

COUNTRYSIDE, CLEARWATER KIWANIS CLUB OFFICERS & DIRECTORS 2007-2008

PRESIDENT
 DICK LUCE
 2976 Buxton Court
 Clearwater, FL 33761 (H) 786-5233

BOARD OF DIRECTORS
 2 - Year STUART HARRIS
 JEFF HOY
 SHIRLEY SUMNER

IMMEDIATE PAST PRESIDENT
 SARAH D. BYARS
 2481 Coachwhip Terrace
 Clearwater, FL 33765 (W) 451-4303

1 - Year TOM DuLANEY
 MARION SPENGLER
 FRANK WARD

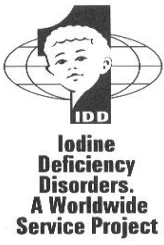
VICE PRESIDENT
 JOHN NELSON
 2818 Meadow Hill Drive
 Clearwater, FL 33761 (H) 796-5016

TREASURER / NEWSLETTER EDITOR
 DAN PALMISANO
 2043 Denmark Street, # 11,
 Clearwater, FL 33763 H 723-0775
 dapalmsr@msn.com

SECRETARY
 BILL GREER
 769 Rustic Oaks
 Clearwater, FL 34684 (H) 772-7737

KIWANIS CLUB OF COUNTRYSIDE, CLEARWATER meets every Tuesday at 7:30 am for Breakfast at EVE'S FAMILY RESTAURANT, 3150 TAMPA RD (WOODLANDS SQUARE) OLDSMAR

Kiwanis Club of Countryside, Clearwater Newsletter
 The View from Countryside
 Post Office Box 1855
 Oldsmar, FL 34677-1855



ATTENTION COUNTRYSIDE KIWANIS MEMBERS. WE NEED YOUR COOPERATION FOR THE SUCCESS OF OUR FALL DINNER DATES SO TAKE NOTE "NOW" OF THE DETAILS:

OFFICER/DIRECTOR INSTALLATION AT OLIVE GARDEN, TUESDAY, SEPTEMBER 30, \$20 PER PERSON

ANNUAL CHRISTMAS PARTY AT COUNTRYSIDE COUNTRY CLUB, THURSDAY, DECEMBER 4, \$30 PER PERSON
 (Every member is expected to attend at these discounted prices)

Kiwanis Club of Countryside, Clearwater
The View from Countryside
 The Florida District  Division 12

Issue 40 Volume 13 www.kiwanis.org/club/countryside July 29, 2008


Calendar

UPCOMING KIWANIS EVENTS
 SEE PAGE 2


Tuesday, July 29

 Business Meeting
 Committee Meetings
 Magazine & Canned Food Collection

Tuesday, August 5

 Regular Meeting
RON NELSON
 Foundation for Fiscal Reform

Tuesday, August 12

 Regular Meeting
STEVE PASTERNAK
 Lighting in these tough economic times

Tuesday, August 19

 Regular Meeting
GREG GOLD
 Reverse Mortgages

Monday, September 1

 **Labor Day**
 (Banks and Post Office closed)



ATTILA HEVESY
 Attila@chocolateSystem.com

We are indebted to **ATTILA HEVESY**, our breakfast meeting speaker last week, July 22, for providing the following summary of his remarks:

"Here is what I spoke about last Tuesday morning!

"I started by explaining my Hungarian upbringing and all the heavy unhealthy (but delicious) dishes I was raised on. Because of that, when I came to Florida 25 years ago, I noticed lots of people were in really much better shape than up north where I grew up. I self taught myself about nutrition and many related subjects.

- There are several things one can do to get healthy and stay that way:
- 1) Detox your body and cleanse it out from time to time. This can be done through:
 - (a) Foot Baths (b) Colonics (c) Sauna (infrared being the healthiest).
 - 2) Graze on your meals 5 - 6 times a day rather than stuffing yourself 3 times a day.
 - 3) **EXERCISE** (both cardio and weights).
 - 4) Eat the **MUFA** (Monounsaturated Foods):
 - (a) Seeds and Nuts (b) Sunflower or Coconut oil
 - (c) Avacados (d) Olives (e) Dark Chocolate.

I spoke about the fact that a year ago I came across a company that actually makes a dark gourmet Belgian chocolate that is considered to be the very first Healthy
 (continued on page 2)



DICK LUCE

THE MEETING LAST WEEK: 7/22 - Attendance, members 15, guests 3. President **DICK LUCE** chaired the meeting. Club raffle winner: 7/22 - **DAVID LINDEMAN**, 7/15 - **BILL GREER**. Cash collections: 7/22 - Happy Dollar \$14.00, Raffle - \$8.00.

We were pleased to welcome **AMANDA SAGUIL** to our breakfast meeting last week. **AMANDA** is the Lt. Governor-Elect of Kiwanis Division 12 and we look forward to meeting her again on the evening of Tuesday, September 30, when she will install our 2008/2009 officers and directors at the OliveGardenRestaurant



AMANDA SAGUIL



KEEPING UP AT THE FOOD TABLE DISPENSING BEVERAGES WAS NOT EASY AT THE MIDNIGHT RUN ON THURSDAY NIGHT, JULY 3RD

UPCOMING KIWANIS EVENTS

Florida District Convention
August 21-24, 2008
Jacksonville, Florida

Officer/Director Installation
Olive Garden Restaurant
Tuesday, September 30, 6:00 pm

Countryside Kiwanis Christmas Party
Countryside Country Club
Thursday, December 4, 6:00 pm

We were pleased to welcome **TRACY SHAMONSKY** to our breakfast meeting last week. **TRACY**, a guest of **TOM DuLANEY**, is a native Floridian and a Vice-President of Liberty Bank where she currently does Business Development for the bank.



TRACY SHAMONSKY

TRACY is married to **KEVIN** a District Sales Manager for Honda. **TRACY** really enjoyed her visit with us and it would be nice if she visited again wanting to know more about Countryside Kiwanis.



WITH 1,825 RUNNERS, THE REGISTRATION TABLES WERE PLENTY BUSY AT THE MIDNIGHT RUN ON THURSDAY, JULY 3RD

FLORIDA DISTRICT OF KIWANIS OFFICERS FOR 2007-2008

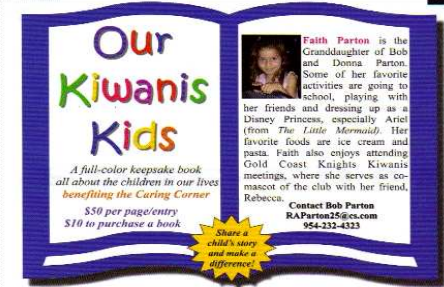
GOVERNOR	Mark Taylor, Brooksville
GOVERNOR-ELECT	David Liddell, North Fort Myers
IMMEDIATE PAST GOV.	Phil Yorston, West Palm Beach
TREASURER	Donna Parton, Gold Coast Knights, Boca Raton
DISTRICT SECRETARY	George F. Langguth, Sanford
SECRETARY'S OFFICE	5545 Benchmark Lane, Sanford, 32773-8116 407-324-9800 FAX 407-324-9900
LT. GOVERNOR, DIVISION 12	Lou Remz, 413 S Bayshore Blvd, #5, Safety Harbor, FL 34695 727-723-0158 hallour@msn.com
TRUSTEE, FLORIDA KIWANIS FOUNDATION, 12th DIV.	Bill Barnett, 1618 Kilwinning Court, Palm Harbor 34684 727-781-1553 gulfman@verizon.net

DIVISION 12 KIWANIS CLUBS

COUNTRYSIDE, CLEARWTER DUNEDIN GREATER WEST PASCO	Eve's Family Rest, 3150 Tampa Rd (Woodlands Sq) Oldsmar Mease Dunedin Hospital, 601 Main Street, Dunedin Beef O'Brady's Restaurant, Route 19 and Floramar Ave	TU 7:30 A TH 7:30 A TH 6:00 P
LARGO/MID PINELLAS PALM HARBOR SAFETY HARBOR	Largo Community Center, 54 - 4th Street, Largo Tiffany's Restaurant, 35000 US 19 No., Palm Harbor Paradise Restaurant, 443 Main Street, Safety Harbor	FR 7:30 A TU 7:30 A WE 7:30A
SPRINGTIME CITY TARPON SPRINGS	Clearwater Country Club, 525 Betty Lane, Clearwater Clubhouse at Cypress Run Golf Club, 2669 St. Andrews Blvd	TH 6:00F WE 6:30 P,1st&3rd

COUNTRYSIDE, CLEARWATER KIWANIS CLUB COMMITTEE CHAIRPERSONS 2007-2008

CLUB ADMINISTRATION	BILL GREER, ELMER LUOMA, DAN PALMISANO
COMMUNITY SERVICE	ELMER LUOMA, Chairperson, DICK LUCE, ED BUNCH
CLEARWATER FREE CLINIC	STEVE BOUTON, ELMER LUOMA, DICK LUCE, JOHN NELSON
STREET CLEANUP	ELMER LUOMA and Others
PAUL B. STEPHENS KID'S DAY	GLENN RUEDIGER
SENIOR OLYMPICS	ELMER LUOMA
OTHER SERVICE	STU JOLLY, TOM GABLE, JOE UHRENEK
FUNDRAISING	GEORGE HARDIN, Chairperson, ED BUNCH, SHIRLEY SUMNER, BILL GREER, DORIS BREINER
MIDNIGHT RUN	BILL GREER, Chairperson, FRANK WARD, DICK LUCE, SHIRLEY SUMNER
PEANUT DAY	FRANK WARD, Chairperson
HUMAN & SPIRITUAL VALUES	EVERYBODY
BEREAVEMENT, BUDDY SYSTEM	TOM DULANEY, Coordinator, FRANK WARD, WENDY HOY
CLUB PROGRAMS	BILL GREER, Chairperson, SHIRLEY SUMNER
INTERCLUB	TOM DULANEY, Chairperson, DAN PALMISANO
PUBLIC RELATIONS	SARAH BYARS, Chairperson, BILL GREER, GEORGE HARDIN, WENDY HOY, TOM DULANEY,
MEMBERSHIP, EDUCATION & RETENTION	MIKE VANHORENBECK
SPONSORED YOUTH	STUART HARRIS, Chairperson
TARPON SPGS HS KEY CLUB	SHIRLEY SUMNER, BILL GREER
COUNTRYSIDE HS KEY CLUB	GLENN RUEDIGER
EAST LAKE HS KEY CLUB	FRANK WARD
SCHOLARSHIPS	
YOUNG CHILDREN-PRIORITY ONE	DIXIE HARDIN, MARION SPENGLER, DICK LUCE GEORGE HARDIN, JAN HORN, DICK LUCE, ELMER LUOMA



Our Kiwanis Kids Keepsake Book

THIS YEAR'S CARING CORNER PROJECT IS A KEEPSAKE BOOK THAT WILL FEATURE THE CHILD OR CHILDREN DEAREST TO YOUR HEART. WE OFTEN SPEND OUR TIME HELPING CHILDREN IN NEED. LET'S TAKE TIME TO RECOGNIZE THAT SPECIAL CHILD OR CHILDREN IN OUR LIVES. SEE DETAILS ON PAGE 5 OF FLORIDA DISTRICT MAGAZINE, JUNE / JULY 2008

ATTILA HEVESY, continued

Chocolate on the market. It is helping people to lose weight, get healthy and feel better. This is possible because the Cocoa Bean is the **HIGHEST** antioxidant food on the planet. The problem is that when you heat the Cocoa Bean to turn it into raw , unprocessed cocoa **POWDER**, most of the essential flavonoids and nutrition is lost. **MXI** utilizes a "cold pressed processing" technology that allows **ALL** the flavonoids and phytonutrients to remain in the cocoa and then **MXI** adds in the **ACAI Berry** from the Amazon Rainforest.

This is literally the #1 and #2 highest antioxidant food in the world and it tastes absolutely melt-in-your-mouth delicious. We're finding people are losing weight because it is a natural appetite suppressant, allergies and asthma are being helped dramatically because raw unprocessed cocoa is a natural antihistamine. We're finding blood pressures are dropping and bad cholesterol is decreasing.with many users.,

Overall it is important to understand that this is **NOT** a **CANDY**, it is literally a potent anti oxidant all natural superfood!