

TODAY'S PROGRAM

NEIL WATKINS, who is Executive Director of the Monroe Chamber of Commerce. Neil always brings an interesting update on Monroe's growing business community.

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NEWSLETTER FROM YOUR

Kiwanis of Monroe, Washington

"Serving Children of the World"

MONROE KIWANIS CLUB
P. O. BOX 1349 98272

2006-07 OFFICERS

President – Richard Lowell, 805-9060
Pres.-Elect –
Secretary - Sharon Richards
Treasurer – Ray Maxwell, with Bill Pye
Email: MonroeKiwanis@aol.com

Meetings each Wednesday @ noon in the
Goddard Room, west wing of the Valley
Gen'l Hospital. Bring a friend for lunch.

Today is: **Nov. 14, '07**

SPECIAL REMINDERS

Daylight Savings Time has passed for this year, and that makes darkness come earlier each day for the next 4 weeks. Plan your activities to avoid those early-darkness driving times. November is the worse month for traffic accidents and an accident is 4 times more likely to occur after dark than before, anytime.

VALLEY GENERAL



FOUNDATION

Lin McIlrath, Exec. Director
360-794-1447, ext 304

PREVIEW OF PROGRAMS

Mark your calendar for Wednesdays, a noon luncheon with friends & program. Here's the line-up:

NEXT WEEK: Nov. 21

Jane Grunnyon, Mgr. First Mutual Bank

And weeks following:

Nov. 28: Polly Keary, the new editor of the Monroe Monitor

Dec. 5 : **Jack Flajole**, owner of GARLIC JIM's PIZZA on Pizza business in Monroe

Dec. 12: To be determined

Dec. 19: **Christmas Sing-A-Long**

Dec. 26: No gathering today

Jan. 2 : To be determined

Jan. 9 : **Mary Brueggeman** of the Jamie Moyer Foundation.

KIWANIS ONE DAY

What is it? When will it occur?
This will be the ??? annual event?
Send answer to Club email address.
Hint: Read your Kiwanis magazine

KIWANIS CIRCLE OF SERVICE

Kiwanis of Monroe is actively seeking potential members. Invite ones you think might like to join us.
For more info call Paul Reasoner @ 568-7322 ..or...Give me their email address here: MonroeKiwanis@aol.com.

PROJECT UPDATES

Our last major project of the 2007 calendar was held last weekend... collection stations for food to stock the shelves of Monroe Food Bank. We are pleased to note it was a big success, thanks to Bill Raser, our members AND the Key Club.

Many thanks to all who made it before the real cold arrived. Bill will update the Board on final results.

BOARD MEETING

Speaking of the Board of Directors, the next gathering will be Thursday, Nov. 29 @ 6:30 in the VGH cafeteria. All Board should mark their calendars and plan to attend since no business can be conducted without a quorum!

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INTRIGUES OF THE MIND

Keeping your mind 'sharp' means working harder to "use it, or lose it". Lets reduce those Senior Moments...

1. Switch Hands, i.e. use your non-dominant hand to do things you usually do without thinking. For example brushing your teeth, combing your hair, punching the phone numbers, and even cutting your food.
2. Make Small Changes in how you do things, e.g., eat a breakfast meal for dinner. Get out of your rut, i.e. do what you usually do, only in a different order. Enjoy the adventure of change! And stay sharp!
3. Give Up a Sense, e.g., watch TV with the sound OFF....and try to follow the plot or try getting dressed with your eyes closed. And there is the favor-

ite: Find the key to your door in the dark!...without a lite.

Richard L Lowell, D. D. S.



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4. Take up a challenging Hobby; how about learning a new language, playing a musical instrument or taking up photography?
5. Keep up your Social Ties. Social contacts are important to psychological health. And it brings senses into play, forces you to think quickly and continues to polish talking skills.

You could be pleasantly surprised at what you can do!

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