

# Cheviot Westwood Kiwanis Bulletin

April 7, 2009

Ron **Dabney** recorded our presence, as **Norm Schulte** played banker on this cold day in spring. 81 actives, 13 seniors, 1 prospective member, 2 interclub members & 2 guests joined together for fellowship, good food and nutrition education.

**Laureen Niehaus-Beckner** gonged us to order, Ray **Hopman** accompanied as we sang the Anthem and recited the pledge to our flag. **Bob Hamilton** led us in a prayer for Holy Week before a meal of city chicken, cheesy potatoes, carrots with fruit jello salad and cherry crunch for dessert. UMMM, GOOD!!

**ANNOUNCEMENTS: 6<sup>TH</sup> Div. Terri Murdock Golf Outing** – May 18-Hidden Valley Lake-\$85 includes, 18 holes, cart, lunch, dinner & beverages & coupon for another 18 holes anytime 2009. Contact **Pete Minges** 922-3310

**Club Website** – [cheviotwestwoodkiwanis.com](http://cheviotwestwoodkiwanis.com) is where you will find our weekly bulletin. No more by email. If you have internet access and also receive a paper bulletin, please contact Marilyn Ward, so your name can be removed from the snail mail list. [mewrew95@yahoo.com](mailto:mewrew95@yahoo.com).

**Meeting of Public & Business Affairs Committee** April 14

**HEALTH & CHEER:** Back with us today are **Andy Patton**, complete with crutches, and **Russ Witte** sporting his Florida suntan. **Bill Gerhardt** announced that Russ currently holds 8 national records for swimming in the 90-94 year old bracket. The mother in law of **Pete Minges** has passed away. Our sympathy to the family. **Al Moeller** has had a possible mini stroke. Keep him in your prayers.

## PROGRAMS:

*April 14* – **Dick Klaus** – “Trains, Trains, Trains”

*April 21* – Campaigners for Election – 2<sup>nd</sup> Vice President – **Mike Rolfes**

Blue Team – **Mike Keck, Cindy Smith, Chuck Williams**

Gold Team – **Marcia Bovard, Kristina Glassford, Bob Hastings**

*April 28* – Election Day – Jim Greenberg MD –medical director of neonatology at Children’s Hospital – Prenatal – Neonatal Research



**SPEAKER:** **Bill Sachs** introduced Deanne Brandstetter of Rye Brook, NY, who happens to be his daughter. Deanne is a graduate of Oak Hills High School & Miami University and residency at Mass General Hospital. She has 25 years experience in food and nutrition. She is Vice President of Compass. Deanne led us through an exercise to help us think about what we eat. She referred to Michael Pollan’s books, “Omnivore’s Dilemma” & “In Defense of Food” in telling us to “Eat real food – not too much – mostly plants. She spoke of “real food” vs. “edible food like substances” Real food is usually found around the perimeter of the super market. The practice of shipping foods long distances affects taste. Supporting local farmers is a good practice. They are usually better stewards of the land. She gave us tips for eating less. Your plate should be composed of ¼ meat, ½ vegetables or fruit, ¼ starches (not white starch). Beef production creates the most greenhouse gases. N Y has mandatory calorie listings in all restaurants. Deanne closed with this from Lucille Ball “Live Honestly – Eat Slowly – Lie About Your Age”.



Bulletin Writer is the one and only Marilyn Ward