



# THE CLUB CRIER

## KIWANIS CLUB OF THE CHATHAMS

Tuesdays– April 3, 10, Lunch (12:10) at Brooklake Country Club, Florham Pk.  
Tuesdays– April 17, 24, Breakfast (8:00) at Charlie Brown's, Chatham Twp.

**APRIL, 2007**

### Good Living:

### **“Doctor Joe” and Charlie Brown’s: *Perfect Together***



Dr. Joseph Murphy

Food chemist, chiropractor and fellow club member, Joseph Murphy, gave “thumbs up” on the restaurant’s recent additions to its breakfast menu for our weekly meetings. In his March 20 talk on good living, he listed five important factors: nutrition, activity, rest, mental attitude and preventive health care. He asked us to learn from the good habits of a few generations ago, when adults and children were more physically



Healthy foods for breakfast: fruit, with whole grain cereals, and whole grain bagels

active, meals were frequently made from scratch, life was less frantic, and we slept better (on a firm mattress, not a “giant marshmallow”). After discussing the great variety of nutritional and lifestyle choices available today, he left us with this advice: maintain a positive outlook, be physically active, and keep a balance between our need for nutrition and our food intake. When questioned about “treats” such as chocolate, and other sweets, he suggested that moderation is usually the best guide. *Photos, Ron Whalin*

### Good Water, and More

### **The Great Swamp Watershed Association works to protect the quality of water used for drinking by over a million people. Sue Hoag, Joan Fischer**

The story of the GSWA was explained and illustrated with beautiful pictures in a talk by Sue Hoag, trustee, and Joan Fischer, executive director, at our March 13 luncheon. With leadership provided by the Association, professionals and volunteers work together to monitor the five streams that flow into the Watershed, develop quality standards, and restore necessary quality to those streams where pollution has been detected.



Stream Gauge

The Watershed is not only the source of the Passaic River but is also a protected habitat for hundreds of species of wildlife that live in and around the water, as well as many varieties of trees, flowers and other North American wild flora, The Association is also committed to protecting the environment, history and quality of life in the towns and counties touched by the Watershed. We were invited to join in this effort by becoming members, making contributions, and spreading the word. More information is available on the Association website at [www.greatswamp.org](http://www.greatswamp.org). *Photo, GSWA*

### **FROM THE EDITOR’S DESK.**

Nancy Thompson called to thank our club for its donation to the Audubon Society, in memory of her late husband, Bob. The Kiwanis Club and the Audubon Society were two of Bob’s favorite organizations, and he devoted loving attention to each. We join Nancy in mourning Bob’s loss, and I am sure that members of the Audubon Society share our feelings. **Bob Stannard**

### **In this issue:**

1. Good Health; Good Water, More “Thanks” from Nancy Thompson
2. April Club Calendar; Coming Events, Kiwanis org. info.
3. Sponsored youth- Circle K, CHS key Club, CMB Builders Club
4. Officer’s Page– President, President-Elect, Treasurer

**CLUB CALENDAR FOR APRIL – MEETINGS AND EVENTS****Jerry Cunningham is program chair for April**

**Birthdays this month:** April 22- Roger Heglie; April 23- Dudley Healy; April 25- George Redgate; April 28- Doug Bryant; April 30- Carlton Bruen.

**Newspaper Recycling:** Mondays, 7:15 AM- collection area near Chatham P.O.

**April 3, Tuesday Lunch.** Dawn Knill, director of development at SAGE will bring us up to date on the organization that supplies “Meals on Wheels”.

**April 7, Saturday 9:00 AM.** First Kiwanis “One Day” for all K-Clubs. Meet at Post Office parking lot for highway cleanup.

**April 10, Tuesday Lunch.** Superintendent of the Chatham schools, and fellow Kiwanian, Jim O’Neill will present information on the school budget.

**April 11, Wednesday 7:30 PM** High School Key Club Meeting.

**April 17, Tuesday Breakfast** We will have a presentation by Kevin Tubbs, Mayor of Chatham Township.

**April 18, Wed. Board Mtg:** Meet 8:00 PM at Chatham United Methodist Church.

**April 20-22, Fri-Sun** NJ Dist Key Club Convention, Valley Forge, PA, Convention Center.

**April 21, Saturday 8:30 AM** Meet at Stanley Park for cleanup. After that, cleanup at Shepard Kollock Park.

**April 24, Tuesday Breakfast.** Rev. Paul Maliel, pastor of the Chatham United Methodist Church, will speak about his native country, India, and will reflect on the seven years he has been in the Chatham area.

**April 27 to May 4** Mississippi Tour on American Queen cruise ship. Contact Nancy Boucher or Litwack Travel.

**PREVIEW OF COMING EVENTS****Jerry Fedeler is program chair for May**

**May 15, Tuesday** Picnic at Stanley Park.

**June 12, Tuesday** Borough Fire House. Cookout with Rotary.

**July 4, Wednesday** Join fellow Kiwanians and march in the parade.

**July 3-7, Tues.-Sat.** Kiwanis Int. Convention, San Antonio, Texas.

**August 24-26, Fri.-Sun.** NJ Dist. Convention, Wildwood.

**Sept 15, Saturday** Classic Car Show.

**Sept 27, Thursday** Installation Dinner at Fairmont CC.

<p><b><u>Kiwanis Club of the Chathams –Officers for '06-'07</u></b></p> <p>Gary Arnesen, President      Douglas Bryant, Vice President  Cory Fuller, President-Elect      Tom Mullin, Secretary  David Lloyd, Past President      Ron Whalin, Treasurer     Richard Behling, Asst. Treasurer</p>	<p><b><u>The CRIER Newsletter</u></b></p> <p>Bob Stannard, Editor  Send items for “The Club Crier”  To: <a href="mailto:bobstannard@optonline.net">bobstannard@optonline.net</a>  Or: Box 422, Chatham NJ 07928</p>
<p><b><u>Kiwanis Club Links:</u></b> Web Site: <a href="http://chathamkiwanis.org/">http://chathamkiwanis.org/</a> (click on “Crier” to see newsletter)  <b><u>Kiwanis International:</u></b> <a href="http://www.kiwanis.org/">http://www.kiwanis.org/</a> Phone: 317-875-8755; Fax: 317-879-0204  K.I. Headquarters: Kiwanis International, 3636 Woodview Trace, Indianapolis, Indiana, 46268</p>	

## **SPONSORED YOUTH NEWS**

### **CIRCLE K CLUB AT DREW- Meeting March 7. Jerry Fedeler, Kiwanis Advisor**

Stacey Griffin and Cathy Griswold, co-presidents, reviewed current projects. They included volunteering to help with our club's Fish'n'Chips dinner, plans for a walkathon, Relay for Life, at Drew, to benefit the American Cancer Society; a Firehouse Restaurant fundraiser in Madison to raise funds for the Colonial Crossroads Red Cross; Project Linus, a national movement to provide new, handmade blankets to children with long term illnesses. They also discussed plans for their representatives to attend the upcoming NJ District Convention, March 23-25, in Princeton. Our club was represented by Fedeler and Stannard.

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### **CHATHAM HIGH KEY CLUB Richard Yar, Faculty Advisor, reports:**

**As a result of elections** held at the March 21 meeting, the following members will hold official positions in the Club – President- Katie Visconti (currently VP); Vice President- Katie Beattie (currently Recording Secretary); Recording Secretary- Erin Boehmer (currently Editor); Corresponding Secretary- Liz Cherba; Editor- Brittany Ford; Treasurer- Lauren Murray (continues from this year).

**Projects on the agenda** for the March 21 meeting include: a bake sale to benefit Children's Specialized Hospitals; craft projects with residents of Garden Terrace Nursing Home; help with adopt-a-highway cleanup on Kiwanis World Wide Family Day; work with mentally challenged children at Madison YMCA under the EPOCH project; participate in Drew Circle K's Relay for Life (see above); volunteer as helpers at the Chatham Kiwanis Fish n Chips dinner.

**Convention for NJ Division Key Clubs** is scheduled for April 20-22 at the Valley Forge (PA) Convention Center. Current and newly elected officers from the Chatham Club will attend, along with club member Kevin Tobia, Lt. Governor for Division 16 of the state organization. A report on the convention will be published in a future Crier. The Kiwanis Advisor is Betty Anne Keat, who also advises the Builders Club (see below).

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### **CMS BUILDERS CLUB Stephanie Cooperman, Faculty Advisor, reports:**

This month our enthusiastic members worked on many worth while and exciting projects. They enjoyed a "Mathathon" that raised funds for St. Jude's Children's Hospital (research and treatment of catastrophic illnesses) in Memphis, Tennessee. They volunteered to help with the Kiwanis Fish n Chips Dinner. They had fun making Valentine's cards for residents of King James Care Center, and they prepared brochures for mailing as a service project for the Municipal Alliance.



Builders Club members and advisors at a recent meeting. Shown are some of the projects listed above, including the Municipal Alliance brochures (top left, bottom center), St. Patrick's cards (lower right), and Mathathon literature (lower left). Also pictured are Ms. Cooperman and Ms. Keat.  
*Photos, Stephanie Cooperman*

## **THE OFFICER'S PAGE**

### **THE PRESIDENT'S CORNER Gary Arnesen on our active club.**

Our club meetings are always eventful, both the planned and the unplanned. On March 20, Joe Murphy spoke on Good Living, Stacey Griffin asked for our help with Circle K's Walkathon for Cancer, then Jerry Fedeler surprised many by saying that he would be moving to Delaware in June. That was sad news for us, for he has been a great club member, active in many things including the Holiday Nut Sale fundraiser and the sponsored youth Circle K club at Drew. The need for others to fulfill these responsibilities was discussed at our recent board meeting, with some positive results. For anyone with an interest in these areas, please contact Jerry or any member of the Board.

The first Kiwanis International "One Day" will take place April 7<sup>th</sup>. This experiment in cooperation between K-family clubs (Kiwanis, Circle K, Key, Builders) in local service projects is an inspired idea. Our club will participate in "One Day" by inviting our sponsored youth to join us as we perform a cleanup of Main Street in Chatham. See info on Pg. 2.

Our membership campaign is run under the direction of President-Elect Cory Fuller, She has a goal of gaining seven members in 2007, and we are beginning to see the results. Two new members, John Eyre and Rich Crater, will be formally inducted at our first April meeting. I encourage all of our members to consider inviting a friend to visit us. Pick up some of the new Chatham Kiwanis fliers and see how much information they have that would interest a prospective member. For more details see Cory's Column on this page.

### **THE PRESIDENT-ELECT FORUM. Cory Fuller reports on new members:**

As Gary reported in his column, the 7 for '07 drive is going well. The first applicants have been approved and will be inducted on the 3<sup>rd</sup>. Other potential members have begun to appear. As this is written, the Board has approved distribution of our new fliers at the Fish'n'Chips Dinner, and they will be available at meetings and by request. Other literature has also been prepared to smooth the process of inviting guests and answering their questions about the club. In our long tradition of hospitality, the first meal is complimentary.

### **THE EDITOR'S DESK. Notes on the Board Meeting (March 21):**

Treasurer Ron Whalin reported on dues from new members, income from meals, and a very good attendance of 52 at the Valentine's Day Luncheon. Profit from Supermarket certificates was \$700 as of February 28, and Chairman Dave Pike has sold all the placemat ads for the Fish'n'Chips Dinner. Contributions were made under our Spiritual Aims program to the Chatham UMC, Long Hill Chapel, and Ogden Memorial Presbyterian. We also contributed to the NJ District Foundation for the Children's Specialized Hospital (see write-up in the March Crier), to the Kiwanis International Foundation (Annual Gift), and to the NJ Audubon Society in memory of Bob Thompson.

In other Board action, Jerry Cunningham was appointed to the position of Sergeant at Arms.