

Kee-Notes

Newsletter of the Kiwanis Club of Bethesda, Maryland Serving the Community Since 1945 January 9, 2014

President- Elect **Patsy Jackson** opened our meeting today at LaPanetteria in Bethesda. She welcomed eight attendees. Immediate Past President **Jim Leder** started the pledge, **Rev. John Walker** gave the invocation, and **Marlayna Proctor** led in singing of God Bless America **Tracy Miller** gave the quote from Lewis Carroll.

“One of the deep secrets of life is that all that is really worth doing is what we do for others.”

CALENDAR OF ACTIVITIES:

Monday, Jan. 13, DCM MEETING, Leisure World, 6:30 pm

Thursday, Jan. 23, KIWANIS LUNCHEON, LaPanetteria, 12 Noon, Speaker Oliver Janney
Montgomery County Police Department.

Monday, Jan. 27, KIWANIS FOUNDATION MEETING, Ron Spratt's home, 6:30 pm

HAPPY DOLLARS:

Scott Brewer HD for our great speaker. **Pat Tiede HD** for good health for **Bob Gradle** who we have not seen for a while. **Tracy Miller HD** for Christelle who agreed to talk to our group the last minute.

SPEAKER:

Our guest speaker was **Christelle McDonald**, YMCA Group Exercise Instructor and Personal Trainer. After running races and learning how to teach aerobics, Christelle became committed to the art of exercise. She quickly made health and wellness her career. She has been at the YMCA for over 25 years. Her passion is to help people learn more efficient ways to work out and lose weight.



Christelle suggested walking briskly, have a healthy breakfast, light lunch and less for dinner. Give your body fuel to burn off calories. It is important to keep muscles strong to support your bones. Good to do power walks with a friend if possible. The local YMCA offers many classes in health and wellness. A very interesting commentary.

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