



The Kiwanis Club of Williamsburg

www.williamsburgkiwanis.org

Kiwanogram

Dec. 2, 2009

Meeting Location

Williamsburg Lodge – Tidewater Room

This Week's Program

Rene Bowditch

"The Good Health Fairy"

Menu

Rosemary Grill Turkey Breast, Baby Greens, Aged Cheddar, Shaved Apples, Croutons, Honey Mustard Dressing

Upcoming Speakers/Topics

Dec. 9–George Neil/Jefferson Lab

Dec. 16–Joe Witt/Va. Living Museum

Invocation Song Leader

Heather Pedersen

Nathan Hill

RAFFLE TALLY

CARDS LEFT: **28** POT: **\$430**

Officers

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Term: 2008-2010

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Term: 2009-2011

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*New Board Member

We Ring the Salvation Army Bell Dec. 15, 17, 18

It's that time of year again ... time to "Ring the Bell" for the Salvation Army. Jim Geiger and Mary Beth Murphy have put together a sign up sheet for the dates that our Kiwanis Club will be ringing the bell. The dates and locations are listed below.

Please be generous of your time! Let Jim or Mary Beth know which date and time you would like to ring the bell. There also will be sign-up sheets at the next two regular meetings.



Tuesday, Dec. 15

Ukrop's in Monticello Marketplace

Thursday, Dec. 17

Ukrop's in Monticello Marketplace

Friday, Dec. 18

K-Mart on Waller Mill Road

Kiwanis is a global organization of volunteers dedicated to changing the world one child and one community at a time.

Today's Speaker: Rene Bowditch



It's one of the most exclusive clubs around—and it's one nobody wants to join. The qualifications for membership are simple: You must be a survivor of breast cancer and you must be young (diagnosed before menopause.) They came together for the first time as an official group in late 2006, thanks to The Good Health Fairy.

René Bowditch and Mary Beth Gibson met at a retreat for breast cancer survivors in September of 2006. Mary Beth was in the midst of treatment, having been diagnosed just four months earlier, and René, five years out, was making an appearance as her alter ego, the Good Health Fairy. An instructor at the William and Mary Law School by day, René becomes the Good Health Fairy when a different kind of assistance is needed. This

beautiful and dignified woman dons an elegant evening gown and tiara, ties her pink high top tennis shoes, grabs her wand, and with a sprinkling of fairy dust becomes the most glamorous clown ever. A breast cancer retreat was the perfect venue for this breast cancer survivor and her special brand of love, humor, and compassion.

A conversation ensued between the two about the unique challenges facing young women with breast cancer and the limited resources available to address their needs and concerns. This fact was particularly evident at the retreat as only three of the 20 cancer survivors in attendance were in their 40s or younger. René took this conversation to heart and with a wave of her wand, invited those three and two other young women she knew through her role as an ACS Reach to Recovery volunteer to her home for "Tea and Talk." The first gathering occurred just one month following the retreat, and by the summer, this informal network

they created to love, nurture, comfort, strengthen, and help one another had grown to almost 20 members.

The group named themselves "Beyond Boobs!" because they didn't want to be defined by their status as breast cancer survivors. Rather, they wanted to convey their power to get beyond the disease that originated in their breasts and get on with living life to the fullest. They also wanted to express that contrary to what our culture may proclaim, the essence of a woman is not contained in her breasts, and that a woman's femininity and worth extend far beyond her outward appearance.

These dynamic women sought each other out because they are a unique subset of their generation, with concerns, fears, and needs foreign to most of their other friends. They share jaunty hats, babysitting services, healthy recipes, much laughter and many tears. With their paradigms not just shifted but fractured and re-set, they have come together to cherish and support one another. They are also passionate advocates for early detection and diagnosis for everyone, whatever their age. All are freshly aware that our tomorrows are not a given and are determined to maximize today and improve the future, both for themselves and for others.

Beyond Boobs! Inc. is a non-profit with a dual purpose: (1) to save lives through education, especially by convincing women that they must be responsible for their own breast health, and by alerting the medical community to be vigilant in the detection of this disease in the youngest of women, and (2) to support and encourage young women who have been diagnosed with breast cancer.

Two "Reading Is Fun" Dates Coming Up

We will read at James River Elementary on Wednesday, Dec. 2. Please be there by 10:30 a.m. to sign in; reading will start at 10:45 a.m. If you plan to attend, please let Bill Wren know by e-mail (billwrenwcc@hotmail.com) or call 869-2699.

We also will read on Tuesday, Dec. 8, at Waller Mill Elementary at 10 a.m. We need 15-20 volunteers to help on this date. We also are looking for someone to be Santa for this reading (suit provided!).

Thank you for choosing to make a difference in these kids' lives by being a reader.



Kiwanis Family Korner

The Aktion Club has initiated its first fundraiser for the 2009-2010 year. Club members are selling Pizza Hut fundraiser cards. Each \$10 card offers the recipient a buy-one-get-one-free deal up to 12 free pizzas. The club will donate funds raised to the local Dream Catchers Therapeutic Riding Center in Toano. Aktion Club members will bring the \$10 Pizza Hut fundraiser cards for purchase to Kiwanis Club luncheons in December.

The Aktion Club is scheduled to assist the Arc in raising funds at a bookfair at Barnes and Noble in New Town. On Thursday, Dec. 3, Walsingham Academy Lower School is supporting a Bookfair to benefit The Arc of Greater Williamsburg, a non-profit agency which services adults with intellectual and developmental disabilities. The all-day Bookfair will be held from 9 a.m. to 11 p.m. at the New Town Barnes & Noble in Williamsburg, off Monticello Avenue. Storytime with Santa is scheduled from 10 a.m. to noon; The Aktion Club Carolers will sing from 7-8 p.m.; and complimentary gift wrap will be available. A portion of all purchases throughout the day will be donated to The Arc. When checking out, either mention "The Arc" or present the event voucher, shown at right. If you are thinking of buying some books or DVDs as gifts come on down to Barnes and Noble on Thursday, Dec. 3.

Following the caroling at Barnes and Noble, the Aktion Club will hold its annual election of officers of the club. The new officers will be inducted at the January Spaghetti Dinner at the new Anna's Restaurant on Richmond Road in Williamsburg.

Gary Ripple Offers Some Creative Giving Ideas For Holidays

Many members of our club are beyond those years when we look forward to receiving presents in celebration of the Holidays. We have everything we really need, yet our children and other relatives sometimes feel obligated to give us something of material value. What to do?

A couple of years ago, Susan and I asked our three children to make a donation to any charity of their choice. We wanted them to develop the habit of giving and we wanted their dollars to truly make a difference in the lives of others less fortunate. The kids liked the idea (and the tax deduction) so we have continued it ever since. This year, we have repeated the request and I have suggested that a part

or all of their gift be to the Williamsburg Kiwanis Foundation in honor of their mother and me. They have all responded positively to the idea. Now I am wondering if other club members will consider making a similar suggestion?

Remember, also, that a United Way contribution can be designated (all or partly) to the Foundation. There is a box on the form which allows you to make your designation. If you have already mailed in your form, just call the United Way at 253-2264 and ask them to update your form. This way, you can help the United Way reach its goal while making a contribution that will benefit the youth of our community in perpetuity.

Barnes & Noble BOOKFAIR Supporting

**Walsingham Academy
to benefit
The Arc of Greater Williamsburg**

**Thursday, December 3rd
Voucher accepted all day!**

Barnes & Noble

New Town - Williamsburg

**Please present this voucher prior
to making your purchase.
A percentage of the net sale will
be donated to your school/organization.***

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*The purchase of gift cards, Barnes & Noble memberships, text books and magazine subscriptions are not included in bookfair totals. Our discount purchasing program may not be applied to bookfair purchases.





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