



Sertoma Bulletin

The Columbia Sertoma Club

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Issue 10

President's Message

It's the time of year for football coaches and political campaigns to be in the spotlight. They both seem to be popularity contests, but I'm still pulling for Tommy Bowden to do the right things and keep his job. We will see the results of our labor as we give out the proceeds of the 2003 Farewell Farms Horse Trials. Over the next few meetings the designated charities will be presented their share of the \$30,000 earnings. Thanks to Ms. Joyce Hampton for her generosity and thanks to the club members for their hard work.

Speakers & Events

November

- 10 Ms. Inez Tenenbaum
State Superintendent
of Education
- 17 Congressman Jim
Clyburn

Guests

Brian LaBelle
Mike Mason &
Matt Cunningham
guests of Joe Azar
Sam Collins

Vice President Dan Felker continues to advance this year's membership initiatives. Our new attendance report will help us identify members that have missed consecutive meetings. The purpose of identification is for the membership committee to contact the member, solicit feedback from that member, and to offer assistance and encouragement in attending meetings. Dan has asked us to identify new prospects for the membership dinner in January. We can begin the recruitment process now by letting your prospects know they will receive an invitation and by inviting them to visit at an upcoming meeting.

Our speaker last week indicated ways to stay in shape through exercise and diet. Good luck with those exercise routines and arranging your eating schedule for more frequent smaller feedings of the right kind of food. Any steps toward an exercise program and better diet are positive, we don't have to wait on everything being perfect to begin the journey. As they say, No Effort Too Small.

Ben Plexico, John Hedden, Tommy Bryson will golf for Sertoma this Friday AM with the Capital City Sertoma Club golf tournament at Fort Jackson. We need a fourth. Its short notice but let me know if you can join us.



Tommy

Sergeant @ Arms Report

37 Members and 4 guests attended and the HUGE \$148 Rollover Pot was WON!~ By New Member Linda Eisele

Business Meeting

- **John Hedden** ~ gave the Invocation and Pledge of Allegiance.

- **Coaches Corner**~



Sterling Anderson stated that "We made it close" against Ole Miss, ranked 20th in the country. USC didn't show up until the fourth quarter. The Gamecocks were victims of terrible officiating. The bogus touchback and intentional grounding call was a momentum turner. Coach Holtz said "it was unbelievable. We had two receivers close by". Eli Manning should win the Heisman... We play Arkansas this Thursday, televised on ESPN at 7:45.



Neal Sutker is now in the witness protection program after Saturday's game against Wake Forest. "On Saturday the ghosts of Peghead Walker & Brian Picalo reigned on the field of Grove Stadium. It was one day after Halloween, but we were still in that Holiday Spirit. Tommy B. went impersonating a football coach and our team was totally unprepared for Wake Forest. We went into Saturday's game with an ACC low of 9 turnovers in 8 games, then had three fumbles and an

interception. The past week's results have taken some of the luster off this weeks Bowden Bowl 5. About the only way to save his hide would be to win the rest of the remaining 4 games."

Membership Roster~All members need to update their roster Information. Dan Felker has been nice enough to provide forms. Even if your information has not changed, please let Dan know. (dfelker@btitelecom.net). We don't want him to worry.

Membership Dinner~. There will be a membership Dinner on 1/26/04. The location has not yet been announced. This is a chance for you married guys(girls) to get back in the dating scene, without the annoying divorces and alimony usually associated. You don't even have to worry about the cost of dinner. You have two months to pick three prospects and turn the information in to Dan.

Guest Speaker~ Tim Graham, owner of Graham Fitness and host of a 9:00 AM Saturday morning Fitness talk Show, "Fitness News" gave some interesting facts, dispelled some myths and offered good suggestions about getting and staying in shape. In SC, 65% are overweight and 21% are downright obese(& ugly). Don't "diet", but eat healthy food in moderation and exercise consistently. By this he means stretching for 10 minutes, 3 times a week; cardio 30 minutes, 3 times a week; & strength and resistance 30 minutes, 3 times a week. At age 50, muscle mass starts declining. Tim had a good presentation and answered many questions from the Membership.

Chairman
Reggie Belcher
799-9800
rbelcher@mcnair.net
President
Tommy Bryson
738-1094
tbryson@medcorphealth.com
Secretary
Todd Lewis
240-1213
btlewis72@yahoo.com
Treasurer
Alvin Strasburger
791-7763
alvins@printgear.com
Sgt. @ Arms
John Hedden
251-6000
heddenj@usa.redcross.org
Bulletin Editor
Dean Wood
414-7597
deanwood@bellsouth.net

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Address Bulletin Submissions to Editor:

Dean Wood, Real Estate Broker, 4800 Devereaux Road, Columbia, SC 29205
FAX: 782.4192, Phone: 414.7597

E-Mail: deanwood@bellsouth.net (preferred)

Submissions to Bulletin must be received no later than 6:00 PM Tuesday.

Greeters
11/10/03
Phil Betette
Mack Goodwin