



# KIWANIS NEWS

Richard Malooly – President  
Kate Hartwig - Treasurer  
Bert Brandt – Secretary

Vol. 46

Aggie Kee, Editor

February 13, 2009

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## WALNUT VALLEY KIWANIS CLUB

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President Richard Malooly roused the group to the Pledge of Allegiance, followed by Don Nettles' efforts at leading us in our patriotic song, *My Country 'Tis of Thee*. Bert Brandt read today's Kiwanis Invocation. Johnny Hudson, our speaker, and Dave from Budget Rooter were today's guests.

Following what could become a weekly discussion of what constitutes being "late", Kate Hartwig and Rich donated a dollar each to our funds.

Rich, along with Trudy and Bert Brandt, visited the Rowland High School Key Club yesterday and worked with them in their efforts to set up a Charter Night. When the date is selected, please plan on being there to extend your support to our newest sponsored youth group.

Rich announced that he would not be at our meeting next week and stated that today's raffle winner would be next week's Acting President. By the time that Ray was done with his raffle ticket, you would never have found a hanging chad! Ray did pay a fine of \$1.00 for behavior unbecoming!!

Don Nettles recently turned in some used ink cartridges and received a \$3.00 reward redeemable at a local supply store. When Don tried to donate the reward certificate to the club, a fiasco broke out and Don was deeply apologetic for ever mentioning the subject! Don donated \$2.00 to the club in lieu of the reward...so we lost a dollar!

Ted introduced Johnny Hudson, Personal Trainer certified by the American Council on Exercise. Johnny stressed exercise and improved quality of life for older adults through increased flexibility, improved attitude and confidence, depression relief, cancer/heart disease/diabetes prevention, and improved blood flow to the brain. The importance of strength and balance exercises was stressed. Following Johnny's presentation, a book donation was made to a local organization in appreciation of his visit.

And then the anticipation of the announcement of today's raffle winner began. Remember, today's winner not only gets a refund and a chance at the Joker, but also gets to be next week's Acting President. And the winner was...RAY MCMULLEN!!! Yes, friends, enough of a shred of a number could be identified as Ray's ticket! No one should miss our meeting next week because this will definitely be a ONCE IN A LIFETIME!!

Hail, Kiwanis. *Please see Page Two for our calendar.*



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	FOR YOUR BUSY CALENDARS		UPCOMING PROGRAMS
Feb 21	Key Club Conclave; AQMD; 8am-2pm	Feb 20	NFL Stadium in Industry (Majestic Realty)
Feb 22	Miss Diamond Bar Pageant Luncheon	Feb 27	World Art and Sculpture (Debbie McIntosh)
Feb 28	Mid-Winter Conference	Mar 6	Safeguarding Your Money in a Crazy Economy (Bert Brandt)
May 7	Chapman Awards	Mar 13	
May 11	Golf Tournament	Mar 20	
		Mar 27	

“I leave you, hoping that the lamp of liberty will burn in your bosoms,  
until there shall no longer be a doubt that  
all men are created free and equal.” \*\*\* Abraham Lincoln