

Stan-Cam Happenings

Stanwood-Camano Kiwanis Club
Pacific Northwest District
Division 21
Vol. 06/07 Num. 8
May 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
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Secretary: Linda Boland

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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

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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

We've decided to extend our **4th Thursday at Noon meeting**, so May and June we'll be meeting at Noon for lunch instead of 7am. We will 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!

Our **Kiwanis One Day** event was fun! The turn out was sparse for our first try, but those who did attend had a great time coloring eggs and decorating and eating cupcakes. Several K-Kids came to help along with their parents and their faculty advisor.

Our March of Dimes WalkAmerica team walked on April 28. We raised \$1,170 for healthier babies so far! You can still donate to our team online:

Continued on page 4 . . .

Club Meetings

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

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!



June Programs

- 7 Tom Peiffer
- 14 Jim Piccolo
- 21 Ron Frey
- 28 Noon Mtg: Laura Peterson

[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.]

SUMMER

Calendar of Events

May

- 5 Camano Climb (Saturday)
- 12 Assemble Playground Equipment at Preschool, 9am start.
- 13 *Mother's Day*
- 18 Dedication of Playground, 11am.
- 19 Children's Art Fair, 10-3pm.
- 28 *Memorial Day*
- 29 Club Board Mtg, 7am

June

- 1-2 Relay for Life
- 14 *Flag Day*
- 17 *Father's Day*
- 26 Club Board Mtg, 7am

Future Dates

- 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 . . .

April has gone by us so fast! May is going to be busy and exciting! I am really looking forward to our bike ride, playground work days and playground dedication! We will have our Lt. Governor Ken Bell and our Governor Laurie Bryant at the dedication. The kids are already getting excited, so please put May 18th at 11:00am on your calendar. This event is sure to put a smile on your face and in your heart!

May 13th is Mothers Day. Let's take time to remember all moms everywhere. May 28th is Memorial Day. Let's take time to remember our family and friends, those who are serving in the military, and those who have lost their lives giving us our freedom we so cherish.

Thank you for all you do in our community and for our children.

Prez Char

2007-2008 Club Officers

President: Tom Peiffer

President-Elect: Erika Sigmon

Vice President: Linda Littlefield

Secretary: Linda Boland

Treasurer: Darby Cook

Board

07-08: Kevin Burham, Bob Mitchell, Carolyn Tobiason

08-09: Palmer Sather, Pamela Barton

09-10: Howard Quigley, Basil Badley

" If your actions inspire others to dream more, learn more, do more and become more, you are a leader."

John Quincy Adams

Did you know . . . ?

. . . that Kiwanians are ordinary people who perform extraordinary "hands-on" work. Our 270,000 adult members annually invest more than 6 million hours and \$100 million in projects that strengthen our communities and serve children.



I bet you know other ordinary people who would love to do extraordinary things - invite them to a meeting - have them join you at one of our projects - these are the best ways to give someone the "Kiwanis" bug, through experience! It all starts by ASKING!

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 K-Kids who came to our One Day Project at the Senior Center had a lot of fun decorating eggs with the few seniors that joined us. Next year we'll surely have more seniors to participate with us as word gets out how much fun it was!



The kids have a couple months left of school before summer break, that leaves room for another project or two before they leave for vacation. The books for the Orphanage have been sent and their fundraiser for Cystic Fibrosis research went well.

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 6 for their report.

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

The **Young Children Priority One** committee invites everyone to help the Camano Lutheran childcare center create a safe play-area for preschool children - see calendar, p. 1.

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 5.

Keep up the good work everyone!

Birthdays & Anniversaries

May

11 Bob Jacobs

15 Glenda Mitchell

15 Anv: Tim & Deanna Kramer

16 Dennis Lindsay

17 Anv: Walt & Heather Thomas

22 Kate Wigner

28 Lynn Wilkerson

Board Meeting Highlights

(for official copy of minutes, ask Secretary Linda)

April 24, 2007

The 7am board meeting was called to order by Pres Char at the Viking Restaurant.

In attendance were: Char, Jack P, Palmer, Pamela, Howard, Linda B, Bob M, Glenda, Kate, Erika, Jack S, Carolyn, Darby.

MSP to dispense reading of minutes.

Treasurer Darby passed out monthly financial sheet and all in all, the club finances are quite solvent.

Old Business:

Easter Egg Decorating at Stanwood Senior Center with our Elger Bay K-Kids: although attending numbers were not as we anticipated, participation was good, and the event was well organized by the Kiwanis team.

Howard reported that the purchased trailer for our fundraising needs will be most adequate when the plywood sides are installed.

Notice will be sent to State that we are no longer interested in Road Clean-Up Program.

New Business:

Bike Climb, May 5th. Most committee areas are filled. We will promote more in the local paper for the event!

The 2007-2008 slate of Officers and Board Members were read:

- President Tom Peiffer
- President Elect Erika Sigmon
- Vice President Linda Littlefield
- Secretary Linda Boland
- Treasurer Darby Cook
- Board 2007-2008 Kevin Burham, Bob Mitchell, Carolyn Tobiason
- Board 2008-2009 Palmer Sather, Pamela Barton
- Board 2009-2010 Howard Quigley, Basil Badley

Playground installation will begin after the morning meeting, May 10th, and also Saturday, May 12th, with the help of the Boy Scouts. Community Dedication will be May 18th.

May 19th, at Stanwood Middle School the Stanwood Resource Center is hosting a Youth Art Show. We will set up a craft table for making bookmarks with children.

Erika requested a renewal of our sponsorship of Pack 86 Cub Scouts. MSP to sponsor the pack.

Kate Wigner reported that at least 60 hours were spent reviewing Scholarship applications. Recipients will be finalized within the week.

It was suggested that we set up a Phone Tree to remind members of the Noon meetings once a month.

Char Peiffer offered a Hot Dog Family picnic with out Kiwanis Club and Elger Bay K-Kids. The plan is for a Saturday in June.

We were reminded of the July 3, 4, 5, Rest Stop Fund Raising.

Meeting was adjourned at 8:00am.

Respectfully submitted,
Linda Boland, Secretary

Comings and Goings

(continued from page 1)

www.walkamerica.org/377402 will get you to our team page and you can donate to the team or pick a particular team member at the bottom of the page. Thanks everyone!

The **Camano Climb** is the first Saturday of May. We will need everyone's help that day - if you are not signed up to help or aren't sure what your job is, contact Tim Kramer ASAP! Don't miss out on the fun!

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!

Saturday May 19 we will host a craft table for children to make bookmarks and we'll do face painting during the **Children's Art Fair** - see page 6.

Club Election results are listed on the bottom of page 2.

See page 6 **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 April **Board Meeting** are on page 4.

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!

~ Glenda, Community Service

Interclubbing . . . On the Go!

Interclubs have not been set yet for the month of May. Interclubbing is fun -- you get to meet other Kiwanis members and see the different ideas they have for projects, fundraisers, etc. So this next month when asked to volunteer, we would love to see you come along!

~ Jack P. Interclub Chair

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! The team has \$510 toward's it's \$3000 goal. The team is ranked 12th in donations collected so far. Let's push that total closer to our goal! You can go to the team webpage and donate securely online at: www.acevents.org/relay/wa/stanwoodcamano. Then look up our S/C Kiwanis team in the team list (Team Rank . . . more). You can sponsor the team or you can choose an individual member of the team to sponsor.



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, usually starting at 10pm. The public is invited to come to this ceremony.

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...

Time again for Picnics and BBQ'S: If you are taking the salad here are some great one's!

Bean 'n' Corn Salad:

1 can (15 oz) black beans, rinsed & drained 1 jar (13 oz) corn relish
 ½ cup kidney beans, rinsed & drained ½ cup quartered cherry tomatoes
 ½ cup chopped celery ¼ cup chopped sweet orange pepper
 ¼ cup sliced pimiento-stuffed olives 2 tsp minced fresh parsley

In a large bowl, combine all ingredients. Cover and refrigerate until served. Makes 12 servings.

Chicken-Cashew Rotini Salad:

1 pkg (16 oz) rotini or spiral pasta 4 cups cubed cooked chicken
 1 ½ cups sliced celery ¾ cups thinly sliced green onion
 1 cup seedless green grapes 1 cup seedless red grapes
 1 pkg (6 oz) dried cranberries 1 can (20 oz) pineapple tidbits (drained)
 1 cup ranch salad dressing ¾ cup mayonnaise
 2 cups cashews

Cook pasta according to package directions. Meanwhile, in a large bowl, combine the chicken, pineapple, celery, onions, grapes and cranberries. Drain pasta and rinse in cold water; stir into chicken mixture.

In a small bowl, whisk the ranch dressing and mayonnaise. Pour over salad and toss to coat. Cover and refrigerate at least 1 hour before serving. Just before serving stir in cashews. Makes 12 servings.

'Pea 'n' Peanut Salad:

1 pkg (10 oz) frozen peas, thawed 1 c. dry roasted peanuts 1 c. chopped celery ¼ c. chopped red onion
 6 bacon strips, cooked & crumbled 1 c. mayonnaise ¼ c. prepared zesty Italian salad dressing

In a large bowl, combine the peas, peanuts, celery, bacon and onion. In a small bowl combine the mayonnaise and Italian dressing. Pour over salad and toss to coat. Chill until served. Makes 5 servings.

More recipes on page 6 . . .

GREETINGS FROM THE MEMBERSHIP COMMITTEE

I am really asking for help here!!! We need at least 7-10 new members before October 1st. We can do this! All you have to do is ask!
~ Membership Chair Char

Kid's Art Fair

Come help kids make art and put art on their faces on Saturday, May 19. We'll be setting up a table with supplies for kids to create their own bookmarks and we'll be painting faces during the 9th Annual Youth Arts Festival sponsored by Stanwood Camano Community Resource Center. Plan to help during one of two shifts, 10am to 12:30pm or 12:30pm to 3pm, or help with set-up or clean-up. You can encourage creativity and help with the bookmark area or help paint faces (no prior experience required!). Just remember to mark your calendar for Saturday, May 19, 10am-3pm, at Stanwood Middle School, near the post office. Sign-up during a meeting or contact Erika to reserve your choice of shifts!

More Great Recipes from Char's Kitchen...

(continued from page 5)

....OR....

If you are taking the dessert, this was my Great Grandmother's recipe, it was always the best and still is at our gatherings!

Applesauce Cake:

¼ cup shortening	1½ cups applesauce (unsweetened)		
1½ cups sugar	1 egg, beaten	2 cups flour	2 tsp soda
1 tsp salt	2 tsp cinnamon	1 tsp cloves	
1 tsp vanilla	1 cup raisins	1 cup walnuts	

Heat oven to 350*. Cream shortening. Add sugar egg, and applesauce. Combine flour, soda, salt and spices. Add to applesauce mixture. Add vanilla, raisins and nuts. Bake for 45 minutes in 9x13 pan sprayed with non-stick cooking oil.

For the Kids . . .

This is a great dessert recipe to let the kids or grandkids stir. They will have fun and feel special! Served in a bowl or on a cone, watch the twinkle in their eyes!

Strawberry Shortcake Ice Cream:

1 pint strawberry ice cream, softened	
½ cup sliced fresh strawberries	¼ cup marshmallow crème
2 slices frozen pound cake (¾ inch thick), cubed	

In a bowl, combine the ice cream, strawberries and marshmallow cream until blended. Very gently fold in cake cubes.

Serve immediately.

5 servings

Enjoy! ~ Char

Helpful Hints

submitted by Laura

After drying sheets, put both sheets and one pillowcase in the other pillow case. Fold neatly in a square. Next time you change sheets, you just take the one pillow case and all the sheets and pillow case are inside. No need to look for matches. Takes up less storage room too.

Clean your glass shower: To clean the glass in your shower easily, apply lemon juice to the glass with a sponge. Then, take newspaper and wipe the lemon juice off the glass. It will be clean and sparkle with no scrubbing!

Reheat Pizza: Heat up leftover pizza in a non-stick skillet on top of the stove, set heat to med-low and heat till warm. This keeps the crust crispy. No soggy micro pizza.

Expanding Frosting: When you buy a container of cake frosting from the store, whip it with your mixer for a few minutes. You can double it in size. You get to frost more cake/cupcakes with the same amount. You also eat less sugar/calories per serving.

No More Mosquitoes: Place a dryer sheet in your pocket. It will keep the mosquitoes away.

More next month . . .

Just for Fun!

Take 60 seconds to do this, I guarantee you will show someone else; it's too funny not to.

1. go to www.google.com
2. click on "maps"
3. click on "get directions"
4. type "New York" in the first box (the "from" box)
5. type "London" in the second box (the "to" box)
6. click on "get directions"
7. scroll down to step #23