

Chester, VA Kiwanis Gram

OFFICERS: President: Joan Benton
Vice-President: Allen Shore
Treasurer: Robert Cassada
Secretary: Philip Crowe
Immediate Past President: Gary Burleigh

NEW MEMBERS: Brian White, Kathleen Wiltsie and Donald Newton
Newsletter Editor: Kathleen J. Wiltsie k_wiltsie@comast.net for contributions to the news. Thank you in advance.

QUOTE of the month:

When you shoot an arrow of truth, dip its tip in honey.

Member Focus

Allen Shore-KIWANIAN OF THE YEAR!

Allen Shore
Bio

I guess this is a good time to reflect, as I prepare to end another chapter in my life as my wife, son and I get ready to move to Parkersburg, WV.

I grew up in Lenoir, NC in the foothills of the Appalachian Mountains. My Dad is a true Hillbilly and taught me many important lessons in life. Two on the top of the list are, you do as you are asked (ie... behave), and to have a strong work ethic - you put everything into a job and do not hold back. My mom taught me compassion and helped guide my passion to want to help other people. I also have the Boy Scouts of America to thank, who taught me how to set goals and that I could achieve anything. I earned my Eagle Scout with a project that has been going on since 1981. I organized a blood drive for the American Red Cross in a community that never had a blood drive. The church that agreed to sponsor the blood drives, still hosts two annual blood drives.

While in high school, I was involved with a Marine Corp Jr. ROTC program; I worked up to the ranks to the executive officer of the program and was named the national top Jr. ROTC graduate for the Marine Corp program. I started a Medical Explorer Post and served as Club President. I also wrestled in high school. I almost had a perfect record; I won one in 3 years. My lack of coordination and small size facilitated this record. I weighed only 170 lbs, but

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wrestled in the heavy weight division, where people out weighed me by at least 20 lbs (at the time seemed like a lot more).

After high school, I joined the Army. I served two years in Germany with Criminal Investigation Division where I earned an Army Commendation Medal and Army Achievement Medal. I met a lot of interesting people, including the agent who investigated the doctor at Fort Bragg who killed his family. This tragedy was made into a movie. During my off hours, I volunteered as Assistant Scoutmaster to a Boy Scout Troop and I helped coordinate blood drives. I was recognized with a community volunteer award, "Sprit of America". I got to travel through out Europe, thanks in part to my involvement with the Boy Scouts.

After returning home, I attended a community college where I was introduced into Circle K and the Kiwanis Family. Our Kiwanis Advisor was just awesome. He taught me that I always needed to remember a few key words in life. They are: please; and thank you. I served as Club President. After transferring to Appalachian State, I served as a District Secretary and then Governor, while working on two bachelor degrees, one in Business Management and the other in Applied Math. What was I thinking? I guess, that was why I did not date much, I was too busy.

After graduating, I worked for Mutual of Omaha and then United Health care as a claim adjuster and customer service representative in Charlotte, NC. I worked as a youth minister with my church and got a lay ministers license. I even started taking a class in theology, but realized that was not where God wanted to use me.

I was attending a Circle K event as the past governor, and met my wife for the first time. We were playing monopoly, and I notice she had a similar strategy as I did. We did not want to win, but mess up plans of those who wanted to win. We did not start dating then. I met Heather several months later at another event. She was going around introducing a candidate for governor. I fell in love at that moment. She fell in love with me after several months of dating. We have been married now for 13 years.

Shortly after getting married, I got a job with the Boy Scouts of America near Clemson, SC. Heather got a chance to go work on her Masters degree in Chemical Engineering.

After graduating, Heather got a job with Dupont. Our first assignment was in West Tennessee. I stayed with the Boy Scouts and oversaw a District with 5 counties about 600 square miles. While looking to work on a master's degree in non-profit management, I was offered a chance to go back for free to get a degree in Math. I do have the honor of saying that I graduated in the top of my class. Oh, yeah and the bottom also. I was the only graduate.

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Heather's next assignment took us to Charleston, WV where my son Cameron was born. I worked for West Virginia University (WVU for Locals).

The next assignment brought us here to Richmond, VA.

Wow, sounds like I talked about a saint and would like to meet this guy someday; however, I was taught humility through the Grace of God, who has blessed me more than I deserve. Without HIM I would have never been able to serve my community.

It has been a great honor to be a member of the Chester Kiwanis Club and with a sad heart I must say good-bye. Everyone has touched my life and I am a better person because of each one of you.

Prez Joan Benton's 5 F's:
Faith, Family, Friends, Finances & Fun

Focus on Faith

"Faith – is the corner stone on which every human being should build their life. In whatever faith you are, believe it and practice it by setting a good example for others. For one without faith on earth is a lonely soul."

For Better Health

Email k_wiltsie@comcast.net with your health questions and the answers will be in the next "For Better Health" column.



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January & February Birthdays Happy Birthday!!!

Henry (Hank) DVORAK	Jan 18
Dr Joseph Hiller	Jan 22
Dr James Slagle	Feb 17
Guy Smith	Feb 21
David Duncan	Feb 27

Speaker Ideas always welcomed!!

Speaker Chairperson Oct, Nov, Dec: Ed Thompson
Speaker Chairperson Jan, Feb, Mar: Ted Rayman
Speaker Chairperson Apr, May, June Noelle Grosso
Speaker Chairperson Jul, Aug, Sep You ☺

Travel



Corner

If you wish to share your adventures and trips please email your news to the editor Kate Wiltsie at: k_wiltsie@comcast.net

Rick Dodson's recent trip adventure;

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Mary Jo and I departed Chester at 1300 on Wednesday, October 27th for Barcelona via Newark Airport where I had the opportunity to participate in TSA' new, improved pat-down procedure. [Having an implanted ICD I am not able to walk through the airport detection devices so I'm either "waned" or patted down or both.] The agent apologized but I told him I felt much safer nothing that security was tighter. The flight was uneventful and we landed in Barcelona at 0950 and checked into the hotel before meeting our cruise mates for afternoon cocktails and dinner.

The following day we visited La Sagrada Familia (The Holy Family) Cathedral, Antoni Gaudi's most famous work begun in 1883. The last time we visited the Cathedral in 2004 all the floors were still dirt covered. We noticed that vast improvements had been made as all floors in the Nativity Facade, one of three planned facades, were tiled and the interior walls and ceilings finished. I had the opportunity to take an elevator to the top of the highest spire and walk down the circling staircase. Small port holes like openings afforded many picture taking opportunities of the city and a gargoyle-eye perspective of the loopy church. After capturing about 400 shots of the cathedral we headed to Playa de Catalunya (central square) to observe children chasing pigeons, flying kites and riding skate boards. I captured another 300 shots before moving on.

The next day we boarded Celebrity's Constellation for the start of our seven day cruise to Nice, Genoa, Florence, Rome and Naples before returning to Barcelona. As we boarded the ship and found our way to our cabin, I started to unpack when I noticed I had lost my camera and glasses. There will be no pictures that accompany this text, for obvious reasons. We were virtually rained-out in Nice and will need to return under much better weather conditions to valid what we think we saw! Conditions in Genoa were better and we were moderately buffeted throughout the day.

Our days in Florence, Rome and Naples were wonderful and we revisited many favorite sites after double-decker bus tours through the cities.

Each evening we returned to the ship for dinner and shows offered by Celebrity. We dined at a table for six and met a fun couple from Norwich, England who will be coming to the U.S. in September. They will be staying with us as we introduce them to Virginia and possibly escorting them to NYC.

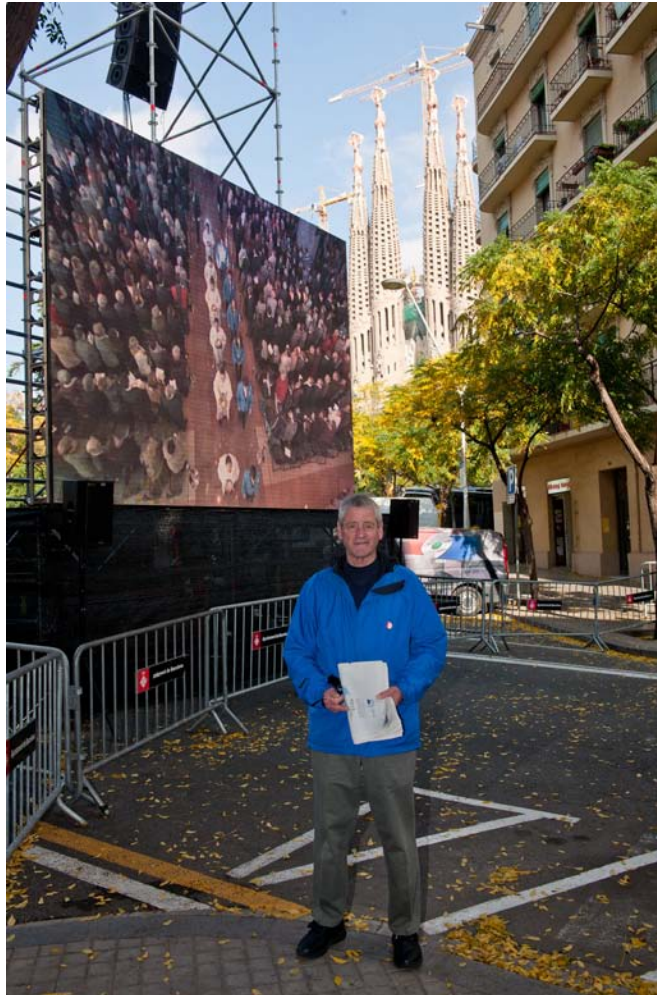
As we docked in Barcelona after a week at sea we bid farewell to our Chester sailing companions as they spent and additional two

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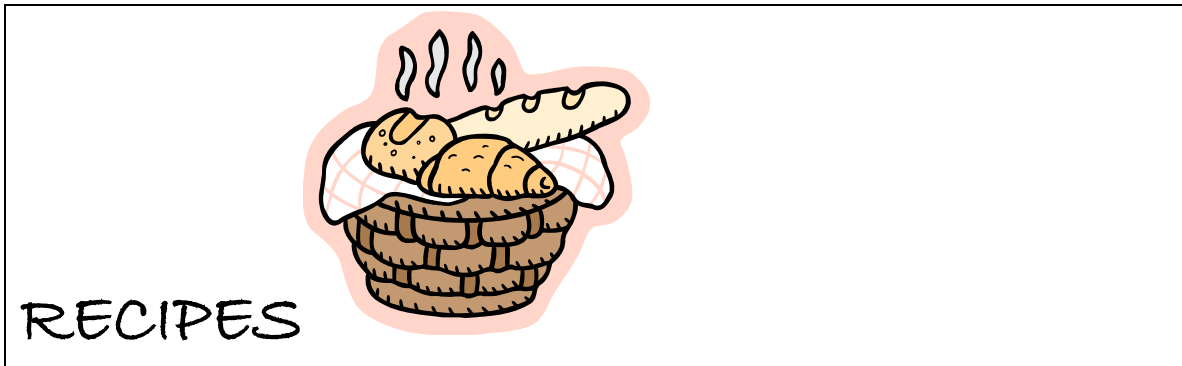
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weeks touring the Spanish and Portuguese coasts before repositioning in Fort Lauderdale, FL. We spent another two days exploring Barcelona capped by attending the dedication of Gaudi's Cathedral by Pope Benedict XVI. We were among 65,000 gathered in the streets around La Sagrada Familia watching the 3 1/2 hour ceremony on giant screen TVs. I asked a Spanish professional photographer to take a picture of the happening and email me a copy. His picture is attached and it is the only one I have of our tour. **Rick**



Rick Dodson in Barcelona attending the dedication of Gaudi's Cathedral by Pope Benedict XVI.



Please email recipes to the editor at: k_wiltsie@comcast.net

FROM MARY: mlykins57@aol.com

Pork Tenderloin Crostini with Sweet and Sour Red Cabbage

2-pound pork tenderloin

2 tablespoons olive oil

1 tablespoon minced garlic

1/2 teaspoon salt

1/4 teaspoon ground black pepper

1 French baguette, sliced

1/3 cup butter, melted

4 ounces cream cheese, softened

2 tablespoons mayonnaise

1 tablespoon chopped fresh thyme

1 recipe Sweet and Sour Red Cabbage (recipe follows)

Garnish:

Fresh thyme sprigs

Preheat oven to 350 degrees. Trim skin and excess fat from pork tenderloin.

In a small bowl, combine olive oil, garlic, salt and pepper. Rub mixture on outside of pork loin. Place in roasting pan and roast 1 hour, or until meat thermometer inserted in center reaches 145 degrees, or desired degree of doneness. Cool completely, and slice thinly.

Cut baguette into 24 1/2-inch slices. Brush both sides of each slice with melted butter. Place on baking sheet and bake 10 minutes, or until golden around edges.

In a small bowl, combine cream cheese, mayonnaise and thyme. Spread cream cheese mixture evenly over all baguette slices. Layer prepared baguette slices with pork slices, and top with Sweet and Sour Red Cabbage.

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Makes 24 crostini. Garnish with fresh thyme sprigs, if desired.

Sweet and Sour Red Cabbage*

3 tablespoons olive oil
1/2 cup thinly sliced onion
1 teaspoon minced garlic
3 cups finely shredded red cabbage
2/3 cup chicken broth
2 tablespoons apple cider vinegar
2 tablespoons dark brown sugar
1/4 teaspoon salt
1/4 teaspoon ground black pepper

In a medium saute pan over medium heat, heat olive oil. Saute onion 3 to 4 minutes, or until tender. Add garlic; saute 1 minute.

Add cabbage and chicken broth; cook 5 minutes. Add apple cider vinegar, brown sugar, salt and pepper; cook 3 minutes, stirring constantly. Makes 2 cups.

*** QUICK FIX: PURCHASE JAR OF *GREENWOOD SWEET & SOUR RED CABBAGE* AT MARTIN'S**

Recipe: La Strada Casserole (Brunch)

12 slices of bread (regular white, thin sliced, no crusts)
1 1/4 lb jack cheese (sliced or grated)
3/4 lb Cooked ham (cubed)
1 can Ortega green (4 oz)
2 C half & half (may use 1 C milk & 1 C half & half)
1/2 tsp Worcestershire sauce
4 eggs
1/2 tsp salt
1/2 tsp pepper

Butter bread on both sides. Place 6 slices on the bottom of 9 x 13 pyrex. Cover with

2/3 of the cheese. Add ham. Add another layer of bread. Put remaining Cheese over bread.

In blender put half & half, eggs, Chilies & seasonings. Blend well then pour over casserole. Cover with Suran (wrap) and refrigerate overnight. Let stand several

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hours at room temperature before baking. Bake uncovered 325 degrees for 1 hour or until golden.

Serves 8 – 10 Submitted by Mary Jo Dodson

This is a childhood favorite from my cousin Lena who ran a bakery in Loudonville, Ohio. Phil Crow

Cracker Pie

3 egg whites beaten stiff

Add: 1 tsp vanilla

1 cup granulated sugar

Beat again.

Fold in: $\frac{3}{4}$ cup nut meats

$\frac{3}{4}$ cup rolled cracker crumbs

1 tsp baking powder

Bake in glass dish 35-40 minutes @ 325

Cool and cover with whipped cream

Put in refrigerator overnight

10 servings

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