

THE SWAINSBORO KIWANIAN

Kiwanis Meeting

April 17, 2012

With President Jim Daughtry presiding, Bobby Seamans led the Pledge of Allegiance and Roger Peebles gave the blessing. Our guests for the evening were Cheryl Goodman and Duchess Miller.

The sports report was given by a variety of members in the absence of sports reporter Gary Couse. In Major League Baseball, the Braves started 0-4 and were being "Bravish" but have improved to 6-5. John Smoltz's jersey was retired the other night. The Bulls (46-15) and Spurs (44-16) have the best records in the NBA, followed by the Heat (43-17) and Thunder (44-17). The Hawks are 36-25. In NASCAR, Greg Biffle won the Samsung Moble 500 in Texas. The Sprint Cup point's leader is still Greg Biffle, followed by Matt Kenseth, and Dale Earnhardt, Jr. In local cycling news, Gary Couse competed in the Another Bloomin Bike Ride in Metter, but President Jim had an equipment malfunction and did not ride.

Judge Bobby Seamans wanted to fine President Jim but the President made it under the wire by starting the meeting on time.

ANNOUNCEMENTS: We will have 10-12 people attending the Division 22 Rally on April 19 at 7:00 pm at the Kiwanis Fairgrounds in Statesboro. Dess Smith reported that Chip was back in Atlanta in preparation for his surgery and indicated he was still in good spirits. Tim Goodman passed out a sign-up sheet for those Kiwanians working the Knotty Pine 5K run on May 5.

The program for the evening was hosted by Dess Smith, who introduced Stacey King, the Fitness Center Director at East Georgia College. Before turning the program over to Stacey, Dess told us of his increased exercise program after retirement and how he "Danced all Night" in Louisiana because of his increased stamina. Stacey outlined what equipment was available at the EGC Fitness Center (treadmills, ellipticals, stationary bikes, kickboxing bag, weight machines, and free weights) and also

what services were provided by the Center (indoor track, basketball courts, canoeing, personal training, weight and body-fat measurements). For non-students wishing to use the Center, the cost is \$35/month. Stacey also told us about the value of exercise beyond losing weight. It makes use healthier, more flexible, stronger, and helps with balance.

The chocolate pie, provided by the Club and baked by Petite Garrett, brought \$20 and was won by Tim Goodman. The Girls in the Back won the Domino's Pizza, donated by Chris Cann. The two meals were won by Tim Goodman and Bobby Seamans.

On Growing Old: I've sure gotten old. I've had two by-pass surgeries, a hip replacement, new knees, fought prostate cancer, and diabetes. I'm half blind, can't hear anything quieter than a jet engine, take 40 different medications that make me dizzy, winded, and subject to blackouts. I have bouts with dementia. I have poor circulation and hardly feel my hands and feet anymore. I can't remember if I'm 85 or 92. I have lost all my friends, but.....Thank God, I still have my driver's license!

KIWANIS REMINDER

April 19	Division 22 Rally	Statesboro
April 24	Regular Meeting	Program: Bob Losser Cake: Bob Losser
May 1	Regular Meeting	Program: Dess Smith Cake: Club
May 8	Mother's Day Celebration	
May 15	Regular Meeting	Program: Beau Gunn Cake: Beau Gunn

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