

Stan-Cam Happenings

Stanwood-Camano Kiwanis Club
Pacific Northwest District
Division 21



Vol. 06/07 Num. 7
April 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.

Mailing Address:

PO Box 583
Stanwood, WA 98292

Club Officers

President: Char Peiffer

87 Lynn Drive
Camano Island, WA 98282
phone: (360) 387-2643

email: tomcharpeiffer@mindspring.com

Secretary: Linda Boland

phone: (360) 387-3366
email: lbmft@wavecable.com

Treasurer: Darby Cook

phone: (360) 939-2225
email: darbycook@hotmail.com

Pres. Elect: open

Vice Pres.: Erika Sigmon

phone: (360) 629-3363
email: erikas.fssi@verizon.net

Board Members:

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

website: www.pnwkiwanis.org

Editor: Erika Sigmon

(425) 231-2924; (360) 629-9973
erikas.fssi@verizon.net
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

We've decided to extend our **4th Thursday at Noon meeting**, so April, May and June we'll be meeting at Noon for lunch instead of 7am. We'll have another vote in June to decide whether to keep it going. There will NOT be a buffet, you will be ordering off the menu, so plan to come a little early or phone in your order so it is ready when you arrive at noon. It's nice to see the faces of those who usually can't make morning meetings!

April 7 is **Kiwanis One Day**. We'll be joined by the K-Kids for a fun event at the senior center, helping seniors who live in the apartments there to decorate Easter eggs. Come from 1-3pm, bring your entire family! We'll be decorating eggs and cupcakes - yum!

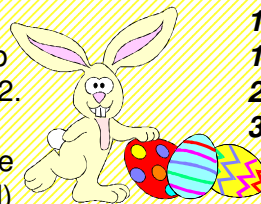
Continued on page 4 . . .

Club Meetings

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

April Programs

- 5 Jack Peary
- 12 Mick Hanson
- 19 Ron Frey - Club
Elections, see p 2.
- 26 Noon Mtg:
Richard Manrique
(KIF Skip-A-Meal)



May Programs

- 3 Dan Johnston
- 10 Linda Littlefield
- 17 Bob Mitchell
- 24 Noon Mtg: Betty Peary
- 31 White Elephant auction for Admin
fund - bring your items & your
checkbook!



[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

April

- 7 **Kiwanis One Day** decorate
Easter eggs with Seniors and K-
Kids at Stanwood Senior Center.
- 8 **Easter**
- 26 KI Foundation Skip-a-Meal
donation taken during meeting.
- 24 Club Board Mtg, 7am
- 28 March of Dimes WalkAmerica,
8am, Legion Park, North Everett
- 28 **Operation Clean Sweep**,
Stanwood - see p.5.

May

- 5 Camano Climb (Saturday)
- 12 Assemble Playground Equipment
at Preschool, 9am.
- 13 **Mother's Day**

- 18 Dedication of Playground
- 28 **Memorial Day**
- 29 Club Board Mtg, 7am

Future Dates

- Jun 1-2** Relay for Life
- Jul 5-8** Kiwanis Intl Convention, San
Antonio, TX
- Jul 5-9** Rest Stop Coffee & Cookies
fundraiser
- Jul 15** Division 21 Picnic
- Jul 20-22** Art By the Bay - fish & fry
sales
- Aug 2-5** Fish & Fries at the Fair
- Aug 23-26** PNW District
Convention, Tacoma, WA
- Sep 8** Club Installation Picnic

From the President . . .

It's finally Spring! The flowers are coming up, the trees are blooming, the Robins are back and so are the Humming Birds. So where is the warm weather?

This month we (6) went to Abbotsford for our Zone Conference. We had an enjoyable trip up and back! This was a great chance to enhance and update communication within our Zone, and also a great chance for seeing other Kiwanians that we don't get to share with that often. Thank-you to Howard for driving, Jack P, Linda, Bob M, and Glenda for going. Also this wasn't a great back day for me, so thanks for Glenda and Linda for watching out after me and Howard for the wonderful heat in the seat of his car!

This was passed on to me recently, with a few added words of my own, here goes:

"Sweet Taters"

Some people never seem motivated to participate, but are just content to watch while others do the work. They are called "Spec Tater's".

Some people never do anything to help, but are gifted at finding fault with the way others do the work. They are called "Comment Tater's".

Some people are very bossy and like to tell others what to do, but don't want to soil their own hands. They are called "Dick Tater's".

Some people are always looking to cause problems by asking others to agree with them. It is too hot or too cold, too sour or too sweet. They are called "Agie Tater's".

There are those who say they will help, but somehow just never get around to actually doing what they promised. They are called "Hezzie Tater's".

Some people can put up a front and pretend to be someone they are not. They are called "Emma Tater's".

Then there is the Stanwood-Camano Kiwanis Club who love others and do what we say we will do. We are always prepared to stop whatever we are doing and lend a helping hand. We bring real sunshine into lives of others. We are called "SWEET TATER'S".

Thanks for all that you do for our community and our children!

God has truly blessed us in serving! *Pres Char*

THE DIVISION 21 WEBSITE: www.snohomishkiwanis.org/D21.htm

Division 22 has graciously asked us to share their web access. Now we have our own spot to use for our clubs. Check it out. Our club's newsletter has been posted there for several months now.

Club Elections - April 19th!

Open positions for 2007-2008 are:
President, President-Elect, and two Board Members
(to serve 2007-2010)

Talk to Jack P or Pamela if you are interested, otherwise they will be calling you!

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



Have you invited
someone to
Kiwanis, lately?

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 Advisor:

K-Kids Advisor: Kathleen 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



The books for the Haike Orphanage are being sent to Africa, but the Post Office needs more funds to cover the cost. The K-Kid's coin drive for Cystic Fibrosis is going well.



The K-Kids will join us in the 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! 25 K-Kids and their parents and siblings are planning to join us for this event.

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!

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 May), 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 April, May and June 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 - see page 5 - and helping the Camano Lutheran childcare center create a safe play-area for preschool children - see calendar, p. 1, and board mtg notes on p. 4.

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 date for doing the rest area over the 4th of July long weekend - it could be a very lucrative weekend - many travelers.

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! See their report on page 6.

Keep up the good work everyone!

Birthdays & Anniversaries

April

7 Linda Littlefield

9 Jim Piccolo

19 Peggy Burr

22 Steve Boskovich

25 Anv: Jerome & Jennifer Burnett

25 Kevin Burham

27 Kristi Friday

Board Meeting Highlights

(for official copy of minutes, ask Secretary Linda)

March 27, 2007

Called to order at 7am by Char.

Attendance: Char, Pamela, Palmer, Carolyn, Howard, Jack P, Linda B, Kate, Jack S, Glenda, Bob M, and Darby.

Motion to dispense reading of minutes passed.

Treasurer, Darby reported that Admin Fund had lessened; Project Funds being used well; and Scholarship Fund is ready for this year's applicants.

Char reported that the playground equipment would be delivered in next few weeks. There was consensus that we get a "Held Harmless" form signed by the property owners and co-op owners.

Char presented the informational booklet titled, "Kiwanis Is A Verb." Tri-City Kiwanis publishes this for chapter usage. MSP to purchase 20 of these at \$2.70 each. Booklets to be offered to new club members and available for perusal.

Howard reported that search for a trailer was narrowing. Jack S will aid him in decision. Jack also explained the liability aspects of such a purchase.

Linda shared the activities of the K-Kids. The Post office needs extra postage for the books sent to Haik Orphanage in Ethiopia.

The young people are also planning to attend the April 7th outing to color Easter eggs with the Stanwood Senior Center inhabitants. Their Cystic Fibrosis Fund Drive is doing well.

Jack Peary reported that we had 3 Interclubs in March. We have 21 Interclubs to date. We plan to have an Interclub with Mt. Vernon and help them with their Tulip Festival Salmon BBQ Project. Char has times when help would be appreciated. She also has discounted tickets available.

Kate shared that Scholarship committee received only 30 applications. Decisions will be completed by April 12th.

Glenda said that the members that drive Seniors to appointments from Stanwood Senior Center are much appreciated. Jack P will check on a Court Yard project at Josephine Senior Home. Palmer shared that in 1976, Kiwanis poured a sidewalk there. He did not think there was a plaque of recognition on the installation.

Every Day Hero Award is still waiting for the health of the recipient to improve before recognition is given.

Meeting adjourned.

Respectfully submitted,
Linda Boland, Secretary

Comings and Goings

(continued from page 1)

The **Camano Climb** is fast approaching - mark your calendar, keep the date clear. We will need everyone's help that day - more details to follow. The registration form is posted on Tim's website: www.stanwoodvelosport.com, so if you know anyone in need of a registration form, send them there.

There are several **service projects** out there, waiting for more participants and sponsors - see all of page 5 for more details on how you can help during the coming months!

Club Elections are this month - see calendar and page 2.

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 March **Board Meeting** are on page 4.

March 31st – Sunday April 22nd **Mt. Vernon Salmon Barbeque**. Char has discounted tickets for sale. South Mt. Vernon could use some help on their scheduled days of Mondays. Char has volunteered for the 2nd and 16th of April. Please come and join Char in giving them a hand!!!

GREETINGS FROM THE MEMBERSHIP COMMITTEE

More hands mean new ideas, more participation in current activities and more new friends! We need are club to grow with at least 7 new members before October. This is not impossible! All you have to do is ask!!! When you are asked what Kiwanis is about be proud of saying, "Kiwanis is a Global Organization of Volunteers, Dedicated to changing the World One Child and One Community at a time.

ALL YOU HAVE TO DO IS ASK!!! ~Membership Chair Char

Community Service in Action

Our **Senior Project** is very much appreciated by the seniors who need to get to appointments. We could use more volunteers so if you have not signed up and would like to help, let Glenda or Lynn know.

You can volunteer for any day of the week and for how far you are willing to drive. You always have the option to say "no" when called if the time is not convenient for you - then the next person on the list will be contacted to see if they can do it. Thus, the more who sign up as possible drivers, the more likely someone will be available to help when needed. So far we have ten on the list.

Jack P is finding out about a senior project with **Josephine Sunset Home**, so stay tuned!

If you will not be involved with the March of Dimes walk (or want something to do that afternoon), then consider participating in "**Operation Clean Sweep**" in Stanwood on April 28.

Design Stanwood and the city are asking everyone, residents and businesses, to come together to pickup litter, sweep and otherwise help spruce up the town.

Volunteers can give as much time as they can. Check-in starts at 9am in the old Thrifty Foods parking lot and will continue throughout the day. Volunteers are asked to wear sturdy shoes, "grubby" clothes and bring their own gloves and rake. All you have to do is show up and they will give you something to do!

If you go, wear something Kiwanis and turn in your hours to Secretary Linda B for her monthly report. We may try to get a group to go at the same time, too.

~ Glenda, Community Service



March of Dimes

Calling on anyone ever touched by the March of Dimes! Did you or your children take the polio vaccine? You've been touched! Do you know a child who was born prematurely and needed the NICU (Neonatal Intensive Care Unit) and/or surfactin therapy to help them survive? You've been touched! Did you know that it's important for women who can be or are pregnant to take Folic acid to reduce the occurrence of birth defects? You've been touched. All these things and more are what the March of Dimes has helped develop over the years to help everyone have healthier babies. And you can help!

Our Kiwanis WalkAmerica team needs your support. The walking is easy - it's a couple miles of gentle walking in North Everett along Grand and Colby culminating at Legion Park where the celebration begins. We all walk together along the route - plenty of time to socialize! There will be two check-points along the way with water, snacks and port-a-potties! Plus, there is a shuttle, if you need a ride to the finish. Finding sponsors for your walk is as easy as emailing or asking 10 friends to donate \$20 each - suddenly you have \$200 for the MOD and a great T-shirt to show off at the next Kiwanis meeting! Contact Erika to sign up or just go to www.walkamerica.org/377402 this is our team page - go to the bottom and click to register on our team. Erika and her family are registered under Team Sigmon: www.walkamerica.org/332842. Erika is team captain for both teams. You are welcome to take a look at both sites and sponsor Erika, Dave and their boys in Team Sigmon and our members on the Kiwanis team with monetary tax-deductible donations.

The walk is on Saturday, April 28, starting and ending at Legion Park in North Everett. Erika will be turning in all our money/online donation sheets from our team on Bank Day on the Thursday before the walk, so you will have any incentive prizes (t-shirts) to wear at the walk. Check-in starts at 8am, Stretching and team roll call at 8:30am and the walk starts at 9am. We are usually done walking by 10-10:30am and the celebration, with free food, music and activities for the kids (and grown-ups) goes until about 11:30am or noon. You are welcome to bring your furry friend along for the walk - dogs need to stay on a leash and you need to pick up after them, of course. (Each check point along the walk route has a water bowl for dogs and sometimes they get treats, too!)

Support Cancer Research

The Stanwood Area Relay for Life is coming in June. Kevin B is our team leader and now has 13 members signed up on our team! Plan to sponsor one or more of them if you aren't walking this year! Luminaries will be distributed soon -

these are bags that you can decorate in memory of someone who had cancer or in support of someone surviving cancer. They will be lit up with candles around the track in a ceremony the evening of the event.

If you know a survivor (anyone currently living with cancer - in remission or not!), ask Kevin about the survivor lap and how you can ask that person to be involved. Survivors get to take the first lap, get a free t-shirt and goodies afterward to celebrate life.



More Great Recipes from Char's Kitchen...

ICE CREAM SAUCES:

Fruit Sauce:

2 Tbsp sugar 1 Tbsp cornstarch ¼ cup light corn syrup
1- 16 oz package frozen sliced strawberries, thawed
1 Tbsp lemon juice 1 cup sliced banana

In a saucepan, combine sugar and cornstarch; stir in light corn syrup. Add thawed strawberries. Cook; stir constantly; till slightly thickened. Stir in lemon juice; cool. Just before serving stir in the banana. Makes 2 cups

Blueberry Sauce:

In a saucepan, combine 1 cup sugar, 2 tablespoons cornstarch, ¼ teaspoon nutmeg, and a dash of salt; gradually stir in 1 cup boiling water. Cook and stir till mixture thickens and boils; cook 2 minutes more. Add 2 cups fresh blueberries; return to boiling. Remove from heat; stir in 3 tablespoons lemon juice; cool. Makes 3 cups

Rhubarb Sauce:

3 cups rhubarb, cut in 1 inch pieces
½ to ¾ cup sugar ¼ cup of water
Bring rhubarb, sugar, and water to boiling; reduce heat. Cover and cook slowly about 5 minutes, or until tender. Makes 2 cups

Daffodil Lemon Sauce:

Mix ½ cup sugar, 4 teaspoons cornstarch, dash of salt, and a dash of nutmeg. Gradually stir in 1 cup of water. Cook and stir over low heat until thick and bubbly. Stir a little hot mixture into 2 beaten egg yolks; return to hot mixture. Cook and stir 1 minute. Remove from heat; add ½ teaspoon grated lemon peel, and 2 tablespoons lemon juice; blend. Makes 2 cups

These are great recipes, try one the next ice cream is on the menu!

Enjoy! ~ Char

Interclubbing ... On the Go!

This month we had 3 interclubs: two for going to Abbotsford and one for visiting our K-Kids.

You would be pleasantly surprised how much fun you have going to visit the different clubs. We share our ideas and pick up on theirs. Every Club is a little different but the main thing is we are all Kiwanians!

Please join us next month.

~ Interclub Chair, Jack P.

KIDS CORNER:

Fun With Finger Paints

3 Tbsps sugar
1 cup cornstarch
2 cups cold water
Food coloring

Detergent (liquid dish soap)

Mix together sugar and cornstarch. Add water, cook over low heat, stirring constantly, until well blended. Divide mixture into 4 or 5 portions, add different food colorings to each, plus a pinch of detergent. Bring out the paper, and have fun!

Play Dough:

1 cup flour ½ cup salt
1 teaspoons vegetable oil
1 teaspoon Alum

Mix ingredients and add a little water until consistency of mixture resembles bread dough. (No more than ½ cup water.) Add food coloring to water before mixing. Store in an airtight container or plastic bag. This play dough lasts a long time. While you are busy baking, little hands are busy creating as well.

Have Fun! -Char-

WHAT'S ON THE KIWANIS WEB?

www.kiwanis.org

Planning to attend the International Convention in San Antonio, Texas, this summer? Register by April 14 and you save \$50! You can register online, just go to the website and click on the San Antonio convention box at the bottom of the screen!

Kiwanis International has a new recruiting contest - 1-2-3 You Hold The Key. It runs from July 1, 2006 through June 1, 2007. Check out the details on the website and start recruiting new members!

THE PNW DISTRICT WEBSITE:

www.pnwkiwanis.org

The website setup has changed - go check it out. There are links to the International Convention from the home page, too.