



THE SISKIWAN

CELEBRATING 35 YEARS

SISTERS KIWANIS CLUB, SISTERS, OREGON

DECEMBER 13, 2012 - VOL. 35 ISSUE 3

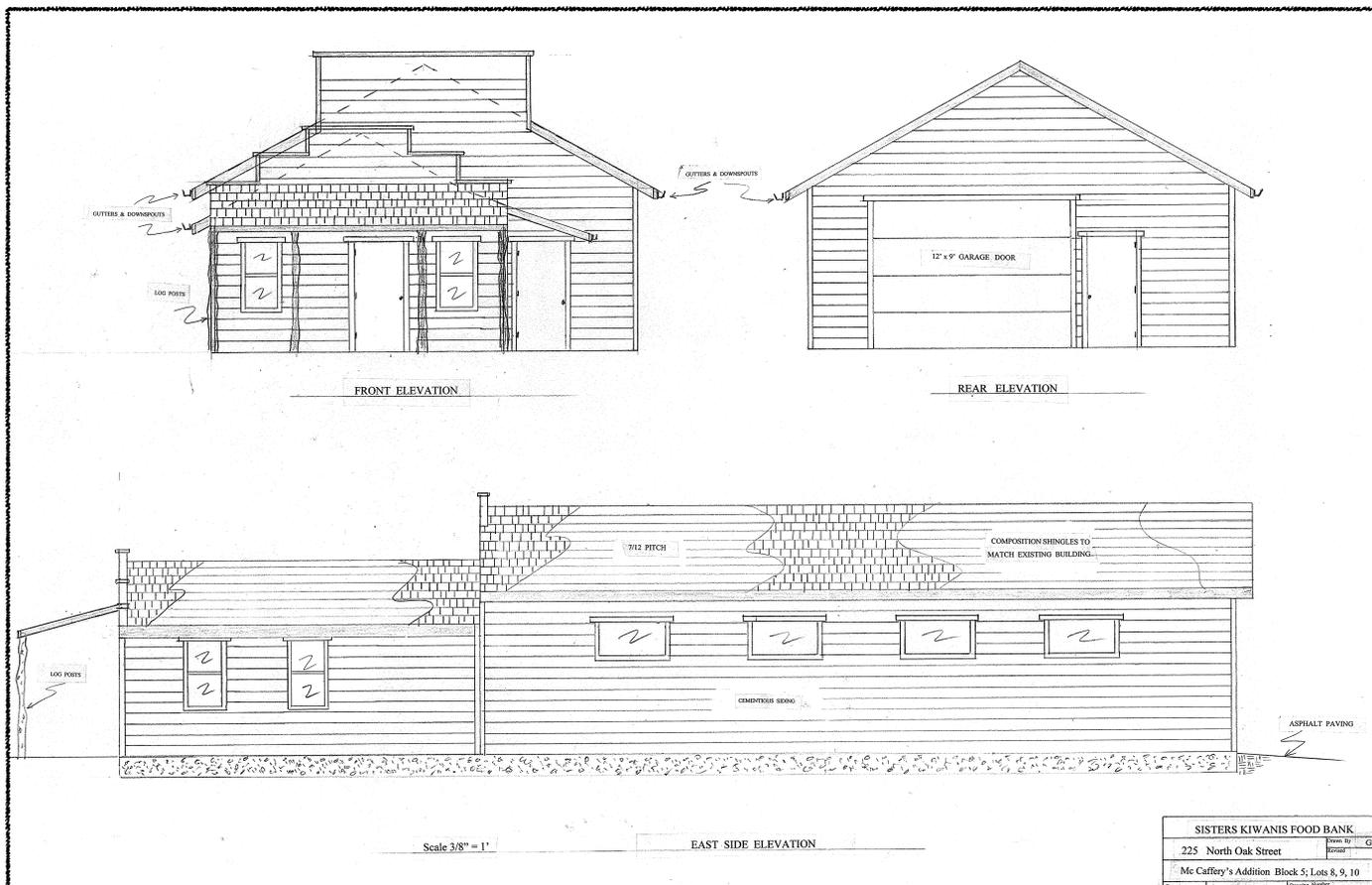
New Food Bank Project Unanimously Approved!

Contributed by Gary Kutz

Food Bank Project Contractor



Upon a unanimous vote of those present at the December 6th meeting, we are on our way to a new Food Bank warehouse! The existing Kiwanis garage will be razed in order to build a new building on the western 30' wide lot. This new building will include a distribution/storage warehouse and an office/reception area with an ADA approved restroom for our volunteers and clients. The food storage area will contain adequate space for food storage and a central conveyor for the food distribution boxes. We are so looking forward to this needed and very exciting project...including collaborative efforts with our community. Our goal to break ground is: **May 1st, 2013!!!**



SISTERS KIWANIS FOOD BANK	
225 North Oak Street	Area 10'
Mc Caffery's Addition Block 5, Lots 8, 9, 10	Permit
	Image 3/2/12

rendering by Gary Kutz

Gary Kutz drafted the plans for our new Food Bank storage building and office. The building will feature a facade fitting of Sisters' western theme as well as an ADA restroom, waiting area, and many new safety and process upgrades. The building dimensions will be: office 18 x 22' (396 SF), food storage 26' x 46' (1,196 SF) = total building 1,592 SF.

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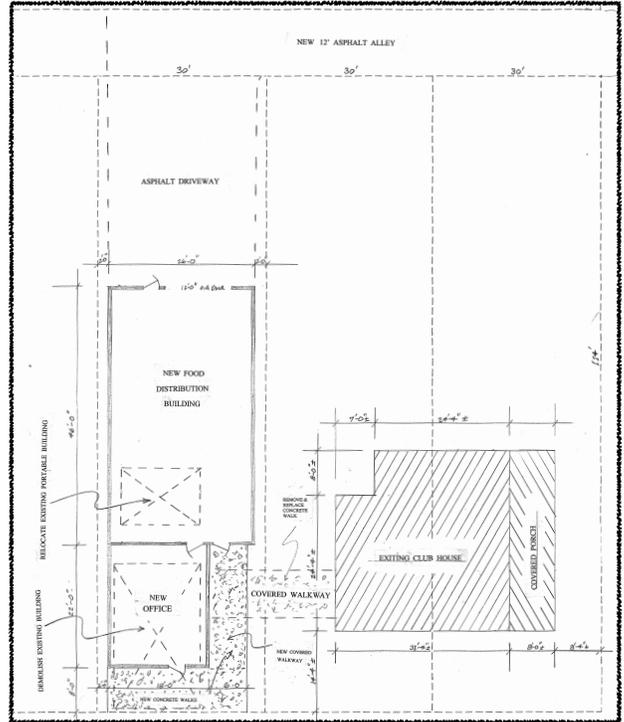
HEADLINES

Food Bank Project

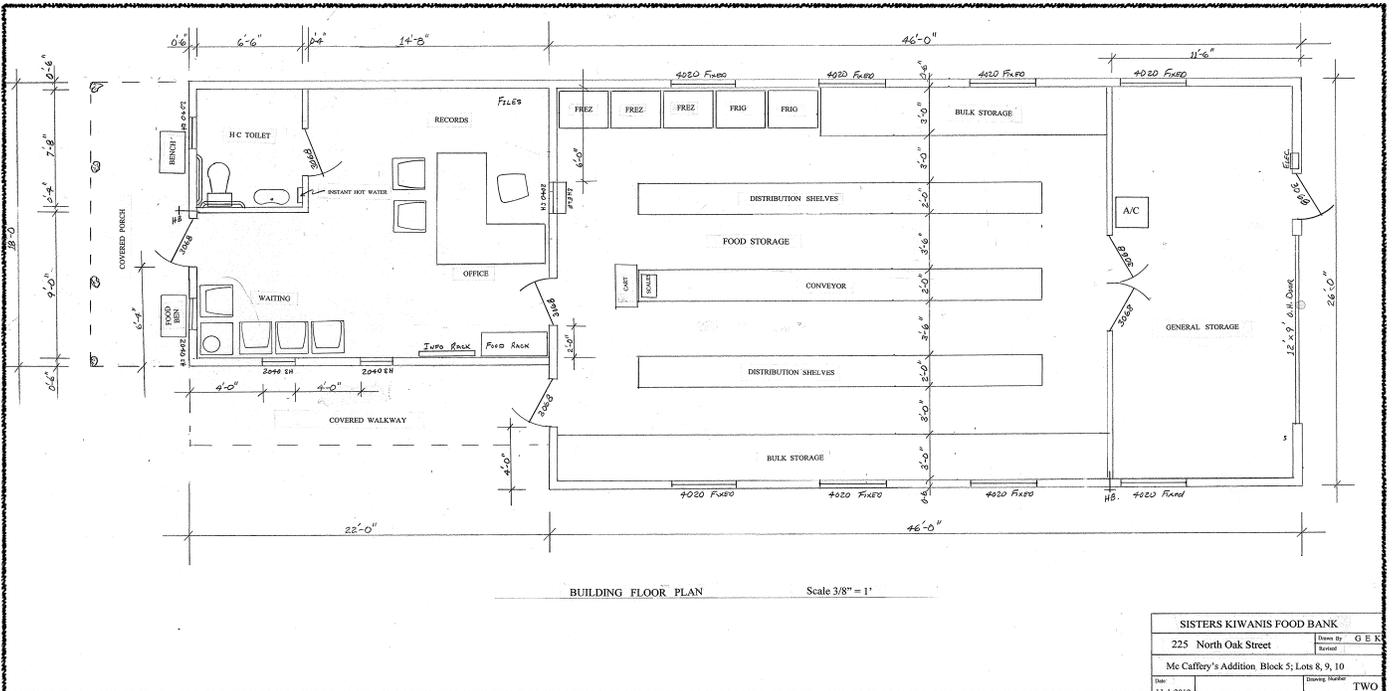
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photo by Jeff Omodt



rendering by Gary Kutz



rendering by Gary Kutz

Gary Kutz reviews the new Food Bank storage facility and office with the club members (above, left), an overview of the three lots of land owned by Sisters Kiwanis with the new food bank and office (above, right), and a conceptual layout for the inner workings of the food storage area and office. There will be storage racks on both sides of the building so that two people can do the food stocking and assembly. There is also a pass-through window from the office to easily hand off paperwork.

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Want more?

Visit our website:

http://sisterskiwanis.org/Siskiwan_Newsletter.html

PRESIDENT'S LETTER

FROM THE PREZ - DECEMBER 2012

Letter from our President, Dave Huni,



Greetings all!

Knowing my words will bring snow, I am disappointed with our Winter thus far.

Usually there is a rhythm to the season that snow helps along and I don't know about you, but I'm not feeling it yet. Don't get me wrong, **See's Candies** and the **Christmas Food Share** are steady and ready as always - great job by the new crew of **Tom K. and Gary Kutz** and all the sellers. And what about that UNANIMOUS vote last Thursday for the Food Bank project? What a great time to get started on this and to create some magic in the New Year for our community.

That brings me back to what I am grateful for at this time of the year. First, a healthy and vibrant club that people are proud to be a part of and contribute to. Second, that we are in a financial position to be able to support many charities and projects in our community. Third, we have lots of activities in the New Year lined up. Start thinking about how you'll help with quarterly blood drives starting in January, the Winter Soup Social on January 26th, the Science Club's Fair on February 23rd, or help us get ready for our summer fundraisers: the Antiques and Collectibles Sale, the Golf Tournament and Buckaroo Breakfast. If all that's just too much, come out and spend a relaxing weekend at Belknap Springs June 21st and 22nd...read on for more info inside the newsletter.

Merry Christmas and

Happy New Year!

President Dave



WOMEN IN KIWANIS - 25 YEARS

MEMBER PROFILE: **NAOMI ROWE**

by **Suzanne Carvlin**

Editor



Naomi Rowe has been an active Sisters Kiwanis Member since the year 2000 when her sister-in-law, Shirley Lalli, became her sponsor. Naomi is our 4th longest active female member of our club and has been a strong and consistent presence over the last 12 years. In addition to being club Secretary for four years (a detailed and necessary position), Naomi has ran the Food Bank, considered by members to be the most important cause of the Sisters Kiwanis Club, since 2008.

I sat down to chat with Naomi at her usual post at the Food Bank on a Thursday morning. Also present was Shirley Lalli who was helping out in the front office. When asked how Naomi first decided to join Sisters Kiwanis, Naomi explained, "I saw Shirley doin' it and I thought, you know, that looks good."

"I started coming to meetings in March, dragging Shirley to meetings while her husband was sick. In May, I was sworn in," Naomi stated.

Shirley credits Naomi with getting involved and trying to help her out when attending meetings was tough both emotionally and physically. Shirley said, "She kept telling me, come on, you've got to go!"

"Well, she'd been doing it for so long. She needed to keep going," Naomi explained, "We never did complete the ring of honor," Naomi informed Shirley with a look over her glasses.

Shirley responded, "We tried. But we just couldn't do it. There was so much going on."

"Now it is part of the membership process," Naomi said plaintively.

When Naomi joined in 2000, Jack Berry was President. Naomi fondly recalls when she and Jack and other Kiwanis members would cut wood for needy families. They would go into the forest and cut down cords of wood, haul them out and make them available to families who needed wood to keep warm through the winter.

It sounds like an organized process, but Naomi said that it was a bit crazy. "We had so many guys running around with chain saws, it's amazing no one cut their leg off," she laughed.

Naomi also began helping out at the Buckaroo Breakfast with Shirley. "I rolled utensils and napkins and handed them out," Naomi recalled.

Naomi remembered when Bill Spezza, a former Kiwanian who owned Ponderosa Heating, plumbed the Buckaroo Breakfast with the gas for the grills and the stove. "He checked all the

Naomi Rowe working at the Sisters Kiwanis Food Bank where you can find her almost every Thursday assisting our local community.



photo by Jeff Omodt



photo by Suzanne Carvlin

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WOMEN IN KIWANIS - 25 YEARS

MEMBER PROFILE: **NAOMI ROWE**

← continued from page 4

fittings and that they were all ok. And safe,” Naomi emphasized with a nod of approval.

“I used to get a kick out of Tim Comfort, the Elementary School Principal. He’d flip pancakes and he’d flip ‘em clear into the rafters and he’d expect someone to catch them when they came down.” More often than not, according to Naomi, someone caught the pancakes.

Naomi declared that she was the master of cooking eggs. “I learned how to flip eggs when I was a baker at The Gallery (Restaurant). I learned how to cook eggs working there. You can use a flat spatula and just flip ‘em over. Much easier than doing it on a pan at home.”

Being a waitress at the Gallery had its high moments and low moments for Naomi. “I had a nightmare. A recurring nightmare that I would forget everything being a waitress,” Naomi says, her eyes widening. “One time, I was a waitress, I forgot EVERYTHING. I forgot they were supposed to have utensils.... I forgot they were supposed to have milk for cereal.... I wasn’t cut out to be a waitress.”

Shirley Lalli who worked with Naomi at the Gallery would tease Naomi. Naomi remembered, “Shirley would say, ‘Naomi do you serve chain saws with your pie crust?’ Well that sat really well with that place full of people.”

“Naomi should have stopped me,” Shirley scolded. “She shouldn’t have let me talk to her like that.”

“Yeah, well....” Naomi replied.

Working the Buckaroo Breakfast was “hard work, but fun. I don’t know if I can do the breakfast next year. All that standing. Maybe I could take tickets and pass out utensils again.” (Editor’s Note: Take a memo Buckaroo Breakfast Committee, Naomi Rowe has signed up for ticket sales and handing out utensils.)

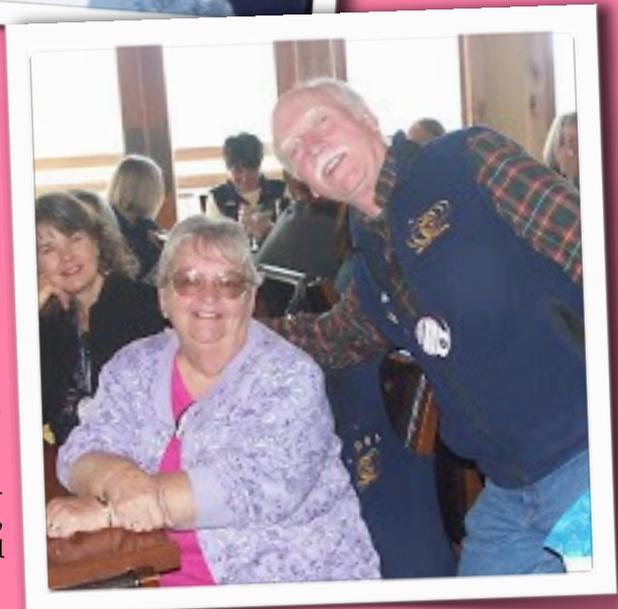
Not long after joining, Naomi became the Sisters Kiwanis Club Secretary.

“I liked it once I got goin’ at it,” Naomi stated. “Jean O’Hara was secretary when I was there and asked me to take it over for her when she would be gone for 6 months.”

Jean O’Hara had told Naomi that the job of secretary would be simple and straightforward and she showed Naomi what to do while she was away. At first, being the substitute secretary was fine, but after a few weeks, Naomi felt completely overwhelmed.



Naomi Rowe enjoying a moment at a weekly Kiwanis meeting (left) and presenting **Past-President Jeff Omodt** with his parting president gift.



photos by Dave Huni

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WOMEN IN KIWANIS - 25 YEARS

MEMBER PROFILE: **NAOMI ROWE**



continued from page 5

"It felt like someone had took a pit, filled it with snakes and pushed me in," she said in an alarming tone. "Every time you took a step, there was another snake to step on."

Naomi explained that the workload became unexpectedly large when she realized, "The Secretary had to keep track of every person in the club and what they were doing at all times. It all counted to perfect attendance."

Naomi said that Jean O'Hara came back from her time off, but that Jean was ready to relinquish the job of secretary. "She came back, but soon it was October 1st and I was voted in as secretary."

As secretary, Naomi found herself writing a lot of essays. "I would write essays on what the club does... and what the Food Bank does..." she gestured that there were many more essays that she had written. "It wasn't so bad," Naomi concluded.

In 2008, Naomi found herself running the Food Bank on her own. "Glen Keeran was in charge of the food bank. He died of mesothelioma - asbestos in pipes. He won a settlement. \$6,000,000 and willed it to his daughters and set up a scholarship for Kiwanis. After Glen passed, Garth Tosello ran the Food Bank for a year. I was secretary for 4 years and I took it over from him and managed it for year by myself."

Naomi said that running the Food Bank alone was too much work, "I told everyone that I ain't gonna do this by myself anymore. I wanted someone to come in and help out. Linda Walker stepped in to be manager if I would be the operator, do the paper work and I'd run the rest of it."

That is how the Food Bank has been running for the past three years. Linda Walker manages the Food Bank and Naomi is in charge of operations.

The Food Bank does have a list of criteria that needs to be met, including the maximum shelf date of cans that can be distributed to families. Over the years, Naomi has been able to find a way to extend the use of the food that our Food Bank receives.

"One day, a woman came in and she was really mad. She said that we should be able to give the (outdated) food to someone. She said that someone should be able to take it. So I called the Bethlehem Inn to give food that the Food Bank can't give away. They can see if the food is good and use it to cook meals for people."

Other means of progress have also come to the Food Bank, according to Naomi. "Within the last 2 years or so, Dave Huni got us computerized. We had index cards before. I still have all of the index cards. I kept 'em. You never know."

The Food Bank is a big time commitment and a lot of work. Why does Naomi continue to do it? "I love it, though. I like to make people feel better. I want them to feel better than I did when I was a kid."

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Naomi Rowe with **Bear Gray** and **Gary Frazee** (left) and **Naomi** reading the monthly Food Bank statistics (bottom).



photos by Dave Huni

WOMEN IN KIWANIS - 25 YEARS

MEMBER PROFILE: **NAOMI ROWE**



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"I'm the 3rd oldest of 10 children and I don't think my mom knew what to do with me. Because I was terrified of everything and everybody. Chickens scared the heck out of me."

Naomi's favorite thing about the food bank would be, "All of the people I meet."

What Naomi loves the most about the Sisters Kiwanis Club is, "The camaraderie of the people. I love the meetings."

Naomi continues to run the operations of the Food Bank, find volunteer staffing, and sort out how and when donations and deliveries are received each week. In addition, Naomi greets each customer who walks in the doors every Thursday.

As the next customer walks in the door (as they had been doing all afternoon during our chat), Naomi turns and says, "Come on in. Have a seat."



photo by Dave Huni

Naomi Rowe recruiting Kiwanis members to volunteer for the Food Bank.

Cell Phones for Soldiers Collection

by Susan Windell

Member



Sisters Kiwanis has an ongoing collection 6 days a week, 52 weeks a year at Sisters Electronics. To date, 1,920 cell phones have been sent from the Sisters drop-off site!

Since 2004, Cell Phones for Soldiers has provided more than 168 million minutes of free talk time to our military personnel. Approximately 12,000 calling cards are sent each week and over 10.5 million cell phones have been recycled.

In July 2012, a new program was launched, Helping Heroes Home. Emergency funds for returning veterans are given to returning personnel to alleviate communication challenges as well as physical, emotion and assimilation hardships. Thirty percent of veterans ages 18 to 24 are unemployed so the organization decided to help. Funds are dispersed to help with relief in the form of phone service, past-due bill payments, urgent car repairs, emergency medical expenses and household expenses.

One way that we help is we collect and turn in old cell phones in to be recycled for a profit.

Please drop off cell phones you don't use to Sisters Electronics (formerly named Radio Shack). Each cell phone is recycled and the money recouped for the donated cell phones is turned into a calling card for our military personnel or used in the Helping Heroes Home program!



MEMBER NEWS

WORDS OF WISDOM



FROM BOB GROONEY

Regarding the end of the Mayan Calendar on 12.21.12:

"I'm going to call a random number in Japan, because they're 18 hours ahead, and if someone answers, we're going to be ok! (Also, I'm paying all of my bills after the 22nd, just in case!)"

- BOB GROONEY

Food Bank

November 2012

Families	94
Adults	204
Children 6-18	58
Children 0-6	18
Value	\$11,690
Volunteers/Hours	
Kiwanis	13/94
Community	18/67

LAST MONTH'S PROGRAMS



photo by Jeff Omodt

Jim Foster, OSU Political Science Professor, shared the dynamic history of the US Supreme Court and the potential future changes of the makeup of the court after the most recent Presidential Election.



photo by Suzanne Carvlin

Kelli Sheets, specializes in yoga for seniors. Kelli demonstrates one of many poses that she can modify for beginners to help keep our bodies limber and strong.



photo by Jeff Omodt

Bob Munger, Lt. Gov. Div. 62, discussed Francis Gary Powers and his legendary U2 flight over the Soviet Union. Munger credits Powers with bestowing his knowledge to thousands of active duty military personnel on how to survive capture.

Healthy Beginnings: First Steps for Early Childhood Ready to Learn in Sisters

by **Holly Remer**

Executive Director of Healthy Beginnings



photo provided by Healthy Beginnings



photo by Jeff Omodt

Healthy Beginnings volunteer, Edie Jones, works with a mother and son during a recent screening (above). Last year, Sisters Kiwanis volunteers **Sue Wheeler and Jean Metz** assisted **Jeanne Noland**, Sisters Kiwanis Healthy Beginnings liaison (not pictured), with screenings in Sisters (below).

dentists, as most of the children seen at our screenings have had neither a dental appointment nor an eye exam.

One story from a family who attended a Sisters' screening demonstrates how a screening can be a wonderful first step to needed services. One little boy, we will call him Eric, screened at 2

What parent doesn't remember their child's first step? In fact a universal truth in parenthood - no matter what language we speak; we all remember that first step.

But, for many parents, providing essential services for their young child, an important first step, can be confusing and difficult. In fact parents tell us all the time that they don't know where to start and that they can see their important first step as a stumbling block. Parents can feel lost in the maze of programs and services.

A universal screening like Healthy Beginnings can be an easy first step for families and on Friday, November 9, with the help of **Sisters Kiwanis** and community volunteers, Healthy Beginnings brought its 12 point kid inspection again to Sisters. At the screening clinic, we provided one-on-one assessment and referral to 37 children and parent education to all parents and caregivers who attended.

Healthy Beginnings has been serving the community of Sisters for 19 years and in this time nearly 600 children have had access to our unique screening services. Over the course of this time, we have provided over 500 Sisters' children with vital and important links to service.

Strong referral services and integrated care are also essential for the child's success, and this is no different in Sisters. To ensure positive outcomes for children, Healthy Beginnings refers to 25 different services and agencies including Healthy Kids, Early Intervention, Head Start, and a host of other essential programs. We also help families connect with optometrists and pediatric or family

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PROJECT NEWS

Healthy Beginnings: First Steps for Early Childhood

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1 1/2 years old was identified with a speech delay and was provided with a referral to Early Intervention. At age four, Eric is still attending Early Intervention classes; Eric's mom says that there has been great improvement in every area of his life. She also shared that Eric's improved development has supported and helped the entire family.

Everyone agrees that school success is established long before Kindergarten and that appropriate services in the first 5 years can have a profound effect. But families don't necessarily know what services are available and what services their child may be eligible to receive. Oregon estimates that 40% of the children entering Kindergarten next year will have unidentified challenges that will keep them from succeeding and thriving in school. At Healthy Beginnings we know that parents want a bright future for their child. But often they don't understand or fully comprehend how to measure and assess how their child is doing.

Healthy Beginnings is a non-profit that provides the most comprehensive assessment and referral service for the health and development of every child under six years old in Central Oregon. Covering 12 key areas, the free screenings determine whether a child is developing appropriately for their age including identifying problems that can easily be overlooked at regular check-ups. These services can be an incredible first step for children and families.

Over the past 19 years Healthy Beginnings has proven itself to be a welcome and effective participant in this region's efforts to help ensure children enter school healthy and ready for Kindergarten. The program has made great strides but it is with the help of service organizations like Kiwanis that have made this possible. Sisters Kiwanis can be proud of their ongoing effort to ensure young children in Sisters have access to our screening and needed services. Contributions such as the annual gift that Kiwanis has provided and the countless volunteers hours served at these screenings are appreciated and make a significant difference in the lives of children every year. Kiwanis generosity and commitment has made the difference in HB's efforts to maintain and expand services to families in Sisters. Thank you for your dedication - helping us help the children in Sisters.



Because every child deserves a healthy beginning!

2013 Screening Dates:

- | | |
|-------------------------|------------------------|
| January 11: Redmond | June 1: Redmond (Sat.) |
| January 26: Bend (Sat.) | August 16: Bend |
| February 8: Prineville | October 4: La Pine |
| February 22: Madras | October 11: Prineville |
| April 5: Bend | October 25: Bend |
| April 12: Redmond | November 8: Sisters |
| April 26: La Pine | November 15: Redmond |
| May 10: Sunriver | December 6: Bend |
| May 17: Bend | |



photo by Jeff Omodt

INTER-CLUB NEWS

Inter-Clubbin'

by **Pat Woollard**
Inter-Club Chairwoman



photo provided by Pat Woollard

Here is our esteemed group of Kiwanians in Bend today. That guy in the middle is Bend's President Dave Crowther. That's right! 9 of us descended upon their club!! From left in back row: **Gary Cundiff, Scott McKittrick, Tay Robertson, Bend Pres. Dave Crowther, Naomi Rowe, Dave Roberts, Sheryl McLaughlin.** From left in front row: **Bob Woollard, Linda Bafford, and Pat Woollard.**



photo by Suzanne Carvlin

We also held our 2nd Key Club Inter-Club with **Pres. Dave, Earl Schroeder, John Mapes, Jerry Hanford, Chuck Kuzminski, Jeff Omodt and Suzanne Carvlin.**



photo provided by Pat Woollard

Chuck didn't seem to mind being with three ladies Thursday, November 15th at the Prineville Inter-Club. From left: **Pat Woollard, Suzy Ramsey, Chuck Kuzminski, and Jan Failing.**



photo provided by Pat Woollard

Redmond Inter-Club: (from left to right) **John Troike, Bob Woollard, Pat Woollard, Bob Munger, Carol Schroeder, Earl Schroeder, Jean O'Hara.**



photo by Jeff Omodt

Pat Woollard recruits more Kiwanians for Inter-Clubs. Pat is on a record pace for Inter-Club visits!

PROJECTS OF THE MONTH

FROM THE SECRETARY

from the desk of Jan Failing

Secretary



#1 KIWANIS FOOD BANK

Our food bank served 138 families in November (289 adults and 130 children) food boxes valuing \$17,823.00. Along with our Kiwanis volunteers, we had 14 community members serve for 48 hours.



photo by Suzanne Carvlin

#2 HEALTHY BEGINNINGS

Central Oregon Healthy Beginnings provided free health and development screenings to all children in Sisters from age birth to 5 on November 9th.

Members of our Club helped the screening staff with assessments for every child, so they can enter kindergarten healthy and ready to succeed.

October Stats

Service Hours - 145

Expenses - \$5362

Est. Youth Served - 76

Projects Completed - 3

NOTICE! DATE CHANGE!

Next Board Meeting:

Date: **Wed. December 19th!** One week early due to the Christmas Holiday!

Time: **3:30 pm**

At the K House:

225 N. Oak St. in Sisters

All are welcome!

Attendance at November Meetings (of 71 members)

Date	Members	Makeups	Leave
Nov. 1	44	11	1
Nov. 8	43	9	1
Nov. 15	44	12	1
Nov. 29	45	9	1

BOARD OF DIRECTORS NEWS

IN THE NEWS:

Sisters Kiwanis made headlines in a big way the last two months! Not only were we featured in articles in the Nugget, we were also interviewed by KTVZ and were on the evening news twice! Great job, Sisters Kiwanis!



Sisters Kiwanis Celebrates 35 Years

Kiwanis Fund Supports Career Change

11/23/2012 3:42:00 PM
Sisters Kiwanis celebrates 35 years

More than 70 members and guests of the Sisters Kiwanis Club gathered at Aspen Lakes on Saturday, November 3, to commemorate 35 years of service in the Sisters community.

Bob Grooney, Sisters Kiwanis life member and past president, was the Master of Ceremonies. Grooney delighted the crowd by recounting memories of the club's history, and hosted a round of "toasts," which are a tradition during the weekly club meetings.

November 28, 2012 will mark the 35th Anniversary of the Kiwanis Club of Sisters. Founded by 35 members in 1977, Sisters Kiwanis was sponsored by the Kiwanis Club of Redmond and recognized in an official Charter Night held at Sisters Elementary School on January 28, 1978.

At the ceremony, Kiwanis LA Governor of District 78, Earl Schroeder, received the Legion of Honor for 41



[+ click to enlarge](#)
Earl Schroeder and Bob Grooney marked 25 years of service by the Sisters Kiwanis Club, photo provided

12/05/12 12:49:00 PM
Kiwanis fund supports career change

Sometimes changing a career path takes thinking out of the box, finding a way around the traditional path to a brick-and-mortar school during fixed hours that just can't be managed with your current job. With the help of a recently awarded Career Endowment from the Sisters Kiwanis Club, Corrie Ortnor of Sisters is getting this opportunity and will start her journey toward obtaining a certification as a medical coding specialist.

Previously, Corrie was employed in retail management, but she found that this field required extensive evening and weekend hours, which were challenging while raising her 11-year-old daughter. Now, with the help of the Career Opportunity Fund, Corrie will be able to complete her studies and test for her certification without uprooting her family.

During last month's presentation of the endowment to Corrie, she was asked about her choice of new careers. Ortnor explained, "A Certified Coding Specialist is responsible for applying the correct codes on patient medical records. Hospitals and medical providers use this coded data for submissions to insurance companies and other commercial services. With the increasing changes in healthcare administration and



[+ click to enlarge](#)
Corrie Ortnor described her Kiwanis how she'll use the financial support to shift careers, photo provided

<http://www.nuggetnews.com/main.asp?Search=1&ArticleID=20439&SectionID=5&SubSectionID=5&S=1>

<http://www.nuggetnews.com/main.asp?SectionID=7&SubSectionID=88&ArticleID=20527>



Extra! Extra!

Food Bank Needs Help From Community

11/27/2012 1:38:00 PM
Food bank needs help from community

The Kiwanis Food Bank has helped many, many people in the Sisters community, and now it needs the community's help to continue its mission.

"Donations of cash and food have not kept pace with the growing number of families using the food bank and the Christmas Food Share is now upon us," Kiwanis volunteer David Hiller reported. "Applications for the Christmas Food Share have been arriving since October, and the numbers will meet or exceed last year's 200-plus families."

Cash donations are the most helpful way to contribute, especially as the food share program has changed.

"The Christmas Food Share will also have a new look this year," Hiller noted. "As many who have helped in past years know, the food distribution has outgrown the elementary school facilities. This year Kiwanis will be providing gift certificates for food only, which will be



[+ click to enlarge](#)
The Kiwanis House will be torn down to make room for a new facility, photo by Jim Cornelius

<http://www.nuggetnews.com/main.asp?SectionID=5&SubSectionID=5&ArticleID=20494>



BOARD OF DIRECTORS NEWS

IN THE NEWS:



KTVZ: Sisters Turkey Trot

President Dave Huni collected 493 pounds of food and \$10.00 in donations from the Sisters Turkey Trot race donations Thanksgiving Weekend. There were 112 runners who ran or walked the 5K and 10K course. President Dave also did a brief interview with Channel 21.

This marks the first year that Sisters Kiwanis has participated in the Turkey Trot. The club is considering assisting again in the collection of Food Bank donations next year, should the race proceed as planned for 2013.



photo courtesy of KTVZ News Channel 21

President Dave Huni speaks on behalf of Sisters Kiwanis at the Thanksgiving Turkey Trot 5K and 10 K run/walk.



KTVZ: Food Bank

KTVZ interview and shoot at the K-House at 1 pm on November 29th. Here is the link to the News Channel 21 KTVZ article and video shot at the K-House. The piece, which aired last night starring David Hiller and Naomi Rowe, caps off our first week of getting the word out to the community on the need for a new warehouse building and support in general for the Food Bank. To see the story, click link:

<http://www.ktvz.com/news/Sisters-food-bank-looking-for-help-of-its-own/-/413192/17600562/-/14w5yosz/-/index.html>



photos by Dave Roberts

Naomi Rowe, Food Bank Coordinator, is interviewed by the news team at KTVZ News Channel 21 (below). A still of the K House during the news coverage on TV (above).

VOLUNTEER

Upcoming Volunteer Opportunities

We need volunteers to help with:

- Food Bank** - delivery each Wednesday & Food Bank help every Thursday - see **Naomi Rowe**
- Christmas Food Share** - December 21st at the Sisters Fire Hall - see **Shirley Lalli**. **Sign up sheets will be at the Thursday meetings.**
- Next Blood Drive** - January - see **Naomi Rowe**
- Winter Soup Social** - Friday January 25th for party set up & Saturday January 26th for party and January 27th for take-down. Also, it will be a pot luck - see **Suzanne Carvlin**

FAST FACT:

The third Object of Kiwanis International is: "To promote the adoption and the application of higher social, business, and professional standards."

Source: Kiwanis International.



Upcoming Inter-Club Opportunities

- Madras - Dec. 18th**, to support Lt. Gov. Earl Schroeder, leave K house 10:45 a.m.
- There will be a break on Inter-Clubs during the winter, but some may be added, weather permitting. Pat will keep you posted!

see **Pat Woollard** - PatWoollard@yahoo.com 541.977.0718

FAST FACT:

The fourth Object of Kiwanis International is: "To develop, by precept and example, a more intelligent, aggressive, and serviceable citizenship."

Source: Kiwanis International.

Belknap Hot Springs - June 21st - 23rd

Our 2nd Annual Social at Belknap Hot Springs, Lodge & Gardens is all set for Friday, June 21st, Saturday, June 22nd and ending on Sunday, June 23rd. Please see the information below and make your reservations as soon as possible. Be sure to mention that you are with Sisters Kiwanis!

There will be a group pot-luck breakfast and pot-luck dinner on Saturday only. **Sheryl McLaughlin** has volunteered to coordinate the pot-luck meals. See **Dave Marlow and Sheryl McLaughlin** for volunteer opportunities. **Dave** will have sign up sheets at Thursday meetings.

Below is a list of Lodge rooms, cabins and RV sites that are penciled in and being held under Jack McGilvary of Sisters Kiwanis's Club. These reservations will be held for our club until March 15, 2013 after which they will be released to the general public.

FIRST COME FIRST SERVE:

Lodge Room #4, 7 and 11

Cabins #1, 3, 5 and 7

RV sites #1, 6, 8, 9, 16 through 20, 40, (41-held for Jack), 43-44

If you have any questions, please feel free to contact Belknap Hot Springs and our liaison, Sandy Hulett:

Belknap Hot Springs, Lodge & Gardens
59296 Belknap Springs Rd/PO Box 2001
McKenzie Bridge, OR 97413
Phone: (541) 822-3512
email: info@belknaphotsprings.com

Terms and Conditions:

Belknap Lodge is Smoke Free, there will be a \$75.00 charge for any evidence of smoking in any of the rooms or cabins.

Pets: Pets are only allowed in Cabins #2 & #3 and Lodge rooms #1 & #2. \$20.00 fee per pet per reservation in Lodge rooms and Cabins. Any evidence of pet(s) in other lodging will incur a \$75.00 charge. A \$10 charge per pet in RV's and Tent sites. Pets must be on a leash at all times when out of your vehicle or outside your pet-friendly rental unit. All pets must be confined inside a pet carrier when left unattended in your pet-friendly rental unit.

14 day cancellation policy - fee is one night's charge. (Exception: 30 day cancellation policy for Weddings and Events. Guests are billed 30 days prior to arrival.)

Cabins & Lodge rooms Check in 3:00 pm, check out 11:00 am. Additional guests will incur a \$10.00 charge per person per night. A \$20.00 Housekeeping fee if we have to do dishes. Pool towels not provided to Cabins and Mountain Homes.

RV & Tent camping Check in 1:00 pm, check out 11:00 am. Additional guests will incur an \$8.00 charge per person per night. If checking in after 8:30 pm, please call the front desk.

No refunds or credits given due to inclement weather, power outages, or any other unforeseen circumstances. Prices are subject to change without notice. \$75.00 fine for a violation of our policies.

Special Comments:

Oregon law prohibits food, alcohol, or glass around or in pool area. Children must be two years old or older and potty trained. Swim diapers are not permitted.



photos by Jeff Omodt

Lt. Gov. Earl Schroeder catching some Z's at last year's Belknap Social (above). **Past Pres., Kerry Bott**, having fun.

CLUB CALENDAR

For a link to our live calendar, please visit: http://sisterskiwanis.org/Club_Calendar.html

S	Mon	Tue	Wed	Thu	Fri	Sat
2					2	3

ADD TO YOUR CALENDAR:

December 19th! Moved up a week !! - Board Meeting at the Kiwanis House. All members are invited. Especially new members!

2013

January 26th, Saturday - Sisters Kiwanis 2nd Annual Winter Social at the Tollgate Clubhouse. Invitations to follow.

February 14th - 17th - Circle K District Convention in Hood River, OR

March 1st - 3rd - Midwinter Meeting in Bellingham, Washington

March 22nd - 24th - Key Club District Convention in SeaTac, Washington

June 26th - 30th - Kiwanis International Convention in Vancouver B.C.

August 15th - 18th - Kiwanis PNW District Convention in Seatac, Washington

MILESTONES

December Kiwanis Club Anniversaries

- 3rd - Jeff Omodt - 3 years
- 7th - Gary Frazee - 23 years
- 15th - Karen Keady - 1 year
- 15th - Cindy Rainey - 1 year
- 15th - Bill Rainey - 1 year
- 28th - Ron Mohler - 12 years

December Birthdays

- 14th - Tom Kopec
- 18th - Mark Golde
- 19th - Jerry Hanford
- 27th - John Mapes
- 27th - Yoshi Furuya
- 31st - Michele Hammer



December Wedding Anniversaries

- 3rd - Naomi & Don - 54 years
- 28th - Tay & Sharon - 38 years
- 30th - Vern & Kati - 34 years
- 31st - Shirley & Frank - 7 years



Cal Allen invites all Kiwanians to attend:

Frontiers in Science!

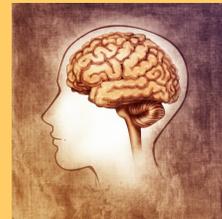
Frontiers In Science

New monthly symposium in Sisters!
Mark your calendar for these Thursday evening events:

Jan 17 – *How Do We Become Smart?*

Forrest Towne, PhD, Asst Professor of Chemistry & Physics

A study investigating whether adolescence is a critical time period that determines how high our IQ will be.



Feb 14—*Male/Female Differences in Sports Performance*

John Liccardo, MS, Instructor of Health & Human Performance



A controversial, yet scientific topic about what differences occur in sports performance based on gender. Which gender has the advantage at what sport? Come find out!

Doors open at 6:30 pm—one hour lecture begins at 7 pm
The Belfry, 302 Main Street, Sisters

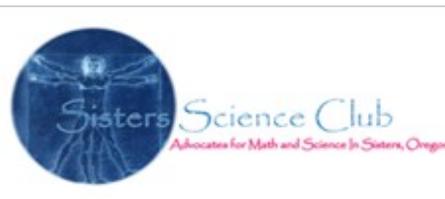
Featuring:

- Fascinating current topics presented by COCC faculty
- Relaxed atmosphere for a casual science adventure
- Food & adult beverages available for purchase

No scientific background required
Bring your curiosity and an appetite for food, drink and knowledge!

Show up early to guarantee a seat—no registration required

The series continues Spring term—Save these dates: April 18 & May 16





KEY CLUB

December Food Drive

by Holly Chapman

Key Club President



The Key Club is collecting food for our December Food Drive. Please help us spread the word!

Donations will be collected at Sisters High School and delivered to the Food Bank. Thank you for your support!

Recommended donations include non-perishable canned or packaged food items and/or personal hygiene items (bath tissue, facial tissue, shampoo, soap, toothbrushes/paste, etc.):

- | | |
|---------------------------------------|----------------------------|
| Beef Stew | Canned Fruit or vegetables |
| Chili | Canned Beans |
| Vegetable Oil | Peanut Butter |
| Breakfast cereals | Jam or Jelly |
| Oatmeal | Catsup |
| Dried Fruits (raisins, dates, prunes) | Mustard |
| Pasta | Mayonnaise |
| Macaroni and Cheese | Syrup |

SHS Key Club Board 2012-13

President, Holly Chapman

President-Elect, Cierra Tigard

Secretary, Devon Calvin

Treasurer, Elissa O'Connor

Advisor, Gail Greaney

Kiwanis Liaison, Michelle Hammer

Contact

Key Club President Holly Chapman:

email: KeyClub@SistersKiwanis.org

For more information:

website: SistersKiwanis.org/Key_Club/Key_Club.html

KEY CLUB EVENTS

December: Food Drive for the Food Bank

January: Winter Clothing Drive

Next Meetings

Time: 12:00 noon

Date: TBD

Place: Mrs. Greaney's Room 242

See you there!

DO THE DUES



KEY CLUB

Key Club Mission

Key Club is an international student-led organization which provides its members with opportunities to provide service, build character and develop leadership.

KIWANIS INTERNATIONAL NEWS

ELIMINATE maternal/neonatal tetanus

Big news! We have eliminated maternal/neonatal tetanus (MNT) in one of the largest countries in the world and one with the largest population – China!

MNT was certified eliminated in Tanzania and East Timor, leaving only 31 countries where MNT deaths have yet to be eliminated.

Congratulations on being part of a global team that is winning the battle on behalf of mothers and newborn children, having already eliminated maternal/neonatal tetanus deaths in seven countries – just 34 more to go!

The ELIMINATE Project's goal is to rid the world of Maternal/Neonatal Tetanus (MNT).

Learn More: <http://sites.kiwanis.org/Kiwanis/en/theELIMINATEproject/home.aspx>

Shirley Lalli is our Eliminate Project Club Coordinator!



From Kiwanis International:

With The Eliminate Project, Kiwanis International and UNICEF have joined forces to eliminate maternal and neonatal tetanus. This deadly disease steals the lives of nearly 60,000 innocent babies and a significant number of women each year. The effects of the disease are excruciating — tiny newborns suffer repeated, painful convulsions and extreme sensitivity to light and touch.

To eliminate MNT from the Earth, more than 100 million mothers and their future babies must be immunized. This requires vaccines, syringes, safe storage, transportation, thousands of skilled staff and more. It will take US\$110 million — and the dedicated work of UNICEF and every member of the Kiwanis family.

Kiwanis and UNICEF joined forces to tackle iodine deficiency disorders, achieving one of the most significant public health successes of the 20th century. Now, they are eliminating MNT from the face of the Earth. And in doing so, the project will reach the poorest, most neglected mothers and babies with additional lifesaving health care. The end of this one disease means the beginning of better health for so many families.

JOIN US!

Speaker's Calendar

Dec 6 - President's Meeting

Dec 13 - Tim Roth - Sisters High School Athletic Director

Dec 20 - Leland Bliss - SHS District Facilities Director

Dec 27 - Jamie Cundiff - Aspen Center for Environmental Studies in Colorado



Jan 3 - President's Meeting

Jan 10 - Tate Metcalf - Sisters Athletic Club - Starting the Year Out Right

Jan 24 - Tim Malone - Director Senior Mental Health, Deschutes County

Jan 31 - Patrick O'Keefe - Cascade Insurance Company - The Affordable Care Act



Kiwaniis is a global organization of volunteers dedicated to changing the world one child and one community at a time.

Our Sisters Kiwanis Purpose and Mission:

The 74 members of the Sisters club take pride in a very real impact on our local community. Our club runs the food bank and has a massive food share event during the Christmas holidays. It supports fellow Sisters residents when emergency needs arise. It offers scholarships to many graduating seniors, and awards grants to dozens of organizations that have significant impact on the well-being of children and families.

The club also gives "opportunity grants" to many deserving adults in the community to help them better their position in life. Other service projects include: cleaning Sisters' highways, reading to children, improving our city's parks, sponsoring our scout troops, manning Red Cross blood drives, collecting eye glasses and cell phones, arranging community presentations, maintaining an entrance sign to our city, teaching kids poison awareness and helping screen children for health problems.

**Sisters Kiwanis
We Celebrate Service!**

**We invite you to join us for coffee!
Thursdays at 7 AM
Aspen Lakes, Brand33**

**Discover more at:
www.SistersKiwaniis.org**

**You can find membership forms and info at:
http://sisterskiwanis.org/Join_Us.html**



photo courtesy of Aspen Lakes





OFFICERS & COMMITTEES 2012-13

We Want to Hear from You!

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Dave Cox

Public Relations:

Chris Carvlin

Young Children Priority One:

Jeanne Nolander

Fundraisers:

Tay Robertson

Youth Services:

Michele Hammer

Membership:

Gary Kutz

**Sponsored Organizations and
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Chuck Kuzminski

Human & Spiritual:

Marcea DeGregorio

Contact our Board:

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Holly Chapman

Key Club Advisors:

Gail Greaney

KeyClub@SistersKiwanis.org
web: [SistersKiwanis.org/Key_Club/
Key_Club.html](http://SistersKiwanis.org/Key_Club/Key_Club.html)

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Key Club Lieutenant Governor:
(vacant)



<https://www.facebook.com/SistersKiwanis>



ABOUT THE SISKIWAN

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www.sisterskiwanis.org

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[http://sisterskiwanis.org/
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THE SISKIWAN

3RD PLACE WINNER OF THE CLUB BULLETIN
AWARD 2010-2011

Have a news item or tip? Please contact the editor
or one of our Public Relations volunteers at:

siskiwan@sisterskiwanis.org

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