

Stan-Cam Happenings

Stanwood-Camano Kiwanis Club
Pacific Northwest District
Division 21



Vol. 06/07 Num. 5
February 2007

Our Defining Statement: Kiwanis is a global organization of volunteers dedicated to changing the world one child and one community at a time.

Stanwood-Camano Kiwanis

Meets every Thursday, 7am at
Viking Restaurant in Stanwood.
Board meets last Tuesday, 7am.

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2007: Kevin Burham, Ron Frey
2008: Bob Mitchell, Carolyn Tobiason
2009: Palmer Sather, Tom Peiffer

Committees: See page 3.

PNW Division 21 (see p. 2)

2006-07 Lt. Gov.: Ken Bell

Pacific Northwest District

2006-07 Gov.: Lori Bryant

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Information for publication should
be phoned or emailed to Erika
Sigmon by 5pm of the last
Tuesday of each month.
Photos may be submitted.

Comings and Goings

On the 4th Thursdays of January, February and March we'll be meeting at Noon for lunch instead of 7am. This is a test run to see how the members enjoy coming to a lunch meeting instead of breakfast. There will be a special buffet set up for us with soup, salad, sandwiches and tea or coffee at a set price, so we don't have to compete our orders with the lunch crowd. We hope to see many faces of those who usually can't make the morning meetings.

February 8's meeting will be Martha White. She has talked with us before so I asked her to share her foster teens' experience with the flood and other new experiences... Martha has farm animals and the girls learn responsibility thru example and chores. Martha is also our January

Continued on page 4 . . .

Club Meetings

Contact Tom Peiffer or a person listed below with any program ideas.

February Programs

- 1 Jerome Burnett
- 8 Pamela Barton - Martha White,
see above for details.
- 15 Kristi Friday
- 22 NOON mtg - Frank Butler

March Programs

- 1 Nancy High
- 8 Bob Jacobs
- 15 Tim Kramer
- 22 NOON mtg - Dan Johnston
- 29 White Elephant Auction - see p.3



[Ed Note: When you know what your program will be, email or call me - see lower left corner - and I'll add it in after your name, so our members will know.]

Calendar of Events

February

- 14 Valentine's Day
- 19 Presidents' Day
- 27 Club Board Mtg, 7am

March

- 11 Daylight Savings Time begins -
Spring Ahead!
- 17 Zone Conference, Abbotsford,
BC.
- 17 St. Patrick's Day
- 27 Club Board Mtg, 7am

Future Dates

- Apr 7 Kiwanis One Day (K-family
service day); decorate Easter
eggs with Seniors and K-Kids at
the Senior Center.
- Apr 28 March of Dimes Walk America
- May 5 Camano Climb (Saturday)
- Jun 1-2 Relay for Life
- Jul 5-8 Kiwanis Intl Convention, San
Antonio, TX
- Jul 14-16 Art By the Bay - fish & fry
sales
- Aug 23-26 PNW District
Convention, Tacoma, WA

From the President . . .

Can you believe it's February already? I have never understood why people go South in the winter, until this year!!! I AM READY!

We had our first official Lunch meeting on the 25th, and it was a success. Great food, great guest speakers & a lot of members! Our next lunch meeting will be on the 22nd of February.

This last month I have been getting estimates on playground equipment for the day care at the Lutheran Church. This project is going to be fun and just as rewarding. I will keep you posted where I am at. I have set a date of May 18th for the dedication.

This month we celebrate another special day, Presidents Day! I would like to share with you an excerpt from Ronald Reagan's State of the Union Address of January 26, 1987. It was delivered before the 100th Congress of the United States of America in the 200th anniversary year of the Constitution.

"I've read the constitutions of a number of countries, including the Soviet Union's. Now, some people are surprised to hear that they have a constitution, and it even supposedly grants a number of freedoms to its people.....Well, if this is true, why is the Constitution of the United States so exceptional?"

Well the difference is so small that it almost escapes you, but it's so great it tells you the whole story in just three words. We the people. In those other constitutions the Government tells the people of those countries what they're allowed to do. In our Constitution, we the people tell the Government what it can do, and it can do only those things listed in the document and no others."

I want to thank each of you for making this Kiwanis Club what it is! We have a lot of great events coming up; I know you are looking forward to them as I am. *Prez Char*

Zone Conference

Did anyone say "ROAD-TRIP!!!!"? This year's Zone Conference will be March 17 in Abbotsford, BC. The Zone Conference is a great opportunity to meet other Kiwanis members, get new ideas and learn more about Kiwanis. Plus, carpooling to BC means you get to know your fellow members better, too.

Guests will include Governors of CKI and of Key Club; Richard Jensen, our Governor Designate; and Sylvester Neal, our PNW International Trustee. There will be InterClubs (as long as we send at least four of our members!), creative classes, membership how-tos, food and fun! We will also elect our Lt Governors for 2007-8, 2008-9, and hopefully someone ready and willing to take it for 2010-11. That meeting will be a Division Meeting. (Information courtesy of Lt. Gov. Ken Bell. Thanks, Ken!)

Need to do a Makeup Meeting?

You can go to any other Kiwanis Club's meeting (see Div. 21 clubs below or go to the Kiwanis International website - www.kiwanis.org - to find a Kiwanis Club anywhere in the world), attend a Key Club, Builders Club, or another sponsored youth club's meeting, participate in a club project (two maximum each month can count for make-ups), attend a Division, District or International meeting or event, attend a Club Board meeting, or attend a Club Committee meeting.

**Let the Secretary know if you attend any of these meetings or events.

Other Division 21 Clubs:

Arlington -- Meets 1st & 3rd Wed.

7pm, Boys & Girls Club; Pres: Gilman McKinnie, 360-435-5153.

Darrington -- Meets 2nd & 3rd Mon.

7pm, Senior Center; Pres: Ken Bell, 360-436-9818

Everett-Evergreen -- Meets Fri. 7am,

Evergreen Bowling Alley; Pres: Craig Forbes, 425-252-3173.

Everett Golden K -- Meets Thurs.

10am, Everett Senior Center; Pres: Ben Hansen, 425-252-6258.

Lake Stevens -- Meets 1st Wed 7pm,

other Weds. 6:30am, Buzz Inn; Pres: Laura Brady-Scott, 425-335-1997.

Marysville -- Meets Tues. 7am, Village

Restaurant; Pres: Walt McKinney, 360-659-7437.

Mukilteo -- Meets Tues. 7:30am,

Harbour Pointe Golf Club; Pres: Ron Johnson, 206-227-8923.

Silver Lake, Everett -- Meets 1st Wed

7pm, other Weds. 7am, MC Grill & Lounge in Mill Creek; Pres: Earline Bowen, 206-361-5977.

2006-2007 Div. 21 Lt. Governor

Ken Bell -- phone: (360) 436-9818
email: kmbell@juno.com

Did you know . . . ?

. . . that each year, more than 460,000 babies (1 in 8) are born too soon, some so small they can fit in the palm of a hand. Many of these babies must fight just to survive; others must struggle with lifelong health problems. No one knows the causes of nearly half of all premature births, and no one is working harder than the March of Dimes to find out.

Club Committees

~ chairperson(s) in bold ~

Club Meetings: **Tom Peiffer**

Interclubs: **Jack Peary**

Scholarships: Dan Follette,
Mick Hanson, Kate Wigner

Membership: **Char Peiffer**,
Gary Beard, Bob Jacobs

Young Children: Kate Wigner,
Jerri Richards, Nancy High,
Erika Sigmon

Sponsored Youth: Linda
Boland, Kate Wigner, Carolyn
Tobiason

Key Club Advisors:

K-Kids Advisors: Nelles

Risk Management: **Jack
Stedman**

Public Relations: Bob Mitchell,
Lynn Wilkerson, Erika Sigmon
(newsletter)

Community Service: **Glenda
Mitchell**, Peggy Burr, Lynn
Wilkerson

Every Day Hero Nominations:
everyone!

Fund Raising: Howard Quigley,
Pamela Barton

Camano Climb: **Tim Kramer**

Spiritual Values: **Ron Frey**

Sunshine: **Laura Peterson**

**If you don't see your name -
pick one to be on! We need
everyone to help keep our
club running smoothly.**

Sponsored Youth News



Twenty, 3rd through 5th graders met February 1st at Elger Bay Elementary for their regular meeting at 8:15am. Their beautiful picture book pages are laminated and ready to be bound. The book will be sent to Haik Orphanage school in Ethiopia. The PTA also asked them to record the amounts of food items collected from each classroom. The school is sponsoring a Food Drive for the local Food Bank. Mrs. Nelles, their faculty advisor, is very pleased with the dedication the young people exhibit.

The K-Kids will join us in a service project on April 7 - Kiwanis One Day. We will decorate Easter eggs with seniors at the Stanwood Senior Center that day. It should be lots of fun! Watch for more details and save the date - Saturday, April 7.

Committee Reports

All members should plan to participate in at least one committee each year. If you don't see your name in the committee list in the left column of this page, choose one and let President Char know. This is your club, your help is needed to keep things running. We can do great things when we all work together! Time to choose a committee for this year!!

The **Club Meeting** committee wants to remind everyone to check page 1 for their name beside a meeting date. This is the meeting where you are in charge of the program. If you need suggestions contact Tom. If you are unable to make the date assigned to you, please let Tom know in advance so we can make arrangements for someone else to have the guest speaker. We all enjoy having guest speakers and not having one upsets our program for the day!! (Tom 387-2643)

Whenever a 5th meeting occurs during the month (next one is in March), instead of a speaker we will hold a white elephant auction to raise funds for our administrative account. Plan to bring a white elephant item and bid on your favorite items that others have brought. On the fourth meeting of the months of January, February and March we'll have a NOON lunch meeting instead of a 7am breakfast meeting.

Membership: Do you know someone who would make a good member of our club? Invite them! See page 4 for their report.

The **Community Service** committee has several projects coming up. See their report on page 5.

The **Young Children Priority One** committee has a couple projects brewing - March of Dimes WalkAmerica walk team and helping the Lutheran childcare center create a safe play-area for preschool children.

The **Fund Raising** committee is getting ready for the Camano Climb. This year it will be on Saturday, May 5 (since another group has rented the old Senior Center on Sundays). Mark your calendar - keep the date clear! We will need everyone's help on this event! We also have a possible date for doing the rest area over the 4th of July long weekend - it could be a very lucrative weekend - many travelers - see board minutes.

The **Interclub** committee is shooting for two a month again this year. Check the board during the regular meetings and sign up to attend. This is a great way to meet other Kiwanians & keep up on perfect attendance!



**Have you invited
someone to
Kiwanis, lately?**

Birthdays & Anniversaries

February

2 Richard Manrique

12 Frank Butler

17 Anv: Dan & Katrina Johnston

21 Darby Cook

Board Meeting Highlights

(for official copy of minutes, ask Secretary Linda)

January 30, 2007

The 7:00am board meeting was called to order by Pres. Char.

Attendance: Palmer, Ron, Pamela, Linda B, Kevin B, Glenda, Bob M, Jack S, Darby, Kate.

Darby reported on the financial status. Administration Fund is now solvent.

Glenda presented a number of items for consideration: This year it was decided that allotted fund usually given to Cancer Relay for Life be reduced. \$250 of it will continue for Cancer Walk in June, and \$250 will be given to March of Dimes Walk in April. A \$100 donation to the Northwest International Medical Team was sent.

Additional requests for donations: Danielle Patrick for a High School sponsored trip to Washington D.C. and Matt Howard, a sophomore at Stanwood HS, who was paralyzed from tree falling on him during the winter storm. His home is being remodeled for his disabled needs. These requests were tabled until further information is collected.

Pamela reported Highway Rest Stop Dates given for our consideration: July 4th holiday covering full 3 days is offered. Decision was tabled until presented to club members at large.

Jack S - the annual insurance covering our club's Board of Directors was due February 1st. A check of \$500 was issued.

Kevin B reported that Cancer Relay for Life has received outstanding response this year. Two additional club members are sponsoring their own teams (Stacey and Richard.)

Kate - Scholarship Fund applications are available at the High School.

Char - "Everyday Hero Award" will be presented to Tracy Ulrich who organized the "Christmas House" for the needy in our area.

Glenda - Senior Project for the Stanwood Senior Center is still in need of drivers. Although many have signed up, more available drivers would be nice. Members will drive their own cars and select the day, time, and areas available for transportation.

Char received a Fund Raising Project Letter from the Harlem Globe Trotters Basketball Association. Pamela will seek additional information.

Respectfully submitted - Linda Boland, Secretary

Comings and Goings

(continued from page 1)

Everyday Hero for her work as a foster parent.

December's Every Day Hero is Tracy Ulrich from the Christmas House of the local food bank.

There are several service projects out there, waiting for participants - see page 5 for more details on how you can help!

David and his first grade class at Twin City Elementary thank you very much for your wonderful support of their school's phone book recycling fundraiser.

If you haven't chosen a committee, pick one! Figure out how you will use your talents to help keep our club active in our community. Our club can do great things when everyone pitches in to help.

See page 4 membership committee report. Pres. Char is challenging everyone to bring in one new member this year - who will you ask?!?

Be on the look-out for Every Day Heros in Stanwood/Camano! Each month with the help of the local Police or Fire Departments, our club will choose an **Every Day Hero** to give a special framed award certificate and medal to.

The person (or persons) will be someone from the community who did something that makes them a hero in some measure, great or small. If you know of someone in our community who deserves nomination for this award, contact the EDH nominating committee.

See news about all **committees** on page 3.

Highlights of the January **Board Meeting** are on page 4.

GREETINGS FROM THE MEMBERSHIP COMMITTEE

Have you asked? I have made a promise to myself for each of us to bring in a new member this year, and I know we can do this! New hands, minds and energy! Let's let others know the fun we have, the friends we make and the good works we do in our community and for our children! Just ask!!! ~Membership Chair, Char~

Interclubbing... On the Go!

This last month with our Division Meeting and then last week in La Connner. It is so much fun going to these clubs, getting to know other Kiwanis members and knowing the things they do. Interclubbing is fun!!!! Please say yes the next time!!! Once you have gone I know you will be hooked!
~Char

More Great Recipes from Char's Kitchen...

It's COLD———Let's have SOUP!!!!

Baked Potato Soup

¼ cup (1/2 stick) butter ¼ cup chopped onion ¼ cup all-purpose flour
1 can (14.5 fl.oz.) chicken broth 1 can (12 fl.oz.) evaporated milk
2 large or 3 medium baking potatoes (baked)

Toppings: cooked crumbled bacon, shredded cheese, sliced green onions

Melt butter in large saucepan over medium heat. Add onion; cook stirring occasionally, 1-2 minutes or until tender. Stir in flour. Gradually stir in broth and evaporated milk. Scoop potato pulp from 1 potato (reserve potato skin); mash. Add pulp to broth mixture. Cook over medium heat until mixture comes just to a boil. Dice remaining potato skin and potato(es) add to soup. Heat through. Spoon into bowls. Sprinkle each with toppings.

CANNED SOUP COMBOS:

*Tomato-chili Stew:

Mix one 11 ½ oz. can condensed bean with bacon soup, one 10 ¾ oz. can condensed tomato soup, one 10 ½ oz. can chili con carne without beans and 1 can water. Simmer 10 minutes. Serves 5

*Chicken-Curry Soup:

Mix one 10 ½ oz. can condensed cream of chicken soup, 1 ¼ cups milk, and ½ teaspoon curry powder: chill. Add 2 tablespoons snipped parsley. Serves 3

*Chicken-mushroom soup:

Combine one 10 ½ oz. can condensed cream of mushroom soup and one 10 ½ oz. can cream of chicken soup. Add one can of water: heat to boiling. Serves 4

*Creole Clam Bisque:

Combine one 11 ¼ oz. can condensed clam chowder (Manhattan style), one 10 ½ oz. can condensed chicken gumbo, and 1 can light cream. Heat. Serves 4

*Pea Soup Royale:

Combine one 11 ¼ ounce can condensed green pea soup, one 10 ½ oz. can condensed consommé, and ½ can milk; heat to boiling. Serves 4

SOUP ACCOMPANIMENTS:

For clear soups: Crisp crackers, cheese pastry, cheese-spread toast strips.

For cream soups: Seeded crackers, pretzels, cheese Popcorn, pickles, olives.

For chowders and meat soups: Oyster crackers, Melba toast, sour pickles, toasted garlic bread, bread sticks, relishes.

Enjoy! ~ Char

Community Service in Action

We will continue to donate cards to the Josephine whenever they come in. Keep collecting!

Notecards, birthday and other greeting cards that you don't need or don't have a use for – the residents can use them.

We have our Seniors Project for the year! Do you have a car and a few hours once a week, once a month, once every few months to a drive a senior citizen from the Stanwood Senior Center to a doctor appointment, wait and take them back again? The time commitment is up to you, if you are available when they call. The more volunteers, the easier it will be to find a driver when they have the need. There is a sign-up sheet which includes the days of the week you might be available (M-F), the time of the day (morning, afternoon or either), and the cities you are willing to drive to (anywhere from Everett up to Mount Vernon). Please add your name to the list!

Lastly, we have two different walk teams needing support this Spring. One is the March of Dimes WalkAmerica April 28 and the other is Relay for Life for the American Cancer Society June 1-2.

Our Relay team is already signed up and you can register to be part of that team online – contact Kevin B for details. Last year's team was very successful, let's do it again!

We need a few people to join Erika's family in supporting the WalkAmerica. We'll get our team registered and then you will be

able to sign up online. Team members will raise funds prior to the event and then have a fun walk (takes about an hour to do) around North Everett, followed by food, music and fun at Legion Park. You start at 8am and are done long before noon.



Plan to be a part of one of these teams either as a participant or with some financial support to a member who is participating.
Community Service Chair ~ Glenda

