

# The Abingdon Kiwanian

Tue, Feb 16, 2010 • Vol 2, No 19

We meet this noon at Greenway Haven Party House

Last Week



Eggs as you like them



Bob Warren



Mickey Tyler & David Neal

A weekly publication of news, information and images from the Kiwanis Club of Abingdon, Virginia

Rescheduled from January 5

This Week's Program

## Be Fit in 2010

Jennifer Johnson for three years has been been **Fitness/Wellness Coordinator** at Abingdon's **Harry R. Coomes Recreation Center**.



She will challenge us with a program that determines our knowledge of truths and myths about fitness – then tell how the Coomes Center can help each of us keep well and fit during the coming year.

Jennifer, now 36, earned a B.S. in Sports Medicine in 1996. Since then, she has worked as a physical therapist and personal trainer, and as part of a Psychiatric Team that helped with the rehabilitation of mental health patients.

We all should hear this to help get 2010 off to a good start. Kathy Tickle arranged the program.

Last Week



**This minister, humorist and Kiwanian** was a hit with our breakfast audience as he told stories of his home county of Bland ("the name says it all"), churches he has pastored, and people he has known. Ralph even wore a Virginia Tech sweat shirt under his jacket to show support for VT alumni in our club.

This was the second in our series of members telling stories about themselves and their lives. Upcoming March 2: **French Moore**, on his work for the Town.

February Board Actions ...

## Children's Advocacy Center

We will increase our support of this pioneering organization that serves children in Bristol and Washington County. First, our club will fully underwrite a new \$5,000 CAC program to increase awareness among young people and their parents of dangers from internet stalkers. Many young people innocently establish relationships through their computers that turn out to be with sexual predators. Club president Jack

White and CAC Director Kathi Roark are planning a highly visible kickoff for the new program that will involve the local news media. Next, the Abingdon and Bristol Kiwanis Boards have approved a joint workday on Saturday, April 10 at CAC headquarters near Exit 7. This will be our first **KIWANIS ONE DAY** project in which Kiwanians work side-by-side with CKI Club and Key Club members. Details later.

## Other Donations Were Approved

- **\$1,500** to **Imagination Library** that gives pre-school children a suitable new book each month to read. Members who want to make their own donations, see Carol Brunty. Each \$30 gift pays for 12 books that will be delivered to a Washington County child.
- **\$500** to **Southwest Virginia Food Bank**, with the possibility of a further donation later this year.

## These Requests Were Tabled

- Requests from **Perinatal Council (\$650)**, and **Wonder Kids Therapeutic Riding Center (\$1,000)** were tabled until the March Board meeting to allow time to gather more information.
- A larger request from **Barter Theatre (\$3,500)**, was tabled until this fall, after our two annual fund-raising projects are finished. This money would buy \$10 theater tickets for 350 Washington County children to see a live play. Barter presents suitable plays for more than 25,000+ school children from the region each year, but some parents cannot afford to buy tickets, even at the reduced price, and outside funds are needed for those children. A Barter representative told the Board this is the only chance many of these children will ever have to see live theater.