

# -----Greater Woodbury Kiwanis-----

## KRONICLE

Meeting: Thurs. at Noon

Woodbury Mews 856-384-6600  
122 Green Ave., Woodbury, NJ  
[www.kiwaniswoodburynj.com](http://www.kiwaniswoodburynj.com)



Chartered 11/15/1923

April 2011  
Editor: Joan Van Note 856-845-3644  
[vannotekiwanis@yahoo.com](mailto:vannotekiwanis@yahoo.com)



April Birthdays: Joan Van Note - 4/8, Pat Davis - 4/15, and Dora Brown - 4/29  
**HAPPY BIRTHDAY TO EVERYONE!!!!!!!!!!!!**

### Programs for April:

April 7th Shad Dinner/Lt Gov Election at Ponderosa in Alloway 6pm  
April 14th 4H Linda Strieter & 4H Ambassador; Induction of a new member  
April 21st Linda Chiesa, President of Women's Club of Woodbury  
April 28th Mark Parker from the YMCA



Terrific Kids schedule for April is as follows:

Tuesday April 19th 9:00AM – Evergreen School  
Wednesday April 20th 8:25AM – Woodbury Heights School  
Thursday April 21st 8:45AM - West End School  
Thursday April 28th – 10:15AM - Walnut Street School

### Greater Woodbury Kiwanis Meeting Places for April:

April 7th - Shad Dinner/Election at Ponderosa's in Alloway 6pm \$26.  
April 14th – CHARLIE BROWN'S  
April 21st – THE MEWS  
April 28th – CHARLIE BROWN'S



The 4th Annual Kiwanis One Day is coming. Our Greater Woodbury Club will be serving dinner at the Boys and Girls Club in Paulsboro on Friday evening April 1st from 5pm-6pm.

### SAVE THIS DATE: May 7, 2011 TAKE OUTS ONLY

May 7, 2011 is the Greater Woodbury Kiwanis Famous Chicken BBQ. This year we are rolling back prices. \$10.00 gets you a half chicken, baked beans, potato salad, tomato salad and dessert. It is extremely important for everyone to sell tickets. Extra tickets are available from Connie Wagoner at 848-2910. It is take outs only. Pick-up is from behind J&D Liquor just like before. This is the same chicken dinner as served at the 4H Fair. It is really good and the price is right. Think about signing up to help us serve. The time is 2pm until 6pm.

Dates to remember:

Friday, April 1<sup>st</sup> – for Kiwanis One Day: We serve dinner at the Boys & Girls Club in Paulsboro

Saturday, April 2<sup>nd</sup> – Kiwanis One Day

Monday, April 4<sup>th</sup> – Taste of Gloucester County – Auletto's \$60.

Tuesday, April 5<sup>th</sup> – Eagle Scout ceremony at 5pm at Cromwell Church in Gibbstown

Thursday, April 7<sup>th</sup> – Inter Club & Division 2 Shad Dinner/Election Lt Gov \$26. at 6pm

Wednesday, April 13<sup>th</sup> – CDC Easter Bunny and Easter Egg Hunt

Thursday, April 14<sup>th</sup> – Greater Woodbury Board Meeting following our lunch at Charlie Brown's

Friday, April 15<sup>th</sup> – Attend services at the Synagogue 115 E Holly Ave Sewell at 8pm

Saturday, May 7<sup>th</sup> – Chicken BBQ \$10. Time:2pm-6pm

Tuesday, May 10<sup>th</sup> – Candidates Night at L's Restaurant (Corbin House) in Corbin City

July 7th thru 10<sup>th</sup> – International Convention in Geneva Switzerland

Saturday, August 21<sup>st</sup> - NJ District Convention at Hanover Marriott Hotel in Whippany



---

## SERVICE LEADERSHIP PROGRAMS for February 2011 from Ed Barry and Ruth McGrath

**CLEARVIEW:** Has no one interested in running for district Lt Governor; planning on Having a fundraiser for those going to District Convention; preparing for March of Dimes walk in April; Also planning a fundraising for the Boys & Girls Club of Gloucester County.

**GATEWAY:** Held a bake sale; preparing for Easter Egg Hunt on April 19<sup>th</sup> (rain date 4/20)

**GCIT:** Donated approximately 50 pounds of non-perishable food to Emmanuel Cancer Foundation; Hosted District Lt Governor's elections 2/11/11.

**PAULSBORO:** Raised money for the Peter Skelton Foundation (Peter was the 36 year old Uncle of a Paulsboro student) KC members sold bracelets that said "Life: Pass it on"; Planning a Peter Skelton Walk to take place this coming summer.

**WEST DEPTFORD:** Continue with plans for their Annual Volleyball Marathon; Collected School supplies for a school in Africa; Provided entertainment for the residents at Sterling House; Served as volunteers at our spaghetti dinner on 2/26/11; Worked Academy Awards Gala for V.O.A.'s Fundraiser on 2/27/11

**Woodbury-** They have an advisor now and are working on projects.

---

Greater Woodbury Kiwanis Club Annual Shad Dinner, Division 2 Election, & Division 2 Inter Club April 7, 2011. The Ponderosa, Alloway, NJ Dress is casual Cost: \$26.00 per person Social Hour 6:00pm Dinner 6:30pm *We are also serving Ham for those who are not fond of fish* Please Return checks to: Betty Limanni. It would be appreciated if payment in full be made by Club Check & Please make checks payable to: "Greater Woodbury Kiwanis Club" Cut off date for Reservations is April 1<sup>st</sup>. All reservations are guaranteed: Clubs will be billed for "no- Shows".



---

George and Connie would like to thank all of our Greater Woodbury Kiwanians who helped with the spaghetti dinner on February 26<sup>th</sup> at the Child Development Center. We have a special thank you to member Phyllis Folk, Director of the CDC, for allowing us to use their facility. The proceeds will help with our Key Clubs.

---

***Kiwanis*** – *We serve the children of the World!!!!!!* Page 2 (April 2011)

Carla Kephart spoke to us on childhood obesity. Since 1980 the rates of childhood obesity have tripled. The average snacks used to be 3 and today many children have 6 snacks a day. The BMI has increased also. If your body mass is over 40 you are extremely obese and anything over 25 is obese. The silver lining is: diet and exercise can help you control your weight. Carla goes into schools and speaks with students with several programs: Fast Food Fix ups, SMASH, Nap Sack and Snap A (used to be called food stamps).

Carla also talks about 5-4-3-2-1 program. 5 = 5 fruits and veggies a day. 4 = 4 glasses of water a day for children (8 for adults). 3 = 3 low fat dairy products a day. 2 = no more than 2 hours of TV, videos or computer a day. 1 = 1 hour of movement or exercise a day.

---

On March 17<sup>th</sup> Connie Wagoner gave a talk about her sister and brother-in-law who are currently living at the American Embassy in Zambia on the African continent. She spoke about their second trip to Victoria Falls, this time during the dry season. She told about the poor conditions of the roads, the numerous pedestrians on the roadways and the large number of bicyclists all jockeying for road space. Along with all this traffic visibility was poor due to the dust in the air. It was a harrowing experience for all. On the way they stopped and were told many interesting facts about them. When they arrived at the hotel in Victoria they had high tea on the veranda. What a beautiful place!! Connie also discussed the tribal entertainment that was performed and showed everyone a doll that was a replica of one of the native dancers. She also showed several photos of the magnificent falls. This is certainly an exciting and adventurous experience.



Dr Karen McQuaide-Bell, spoke to us on March 24<sup>th</sup>. She works at Advantage Therapy Centers. “Happy, Healthy Hearing and Better Balance” is their motto. Karen said that approximately 34 million people are hearing-impaired in the U.S. Most people wait an average of 7 years before seeking help for a hearing loss. There are many signs of hearing loss:

- Difficulty understanding certain voices
- Trouble understanding in crowds
- Hearing but not understanding
- Hearing on the telephone is difficult
- Social functions that were once fun are no longer enjoyable
- Irritability, withdrawal from friends and family
- Others notice your hearing difficulty



There are new digital programmable hearing aides which are smaller and not conspicuous to others. Karen also told us there are 3 major components of maintaining balance:

- Vestibular (inner ear)
  - Ocular-Motor System of the Visual System (eyes): eye movements indicate the brain is trying to correct for perceived discrepancy
  - PROPRIOCEPTIVE (body control) : gait, postural control, movements of the lower body related to balance
-

Joan has tickets for the Phillies Fireworks Night on Thursday July 8<sup>th</sup>, 2011 for the Phillies vs. Pat Burrell and the San Francisco Giants. The seats are in Section Joan needs the money by May 30<sup>th</sup> as she must turn in unsold tickets May 31<sup>st</sup>.



---

Look for the coupons that say Box Tops for Education on such items as cake mixes, cereals, desserts, snacks, refrigerated and dairy products, paper products, and school and office supplies Please bring them to our meetings. See Jack Detrick for more details. Thank you.

---

The Vineland Kiwanis Club celebrated their Charter Night/First Anniversary with a dinner and comedian evening on March 25<sup>th</sup>. Joan and Amelia attended.

---

**Save The Date** June 8 cocktail party at Nicolosi's to support the formation of a Woodbury Unit of the Boys and Girls Club. More details to follow in next month's Kronicle and see Jeff Morris for details. We need your support for this fund raiser.

---

## **May Is Recruitment Campaign Month**

Our club's success is important for our community and for our entire organization. The best way to serve our club is to help it grow, and one of the best tools our district's Growth Team can offer is the May Recruitment Campaign. Many clubs participated in this program last year. Connie Wagoner is continuing as our membership chair and will be coordinating recruitment in our Division 2. These 10 simple steps to a successful recruitment campaign will help your club achieve real growth this year:

- 1. Order Materials**
- 2. Set Up Your Team**
- 3. Plan Your Guest Event**
- 4. Develop a Prospect List**
- 5. Mail Out Information**
- 6. Invite Personally**
- 7. Hold Meeting**
- 8. Follow Up**
- 9. Welcome New Members**
- 10. Plan Your Next Event**