

Kee-Notes

Newsletter of the Kiwanis Club of Bethesda, Maryland
Serving the Community Since 1945
October 24, 2013

President **Jeanne Smith** opened the meeting today with thirteen attendees present. Guests included **Annette Florin** and **Carla Larrick** from the YMCA, **Leon Cheskis** from Wheaton-Silver Spring club, **Louise Richardson**, and our guest speaker, **Arnold Harvey** and his wife **Alyssa**.

Guest **Louise Richardson** sang God Bless America. Rev. **John Walker** gave the pray. Guest **Annette Florin** gave the quote of the day:

"Do what you have to do in order to do what you want to do."

CALENDAR OF ACTIVITIES:

Wednesday, Oct. 30, ROCKVILLE KIWANIS CLUB COMEDY NIGHT, 6-8 PM, The Golden Bull, \$42

Tuesday, Nov. 5 BOARD MEETING @ Pat Tiede's Apartment, 6:30 PM

Monday, Nov. 11, VETERAN'S DAY CEREMONY, Woodmont Triangle, 10:39 PM Lunch to follow at Black Finn.

Friday, Nov. 15, POTOMAC KIWANIS CLUB LOBSTER SALE, \$14.

Tuesday, Nov. 26, JOINT ROTARY-KIWANIS LUNCH, LaPanetteria, 12 Noon – SPEAKERS from Bethesda Magazine.

Tuesday, Dec. 3 BOARD MEETING, Place TBD, 6:30 PM

Thursday, Dec. 12, HOLIDAY PARTY, Alfio's, 6:30 PM \$25

ANNUAL VETERAN'S DAY CEREMONY- KEYNOTE SPEAKER:



Rear Admiral Raquel C. Bono

Medical Corps, United States Navy
Defense Health Agency

Director, National Capital Region Medical Directorate

JOIN THE KIWANIS CLUB OF BETHESDA FOR A LUNCH MEETING FOLLOWING THE CEREMONY. MEET AT BLACK FINN, directly across the street. Bring an Inter-Club. RSVP: Patriciatiede@comcast.net.



31ST ANNUAL YMCA TURKEY CHASE:

Turkey Chase has been taking place since 1982 in Bethesda, Maryland with participants coming from all over the United States with the highest concentration of runners from Bethesda and surrounding communities. Turkey Chase is the largest 10K in Montgomery County and the largest fundraiser for the YMCA and the BCC Rotary raising over \$1.5 million dollars since 1992. All of the net proceeds benefit youth and families in Montgomery County through YMCA programs and local charities. This event will draw over 10,000 individuals and families for a morning of healthy competition and a host of other engaging activities for children that promote community and personal wellness. Our club members volunteer to sign runners in, distribute water, and act as marshals...great fun and very energizing!!!!!! Contact **Tracy Miller** if you wish to sign up. Some of our members even run every year!



HAPPY DOLLARS:

Tracy Miller HD happy to advertise for Turkey Chase volunteers. **Pat Norry HD** for her three lovely grandchildren who make her so happy. Annette Florin from the YMCA HD so happy to be at our luncheon. **Carla Larrick HD** also from the YMCA was happy for the hot dogs Jeanne Smith cooked for the YMCA's event last Saturday. John Walker HD for his grandson who is 16 and 6'4". Ben Walker is a tight end for his high school football team. Guest **Louise Richardson HD** as she is a recent honoree of KTTC (Key to the Cure). She is also participating in the Candy Cane City 5k on November 10, 2013 sponsored by Hope Connections for Cancer Support. **Patsy Jackson HD** and is happy to see our visitors. **Pat Tiede HD** is proud to be a breast cancer survivor for 20 years, and happy that her friend Louise could join us for lunch. **Jeanne Smith HD** for our guest speaker **Arnold Harvey** and his wife Alyssa.

SPEAKER:

Arnold L. Harvey, 2nd accompanied by his wife Alyssa told the incredible story of sustaining a near fatal knife attack while in the service over ten years ago. He was to be deployed to Iraq when he was brutally stabbed more than 10 times in his body and he faced a life of pain and paralysis and fearing he would never walk again. After multiple surgeries and rehab, he then fell into addictive drugs and alcoholism. He became lost, bitter and angry. Battling alcoholism, PTSD, and depression, he learned that once he surrendered to God, the healing process would begin.

"Why me?" "Why not me?" Things happen to everybody. He wrote in his book that, "Every Decision Matters" is a testimony of God's desire to help us if we are willing to accept his help. You have never gone too far for God to change your life if you are ready to surrender to him. Our destiny will ultimately be shaped by our decisions, so we must be aware of the weight of each decision. A very inspiring talk by someone who truly attests to turning your life over to God.

