

### Tillicum inducts two new members

*John Bruce, February 18th 2012*

President Paul Howe turned our February 13th weekly meeting over to Division 22 Lt. Governor and fellow member Jim Garcia to lead our club in the induction of two new members into the Tillicum. Cliff Bailey introduced Richard Beidle, his brother-in-law and Gary Maxfield introduced his friend Allen Stewart whom he met at the Senior Center. Jim reviewed the six objects of Kiwanis and what is expected of new members and what they can expect from the club. Welcome Richard and Allen and enjoy!



### A Word from the Food Bank

*Elizabeth Grant, March 31st 2012*

The numbers are continuing to climb at the Snohomish Community Food Bank, which isn't always a good thing. Sadly, for many families, using the food bank means there are struggles. As a comparison: In 2009, we served 4,760 households, including 22,578 people. In 2010, we served 11,076 households, including 30,728 people; and in 2011, the number of households jumped to over 13,010 with 37,000 people. The need is great and higher in the history of our service to our families, but that need is consistently met. In 2009, the food donations came in at 397,993 and in 2011, we received an overwhelming 749,316 pounds of food!

The financial support has been increasing with the need, as well. In 2009, \$133,000.00 in funding came in and then jumped over 80% two years later. Through individual contributions and corporate grants, the Food Bank was given nearly \$240,000.00 this past year to underwrite our programs and operations.

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*Food Bank volunteers get ready to spread Christmas cheer for the 2011 season*

## Kiwanis Club of Snohomish Tillicum

### OFFICERS

#### **President**

*Paul Howe 425-397-2714*

#### **Immediate Past President**

*Gary Maxfield 425-397-9733*

#### **President Elect**

*Jim Rahm 360-568-3590*

#### **VicePresident**

*Stuart Snyder 425-334-1620*

#### **Secretary**

*Laurel Elmer 360-568-6976*

#### **Treasurer**

*Sonia Rahm 360-568-3590*

### BOARD OF DIRECTORS

#### **2011-2012**

*John Bruce 425-280-9579*

*John Diel 425-397-8283*

*Ann Eason 360-568-6664*

#### **2011-2013**

*Art Langdon 360-568-7810*

*Jerri Wirt 360-563-0437*

*Bob Heirman 360-568-4083*

#### **2011-2014**

*Frank Spaetig 360-668-3980*

*Nola Schaus 425-334-1088*

*Paul Schaus 425-334-1088*

### KIWANIS INTERNATIONAL

#### **International President**

*Alan Penn*

### PACIFIC NORTHWEST DISTRICT

#### **Governor**

*Claudell King*

### DIVISION 22 Lt. Governor

*Jim Garcia*

**We meet on Mondays at 10am**

St. Michael's Catholic Church  
1512 Pine Ave Snohomish, WA

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People power is what makes this food bank operate on a day-to-day level. In 2009, there were 60 volunteers who came in week after week to do their assigned task. These jobs include sorting produce, picking up groceries, packing and rotating non-perishables, serving the clients, stocking shelves, checking expiration dates, organizing the coolers and freezers and general maintenance. Today, there are 130 and in 2011, they worked a collective 22,008 hours.

Yes, the numbers are increasing, but when the need is met with generosity, we know that our community truly takes care of its own. Thank you, volunteers Pat Luesada, Joan Keller, Marilyn Jones, David Pesznecker, and John Bruce and the Tillicum Kiwanis for being a part of the solution. Your participation is greatly appreciated!

## Happy Easter

Dear Kiwanis Family

Easter is around the corner. Every year seems to roll by faster and faster to this beautiful time of the year. Spring is the time when we start to dust off everything put away for the winter and we get ready for the outdoor life that Spring & Summer brings to us.

One Kiwanian can dream to make this a better world

One Club can take the first step to start the journey

One Division can bring together many willing hearts

One Region can frame the goal.

One District can light the candle to wipe out the darkness

One Nation can show we care

One World can bring peace to all

Let us pray that we will have a world free of cancer

The spirit of Easter is all about Hope, Love and Joyful living.

Thank you for being part of the Kiwanis Family.

Happy Easter!

Jim Garcia, Lt. Governor  
PNW Kiwanis, Div. 22

**Next Board Meeting is April 16th, 2012**



Just look and see who was caught celebrating after a hard day volunteering at the Snohomish Food Bank. Happy Birthday, Pat!!!

# April 2012

Flower: **Daisy**

Birthstone: **Diamond**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 April Fools Day 	2 10 am Club meeting Birthday	3	4	5	6 Good Friday 	7
8 Easter 	9 10 am Club meeting	10	11	12	13 Joined 1996 Gary Maxfield 	14
15 Joined 1996 David Pesznecker	16 8:30 am Board meeting 10 am Club meeting	17	18	19	20	21 Kiwaniis One Day 
22	23 10 am Club meeting	24 Birthday Jerri Wirt Richard Jarratt 	25	26	27	28
29 	30 10 am Club meeting					

# May 2012

Flower: **Lily of the Valley**

Birthstone: **Emerald**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Joined 2010 Jerri Wirt 	2	3	4	5 Cinco de Mayo 
6	7 10 am Club meeting	8	9	10	11	12 
13 Mothers Day 	14 10 am Club meeting	15	16	17 Birthday Sonia Rahm Div 22 meeting	18	19 Armed Forces Day 
20 	21 8:30 am Board meeting 10 am Club meeting	22	23	24	25	26
27 	28 10 am Club meeting Memorial Day	29	30	31		

## Teddy bear clinic takes fear out of doctor visits

By Sylvie Berry, *The Paris Star* Published March 1, 2012 in *The Paris Star*

PARIS, ONTARIO, CANADA—One by one, teddy bears lined up for a check-up at the Willet Hospital over the weekend.

Some fit, some hurting and wounded all went through the process of visiting with a triage nurse, a doctor and then the treatment room.

“This is a very fit bear,” said retired registered nurse Fran Lainson to Amelia Edgar and her teddy, Bruno.

The six-year-old girl arrived at the clinic with a friend, Bruno and her mom, Jennifer. “This is a great opportunity to come in and do something fun for the kids,” Jennifer said. “It’s good for them to see what happens with the doctor when they aren’t sick and scared, but happy and healthy.”

The **Kiwanis Club of Paris-Brant** hosted its first Teddy Bear Clinic on Saturday, Feb. 25. The exercise was created to help ease children’s fears and worries of doctors and hospitals. Throughout the afternoon, kids brought their teddies for a medical examination and repair if needed and to learn about the different tools and methods of a family practitioner.

“The kids are enjoying it,” said Lainson. “It’s important to show them these things since most children don’t have a hospital experience often, which can be frightening. We’re showing them that we’re not going to hurt them.”

At the triage station, teddies were weighed, measured and had their hearts listened to with a stethoscope. Dr. Jane Anwan took a closer look at each teddy bear by checking the health of their ears, throat and so on. Afterward, depending on the diagnosis, the bears were repaired or sent home with a clean bill of health.

Scott Weavers brought his daughter Rosslynn, 3, with her teddy bear, who had an injured foot. “She was upset about the hole in his foot and knew he needed to see the doctor,” Weavers said. After a Kiwanian sewed some felt onto the bear’s foot, Rosslynn left all smiles with her teddy and a sticker in hand.

“I think it’s great and this part really alleviates a lot of fear that kids might have,” said Kiwanian Jessica Henderson.

“I have a child afraid of the doctor, and exercises like this give them a sense that everything is going to be OK.”

Within the first half hour, nearly 10 children stopped in with their teddy bears.

“We give huge thanks to the Willet for providing us with all the medical equipment we needed and Sobeys for the juice boxes they donated,” said Kiwanis Club of Paris-Brant president Sheila Moore.

The club meets every second Wednesday of each month at 6 p.m.

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## Make a difference with Skip-A-Meal

We dare you to go hungry for one meal—or more, if you’re up for the challenge. Why, you might ask?

Each April, Kiwanis-family members and friends serve children by participating in the [Skip-A-Meal](#) program. The concept is easy and the payoff is great. Just skip a meal during the day—at work, home or a meeting, then donate the money you would’ve spent on the meal to Kiwanis International Foundation, which will help children in need.

Can’t skip a meal? No worries. You can still participate by donating and inviting others to join in the fun.

Plan your club’s Skip-A-Meal program today! Download the [Skip-A-Meal placemat](#) for some extra party flair