



# KIWANIS CLUB OF HENDERSONVILLE, NC

[www.hendersonvillekiwanis.org](http://www.hendersonvillekiwanis.org)

**September 22, 2009**  
**Volume 20, Issue 24**

**Gary Knock**  
Editor

**Steve English**  
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**Jim Hall**  
Spiritual Aims

**Ben McKay**  
Community Services

**Steve Wyatt**  
Young Children: Priority One

### September Birthdays

1 <sup>st</sup> Stan Duncan	10 <sup>th</sup> Bill Guerard	23 <sup>rd</sup> Richard Rhodes
4 <sup>th</sup> Tom Adcox	15 <sup>th</sup> John Stocker	23 <sup>rd</sup> Henry Schwenk
6 <sup>th</sup> Sara Bagwell	17 <sup>th</sup> Doug Moon	24 <sup>th</sup> Bill Murray
6 <sup>th</sup> Don Jones	19 <sup>th</sup> Bill Lampley	24 <sup>th</sup> Jim Reinhard
6 <sup>th</sup> Heather Staton	20 <sup>th</sup> David White	25 <sup>th</sup> Chuck Evans
7 <sup>th</sup> John Gibson	23 <sup>rd</sup> Ed Jones	30 <sup>th</sup> Don Holder
9 <sup>th</sup> Jennifer Boone		

### Calendar of Meetings and Events

- September 24 · Lay Person of the Year
- October 1 · Installation of club officers and members of the Board of Directors
- October 8 · **Kiwanian Tim Auwarter** of Pardee Hospital will present "Lighten up 4 Life," a team fitness and weight-loss program.
- October 12 · Meeting of the Board of Directors, Henderson County Public Library, 5:30 p.m.
- October 15 · Club Day – presentations, committee reports and installation of new members
- October 22 · **Steven Crane, M.D.**, will speak on "Affording Health Care in a Tough Economy."
- October 23 · Terrific Kids event at Hendersonville Christian School
- October 23 · Terrific Kids event at Clear Creek Elementary School
- October 29 · **Pat Fisher** of the Henderson County Hunger Coalition will present a program on "Hunger in Henderson County."
- October 30 · Terrific Kids event at Hendersonville Elementary School

### Invocation Leaders

- |                                      |                                   |
|--------------------------------------|-----------------------------------|
| September 24 – <b>Richard Rhodes</b> | October 15 – <b>Steve English</b> |
| October 1 – <b>Bill Willison</b>     | October 22 – <b>David Moates</b>  |
| October 8 – <b>Jerry Miller</b>      | October 29 – <b>Rick Houston</b>  |

### Meeting-Day Greeters

September – **Joy Staton** and **Buddy West**

### New Member

We welcome **Tim Auwarter** as our newest club member. Tim is the Director of Rehabilitation Services at Pardee Hospital. His is a certified athletic trainer and at one time served as a trainer for athletes at The Citadel. He holds a bachelor's degree from Bridgewater College in Virginia and master's degrees from The Citadel and Montreat College. Tim and his wife **Patty** live in Mills River with their children **Sean** and **Lainey**. Tim is interested in hiking, scouting, fishing, hunting and, of course, health science and education. Tim's Kiwanis sponsors are **Jill Geis** and **Rob Geis**.



## Highlights of the Meeting of September 10, 2009

Attendance: 90 members and 4 guests.

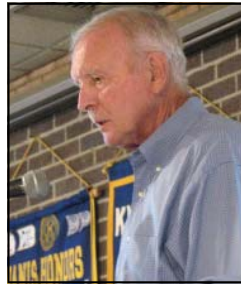
**Don Jones** gave the invocation, and the following guests were introduced by **Joy Staton**: **Sandie Salvaggio-Walker**, **Bart Salvaggio's** mother; **Ron Justice**, **Kim Gasperson-Justice's** husband; and **George Pence**, a visiting Kiwanian from Florida.



Joy Staton

**President Steve Edwards** requested volunteers for the Kiwanis information booth at the upcoming **Farm City Day**.

**Corum Smith**, co-chair of this year's pancake breakfast, paid tribute to all of the Kiwanians who worked at the breakfast. Corum reported that final financial figures for the breakfast will be reported in the near future.



**Past-President Ken Perkins** substituted for **Don Holder**, co-chair of this year's pancake breakfast, and reported that 51 cases of assorted fruit drinks donated for the pancake breakfast are available to club members. Donations made by club members who pick up one or more boxes of these beverages will be given to a Kiwanis-supported local charity.



Ken Perkins

**Seth Novoselsky** noted the favorable response from the community to the pancake breakfast and praised the *Hendersonville Times-News* for its coverage of the event.



**Jim Hall** reminded members that nominations for Lay Person of the Year are due no later than next week.



**Vice-President Jennifer Boone** introduced **Dr. Linda Sokalski**, who presented the program "Bone Health – It's a Guy Thing Too." A current member of Pardee Hospital's Board of Directors, Dr. Sokalski has a doctorate in electrical engineering, with a specialty in medical engineering, and is a retired director of quality engineering at AT&T.



Dr. Sokalski

An enthusiastic advocate for **osteoporosis** education, Linda noted that ten million Americans suffer from osteoporosis, of which four million are men. Statistics show that one man in four over the age of 50 will experience a fracture associated with osteoporosis in his lifetime; for women, the number is one in two. Each year 80,000 men experience a hip fracture, and one-third will die within a year of the fracture. Due to osteoporosis there are 1.5 million fractures annually in the U.S., costing \$18 billion in health care.

Linda explained that osteoporosis has become more of a health concern as life expectancy in the U.S. has increased. Since significant bone loss does not occur until later in life for most adults, as life expectancy has increased, so has the incidence of osteoporosis. Other factors affecting the increase in the number of cases of osteoporosis are the greater use of medication, especially medications for acid reflux, and the heavy use of sunscreen, which reduces the amount of vitamin D produced in the body.

Dr. Sokalski encouraged club members to evaluate their risk of osteoporosis by considering such factors as family history, bone size and structure, nature of previous fractures, excessive use of alcohol, and smoking. She further observed that we can take measures to protect ourselves from osteoporosis including: eating a healthful diet, ensuring that our bodies have sufficient calcium and vitamin D, physical exercise and talking to our doctors about bone-density testing. She noted that currently Medicare will pay for a bone-density test for women after age 65, but for men only after age 70.

She concluded her remarks with a plea to members to "fall-proof" their homes and to "take care of your bones so they can support you in your old age."

## Highlights of the Meeting of September 17, 2009

Attendance: 80 members and 14 guests.

**Richard Rhodes** provided the invocation, and **Joy Staton** made the following guest introductions: **Tim Auwarter**, guest of **Jill Geis**; **Josh Houston**, guest of **Don Holder**; and **Mary Ann Lampley**, **John Lampley's** mother. A total of 11 Key Club members, below, from three of the county high schools introduced themselves.

**President Steve Edwards** reported the following actions taken by the Board of Directors on September 14:

- Removing a \$1,000 Health Adventure donation from the budget and replacing this item with a \$500 donation to the Kiwanis International Foundation and a \$500 donation to the Carolinas District Foundation.
- Removing a budgeted \$500 donation to the Heritage Museum and replacing this item with a \$500 donation to Sponsored Youth programs.
- **George Stevens** is working on starting a Builders Club at Etowah Elementary School, and **Peter Voisin** is working on developing a Key Club at the Early College School.
- Leaves of absence were approved for **Greg Munson** and **Bill Waggoner**.

**Jim Hall** reminded club members that nominations for Lay Person of the Year are due today.

**Division 2 Lieutenant Governor Ken Perkins** provided a recap of the [District Convention](#) that he and **President-Elect David White** attended. Four hundred Kiwanians



Ken Perkins

attended the convention. The major item of business was the announcement that the Carolina District has adopted a trustee management system by which trustees are chosen for each division. Ken reported that the District is promoting the concept of satellite organizations as a way to increase membership.

President Steve had the honor of presenting the Kiwanis Legion of Honor Award to **Bill Lampley** for his 55 years of service to Kiwanis. This action prompted a standing ovation in honor of Dr. Lampley's truly outstanding record of service. Congratulations!



Bill Lampley and Steve Edwards

In his report for the Caring and Concern Committee, **Seth Novoselsky** reported that **Jim Stockman** has been hospitalized and underwent heart surgery this morning. **Wharton Nelson** is currently receiving treatment for possible dementia in a facility in Birmingham, AL.

President Steve inducted **Tim Auwarter** as the club's newest member. Tim's sponsors are **Jill and Rob Geis**. (Story on page 1.)

**Alan House** and **Tom Fleming** received blue full-membership badges from President Steve.



Tim Auwarter and Jill Geis



Back row, L-R: Anthony Franco (HHS); Brookelyn Johnson (NHHS); Ryan Duckett and Courtney Polley (WHHS); and Kat Kilpatrick (HHS).  
Front row, L-R: Erin Traister, Laura Traister, Jessica Bane (NHHS); Alyssa Young (HHS); Maria Diaz (NHHS); and Meredith Ward (HHS).

## Club Clips

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And, once again, for those who take life too seriously . . .

*He who laughs last thinks slowest.*

*A clear conscience is usually the sign of a bad memory.*

*Change is inevitable, except from vending machines.*

*I could not repair your brakes, so I made your horn louder.*

*Eagles may soar, but weasels do not get sucked into jet engines.*

### INTERCLUB OPPORTUNITIES\*

**Black Mountain** – Christmount Assembly, Thursdays, 11:45 a.m.

**Forest City** – First Presbyterian Church, Mondays, 12:00 p.m.

**Rutherfordton** – Rutherfordton Club House, Thursdays (except 5<sup>th</sup> Thursday), 6:30 p.m.

**Tryon** – Congregational Church, Wednesdays, 12:00 p.m.

\*Contact **Bill Guerard** at [693-9855](tel:693-9855) for additional information