



“Serving Children of the World”

2005-06 OFFICERS

President – Tom Sorenson
Pres.-Elect – Lyn McIlrath
Secretary (Acting, & very well)-Ken Morrell
Treasurer – Ray Maxwell, with Bill Pye
P. O. 1349 Monroe, WA 98272

Today is: December 21, 2005

(DRUIDS Celebrate: Winter's Solstice is here)

Smile: We are seldom so generous as when giving advice.

Devotion: “Come into his presence with singing and into his courts with praise” (Psalms)

Prayers: Father, we ask, bless this season with peace, happiness for all and restored health for Vince Smith. Amen.

Ben Franklin Crafts & Frame Shop
Over 30 years in Monroe. Also in Bonney Lake, WA

Floral	Toys
Fabrics	Frames
Candles	Puzzles
Fine Art	Hard Crafts
Needle Art	Home Décor
Scrapbooking	Imaging Center
Education Gifts	Rubber Stamping

Visit our Award-Winning Frame Shop

VOTED BEST
of WA
and Island Counties
Herald

Over 500 'first jobs' for area students

19505 Hwy 2, Monroe, WA 360 /94 6746 / Visit us online at www.bfranklincrafts.com

TODAY'S PROGRAM

Our annual Christmas fellowship, Sing-a-longs of the season, Happy Bucks for Others and Holiday Greetings for all. Terry will play the keyboard and Don Steffen will bring the words! Bring a guest for the festivities.

Dr. “MAX” ORTHODONTICS

Ray Maxwell, D.D.S.

770 W. Main Street MONROE

360-805-0900 /800-817-1201

NEWS OF LATE .. from near & far

Your Board of Directors approved the club budget for 2005-06. Included in that budget was a gift for Norma Feldcamp, in appreciation for her care in serving our lunches each week. When told, Norma asked that the gift go to Matthew House. And none too soon either; as Matthew House was low on fuel, in falling temps. They were told to buy a ton of pellets for their woodstove from Norma & send the bill to Kiwanis. To wit, we received this e-mail:

HAPPY HOLIDAYS from --

Kiwanis of Monroe, Washington

Join us for lunch at the Valley Gen'l Hospital's Godard Room, @ noon, every Wed. for food & friends.

“THANK YOU SO VERY, VERY MUCH! God bless you for such an incredible donation to us. I can not thank you enough!

Lots of Love,
Linda M. Paz, Ex. Director
Matthew House, Monroe, WA”

Monroe Therapeutic Massage

Specializing In
Deep Tissue and Injury Treatment



101 E. Main St.
Suite 201

Monroe, WA.
phone: **360-863-0642**

From Jessica...

Everyone at the Alf Engen Ski School at Alta (Utah) has made us feel very welcome...We feel honored to have the opportunity...There are some amazing skiers here with long history with the school, some...over 40 years. The oldest instructor is 79! Days are mostly sunny, the Wasatch Mtns are beautiful...with the best snow in the world. See.....



We miss our family & friends in WA (but...)

PROPER EXERCISE

Know how to tell if what you're doing is right for you? when exerciseing, you should be able to speak in brief sentences, (but not singing a song) without being short of breath.



WYATT'S DIAMOND JEWELERS

Diamond Specialists

106 E. Main • Monroe, WA 98272
(360) 794-7373

Gifts for All of Life's Celebrations

HELP WANTED

Would you like to have a part in distributing the newsletter? Editor needs someone to take charge of being sure those who aren't at the meetings (and do not have e-mail) receive the newsletter via US Mail, usually 5-7 members and advertisers. See Paul or email:

MonroeKiwanis@AOL.com

PROGRAMS TO COME

(from the desk of Ron Park)

Ron will give us a preview at today's meeting of what he has already scheduled for the new year. Rumor is the calendar is filling up!!!

PURDY & KERR

With **DAWSON**



Funeral Directors

360-794-7049

409 W. Main St., Monroe

WANTED

Someone to buy our very, very modern Cash Registers, complete with bar code reader and inventory management software. Any ideas? Paul...794-4410!

THE

KEY BANK

214 East Main Street
MONROE

Full Service @ (360)-794-4102

HOLIDAY TRAVEL TIPS

Try these tactics for pain-free traveling:

- Do some body stretches before you get seated in that car or airplane.
- Wear loose fitting clothing.
- Drink plenty of water before, then
- Stop and get up to walk & stretch every hour, i.e. go pottie.
- Use lumbar pillow behind your back, keep knees as high as hips.
- Wiggle feet & toes for circulation.
- Exercise while sitting??? Oh yes: Shoulder shrugs, head rolls & wrist rotations.
- And STAY AWAKE! Keep talking??

THE EVERGREEN STATE FAIR

"Always Something for Everyone!"
24 Hr. Event Line: (425)-388-3200

WEBSITE: www.evergreenfair.org
(Click here for an update to the latest upcoming events)

OUR MOTTO:

Serving the Children of the World...

In 1934, J. Fred Coots and Haven Gillespie began warning children to be on their best behavior, lest their names be written on Santa Claus' 'naughty' list. Fred, the composer, wrote the music for more than 700 songs, including **Santa Claus is Coming to Town.**

He was a New York City Kiwanian. His story, including memories of his fateful meeting with Gillespie, appeared in the December, 1956 issue of the Kiwanis Magazine. Got any old issues ??? You don't have to, 'cause you can read this story on line at:

www.kiwanis.org/magazine/december05.asp

Send it around; this is worth sharing with a child...regardless of its age!!!

Richard L. Lowell, D.D.S.



Fine Dentistry
623 West Main St. Monroe
(360)-805-9060

Did you ever wonder...

Why your dog get mad at you when you blow in his/her face, but when you take him/her for a ride, they stick their head out the window?

Even Man's Best Friend might not tell ... You can check the quality of your breath by licking the inside of your wrist, wait 4 seconds and sniffgood luck!!!

SKY VALLEY SPORTING GOODS

Ken Morrell, Prop.

14961 Chain Lake Road
Monroe, WA

ALWAYS KEEP A WINDOW OPEN ...in your mind for new ideas!

KIWANIS CLUB

Service to Monroe for over 75 years
P.O. BOX 1349 - 98272

Visit the Division Website at:

www.SnohomishKiwanis.org