

Saturday, April 4th - 'Tis a Busy day!!

Kiwanis One Day Saturday, April 4, marks the third annual observance of Kiwanis One Day, a day when Kiwanis and its family of clubs—Kiwanis Junior, Circle K, Key Club, Aktion Club, Builders Club, and Kiwanis Kids—join forces with their communities for a day of hands-on service. A lot of good work gets done on this day, work that increases Kiwanis' presence in the community and builds awareness about the value of service.

More than 600 Kiwanis-family clubs participated in the inaugural Kiwanis One Day, and Kiwanis hopes to double that number this year. Projects undertaken run the gamut from beach clean-ups to book drives, playground maintenance to pet days at senior centers, health fairs to high school beautifications.

The MS Walk at the Tulalip Amphitheatre in Snohomish County is the third largest (and growing!) Walk MS event in Washington, with over 1,000 participants in 2008 and even more expected in 2009! It is an incredible experience to share with others who have also joined the movement and are walking for a world free of MS.

The Start/Finish point for Walk MS in Snohomish County returns to Tulalip Amphitheatre in 2009. What you need to know about the venue:

- Easy to locate, right off of Interstate 5
- No dogs except service animals
- Traffic can be heavy so give yourself plenty of time to travel and park
- Start off with a hot cup of coffee, fruit, and a delicious breakfast treat while you listen to the morning program.
- As you walk on the beautiful 3-mile route, snack on Oh Boy! Oberto beef jerky that you will receive along the way.
- After crossing the finish line enjoy a delicious Oh Boy! Oberto sausage.

The best part is that this is free and open to all walkers, so continue to recruit your friends and family to join you for this special event!



2009 Walk MS

Saturday, April 4, 2009
Tulalip Amphitheatre
10200 Quil Ceda Blvd
Tulalip, WA 98271
8:30 a.m. Registration
9:00 a.m. Program
9:30 a.m. Walk



Continued on page 2

Saturday, April 4th - 'Tis a Busy day!! (continued from page 1)

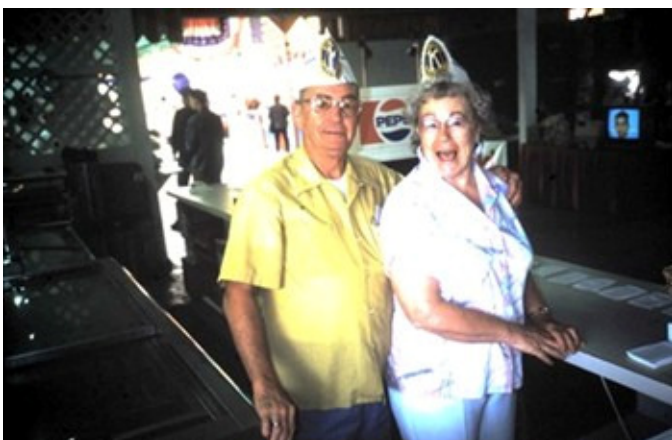
City of Snohomish Cleanup Day. The annual City Wide "Spring Clean-Up in Snohomish" is Saturday April 4, 2009, 8 a.m. - 4 p.m. The Spring Clean-Up is a cooperative partnership event sponsored by the Snohomish Chamber of Commerce, City of Snohomish, Works/Facilities departments, Snohomish Lions, Snohomish Kiwanis and Tillicum Kiwanis.



Community residents, students and all service organizations are invited to join with these groups for a day of clean up in City Parks, along city streets and at City entrances. This project qualifies to fulfill school community service hour requirements. Beginning at 8:00 a.m., you are encouraged to bring gloves, a rake and shovel to the Waltz Building, 116 Avenue B, where you will receive a clean up assignment. The Snohomish Kiwanis and Snohomish Lions clubs will provide lunch for all clean up volunteers at the Waltz Building from 11:00 a.m. until 1:00 p.m

On Spring Clean up day, Snohomish Residents can bring garbage, construction debris, yard waste, demolition, and recyclable scrap metal items, (no paint), to the Snohomish City Works Yard, 1801 First Street, - 8:00 a.m. to 4 p.m. Appliances (\$20 for Freon Containing items and \$10 for all others). You Must have a Snohomish City utility bill or drivers license to confirm residency

From the Archives



UPCOMING EVENTS

- Mar 12** Monroe Club, Division 22 Council meeting, 7pm
- Apr 4** City of Snohomish Cleanup day
- Apr 4** MS Walk—Tulalip Amphitheater
- Apr 4** Kiwanis One Day - Annual Special Day of Service
- Jul 25-28** Kiwanis International Convention Nashville, Tennessee
- Aug 13-16** Pacific Northwest District Convention, Medford, Oregon

Chair persons

Month		Programs		Interclubs
March	— —	Art Langdon	— —	Paul Howe
April	— —	Cliff Bailey	— —	Jack King
May	— —		— —	Frank Spaetig
June	— —	Gary Maxfield	— —	Jim/Sonia Rahm
July	— —		— —	Bob Fisher
August	— —	John Bruce	— —	Wally Walsh
September	— —	Doris Wentworth	— —	Jack King

April Programs

- April 6** Bill Mester — Superintendent of Snohomish School District
- April 13** Janice Ellis — Sno County Prosecuting Attorney
- April 20** Nick Harper — Sno County Conservation Director
- April 27** Jim Dean — Principal Glacier Peak High School / Key Club members

Kiwanis Club of Snohomish Tillicum

OFFICERS

- President**
James McAllister 360-563-9293
- Immediate Past President**
John Bruce 360-863-3838
- President Elect**
Frank Spaetig 360-668-3980
- VicePresident**
Gary Maxfield 425-397-9733
- Secretary**
Sonia Rahm 360-568-3590
- Treasurer**
Donna Walsh 360-568-5936

BOARD OF DIRECTORS

- 2008-2009**
Melody Beckdolt
Bob Heirman 360-568-4083
Marilyn Jones 360-568-1253
- 2008-2010**
Art Langdon 425-334-8258
Don Ness 425-334-7871
Jim Rahm 360-568-3590
- 2008-2011**
Laurel Elmer 360-568-6976
Bob Fisher 425-334-1683
Paul Howe 425-397-2714

KIWANIS INTERNATIONAL

- International President**
Don Canaday
- Immediate Past President**
Dave Curry

PACIFIC NORTHWEST DISTRICT

- Governor**
Wendy Falkowski

PNW DIVISION 22

- Lt. Governor**
Larry Merwin

Next Executive Board Meeting is April 20th

Our web address: <http://snohomishkiwanis.org/tillicum.htm>

We Sell Batteries!!

See John Diel



Quote of the Day

"How old would you be if you didn't know how old you was?"
Satchel Paige

MEETING TIME:

Mondays 10:00 AM
St. Michael Catholic Church
1512 Pine Avenue
Snohomish, WA

Please give John Bruce, Jim Rahm or Wally Walsh any corrections you observe. Also any articles for the newsletter are gladly accepted.

Thank you!

March 2009

Flower: Daffodil


Birthstone: Aquamarine

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 10 am Club meeting	3 <i>Joined 2003</i> <i>Marilyn Jones</i>	4	5	6	7 Birthday Art Poier
8 <i>Joined 1993</i> <i>Uli Pierson</i>	9 10 am Club meeting	10 Birthday Jim Rahm	11	12	13	14
15	16 8:30 am Board mtg 10 am Club meeting	17	18 Birthday Stuart Snyder	19	20 Spring Begins	21 Zone Conference Surrey BC
22	23 10 am Club meeting	24	25	26	27	28
29 Birthday K Charnell ▶	30 10 am Club meeting	31 Birthday Pat Luesada				

April 2009

Flower: Daisy

Birthstone: Diamond

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 April Fools Day	2 Birthday Gary Maxfield	3 ◀Joined 2001 ◀H. Averill	4
5	6 10 am Club meeting	7	8	9	10 Good Friday	11
12 Easter	13 10 am Club meeting	14 ◀Joined 1996 ◀G. Maxfield	15 Joined 1996 D. Pesznecker	16	17 Joined 1989 Bill Blake	18
19	20 8:30 am Board mtg 10 am Club meeting	21	22	23 	24 Birthday Richard Jarratt	25
26 Birthday ▶▶ Irv Seaver	27 10 am Club meeting	28	29	30		

Do Not Go Gentle

The feisty man's guide to aging anything but gracefully

By Roy Rowan

Smithsonian magazine email, April 2009

She was so pretty, her face etched in sadness peering out the window of the bus. I guess my admiring stare caught her by surprise, because suddenly her face brightened, she stood up and offered me her seat.

"Really, do I look that old and tottery?" I thought. No woman had ever done that before. And why should they? My barber tells me my hair is thicker than most guys half my age. Even my kids believe I'm still sharp enough to conquer all the electronic equipment they give me for Christmas. And it wasn't that long ago that these two legs I'm standing on carried me through all twenty-six miles, three hundred and eighty-five yards of the New York City Marathon.

"Please," the young woman said, smiling and pointing to her vacated seat. Not a sexy come-hither smile, but a benign half-smile reserved for men rendered harmless by their advanced years. Again I thought, "Do I really look so non-threatening? How would she have reacted if I had said, 'Thanks, but why don't we get off this rattletrap and go have a drink?'"

Was it pride or plain stubbornness that kept me from accepting the proffered bus seat? Perhaps there's a more subconscious reason: a need to stand up for older age as a vibrant and productive time of life. So many of my contemporaries have given up and let themselves disintegrate during what they facetiously call their "golden years." And for some reason they seem to take pride in enumerating their ailments in what some wag called "organ recitals."



"Why don't you slow down and enjoy life?" friends keep asking. "Actually, I have," I tell them. "I walk instead of jogging, write articles without crushing deadlines and delight in spending hours sprawled on the floor letting my 8-year-old grandson teach me how to build towering structures with his Legos." But as for enjoying life, those well-meaning friends don't understand that for me, it's a matter of doing the things I've always done. More slowly, for sure, but more thoughtfully too, often mixing reminiscences with the job at hand.

My heroes are the two Pablos—Picasso and Casals—who pursued their painting and cello-playing well into their 90s; not the corporate titans whose golden parachutes landed them safely inside gated communities for unbroken days of golf, bridge and sunsets seen through a martini glass. Or voluntarily inhabit one of the 36,000 retirement communities with bucolic names like Sterling Glen, Pleasant Valley and Meadow Ridge. "Live the dream, an uncompromising lifestyle awaits you," one of their promotions promises. As far as I'm concerned, they can keep on waiting.

I still wonder why that young woman gave up her seat. It's not as if our bodies bear visible proof of our years like a tree's cambial rings or a male elk's antlers. And I'm not convinced that I really am all that old. I take heart in clichés such as "age is only a number" (my wife's, by the way, is unlisted). Of course, down deep I know our biological clocks keep ticking. Even so I'd like to think that ageless philosopher Satchel Paige had it right when he asked, "How old would you be if you didn't know how old you was?"

Kiwanis Club attempts world record to benefit food bank

March 16, 2009 from Kiwanis International website

NORTH MYRTLE BEACH – The North Myrtle Beach Kiwanis Club, in partnership with BiLo and Easy 105.9, will attempt to set a world record during “The Great Peanut Butter and Jelly Challenge.”

According to a news release, organizers will attempt to collect the most pounds of peanut butter and jelly in a 36-hour period. North Strand Helping Hand (NSHH) will receive the donated peanut butter and jelly to help to stock their food pantry. “Peanut butter and jelly is a staple that every family can use,” said Margaret Owens, executive director of NSHH. “With our client numbers on the rise, this will be a huge benefit for us.”

The world record attempt will take place at the BiLo on Main Street in North Myrtle Beach beginning at noon on April 3 and running around the clock until midnight on April 4.

Participants may bring unopened product to the donation center in the BiLo parking lot, or they may purchase the product at the store. BiLo will be running BonusCard® specials on their Southern Home brand of peanut butter, jam, and jelly.

Donors outside of the North Myrtle Beach area can visit their local BiLo and donate to their local food bank. Only the pounds donated at the North Myrtle Beach BiLo will count towards the world record.

“The work that North Strand Helping Hand does in the community is vital to the neediest people in society and mirrors BI-LO’s charitable philosophy,” said Greg Esper, manager of the North Myrtle Beach BiLo. “We are dedicated to helping in the areas of education, children and hunger relief and are honored to be a part of this event.”

Peanut butter donations to food banks have decreased due to the recent salmonella outbreak. According to food bank officials from the Lowcountry Food Bank, peanut butter in the jar has not been affected by the contamination.

Volunteers will be on hand to log in and weigh the donations. They will also be selling peanut butter and jelly sandwiches with the proceeds to benefit NSHH. Easy 105.9 will be broadcasting live, and peanut butter and jelly trivia contests will be taking place.

“We’re confident our listeners will rally around this great event,” said Matt Sedota, general manager of Easy 105.9. “It’s a quick, simple, and effective way to support Helping Hand, and for those of us that love a good peanut butter and jelly sandwich, it is a wonderful idea!”

Prior to April 3 and 4, donations can be dropped off at the North Myrtle Beach Chamber of Commerce or the North Myrtle Beach Aquatic and Fitness Center. Those donations will be delivered to BiLo during the world record attempt.

“Once we set the record, we would like for other food banks to exceed the record,” said Owens. “That would mean that another food bank is benefitting tremendously.”

NSHH is a United Way agency and is funded by 10 North Strand area churches. For more information about NSHH or this event, please call 843-399-0862.

Kiwanis Club of Snohomish Tillicum
PO Box 1274,
Snohomish, WA 98291-1274

