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# **K** *The Kiwanis Club of Abilene* **KIWANIGRAM**



Vol. LIX

April 8, 2009

No. 26

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## **DR. KELVIN J. KELLEY** **Spiritual Aims**

**Noon, Wednesday, April 8**  
**Abilene Country Club**

Dr. Kelvin J. Kelley, an Assistant Professor at HSU, is the founder of the nonprofit F.A.C.E.S. Ministry – **F**irst **A** Chance **E**ventually **S**uccess. His nonprofit initiates developmental strategies for youth and young-adults and is designed to broaden their understanding of life and education while making responsible personal and community choices. They partner with Cooper High School through its Campus Advocacy Program providing a Leadership Lunch and Life-Skills Success class for at-risk, underserved, and under-performing students.

Dr. Kelley is from Dallas. He attended Angelo State University on an athletic scholarship. He obtained his Master Divinity in 1999 and Master Arts in Family Ministry in 2002 at Hardin-Simmons. He and his wife, Kimberly, have three children and one grandchild. He is involved in the Big Country Emmaus Community, Every Man Counts Ministries, Fellowship of Christian Athletes, Greater Abilene Ministerial Alliance, Pray Big Country and Promise Keepers; and has served as pastor of the Mount Zion Baptist Churches in Brownwood and Abilene.

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## **DR. RALPH McCLESKY** **HEART HEALTHY – NO SALT DIET** **APRIL 1**

President **Russell Berry** presided. **Jimmie Monhollon** led the prayer, **Allen Eggleston** led the singing. **Millie Braddy** played piano. **Mac Sipe** led the Pledge of Allegiance. **Gary Bomer** introduced our guests.

"You can do Anything, but cannot do Everything. It is good to Do Something!"

**Price Brock** introduced Dr. Ralph McClesky, whose topic was "Salt, what's the big deal?" Dr. McClesky gave a very informative presentation on salt, providing many statistics and details regarding salt in our system. He explained that increased salt in our system can lead to high blood pressure, and went on to explain the difference in the top and bottom numbers of our blood pressure readings. The most common reason for death is heart disease, not cancer as one might expect.

The recommended daily salt intake is 2400mg or 1 level tsp of salt. Our average intake is 6000mg or 6 grams per day! McClesky used the example of soup which can contain from 700 to 1260 mg in a single bowl. Just 10 pretzels takes care of salt intake for the day.

Reasons for this increased problem include physician counseling largely focused on added salt, increased use of processed foods and larger portions when eating out. To control the problem it is important to control salt level by watching what we eat. "Salt is like cigarettes or alcohol -had to learn to like it."

His presentation brought a number of questions from those in attendance, concluding the only quick fix to the problem of high blood pressure as a result of problems caused by overdoing salt intake is bypass surgery .

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## PRAYER REQUESTS

Pray for **Roy Dent's** wife, Linda, who continues treatment at M.D. Anderson. Pray for Don Etter, a friend of **Russell Berry**. Pray for **Bud Coke** and his wife Ruby.

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### **Spiritual Aims Message: "Made for Somebody"**

Isn't it encouraging to know that even when we feel that we are alone or our group is in the minority that we belong to the most important crowd there is - the people who belong to God. And when we need it most, we find that we have mercy already available to us.

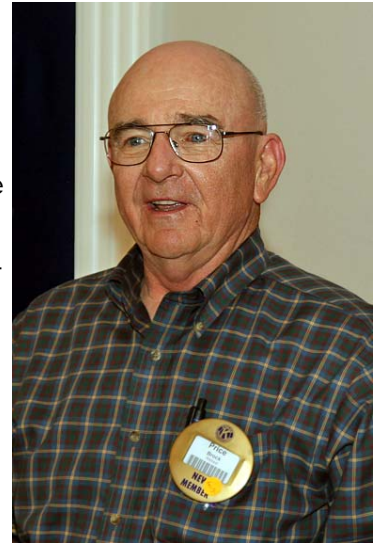
*"But you are a chosen race, a royal priesthood, a holy nation, God's own people, that you may declare the wonderful deeds of Him who called you out of darkness into his marvelous light. Once you were NO People but now you are God's people; once you had not received mercy but now you have received mercy."* I Peter 2:9-10

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Left: **Alan Eggleston** led the singing.

Right: **Dr. Price Brock** introduced the program.



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## **BIRTHDAY'S**

April 08  
April 10  
April 11

**Royce Manning**  
**Earl Williams**  
**Carmen Martinez**



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## **CLUB REMINDERS & NOTES**



**April 25<sup>th</sup> is Pancake Day** – Only **17** more days! We NEED Auction Items! Contact **Carmen Martinez** if you have any questions.

**Jennifer Kent** has tickets available for Taste of Abilene!

It is once again time for committee reports. Your completed reports can be sent to **Faye Dodson** at [Kiwanis@abilenekiwanis.org](mailto:Kiwanis@abilenekiwanis.org), [fdodson@ffin.com](mailto:fdodson@ffin.com), mailed to 1442 Lowden, Abilene, 79601 or faxed to 627-7352. She will be out of town next week and the report is due to International by **Friday, 4/10/09**. If she has your reports by 4/9/09, we can meet the due date. (See attached!)

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## **CERTIFICATE OF APPRECIATION**

**Don Scargall** presented a certificate of appreciation to the club from AISD Partners in Education. Don serves as chair of the SOS Committee. This committee works with Reagan Elementary School children.

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## FUTURE PROGRAMS

**April 15** – Tami Baxter, Pediatric Rehabilitation

**April 22** – Rob Sledge, Author



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## RECENT GUESTS – April 1, 2008

### GUEST

Sue Davis  
Caroline Lee  
Lake Monhollon  
Susan Hawkins  
Cassie Santiago  
Shane Price  
Brice West

### MEMBER

**Faye Dodson**  
**Sheila Watts**  
**Jimmie Monhollon**  
**W.R. Hawkins**  
**Bobbie Wolfe**  
**Manuel Longoria**  
**Guinn Smith**

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Cup Money - \$46.02



Brag Basket – \$8.00

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## NEW MEMBERS

**Pete Oldham**, 3/4/09

**Manuel Longoria**, 3/18/09

**Devin Stewart** – 3/18/09

Sponsors– **Guinn Smith/Faye Dodson**

Sponsor – **Guinn Smith**

Sponsor – **Mac Sipe**

An application has been received from Cassie Santiago, who is sponsored by **Bobbie Wolfe**.

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## PANCAKE DAY UPDATE by David Bacon

The BOOMERS made \$1340.00 in sales this week.

The GROOVERS made \$1450.00 in sales.

The HIPPIES topped this week's sales with \$1,502.00.

Total today \$4580.00, bringing our 2-week total to \$10,190.00. Our goal is \$42,000.00.

**Gordon Dowell** selling the highest amount for the week at \$605.00!

If you need additional tickets contact any of the following:  
**H.B. Terry** – (325) 695-2048; **Mark Young** – Boys & Girls Club (325) 672-1712; **Russell Berry** – Travel Factory (325) 698-1421; or **Faye Dodson** – First Financial Bank (325) 627-7134.

Ticket Prices:

60+ sold to 1 person - \$3 per ticket, \$180 for 60 tickets!

40-59 sold to 1 person - \$4 per ticket

1-39 sold to one person - \$5 per ticket

At the door - \$6 per ticket.



**Gordon Dowell** was the "Top Pancake Salesperson of the Week".

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## Hendrick Children's Hospital Wing

**Goal \$50,000**

**48 MEMBERS PLEDGING TO THE HENDRICK CHILDREN'S HOSPITAL CAMPAIGN**

**Approximate money pledged to date**

**\$19,200.00**

**Amount collected to date**

**\$14,246.07**

**Amount needed to meet \$50,000 goal**

**\$35,753.93**





W. R. Hawkins brought his wife, Susan, as his guest.

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## SPOTLIGHT ON THE "COMMUNITY SERVICE" COMMITTEE!



The **Community Service Committee** promotes the welfare of adult citizens and organizations such as the Food Bank, Hope Haven, Adult Day Care, etc., and distributes budgeted funds to support their efforts. Members include **Kyle Brown, Kristen Carnohan, James Hallmark, Jamie Breed, Clinton Nix, Nell Sims, Clay Copeland, Sheila Watts, Leslie Lane, and Dan Paige.**

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## 2008-2009 OFFICERS

Russell Berry	President	Mark Young	President-Elect
Jamie Breed	Vice-President	Ricki Brown	Treasurer/Foundation Treasurer
Randy Williams	Vice President	Faye Dodson	Secretary
Charles Kirkpatrick	Vice President	Henry McGinty	Assistant Secretary
Carl Lockett	Immediate Past-President		

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## 2008-2009 DIRECTORS

### TWO YEARS

Ty Purcell            Mac Sipe  
Shirley Velasco    Kelly Jones  
Mark Hoover

### ONE YEAR

Sharon Jones            Dick Kincaid  
Jerry Carter              John Thomas  
Lora Lynn Christensen

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## The Kiwanis Club of Abilene Chartered - May 25, 1921

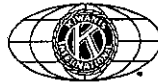
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**KIWANIS IS WHERE A NEED IS Served**

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**CLUB COMMITTEE**



**CHAIRPERSON REPORT**

Report of Committee on \_\_\_\_\_ Month \_\_\_\_\_ 19 \_\_\_\_\_

Kiwanis Club of Abilene Division 35

Number of members on Committee: \_\_\_\_\_ Number of meetings during month: \_\_\_\_\_ Meeting Date(s): \_\_\_\_\_  
 No. Attending: \_\_\_\_\_

**CONTINUING ACTIVITIES (Projects on which work is continued over several months)**

Name of Activity	Check if Project Completed	Service Hours Worked	No. of Kiwanians Involved	No. of Persons Benefited	Money Spent this Month	Additional Information (Continue on reverse side)
1.						
2.						
3.						
4.						

*\*List names of Kiwanians involved in each project on reverse side.*

**NEW ACTIVITIES THIS MONTH**

Name of Activity	Check if Project Completed	Service Hours Worked	No. of Kiwanians Involved	No. of Persons Benefited	Money Spent this Month	Additional Information (Continue on reverse side)
5.						
6.						
7.						

*\*List names of Kiwanians involved on each project on reverse side.*

**PROPOSED ACTIVITIES (include funding required for each proposed activity.)**

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*(continue on reverse side)*

Date mailed to secretary \_\_\_\_\_, chairperson

**NOTE TO CHAIRPERSON:** Complete this report in triplicate. Send original and duplicate copies to your club secretary by the LAST day of each month. Retain and file the third copy in your committee records. Remember that your club secretary depends on information you submit in this report. This information is used to compile the Official Monthly Report, which your club secretary must send to district officers by the tenth of each month.