



THE SISKIWAN

CELEBRATING 35 YEARS

SISTERS KIWANIS CLUB, SISTERS, OREGON

FEBRUARY 14, 2013 - VOL. 35 ISSUE 5

2nd Annual Winter Social

by Suzanne Carvlin

Editor



The **2nd Annual Winter Social** was held on Saturday, January 26th. It was a tight fit with a lot of Kiwanian revelers in the Tollgate Clubhouse. I would like to officially say that we were definitely to fire code! Not to worry, fire chiefs! Next year, though, a bigger space, indeed! We had so many wonderful volunteers help load items, decorate and clean up and members who brought delicious food and wine. It was a great party! As promised, here are some fun highlights and a few recipes submitted by our members.

Bon Appetite & Thank you, ALL!



photos by Jeff Omodt - hence this stellar volunteer was not pictured. Thanks, Jeff!

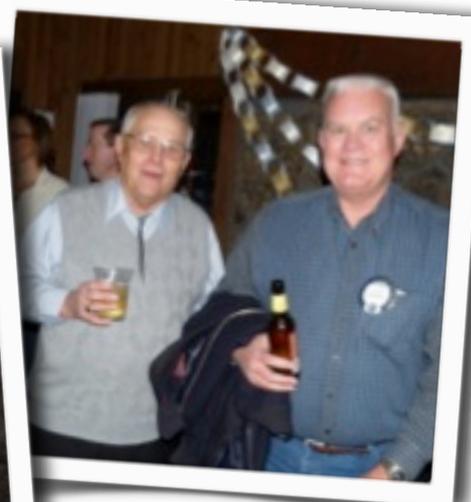


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HEADLINES

Winter Social

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SOCIALS

Thank You!

Great Job, Team!



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Want more?

Visit our website:

http://sisterskiwanis.org/Siskiwan_Newsletter.html

PRESIDENT'S LETTER

FROM THE PREZ - FEBRUARY 2013

Letter from our President, Dave Huni,

Dear Sisters Kiwanis Club,

Here we are, a third of the way through our Club's administrative year and things appear to be cruising right along.

I've been working with our very dedicated grant writing committee

(**David Hiller, Tay Robertson, David Roberts, Gary Kutz, Dan Stearns, Tom Worcester, and Jack McGilvary**) for the last two months and I've got to tell you, we are on our way to bringing in the remainder of the dollars needed for the Food Bank Building Construction Project.

Likewise, our resident civil engineer, Gary Kutz, has been navigating the system development process with the city and getting the latest details in line to be ready for ground-breaking day in May. You should all be proud about how this project is coming together and what it will do for our community.

Shifting gears, it is time to think about lining up our leaders for next year already. As part of our renewal process, four Board of Director positions open each year and several club officer slots (think about the new Corresponding Secretary position too!).

Nominations for 2013-14 will be presented in mid-April. Contact **Jeff McDonald** to get your name in for consideration or to suggest a friend. Leadership in the club can be a great way to express your talents while doing fulfilling work for the club and our community.

Work hard, play hard!

President Dave



SISTERS KIWANIS RECIPES

AMAZING RECIPES FROM OUR WINTER SOCIAL!

Italian Wedding Soup

submitted by President Dave & Julia Huni

This is one of those wing it recipes:

Homemade chicken broth (you can sub 2 quarts of Trader Joe's or Whole Foods stock in a box):

3-4 carrots peeled and chopped

1 large yellow onion chopped

4 stalks celery

Bring broth and veggies to a boil.

Add meatballs:

Meatballs (2 lbs. ground turkey, 2/3 cup of garbanzo flour, 2 eggs, 1/2 cup parmesan cheese, spices, salt & pepper)

Cook 20 mins, add:

1/2 lbs. of cooked Rice Pasta or your choice

Cook as directed (10-12 mins), add

1/2 lbs. (1/2 bag) frozen chopped spinach

Bring back to a simmer and serve with grated parmesan cheese to top.

D & J



photo courtesy www.IowaGirlEats.com

Italian Wedding Soup



photo by Tracy A. Woodward / The Washington Post, republished in The Bend Bulletin 1.10.13

Lemon Garlic Israeli Couscous with Cauliflower

Lemon Garlic Israeli Couscous with Cauliflower

submitted by Vern Renner

originally published in The Bulletin, Jan. 10, 2013

7 or 8 servings

2 C dried Israeli couscous

salt

3 TBS olive oil

2 TBS finely chopped garlic

12 oz. cauliflower florets, broken or cut into small pieces about 3/4-inch long at the widest point

1/2 cup homemade or no-salt-added chicken broth

Freshly ground black pepper

Finely grated zest and freshly squeezed juice of 2 lemons (4 to 6 tsp zest, 6 TBS juice)

1/2 tsp sugar

3 TBS finely chopped parsley

Prepare the couscous according to the package directions, making sure to add a pinch of salt to the cooking water.

Meanwhile, heat the oil in a deep 10-inch nonstick sauté pan or skillet over medium-low heat. Add the garlic and a pinch of salt. Cook for about 8 minutes, until the garlic is soft, stirring frequently and adjusting the heat as needed to keep the garlic from browning. Add the cauliflower and stir to combine. Increase the heat to medium-high, add the broth, season with salt and pepper to taste, and cover. Cook for 7 to 9 minutes, until the cauliflower pieces are tender when pierced with a fork. Uncover and cook just until the broth has evaporated but the cauliflower still looks moist, about 1 minute.

When the couscous is ready, transfer it to a large bowl along with the lemon zest and juice, sugar and parsley. Season with salt and pepper to taste. Add the cauliflower and garlic, and toss to combine.

Taste, and adjust the seasonings as needed. Serve warm or at room temperature.

NUTRITION: Per serving (based on 8): 201 calories, 6 g protein, 34 g carbohydrates, 6g fat, 0g saturated fat, 0mg cholesterol, 60 mg sodium, 1g dietary fiber, 2 g sugar.

SISTERS KIWANIS RECIPES

AMAZING RECIPES FROM OUR WINTER SOCIAL!

Chris' Kick-A ** Crock-Pot Chili

submitted by Chris Carvlin

You'll need a big crock-pot. 8 quarts.

If you have a smaller one, I'd halve the recipe.

Ingredients:

4 Tbsp red chili powder
2 Tbsp chipotle chili powder
2 Tbsp ground cumin
3 teaspoons dried oregano
2 teaspoons thyme
1 teaspoon ground coriander
Salt
8 strips bacon, chopped.
5 lbs chuck roast, sliced into 3/4 inch steaks
2 medium white onions, chopped
6 cloves garlic, minced
4 jalapeño chili peppers, seeded, ribs removed, minced 2-14
oz cans whole tomatoes - fire-roasted is better
5 cups water
2 Tbsp fresh lime juice (1 decent lime)
Sugar
2-14 oz cans dark red kidney beans
Cornstarch

Toppings:

dark chocolate chips
sour cream
shredded cheese
chopped red onion



photos by Suzanne Carvlin

Directions:

1. In a small bowl mix the chili powder, chipotle chili powder, cumin, oregano, thyme, and coriander - mix together. Add some water and mix into a light paste, set aside.
2. Add the canned tomatoes and water and lime juice to the crock-pot. Crush the tomatoes by hand when putting them in - smaller tomato bits are better. Set the crock-pot to high.
3. Fire up the BBQ and cook the chuck roast steaks until medium to medium well. The smokier the better - if you can add wood chips, go crazy. When they're done, set aside to cool a bit.
4. Cook bacon in a large skillet on medium heat until crisp. Err on the side of less well done - overcooking the bacon would be bad. Remove bacon with a slotted spoon and add to crock-pot. Remove skillet from heat and let bacon grease cool.
5. Cube the chuck roast steaks. 1/2-3/4 inch cubes, smaller is better. Perfection is not required. Add to crock-pot.
6. Put the skillet with the bacon grease back on medium heat - once hot, add onions. Cook until translucent ~5 minutes.
7. Add jalapeños and garlic to the skillet and cook another five minutes or so - garlic should be soft but not burned.
8. Add spice paste from step 1 to skillet. Combine well, cook about 2-3 more minutes. Add entire mixture to crock-pot.
9. Stir contents of crock-pot well and cook on high all day (~8 hours stir once in a while.)
10. About an hour before eating:
11. Add salt to taste.
12. Add sugar to taste - should balance acidity of tomatoes and lime juice.
13. If you need more spicy add some more chili powder.
14. Mix some cornstarch with water - hard to say exact measurements. I'd guess a 1/3 cup water to three tbsp cornstarch. Mix well - any lumps in the cornstarch mixture will show up in the chili. Add to crock-pot while stirring until you achieve the desired chili thickness. Err on the side of less thick - it will continue to thicken a little.
15. Drain kidney beans and add to crock-pot - stir gently.
16. Cook on low for 1-hour.
17. Eat heartily - some good toppings are chopped red onion, grated cheese, sour cream, and dark chocolate chips. Yummy!

Chris' Kick-A ** Crock-Pot Chili

SISTERS KIWANIS RECIPES

Hot Fudge Sundae Sauce

submitted by Susan Windell

Melt 1/2 cup butter in pan

Slowly stir in 4 squares of unsweetened chocolate

Stir in 3 cups sugar and 1/4 teas. salt

Slowly add 1 can evaporated milk, constantly stirring

DO NOT LET THE SAUCE BOIL!!!

Enjoy with enthusiasm. It's delicious!



photo courtesy of www.Gnaw.com

Hot Fudge Sundae Sauce

WORDS OF WISDOM



FROM BOB GROONEY

Bob Grooney's quotes have been redacted from this issue because they were all too risqué for the Siskiwan. You should really show up to the meetings, though. He's extremely funny. Thank you for the Rodeo Ticket Pre-Sales help, Bob. You're awesome!

- SUZANNE CARVLIN, EDITOR

Visit Our Photo Gallery Online!

You can always stay in the loop with what our club is up to! View our online photo galleries! More party photos! More inside sneak peeks! For the real scoop, come to our meetings. They're a lot of fun!

Club Meetings: <http://sisterskiwanis.org/Photos.html>

Past Events: http://sisterskiwanis.org/Past_Events.html



MEMBER NEWS

New Membership Drive Contest!!! WIN A BOX OF SEE'S CANDIES!

The first two Kiwanis Members to bring in a new membership application that is approved by the board in February will be given a 2 pound box of See's Chocolates!

Please see **Gary Kutz** to enter!



photo courtesy See's Candies

LAST MONTH'S PROGRAMS



photo by Jeff Omodt

Tate Metcalf of Sisters Athletic Club talked about New Year's Resolutions and starting 2013 off right. Tate holds up Ashton Eaton's custom Nike shoes that he wore when winning his gold medal at the Olympic Games in London.



photo by Suzanne Carvlin

Christine Brousseau - Oregon Adaptive Sports explains how the foundation provides life-changing outdoor recreation experiences to individuals who might otherwise not have the opportunities to play and explore activities outside.



photo by Jeff Omodt

Tim Malone - Director Senior Mental Health, Deschutes County shares steps toward memory protection and enhancement and the warning signs of dementia and/or depression.



photo by Suzanne Carvlin

Leland Bliss - Sisters School District Facilities Director shares the details of the biomass boiler at SHS, one of the most technologically advanced high school facilities, and the savings generated by the school districts' many money-saving efforts.

PROJECT NEWS

Antique & Collectible Fundraiser Now Accepting Donations!



by **Karen Keady**
Antique and Collectible Chairperson



We are accepting donations now for the Antique and Collectible Sale which takes place Memorial Day Weekend, on **Saturday, May 25th**. Set up will be on Thursday, May 23rd and Friday, May 24th. If you happen to be out of town Memorial Day weekend, let me know so we can arrange to store anything you might wish to donate. The sale will once again be held in the Sisters Fire Hall Community Room.

We hope to meet or beat last years sale of \$4,300!

I will be putting an ad in the Nugget asking the public for contributions, especially since people are already talking Spring Cleaning! So, please, everybody be thinking about what you could donate and remember, it is all tax deductible!

Early donations are much appreciated for the ease of pricing and managing inventory and logistics. Donations can also be delivered Thursday, May 23rd and Friday, May 24th to the Fire Hall. Thank you so much!

Please contact **Karen Keady** with your questions and donations: 541-480-1412

images courtesy of www.GraphicsFairy.blogspot.com

IN THE NEWS:

NuggetNews.com Sisters, Oregon
The Nugget Newspaper

Kiwanian Cal Allen, Marsha Allen & the Sisters Science Club Teach Our Elementary Students About Labor-Saving Machines

3/20/13 1:04:00 PM
Students learn about labor-saving machines

By Jim Anderson
Correspondent

Overcoming gravity, friction and mass has always been a critical task for humans making their way in the world. We create tools and machines to do that - and that's a big part of what has made humans successful.

Last week, third and fourth-grade students of Sisters Elementary School were treated to an understanding of some of the working principles of the lever, wheel, pulley and ramp by members of the Sister Science Club SSC.



Click here to link to the online article:

<http://www.nuggetnews.com/main.asp?SectionID=8&SubSectionID=8&ArticleID=20748>

Extra! Extra! Kiwanians in the News!!



©NL shop * illustrationsOf.com/44128

PROJECT NEWS

Calling all Buckaroo Breakfast Fans!

We are looking for fun, new Buckaroo Breakfast Parade ideas for 2013! We would love to put together a team to be our breakfast parade cheerleaders and represent Sisters Kiwanis's big breakfast fundraiser in an outstanding way.

We are also looking for a new means to display our two signs that advertise the breakfast during the parade.

A team meeting will be set for the beginning of March. **Vern Renner** will represent your ideas at our first Buckaroo Breakfast Committee meeting, coming soon!

If you would like to pitch in ideas for our parade or participate, please contact: **Vern Renner**



photos by Winnie St. John

Bob Helwig drove his pickup every year in the Rodeo Parade. He is missed.

Buckaroo Breakfast Tickets Now on Sale!

You can now direct pre-sale orders for the **Sisters Kiwanis Buckaroo Breakfast** to the **Sisters Rodeo Ticket Office!** Both Adult and Child tickets are available for sale. Tickets will also be available at the door. Please contact **Tay Robertson** for more information.

Kiwanis Club of Sisters Presents **The Buckaroo Breakfast**

Sunday, June 9th, 2013 - 7 am - 11 am



Hotcakes - Eggs - Bacon - Sausage - Milk - Orange Juice - Coffee

ADULT ticket (age 13 & over) = \$10

CHILD ticket (age 4-12) = \$5

Kids 3 & Under = FREE

1 ticket per person

Located at the Entrance of the Rodeo Grounds, Southeast of Sisters on Highway 20
(67637 Highway 20, Bend, OR 97701)

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1 ticket per person www.SistersKiwanis.org

Admit One CHILD

Admit One CHILD

PROJECT NEWS

Food Bank Committee Needs YOU for New Building Project

by **Dave Roberts**
Food Bank Committee



First, a heartfelt thank you to all of those Kiwanis members who rallied to the cause and made year-end donations to the food bank building account.

Your action helped get the project on the fast track and it now looks very likely we will be able to break ground in May 2013 as planned.

If you missed the opportunity to donate in 2012 please consider an early 2013 contribution, it would be greatly appreciated.

There is still a lot of work to do and more money to raise, and to that end, Tom Worcester and his committee members are making progress. The number one goal is to educate as many local people as possible about the food bank, Kiwanis involvement, and the planned new building. Please get the word out. The more people who know about the project the more likely future contributions will flow into the bank account.

David Hiller and his Grant writing committee members have been hard at work preparing written applications and making submissions. Our project has a good chance of securing Grant

funds but competition from other requestors is fierce and the review process is rather slow.

Tay Robertson was able to secure a ten thousand dollar challenge grant from the Roundhouse Foundation and at the end of January approximately 35% of the challenge funds had been raised. It is hoped to completely match the challenge before the end of March.

Gary Kutz is moving ahead with the final drawings for the building and working his way through the permit process with the City of Sisters. Just like any other local commercial building project we have to meet the criteria required by the City of Sisters and the Fire Department. At times, this seems a little onerous but fortunately we are receiving great help from the City staff and no problems are foreseen.

These are exciting times and to have an active building project in the



photo by Jeff Omodt

Keeping the momentum going: The Food Bank Committee met to discuss building plans, fundraising and other concerns during a recent meeting at Aspen Lakes. From left to right: **Pres. Dave Huni, Dan Stearns, Tom Worcester, Tay Robertson, Dave Roberts, Dave Hiller and Gary Kutz.**

Food Bank

January 2013

Families	125
Adults	255
Children 6-18	108
Children 0-6	27
Value	\$19,195
Volunteers/Hours	
Kiwanis	20/118
Community	19/84

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PROJECT NEWS

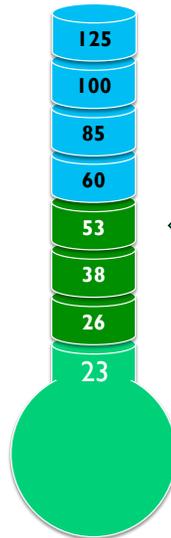
Food Bank Needs YOU

← continued from page 11

center of Sisters this summer will likely draw a lot of interest from visitors and locals and further raise the standing of our Kiwanis club within the community.

The many food bank volunteers look forward to the day when they can work in a nice warm, clean, safe and efficient environment and thank the members of the club and community for the support received so far and eagerly await the completion of the total project funding.

Thank you!



FOOD BANK BUILDING FUNDRAISING

\$4,527 to go to reach Roundhouse Foundation's \$10K matching challenge Grant

As of 2/6/13

\$29,678 received from private sources

The Club has committed \$23,000 of our Long Range Planning dollars to the project **total need of \$125,000**

FROM THE BOARD

Calling all Kiwanians! Submit YOUR Name for Consideration!

Every year, the Sisters Kiwanis Club holds an election for the upcoming year's Board Directors and Officers.

Officer positions are re-elected annually and serve single-year terms from October 2013 - September 2014. These positions include Treasurer, Secretary, President-Elect and the President.

Four Board Member positions will be up for election this year. These positions are two-year terms. Board members elected will serve from October 2013 - September 2015.

Any club member may submit his or her own name for consideration for the positions of:

- **President**
- **President-Elect** (This is expected to be a three-year term of service to the Board of Directors as a year each of Vice President, President and Past-President.)
- **Treasurer**
- **Secretary** (Please see next page for new details on the Secretary position!)

The Board Members who will continue to serve on the Board of Directors for 2013 - 2014 are:

- Chris Carvlin
- Dave Cox
- Tay Robertson
- Michele Hammer

Please contact **Jeff McDonald** if you are interested in submitting your name for the election. **Candidates will be announced on April 18th with open nominations the following week. The Election of Officers will occur at the President's Meeting on May 2nd.**



PROJECTS OF THE MONTH

FROM THE SECRETARY

from the desk of Jan Failing
Secretary

#1 KIWANIS FOOD BANK



We served 125 families (225 adults, 135 children) food supplies valuing \$19,195. Working beside our Kiwanis members were 19 community volunteers, who donated 84 hours of their time.



photo by Suzanne Carvlin

#2 RED CROSS BLOOD DRIVE

The Sisters Kiwanis Club sponsored a January Red Cross Blood Drive with 4 members involved and 21 hours of service. 54 pints of blood were collected. The next blood drive is April 1st.



January Stats

Service Hours - 139
Members Involved 24
Expenses - \$5,459
Est. Youth Served - 135
Projects Completed - 2

Next Board Meeting:

Date: **Wed. February 27th!**

Time: **3:30 pm**

At the K House: 225 N. Oak St. in Sisters

All are welcome!

Attendance at January Meetings (of 73 members)

Date	Members	Makeups	Leave
Jan. 3	38	14	1
Jan. 10	42	7	1
Jan. 17	43	9	1
Jan. 24	49	7	1
Jan. 31	49	5	1

FROM THE BOARD

SPECIAL ANNOUNCEMENT! NEW POSITION AVAILABLE FOR CORRESPONDING SECRETARY

from the desk of Jan Failing

Secretary - now Recording Secretary!

...

In a special effort to divide the workload for the Secretary Position, I have created two job descriptions for Secretary: "Recording Secretary" and "Corresponding Secretary." Currently, I will retain the position of "Recording Secretary" and run for this position again in August. The new position of "Corresponding Secretary" has been created and is open effective immediately. The "Corresponding Secretary" will report directly to me and, together, we will work side-by-side to be a cohesive Secretary Team.



photo by Jeff Omodt

The intention of this new partnership is to reduce the overall workload for a single member and also to train future Secretaries for the position and all it entails. This is not a permanent move to two Secretaries, but it is an option available and I am actively looking for interested members who would like the exciting opportunity to step into the role of Secretary while having a supportive presence guide him or her in this key role within our club.

Only the "Recording Secretary" (my current position) will sit on the Board of Directors and vote on motions.

Please see the following page for the job descriptions for the "Recording Secretary" (me, Jan Failing), and the new position of "Corresponding Secretary" (maybe you)!

All interested members are encouraged to contact Jan Failing for more information and to discuss this wonderful opportunity:

Jan Failing, Recording Secretary

cell . 503-866-8063

email . Secretary@SistersKiwanis.org



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SPECIAL ANNOUNCEMENT!



continued from page 14

SECRETARY JOB DESCRIPTIONS

Kiwanis Club of Sisters, OR
General Job Description

Recording Secretary (currently Jan Failing)

The recording secretary should be well informed on all aspects of Kiwanis. He/She should:

- Attend leadership training when offered
- Review Kiwanis International bylaws
- Review the past secretaries' records and procedure book
- Be knowledgeable of Kiwanis International and PNW District publications
- Be knowledgeable of Kiwanis International and PNW District websites

Responsibilities of the Recording Secretary

- Attend all board meetings
- Record all board minutes
- Review and maintain the club bylaws, policies and procedures
- Maintain official club records and documents
- Work with membership chairman in maintaining the current member list
- Maintain the past and present membership records
- File and maintain all monthly and annual club reports to Kiwanis International
- Present board meeting minutes for approval at the next board meeting
- Submit and maintain club records with Kiwanis International:
 1. Additions and deletions of club members
 2. Current and newly elected officers and committee chairpersons
 3. Current member information
- Develop and maintain a procedure book with detailed description of above responsibilities and duties for the Recording Secretary.

Kiwanis Club of Sisters, OR
General Job Description

Corresponding Secretary (position available)

The corresponding secretary should be well informed on all aspects of Kiwanis. He/She should:

- Attend leadership training when offered
- Review bylaws of Kiwanis International
- Review the past corresponding secretaries' records
- Be knowledgeable of Kiwanis International and PNW District publications
- Be knowledgeable of Kiwanis International and PNW District websites

Responsibilities of the Corresponding Secretary:

- Attend all weekly club meetings
- Review the club's bylaws, policies and procedures
- Send thank you notes to program speakers
- Keep a file on correspondence (letters, thank you notes, etc.)
- Keep a file of weekly club meeting guests
- Record and maintain attendance records for all weekly club meetings
- Collect committee, sub-committee, and project reports
- Submit monthly club report to Kiwanis International
- Email monthly club reports to the executive committee
- Collect and collate money at weekly club meetings (present to Treasurer):
 1. Fines
 2. Raffle
 3. Coffee
 4. "Free" Badge
- Maintain "Raffle" funds
- Develop and maintain a procedure book with detailed description of the above responsibilities and duties for the Corresponding Secretary.

AROUND THE BLOCK - DIVISION 78

A Note from your Division 78 Lt. Gov. Earl

by **Earl Schroeder**
District 78 Lt. Governor



Here we are, in our 5th month of our Kiwanis Administrative year. Another 20 days and we will have reached the half year mark. Presidents and Lt. Gov.'s alike have been hard at work leading Division 78 Clubs in fulfilling projects, some old some new, all for making our world a better place. I'm very proud of the efforts.

I've made my visitations to all the 7 Clubs here in central Oregon. This month I'll be attending the 7 Clubs Board of Directors meetings. Never a dull moment. Come March 1st - 3rd, I will attend the Mid-Winter Conference in Bellingham, Washington, and, April 13th, our Region 6 meet in Springfield for an all day session for idea sharing. Always FUN!

It's been great meeting the some 300 Kiwanians here in Central OR. Remembering all their names is a bit of a struggle. But just seeing all the things that are being accomplished gives me a lot of JOY.

We are not heading to SE Arizona this year. We just have to many projects to attend to. "Keep Up All Your Efforts Sisters Kiwanis Club."

Lt. Gov. Earl

Carl Vertrees Redmond Citizen of the Year

Redmond Kiwanis Club Secretary, **Carl Vertrees** was honored by the Redmond Chamber of commerce as the 2012 Citizen of the Year!

This huge honor was presented to Carl by the Executive Director, Chamber Members and Congressman Greg Walden.

According to the Chamber's Newsletter, "The final award of the evening was presented by Congressman Greg Walden when he awarded the Citizen of the Year Award to long time Redmond resident Carl Vertrees. The room came to its feet in a standing ovation to recognize this truly deserving and dedicated individual."

Many congratulations, **Carl!** What an achievement!

Read more at: http://www.siennacreative.com/_cp/images/content/file/1830.PDF

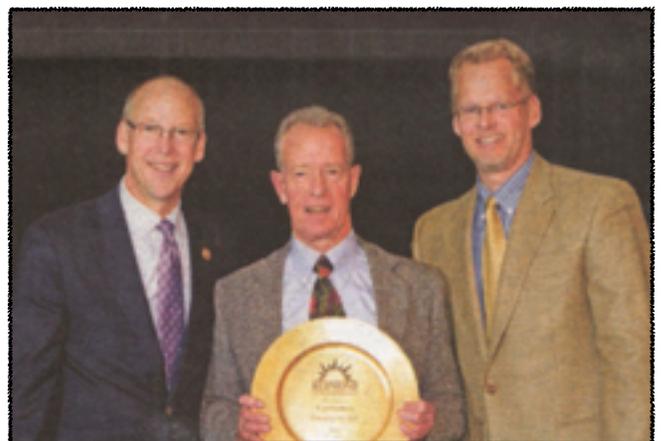


photo courtesy of

The Redmond Chamber Commerce



From left to right:
Congressman Greg Walden; **Carl Vertrees**, Redmond, Oregon Citizen of the Year and Kiwanis Club of Redmond Secretary; **Eric Sande**, Executive Director, Redmond Chamber of Commerce.

AROUND THE BLOCK - DIVISION 78



photo by Bill McLaughlin

From left to right: Carol Schroeder, Dan Stearns, Dave Cox, John Troike, Bob and Pat Woollard, Congressman Greg Walden and Sheryl McLaughlin. (Lt. Gov. Earl Schroeder and Bill McLaughlin not pictured.)

Congressman Walden Meets Kiwanians at Prineville Inter-Club

The Prineville Kiwanis Club President, Chet Peterson, and the Prineville Kiwanis Club graciously hosted an Inter-Club program on January 24th with guest, Congressman Greg Walden.

Six members of Sisters Kiwanis Club and their spouses attended the fete and had a wonderful time!

Pacific NW Region 6 Conference

Saturday, April 13th, the annual Pacific Northwest, Region 6, Conference will be held in Springfield. It will be a one day meeting from 8:30 am - 3 pm. The cost is \$35 per person with a \$15 lunch. Please contact **Lt. Gov. Earl Schroeder** if you are interested in attending.

Tune in here for more information as it is added:

<http://www.pnwkiwanis.org/PNWKIResources/regionconference.html>



THANK YOU to Lt. Gov. Earl Schroeder for Re-Sealing the Sisters Welcome Sign!



The Welcome to Sisters sign and flag sponsored by Sisters Kiwanis gives a wintery welcome to locals and passersby.

Our Lt. Gov. Earl Schroeder took on the project of resealing the sign for the winter.

Thank you, Earl!

photo by Suzanne Carvlin

Div. 78 Directory

Kiwanis Pacific NW District Office

10184 SW Laurel Road

Beaverton, Oregon 97005-3211

Ph: (503) 641-8869 FAX: (503) 644-3600

E-Mail: Info@PNWKiwanis.org

District Secretary-Treasurer, Cleve Parker

Division 78 - 2012 - 13

Lt. Gov. Earl C. Schroeder

69455 Lasso

Sisters, Oregon 97759

(541) 588-6131

(503) 510-7141 (C)

To view all Club Directories for District 78, visit:

www.SistersKiwanis.org

VOLUNTEER

Upcoming Volunteer Opportunities

We need volunteers to help with:

- Food Bank** - delivery each Wednesday & Food Bank help every Thursday
- see **Naomi Rowe**
- Next Blood Drive** - April 1st, Monday - see **Naomi Rowe**
- Belknap Springs RV Social - June 21st - 23rd** - see **Dave Marlow** and details on the Belknap Social Page 19.



Upcoming Inter-Club Opportunities

Attention ALL New Members and Current Members! Come join Pat Woollard and your fellow Kiwanis Members with an Inter-Club!

March 6th - Redmond - depart K House at 11:30 am. Located at Juniper Golf Course, 1938 SW Elkhorn Avenue, Redmond, OR 97756. (Meeting starts at 12 noon.)

March 11th - Bend - depart K House at 11:30 am. Located at Kings Buffet, 2000 NE 3rd Street Suite 104, Bend, OR 97701. (Meeting starts at 12 noon.)

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



Ice Bowl Results Bend Disc Golf Tournament Benefitting the Sisters Food Bank

January 26th, 2013, Bend Disc Golf hosted the Ice Bowl, a disc golf tournament which benefitted the Sisters Food Bank. Member, Anne Heath, and SPRD Director, reports that they had a great game and collected \$548 in cash donations and collected a lot of food! Thank you Anne & Ice Bowl Team!

More information about the Ice Bowl can be found at their website website:

<http://www.icebowlhq.com/tournament-list/details/820-central-oregon-ice-bowl.html>.

SOCIALS

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, 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.

CALENDAR

Imagine a romantic Valentine's evening next week listening to a science lecture!

Thursday, February 14th, come to the Belfry (302 Main Street) at 6 PM for food and fluids and then listen to COCC Professor John Liccardo at 7PM. Very Romantic - huh? But lots of fun and informative! And a wonderful setting to gather for friendship.

Hope to see you there, Bob Collins & the Sisters Science Club

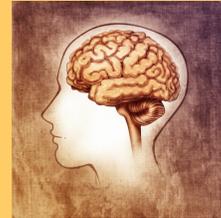
Frontiers In Science

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



CALENDAR

2nd Annual Sisters Science Fair Seeks Volunteers!

HEAR YE!! HEAR YE!! HEAR YE!!

On Saturday, February 23rd, the **2nd Annual Sisters Science Fair**, will occur at Sisters High School. It will have participation from all three of the schools in the District and a number of fascinating exhibits from businesses, organizations and the Sisters Science Club. What we need is - **volunteers** - a lot of them. Last year about 75 volunteers worked to put on a great fair and we expect we will need at least that many again this year.

Our schedule for volunteers this year is:

Set-Up 9:00 am - 12 noon

Fair 12 noon - 4:00

Take Down 4:00 pm - 5:30 pm

There will not be a keynote speaker this year, so the event should end at 5:30 pm.

This is a very enjoyable event for all ages and volunteers from last year thoroughly enjoyed participating. You do not have to be a great scientist, or to even remember your HS science courses, to help. You do have to come to enjoy the company of students, parents, teachers and others from our involved community.

Please fill out the attached form and forward it to Barbara Bott: bottb1@gmail.com

.....

Volunteer Information

Please fill out this form and return to Barbara Bott bott1@gmail.com

Name _____

e-mail _____

Phone Number _____

I can work at the Fair:

9:00 – 12N Set-Up _____

12N – 4:00 Fair _____

4:00 – 5:30 Take Down _____

I would like to work but am only available from _____ - _____

CLUB CALENDAR

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

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ADD TO YOUR CALENDAR:

2013

- February 14th** - Frontiers in Science at The Belfry
- February 14th - 17th** - Circle K District Convention in Hood River, OR
- February 23rd** - Sisters Science Fair at Sisters High School
- March 1st - 3rd** - Midwinter Meeting in Bellingham, Washington
- March 22nd - 24th** - Key Club District Convention in SeaTac, Washington
- April 1st** - PNW Volunteers Registration Discount ends. [Click here to register](#)
- April 25th** - Key Club hosts Kiwanis Meeting and Breakfast at Sisters High School. 7:15 am - 8:30 am.
- May 25th** - Sisters Kiwanis Antiques & Collectibles Auction.
- June 9th** - Sisters Kiwanis Buckaroo Breakfast 7 am - 11 am.
- June 21st - 23rd** - Sisters Kiwanis Belknap Hot Springs Social
- June 25th - 29th** - Kiwanis International Convention in Vancouver B.C.
- August 15th - 18th** - Kiwanis PNW District Convention in Seatac, Washington

MILESTONES

February Kiwanis Club Anniversaries

23rd - Susan Windell - 2005 - 8 years

February Birthdays

2nd - Earl Armbruster (L)

4th - Ardith Winters

5th - Bob Woollard

12th - Tom Worcester (L)

20th - Tom Fish

23rd - Barbara Bott

February Wedding Anniversaries

5th - Michael & Tammy Robillard - 1994- 19 years





KEY CLUB

Key Club Projects Fire Up!

by **Holly Chapman**

Key Club President

...

The Key Club is planning some awesome events for the next two months. We are currently in the middle of our Valentine Gram fundraiser. We sold at the Soup Social and are selling at the high school during lunch for the next few days. We basically made our expenses back just by selling at the Soup Social. Thank you all for your support!

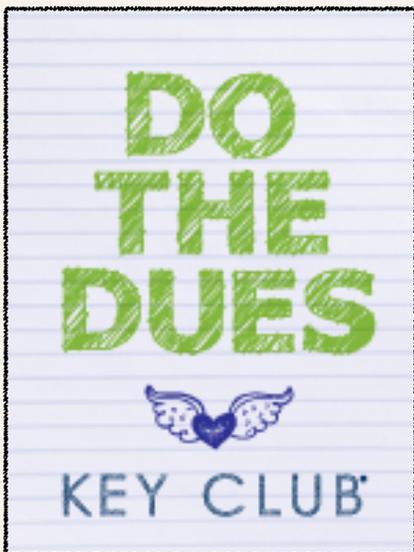
We are also in the process of collaborating with the the Junior Class Council to plan a dance during March. A ping-pong tournament at the high school gym is also in the works.

The Kiwanis Breakfast is on Thursday April 29th, from 7:15-8:30 A.M. The Kiwanians and the Key Clubbers will be able to chat while enjoying breakfast. The officers will also be presenting a recap of this year's events and the new officers will be inaugurated. We can't wait to see you guys there!



photo by Jeff Omodt

President Holly



Next Meetings

Time: 12:00 noon

Date: February 19th & March 5th

Place: Michele Hammer's Room

See you there!

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.

SHS Key Club Board 2012-13

President, Holly Chapman

Vice President, Elissa O'Connor

Secretary, Devon Calvin

Treasurer, Shea Krevi

Advisor & Kiwanis Liaison, Michele Hammer

Contact

Key Club President Holly Chapman:

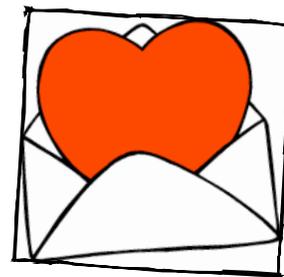
email: KeyClub@SistersKiwanis.org

For more information:

website: SistersKiwanis.org/Key_Club/Key_Club.html

KEY CLUB EVENTS

February
Valentine-O-Grams





KEY CLUB



Firewood Fundraiser!

Wood Delivered to Your Home and Stacked for You!!!

Please support the Sisters High School Key Club! (It goes to the same great cause.) Buy seasoned and prepared firewood by the cord (4' x 4' x 8'): Ponderosa Pine and Juniper.

\$125/half cord \$200/full cord, delivered and stacked by Key Club members!

Contact: Devon Calvin

Please email: dcalvin@bendbroadband.com

or Call: 541-549-8992 after 5:00 PM.

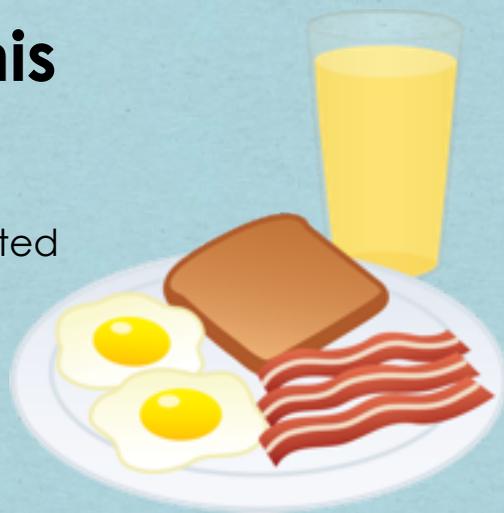
THANK YOU FOR YOUR SUPPORT!!!!

**Keep Warm!
Less Work!
Help the Key Club!**



Key Club Hosts Kiwanis Breakfast Meeting

Mark your calendars! The Key Club hosted meeting this year will be April 25th at Sisters High School from 7:15 am - 8:30 am. This is a really fun mix-and-mingle for the Sisters Key Club and Kiwanis Club. See you there!





KEY CLUB



photos by Jeff Omodt

The Key Club has been busy! February 5th, they had a very productive Inter-Club to go over their many upcoming events: Valentine Kiss-O-Gram sales, a ping-pong tournament, a school dance, a fire wood sale, a leadership retreat and the Kiwanis Club/Key Club Breakfast. Go team!

Pictured at left: **President Holly Chapman, Advisor Michele Hammer**. Center: Kiwanis members take part in an Inter-Club. Right: **Secretary Devon Calvin** discusses the upcoming pin-pong tournament.



photos by Jeff Omodt

Key Club Members, **President Holly Chapman, Secretary Devon Calvin, Vice President Elissa O'Connor** and **Treasurer Shea Krevi** helped the Kiwanis Club with the Winter Social on January 26th and sold Valentine Kiss-O-Grams, raising enough money to cover their project's expenses!

Pictured at left: **Secretary Devon Calvin** helps arrange food. Center: **President Holly Chapman** checks on guests. Right: **Vice President Elissa O'Connor** and **Treasurer Shea Krevi** sell Kiss-O-Grams and chat with **Lt. Gov. Earl Schroeder**.

JOIN US!

Speaker's Calendar

Feb 7 - President's Meeting

Feb 14 - Beth Hanson - Circle of Friends & Valentine's Day

Feb 21 - Allison Dickerson - "Henna" Therapy

Feb 28 - Open



March 7 - President's Meeting

March 14 - Peter Murphy - Oregon Department of Transportation

March 21 - Patrick O'Keefe - Cascade Insurance Company - The Affordable Care Act

March 28 - Dana Perry - Hospice - Sharing Life Stories



Kiwanis 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.SistersKiwanis.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!

Sisters Kiwanis

Kiwanis House

225 N. Oak St.

Club Mail

P.O. Box 1296
Sisters, OR 97759

write:

info@SistersKiwanis.org

call:

541.410.2870

visit:

www.SistersKiwanis.org

www.Facebook.com/SistersKiwanis

Club Officers

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Dave Huni
(541) 549-8824
david.huni@gmail.com

President-Elect:

Chuck Kuzminski
(541) 549-6905
cnakuz@gmail.com

Secretary:

Jan Failing
(541) 549-6766
Secretary@SistersKiwanis.org

Treasurer:

Jack McGilvary
(541) 410-2870
jackmc706@gmail.com

Past-President:

Jeff Omodt
(541) 549-8422
jomodt@gmail.com

Board of Directors, Committees & Projects

Club Meetings & Admin:

Tom Kopec

Community Projects:

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
Programs:**

Chuck Kuzminski

Human & Spiritual:

Marcea DeGregorio

Contact our Board:

info@SistersKiwanis.com

Key Club

Key Club President:

Holly Chapman

Key Club Advisor:

Michele Hammer

KeyClub@SistersKiwanis.org

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

Pacific Northwest & International

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10184 SW Laurel Road
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www.PNWKiwanis.org

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Renton, WA 98059
(253) 334-1146
pspnwgov@gmail.com

Immediate Past Governor:

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1455 S.E. Rogue Drive
Grants Pass, OR 97526
Home (541) 660-2183
claudellking@charter.net

District 78 Officials

Lieutenant Governor:

Earl Schroeder
Sisters, OR 97759
Mobile (503) 510-7141
ECSchroeder@juno.com

Key Club Lieutenant Governor:
(vacant)

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



ABOUT THE SISKIWAN

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www.sisterskiwanis.org

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Suzanne Carvlin, editor
Chris Carvlin, pr director

For current and past issues of the Siskiwan, please visit:

[http://sisterskiwanis.org/
Siskiwan_Newsletter.html](http://sisterskiwanis.org/Siskiwan_Newsletter.html)

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

Sisters Kiwanis Siskiwan
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THE SISKIWAN



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