



NEWS FROM

Silver Lake Kiwanis – Everett

www.silverlake.homestead.com

Kiwanis is a global organization of volunteers dedicated to changing the world one child and one community at a time

March 18, 2009

Vol. 11 #9

Calendar

- March 18th Program
Boat Race by Howard
- March 21st Our Zone
Conference Surry BC
- March 27th to 29th Key Club
Convention, SeaTac
- March 30th Board Meeting
- April 4th Kiwanis One Day
- May 30th Boat Races
- May 30th, 31st Relay for Life
- June 13th Officer training in
Mount Vernon
- June 25-28 International
Convention Nashville
- July – Aug. dates vary
Camp Patterson
- Aug. 3rd Camp Casey
- Aug. 4th Nite out against
crime
- Aug. 13-16 Dist.
Convention Medford, OR

Birthdays and Anniversary

- Earline March 22 BD
- Bill D April 10th Ann
- Jack S April 24th BD
- Diane April 29th BD

Relax

One great way to maintain your focus is to let go of it for a while. To make your efforts more effective, get away from them for a little bit.

Intense focus requires energy and enthusiasm. To replenish that energy and enthusiasm, make it a habit to take a real break.

Up to a certain point, the more you work the more you'll accomplish. Eventually though, you'll reach a point of diminishing returns.

Enjoy the challenge of working with intensity. Then spend some time relaxing, away from all that work.

Be productive, be effective, be focused and committed. And then regularly sit back and truly enjoy the fruits of your efforts.

For optimum performance, keep yourself balanced. Allow your efforts and your relaxation to positively contribute to each other.

-- Ralph Marston

Officers

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Meeting Times

First Wednesday of month -
7PM

All other Wednesdays – 7 am

Meeting Place

“Patty’s Eggnest”
At Chuckwagon Inn
6720 Evergreen Way
Everett, WA 98203
(425) 353 3300