursday Nov 16th & 17th 3-7pm

Saturday Nov 20 7am-7pm(Package Distribution)

Items that make up a meal gift package:

40 oz can of Yams

13 oz box mashed potatoes

16 oz can cranberry sauce

15 oz can corn (2)

15 oz can green veg (2)

16 oz box stuffing mix (2)

10 can gravy (2)

1 box hot chocolate

1 box ice tea mix or mixed tea bags

1 box cookies

2. Bazaar, Bizarre. Danny Wyatt has the sign up sheets for the first week in December and, all the details. Dec 2-5.

3. Chester Angel Tree. Southpark Mall Thur Dec 2 and ?

CHURCH

As a group we are attending the 11AM church service at Marshall's church on Sunday Nov 14th at United Methodist – Contact Marshall for details.

Travel



Corner

If you wish to share your adventures and trips please email your news to the editor Kate Wiltsie at: k_wiltsie@comcast.net



RECIPES

Please email recipes to the editor at: k_wiltsie@comcast.net

New member/editor intro. Kathleen J. Wiltsie RN, MSN (*LTC USA Ret {2009}*)

I work at Bryant and Stratton College with the RN Program as the Clinical Coordinator. (which means I find clinical sites for the RN students) From Milwaukee, Wisconsin, I was married 20 years and have two children, son Shawn (31) who gave me the **most precious** grandson Aidan Jacob (10 months old Nov 16th) and daughter Angela (28) who has a Great Dane puppy (11 months old Nov 6 and is the size of a small horse and so loveable!)- all live in Maryland. And yes grandson and granddog are awesome. In grade school and high school I played the violin and my thing was drama. I was the nice girl in "Flapper Girls", Margot's sister in "Diary of Anne Frank". Then working in the hotel/food business (while just enjoying life-no defined career at this point) I sang in the OUTREACH Choir in Milwaukee, WI for a few years and we made a few albums before I returned to school and received my Associate Degree in Nursing from Milw Area Technical college in '78. I worked in hospitals, med-surg & Intensive Care units 1978-1989. I completed my Bachelor's of Science in Nursing from Alverno College in '87. In 1989 I joined the US Army and served twenty years reaching the rank of Lieutenant Colonel. My assignments after completing the Preventive Medicine course varied from Chief of Public Health for an Army post, Deputy Commander of a clinic and staff positions at the Pentagon and Center for Health Promotion and Preventive Medicine. I received my Masters in Nursing in '97 from ODU. Raised Catholic I received the gift of faith in 1994 while stationed at Ft Eustis, VA. I have a personal relationship with Jesus and am so grateful for His Love and mercy and grace-new every day! I love helping people and making a real difference in their lives to help them be the best they can be. I am glad and honored to be a part of this group and welcome ideas, comments and submissions for the newsletter. (Danny's bio was so much better a read, wasn't it? I think he should be editing this newsletter after I put facts together so he can make it read FUN!)

Corrections to the YELLOW BOOK:

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