



# CHESTER KIWAN-O-GRAM

MEMBER NEWSLETTER VOLUME X - ISSUE NO. 8 MAY 10, 2001  
THE KIWANIS CLUB OF CHESTER IS ON-LINE AT [HTTP://WWW.GEOCITIES.COM/BDKCRAB/KHOME.HTM](http://www.geocities.com/bdkcrab/khome.htm)

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J. Tolleison Morriss, VI



Spring Fling  
May 17th

did I mention  
Sell tickets?

## May Birthdays

5 Bob Goodwin  
22 Rick Dodson

## Anniversaries

22 Dave and Teresa  
Duncan  
23 Joe and Susanne  
Hillier

## PROGRAMS

MAY 14 - REGULAR MEETING - PRE-FLING WORK MEETING

MAY 17 - SPRING FLING AT JOHN TYLER C. C. 4-8 PM

MAY 21 - POST FLING WRAP-UP PARTY - LOCATION TO BE ANNOUNCED

MAY 28 - MEMORIAL DAY - NO MEETING

MAY 30 - WEDNESDAY - INTERCLUB - COLONIAL HEIGHTS, 12:30  
COUNTRY BUFFET. CONTACT HANK DVORAK.

June 4 - Board Night - Chester Police Station - Meeting Room

*Note For June, July, and August, the first Monday meeting - Board Night - we will meet at the Chester Police Station. The Third Monday, will be a Kiwanis Spouses Social Event.*

All functions are on Monday and begin at 6:30 PM at Howard Johnson Restaurant unless otherwise stated. Call Program Chairman Bob Goodwin @ 530-1897 with program suggestions.



## President's Message

At the Board Meeting, I reminded the club that the Chester Civic Association board was actively trying to sell the **Community Center**. The CCA board is made up of representatives from the three owners of the building. Nicole and I represent Kiwanis. The other owners are the Women's Club of Chester and the Civitans.



We now have an offer for the building, and our Board will be asked to consider accepting it at next week's meeting. Our Board has already voted in favor of selling the building. The offer is for \$165,000 and after commissions and everything are paid, we should net about \$50,000.

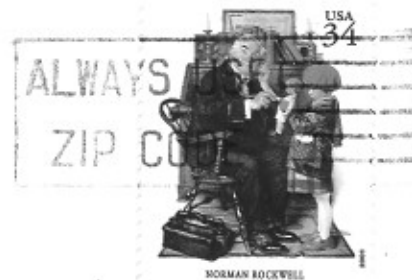
This will be an extremely important decision for the club, and I urge all Board members to attend the next meeting so they can participate.

President Bob





The Chester Kiwan-O-Gram  
The Kiwanis Club of Chester  
Box 756  
Chester, VA 23831



Kiwanian Joe Hillier  
4701 Buckingham Court  
Chester, VA 23831

## Spring Fling Issue No 2

Vol 10 #8



Marshall, the 2001 Key Club Board, and Advisor Ron.

You can make a difference...

### Terrific Kids



Call Gwen Osborne to volunteer  
~ a Distinguished Member Award Activity ~



#### W. E. CARTER

12216 Richmond Street  
Chester, VA 23831 (804)768-4240  
General Repairs; Painting (Inside & out)  
Power washing; Yard work  
(Lic.# 498003763)

#### Slate of Officers 2000-2001

Steve Miles - President  
Danny Wyatt - President Elect  
Nicole Jordan - Vice President  
Jesse Morris - Treasurer  
Wayne Stewart - 2002  
Ed Price - 2003  
Luther Dixon - 2003  
Dave Lawton - 2003  
Gwen Osborne - 2003  
Ron Gray - 2003

#### Many Thanks

I want to take this opportunity to thank all the members of our club for the Tablet of Honor you bestowed on me. Words alone cannot convey to you what this honor means to me. Whatever I have been able to accomplish in Kiwanis is the direct result of my association and work with our membership over the years. So, I accept this honor also on behalf of you.

I hope to continue this fine relationship for many years to come as, together, we render service to Chester and grow in friendships.

Joe

#### In Case You Missed It!

Thanks to everyone who participated in **Bizarre Bazaar** this year. To-date income is \$1183. What a haul! Special thanks to **Danny Wyatt** for chairing this committee.

**Luther Dixon** reports a total of 18.5 man-hours spend in community service this month. Only 8.5 were spent at the Kiwanis Park, but it looks like more.

The Youth Services Committee reported the personal delivery of 20 stuffed bears to children at Chippenham Hospital by **Nicole Jordan**. The **Chippenham Bears** were named Bluebeary, Strawbeary, Mulbeary, and Pear Beary.

The Membership Committee urges you to invite potential members to any of our upcoming meetings.

#### STRAIGHT FACTS ON FOOD & EXERCISE

Q: Should I cut down on meat and eat more fruits and vegetables?

A: You must grasp logistical efficiencies. What does a cow eat? Hay and corn. And what are these? Vegetables. So a steak is nothing more than an efficient mechanism of delivering vegetables to your system. Need grain? Eat chicken. Beef is also a good source of field grass (green leafy vegetable). And a pork chop can give you 100% of your recommended daily allowance of vegetable slop.

Q: I've heard that cardiovascular exercise can prolong life.

A: Your heart is only good for so many beats, and that's it. Everything wears out eventually. Speeding up your heart will not make you live longer; that's like saying you can extend the life of your car by driving it faster. Want

to live longer? Take a nap.

Q: Is beer or wine bad for me?

A: Look, it goes to the earlier point about fruits and vegetables. As we all know, scientists divide everything in the world into three categories: animal, mineral, and vegetable. We all know that beer and wine are not animal, and they're not on the periodic table of elements, so that only leaves one thing, right? My advice: Have a burger and a beer and enjoy your liquid vegetables.

Dr. Feelgood

*Denial is not a river in Africa. Do not ignore the warning signs of a heart attack. Immediate treatment is the key to a rapid recovery. Dial 911.*

Dr. Bob