

Stan-Cam Happenings

Stanwood-Camano Kiwanis Club
Pacific Northwest District
Division 21



Vol. 06/07 Num. 6
March 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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Vice Pres.: Erika Sigmon

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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

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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.

Mark your calendar for **Kiwanis One Day**. We'll be joined by the K-Kids for a fun event at the senior center, helping seniors decorate Easter eggs. More details to come, but save the date!

Continued on page 4 . . .

Club Meetings

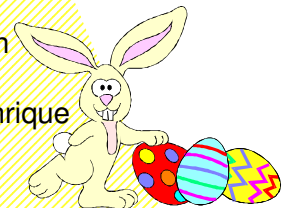
Contact Tom Peiffer or a person listed below with any program ideas.

March Programs

- 1 Nancy High
- 8 Palmer Sather
- 15 Tim Kramer
- 22 NOON mtg - Glenda Mitchell -
Diana Koub, Activity Director,
Joshepine Sunset Home.
- 29 White Elephant Auction - see p.3

April Programs

- 5 Jack Peary
- 12 Mick Hanson
- 19 Ron Frey
- 26 Richard Manrique



[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

March

- 11 Daylight Savings Time begins -
Spring Ahead!
- 17 Zone Conference, Abbotsford,
BC, see page 2.
- 17 St. Patrick's Day
- 27 Club Board Mtg, 7am

April

- 7 Kiwanis One Day (K-family
service day); decorate Easter
eggs with Seniors and K-Kids at
the Senior Center.
- 8 Easter
- 22-28 KI Foundation Skip-a-Meal
- 24 Club Board Mtg, 7am
- 28 March of Dimes WalkAmerica,
8am, Legion Park, North Everett

Future Dates

- May 5 Camano Climb (Saturday)
- May 12 Assemble Playground
Equipment at Preschool, 9am.
- May 18 Dedication of Playground
- 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 . . .

Well the Ground Hog didn't see his shadow, but it is still cool outside! March will be here tomorrow and we have daylight savings time early; sunshine and the flowers are starting to come up (some even blooming). Then we have spring clean up to do, along with gardening. The good news however is that we have a lot of exciting projects coming up in our club, including our playground for toddlers. The equipment has been ordered and should be here in a few weeks, then we can go to work and have fun! The following was shared with us from Lt. Gov. Ken Bell, at our last Division Meeting:

Gardening Tips for Club Growth

1. *Plant plenty of Peas*
 - * Preparedness
 - * Planning
 - * Politeness
 - * Promptness
 - * Protocol
 - * Plenty of Fun
2. *Don't Forget to Include Some Squash*
 - * Squash Gossip
 - * Squash Criticism
 - * Squash Negativity
3. *Remember to Plant Some Lettuce*
 - * Let Us Care for One Another
 - * Let Us be Faithful and Loyal to Our Club, Our Division, Our District, and to Kiwanis International
 - * Let Us Determine What Our Community Needs Are, and Then, Help to Fulfill Those Needs
4. *And there must be Some Turnips*
 - * Let Us Communicate with the Media, with Friends, and with All We Meet that We Are Kiwanians
 - * Let Us Survey Our Members to See if We Can Make Our Club Meetings better
 - * Turn Up for Meetings
 - * Turn Up for Projects
 - * Turn Up for Division, Zone, District and International Conventions, Conferences and Meetings
 - * Turn Up for CLE (Training)
 - * Turn Up with New Ideas
 - * Turn Up with the Determination to Do a Better Job Today than You Did Yesterday
 - * Turn Up to Create and to Share in the Fun of Kiwanis

Sounds like good gardening to me! Have a great month, and thanks for all that you do in making our Kiwanis Club so Great!!!

Prez 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.

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



Zone Conference

Did anyone say "ROAD-TRIP!!!!"? This year's Zone Conference is 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. We have seven members currently signed up to attend.

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



Kathleen Nelles, the K-Kid's advisor, reports that the books for the Haik Orphanage are done and ready to be sent off. The K-Kids worked hard counting cans for a successful food drive at EBE. On March 1st they will have a special speaker coming to discuss Cystic Fibrosis. The plan is to do a coin drive for a special 1st grade girl at EBE who has CF.

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 - 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 5.

Keep up the good work everyone!



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

Birthdays & Anniversaries

March

- 1 Jack Stedman
- 2 Howard Quigley
- 11 Ray Skrinde

Board Meeting Highlights

(for official copy of minutes, ask Secretary Linda)

February 27, 2007

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

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

Motion passed to dispense reading minutes.

Treasurer - Darby passed out monthly financial sheet and all in all, the club finances are sound at this time.

Char reported that playground equipment for Priority One Project at Camano preschool has been ordered and half of the expenses paid. 9:00am, May 12th is the work date for installation. Boy Scout Troop 86 has offered their help. Dedication of the playground will be May 18th.

"Every Day Hero Award" will be given when one of the ladies nominated is in better health.

Jack P scheduled two interclubs in February to South Mt Vernon and Marysville. Both were well attended and enjoyed.

Attendance at Boy Scout Awards Banquet was well attended. Troop 86 very much appreciated the \$400 donation that Frank and Char presented to them from our club.

Glenda reported that Governor's Project at Stanwood Senior Center is being utilized more and much appreciated. Members have volunteered to drive seniors

to local appointments. The activities director from Josephine Home will speak this month. They have a possible project for their established Memorial Garden.

Our club gave \$200 donation to Danielle Patrick for her Stanwood HS sponsored trip to Washington DC.

We are gearing up for Camano Climb Bike Ride. Tim K and Bob M have begun the process.

Howard presented the need for a small trailer that could haul the fryer to various locations. A stipend of \$500 was allotted for this purpose.

Kate reported that Scholarship forms are now available via the internet from Stanwood HS.

Pamela explained a possible holiday fund raiser: Gingerbread House display and competition with Soup and bread, and children's corner. More planning is forthcoming.

Linda B has received Banner, patches, pins, membership cards, information packets for our Elger Bay K-Kids. We plan an Interclub for the presentation of these materials to them.

Monies for Char, Tom P, Bob M, Glenda, Jack P, Howard and Linda B were sent for Zone Conference in Abbotsford, BC, March 17.

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 participants - see page 5 for more details on how you can help!

Our club sponsors the local **Boy Scout Troop** - see page 6.

Sign up to be a member of our **March of Dimes WalkAmerica** team - see page 5 for more info.

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

Committee assignments are listed on page 3 - if you aren't on the list yet, pick a committee and get involved!

Mukilteo Kiwanis is having their second annual pancake breakfast on March 10, 8am-noon, at Olympic View Middle School - \$5 for all you can eat!

GREETINGS FROM THE MEMBERSHIP COMMITTEE

If you want to do something special for your President ask someone you know to come to our Kiwanis meeting! We only need seven more new members to meet our goal and get a dues money rebate next year (for our admin. fund). All you have to do is ask!!! Please!!!

~Membership Chair, Char

Community Service in Action

We are off to a good start on our new Senior Project. Three people drove seniors to their doctor appointments in February. There will probably be more as the word gets out about this service. 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.

We may have another senior project coming up with Josephine Sunset Home, so stay tuned!

~ Glenda, Community Service

We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop.

~ Mother Teresa

Interclubbing . . . On the Go!

This last month we visited Marysville and South Mt. Vernon. It is always great fun to visit these clubs.

In the month of March we will have two interclubs going to Abbotsford, BC, on the 17th. We do hope to get at least one more in before then. If you have not been to another club, come and join us!!!! Interclubbing is fun, and what WONDERFUL, GREAT, KIWANIS people you get to meet!!!!

~ Interclub Chair Jack P.



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!)

By the way, you will also see some Kiwanis members from Silver Lake at the event, they usually help with registration and do face painting in the children's activity area at the end of the walk.

PS: According to the Kiwanis March of Dimes representative, during the one week in November when all the Coin Star donations were credited to Kiwanis, we raised \$10,421.35 for healthy babies! Just over \$140 of that was from our club! What a great way to use our spare change!

Support Cancer Research

The Stanwood Area Relay for Life is coming in June.

Contact Kevin B to be part of the team. Or plan to sponsor one or more of the team members!

If you know a survivor, ask Kevin about the survivor lap and how you can ask that person to be involved.





Boy Scout Troop 86

For those of our Kiwanis club, most of us are aware that we sponsor Boy Scout Troop 86. Steve Andrews was our recent speaker at a morning meeting. He is a long time

adult participant with the troop and is the adult advisor to the Order of the Arrow. Whereas, most boys in the troop attain their final affiliation with Boy Scouts at age 18, this Order of the Arrow, allows boys to continue to age 21. This elite corps is not open to just anyone; boys are nominated to the Order of the Arrow, generally after attaining the Eagle Scout level. They must also pass several "ordeals" which are not easy.

Patterned after certain aspects of Native American culture, our local O.A. group adopted the Northwestern Coastal Indians to emulate in some of their ceremonial accoutrements. Mr. Andrews brought one of the hand drums and two of the impressive "button blankets", made of black and red blanket material and mother of pearl buttons. These blankets are similar in design to the traditional local tribal blankets, but unique to the Order of the Arrow.

As a follow-up to the opportunity to hear Mr. Andrews, he invited our Kiwanis members to their court of honor and dinner last Sunday evening. Nine Kiwanis members attended, and were honored as the supporting organization. In addition to a wonderful lasagna dinner, we enjoyed seeing a display of patches and neck scarves inherited by one of the scouts, and the awards ceremony in which some of the boys attained a new level and received merit badges. We also viewed a CD video of the Mt. Baker Council leadership training and an overview of the Scouting program with an emphasis on pledging financial support.

In the event that anyone doubts the value of the Boy Scouts, Mr. Andrews shared some statistics at our meeting. Nationwide, for every 100 youth who join the Scouts, only rarely will one be brought before Juvenile court; 3 will become Eagle scouts; 12 will have their first contact with a church; 5 will earn their church award; 1 will enter the clergy; 18 will develop hobbies used during their adult life; 8 will enter a vocation that was learned through the merit badge program; 17 will be future Scouting volunteers; 1 will use his/her Scouting skills to save a life; 1 will use his/her Scouting skills to save his/her own life. Several past United States presidents have been Boy Scouts, too.

~ Submitted by Pamela

Light Strawberry Pie:

- 1 can (8 ounces) unsweetened crushed pineapple
- 1 package (.8 ounce) sugar free cook and serve vanilla pudding mix
- 1 package (.3 ounce) sugar free strawberry gelatin
- 3 cups fresh cups sliced fresh strawberries
- 1 reduced fat graham cracker crust (8 inches)
- ½ cup reduced fat whipped topping

Drain pineapple, reserving juice in a 2-cup measuring cup. Set pineapple aside. Add enough water to juice to measure 1-1/2 cups; transfer to a saucepan. Whisk in the pudding mix and gelatin until combined. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Stir in pineapple. Remove from heat; cool for 10 minutes. Add strawberries; toss gently to coat. Pour into crust. Refrigerate until set, about 3 hours. Garnish with whipped topping. Refrigerate leftovers.

Enjoy! ~ Char

More Great Recipes from Char's Kitchen...

YUMMY PIES

Raspberry Shortcake Pie:

- 1 cup frozen non-dairy whipped topping, thawed
- 1 jar (7oz) marshmallow cream
- 1 cup raspberry sherbet, softened
- 1 container (6oz) low fat raspberry yogurt
- 1 cup fresh or frozen raspberries
- 1 shortbread pie crust

In medium bowl whisk together topping and marshmallow cream until combined; stir in sherbet and yogurt. Place raspberries in crust. Spoon topping mixture over raspberries. Freeze at least 4 hours or until firm.

Let stand at room temperature for 15 minutes before cutting.

Store in freezer.

Key Lime Pie:

- 2 eggs
- 1 egg yolk
- 1oz can sweetened condensed milk
- 2 Tbsp water
- ½ cup fresh or bottled key lime juice or ½ cup lime juice
- 1-2 drops green food coloring
- 1 tsp grated lime peel
- 1 cup whipping cream
- 2 Tbsp sugar
- ½ tsp vanilla
- 1 Graham Cracker Pie Crust
- Key Lime slices or lime slices

In a large mixing bowl beat eggs and yolk with a wire whisk until combined. Gradually add milk to yolk, beating until combined. Add lime juice, water, food coloring and lime peel. Whisk until well mixed. Pour into crust. Place on a baking sheet. Bake at 350* for 20 min. or until almost set in the center. Cool on wire rack for 1 hour. Refrigerate at least 4 hours.

Chill small mixing bowl and beaters of electric mixer. In chilled bowl beat cream, sugar and vanilla on medium speed until stiff peaks form. Pipe or spoon whipped cream around edge of pie.

Garnish with lime slices.