

KIWAN-O-GRAM
Saturday, January 22, 2011
JANUARY 2011

Chester, VA Kiwan-O-Gram

Newsletter Editor: Kathleen J. Wiltsie k_wiltsie@comast.net for contributions to the news. **Thank you in advance.**

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

HAPPY ☺ HEALTHY + BLESSED NEW YEAR

2011

NEW MEMBERS:

QUOTE of the month:

Well done is better than well said. *Benjamin Franklin*

Member Focus

Joan Benton

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

Focus on Family

NEW YEAR TRADITIONS

Wayne and Ann Stuart

Our new year traditions are to enjoy watching the parade and bowl games with family and/or friends. Often we have black-eyed peas with stewed tomatoes for good luck for the new year.

For Better Health

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



The 77 million baby boomers, born from '46 through '64, coincidentally were ages 46-64 in 2010. The first boomers hit age 65 this year, at a rate of 8,000 a day!!

January February March Birthdays
Happy Birthday!!!

1/18 Hank
1/22 Dr. Joe Hiller
1/26 Ann Stuart-spouse of Wayne Stuart
2/17 Jay Slagle
2/21 Guy Smith
2/27 David Duncan
3/3 Kate Wiltsie
3/24 Joan Benton

Anniversaries

Feb 2nd 110th Army Nurse Corps Anniversary
Feb 7th The 13th wedding anniversary for Mr. & Mrs. Ed Grosso

Speaker Ideas always welcomed!!

Speaker Chairperson Jan, Feb, Mar: Ted Rayman
Speaker Chairperson Apr, May, June Noelle Grosso
Speaker Chairperson Jul, Aug, Sep You ☺

Starting in July - September each member will have 10 minutes to talk- on any subject. The amount of time is negotiable - see Joan for details. It will be done alphabetically. ☺



RECIPES

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

BLACK-EYED PEAS From Ann Stuart

To fix black-eyed peas and stewed tomatoes, we use two #2 cans of black-eyed peas and one #2 can of stewed tomatoes (not the spicy kind) and brown sugar to taste. We think that must be how the Virginia Diner fixes theirs too.

Broccoli, Ham & Pasta Salad Provided by EatingWell.com

Preparation Time: 20 minutes

Level: Easy

Cook Time: 50 minutes

Serves: 5

A great make-ahead entree, this lightened-up pasta salad is loaded with broccoli and peppers. Smoky [ham](#) and sweet raisins give it plenty of punch. Enjoy the leftovers for a fuss-free lunch. Recipe by Nancy Baggett for EatingWell.

Ingredients: Creamy Herbed Dressing

- 1/2 cup low-fat mayonnaise
- 1/3 cup nonfat plain yogurt
- 1/4 cup reduced-fat sour cream
- 3 tablespoons rice vinegar, or white-wine vinegar
- 1 tablespoon Dijon mustard
- 1 tablespoon honey, or more to taste
- 1 1/2 teaspoons dried minced onion, or dried chopped chives
- 1 1/4 teaspoons dried tarragon, or dill
- 1/2 teaspoon [onion salt](#), or celery salt or 1/4 teaspoon of each
- White pepper, to taste

Salad

- 3 cups cooked whole-wheat fusilli, or similar pasta (about 6 ounces dry)
- 4 cups chopped broccoli florets, (about 1 1/2 large heads)
- 1 1/2 cups diced ham, (8 ounces), preferably reduced-sodium
- 1 large red or [yellow bell pepper](#), (or a combination), diced
- 1/4 cup diced red onion, plus slices for garnish
- 1/3 cup raisins
- Freshly ground pepper, to taste
- 4 cups spinach leaves
- 1 cup torn radicchio leaves

Preparation:

1. To prepare dressing: Combine mayonnaise, yogurt, sour [cream](#), vinegar, mustard, honey, onion (or chives), tarragon (or dill) and onion salt (and/or celery salt) in a bowl until well blended. Season with white pepper. Taste and adjust seasonings, if desired.
2. To prepare [salad](#): Combine pasta, broccoli, ham, bell pepper, diced onion and raisins in a large bowl. Add dressing and toss until evenly incorporated. Cover and refrigerate to blend the flavors for at least 30 minutes and up to 2 days.
3. Serve on a bed of spinach and radicchio, garnished with slices of red onion.



The FONNY COLUMN

Ann, spouse of Kiwanian Wayne Stuart, is a retired teacher, and her brother Lee Perkins served in the Marines. Those two facts make the following a favorite story of Ann's.

Having served his time with the Marine Corps, a man became a school teacher. Just before school started, he injured his back. He was required to wear a plaster cast around the upper part of his body. Fortunately, the cast fit under his shirt and wasn't even noticeable.

On the first day of class, he found himself assigned to the toughest students in the school. Walking confidently into the rowdy classroom, he opened the window wide and sat down at his desk. When a strong breeze made his tie flap, he took a stapler and stapled the tie to his chest.

He had no trouble with discipline that year...

Following submitted by Gary Burleigh

A Redneck from Alabama walked into a bank in New York City and asked for the loan officer. He told the loan officer that he was going to Paris for an international redneck festival for two weeks and needed to borrow \$5,000 and that he was not a depositor of the bank.

The bank officer told him that the bank would need some form of security for the loan, so the Redneck handed over the keys to a new Ferrari. The car was parked on the street in front of the bank. The Redneck produced the title and everything checked out. The loan officer agreed to hold the car as collateral for the loan and apologized for having to charge 12% interest.

Later, the bank's president and its officers all enjoyed a good laugh at the Redneck from the south for using a \$250,000 Ferrari as collateral for a \$5,000 loan. An employee of the bank then drove the Ferrari into the bank's private underground garage and parked it.

Two weeks later, the Redneck returned, repaid the \$5,000 and the interest of \$23.07. The loan officer said, 'Sir, we are very happy to have had your business, and this transaction has worked out very nicely, but we are a little puzzled. While you were away, we checked you out on Dunn & Bradstreet and found that you are a Distinguished Alumni from the University of Alabama, a highly sophisticated investor and Multi-Millionaire with real estate and financial interests all over the world. Your investments include a large

KIWAN-O-GRAM

Saturday, January 22, 2011

JANUARY 2011

number of wind turbines around Sweetwater, Texas. What puzzles us is, why would you bother to borrow \$5,000?

The good 'ole Alabama boy replied, "Where else in New York City can I park my car for two weeks for only \$23.07 and expect it to be there when I return?" His name was BUBBA..

Editor: Kathleen J. Wiltsie RN, MSN, LTC, USA Ret

Email address H: k.wiltsie@comcast.net

W:

kjwiltsie@bryantstratton.edu