



CELEBRATING 40 YEARS

SISTERS KIWANIS CLUB, SISTERS, OREGON

OCTOBER 2017

JUST FOR FUN...

It Takes a Village...

You know that saying "It takes a village to raise a child," well it seems to me that the same also applies for everything we are trying to accomplish as a Kiwanis club. It takes an entire community to serve our kids and make our "stomping grounds" better, so trying to meet every volunteer request by ourselves is really hard. Personally, I always feel like I need to divide up my time. For instance it's not uncommon for me to turn down a friend get-together request because I have a Kiwanis obligation, or vice versa - to turn down a Kiwanis obligation because I have a friend thing to do. As such, when the call came to volunteer for the Buckaroo Breakfast, I initially turned it down because a friend was in town. Then I thought about it and I realized I'm always trying to figure out "what to do" with my friends...so inviting them to volunteer with me could be just another option. I was hesitant to suggest volunteering at first because I thought being asked would be viewed as work. I asked anyway and to my surprise, my friend said "Yes." And, as it turns out being able to help let her see what goes on "behind the scenes" in a different community, gave her a story for when she went home, and allowed us sufficient time for girl talk. (We worked side-by-side for four hours.) I never thought of marrying these two parts (service and play) of my life, but it worked...and besides being really fun, now I have a great memory. So, why couldn't this be a super simple and super easy way to grow our Kiwanis club! Maybe next time there is a volunteering opportunity, you could invite your neighbor, a new (or old) friend in the community, or just somebody who needs a pick-me-up. Many of our volunteer opportunities create great environments for learning about each other, what our community has to offer, and what we can offer our community.

~from the Editor

Invocation of the Month: "Let us not grow weary in well-doing, for in due time we will reap a harvest, if we do not give up." Galatians 6:9

~ Thank you for sharing Patricia Woollard

Duck Report -

Overall Standing 5-4

Pac-12 Conference 2-4

World Series (Astros & Dodgers) combine for most home runs in World Series history...24 and counting, and it's almost the end of game 6 (as I'm typing this).

The last day I could wear shorts this season - October 28, 2017.

Key Club Week - November 6-10. "November will bring Key Club Week - an annual opportunity to promote the program with service. Key Club is an international, student-led organization that provides its members with opportunities to provide service, build character and develop leadership. With 100s of clubs in more than 38 countries, the impact of Key Club members can be felt all over the world."



Kiwanis
SISTERS, OREGON

FROM THE PRESIDENT

CELEBRATING 40 YEARS

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OCTOBER 2017

*Letter from our President, **Liam Hughes***



1st LETTER

LFL (*Letter from Liam*)

"Winter is undoubtedly one of my favorite times of the year for two great reasons, basketball, and skiing. Basketball has been a long-time passion of mine, both as a player and a coach. Skiing is something I have picked up since moving to Central Oregon, and while I have had a great time learning to ski, I highly advise you learn as a child, not as an overweight 30-year-old as I did. The crashes hurt more as you age, and nobody has sympathy when you are stuck head-first into a snow bank with your legs flailing around like one of those inflatable guys at a car dealership.

As we head into another winter in Central Oregon, I am very excited for my opportunity to serve this great club. This club has a large group of people with incredible talents, and a laundry list of impressive accomplishments. Every time I have worked a Kiwanis project I have been reminded of this fact. This last weekend was no exception. The crew painting the SPRD fitness room did so with fantastic skill and teamwork. The crew pulling weeds and picking up trash identified invasive species and selectively removed them from our grounds, while riding the premises of the trash that somehow seems to accumulate. Finally, I had put out a call for help building a deck, Dave Marlow responded and also volunteered to put together some plans. I was stunned when he produced full auto-cad designs for the project, which again reminded me just how skilled some of our folks are. Then between Dave Marlow, Dave Hiller, Tom Hespe, Kerry Bott, and Jeff Omodt, they proceeded to construct a very impressive deck that will stand at the bike park for many years to come as a prominent testament to the skill and dedication of the Kiwanis Club of Sisters.

Thank you all for everything you do, it is truly my pleasure to be a part of this organization."

~ President Liam Hughes

Next Board Meeting:

Date: Wednesday, Nov. 29, 2017

Time: 4:30 pm

225 N. Oak St. in Sisters

(at the Kiwanis "K" House)

ALL MEMBERS ARE WELCOME!

PROJECTS

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FUNDRAISING - VOLUNTEERING & WHAT'S UP IN THE NEIGHBORHOOD

The See's Candies (sales) fundraiser happens every year. We sell out of a fifth wheel (trailer) that we park in Ray's Food Place parking lot. We start selling the last Saturday before Thanksgiving and end on Christmas Eve day or until we sell all the candy. The trailer opens every morning at 10am and closes every evening at 6pm. We purchase \$25,000 +/- worth of candy and this year's estimated net income is \$8,000 +/- to the club. Many members work at least one of the approximately 70 4-hour shifts (10am-2pm and 2pm-6pm) during that time period. The shift sign-up board will be available at the meetings on November 2, 9 and 16.



~ See **Tom Kopec** and/or **Gary Kutz** for more info.



Redmond
Interclub visit on 10/18/17

Interclubs (visit our different clubs):

Nov. 2 - Key Club, Sisters High School @ 12pm - room #242
Nov. 6 - Cascadia (on-line meeting) @ 7pm
Nov. 16 - Bend - The Bend club meets at Pappy's Pizzeria next to Fred Meyers. Carpool will leave K-House at 11:30.

~ See **Patricia Woollard** for more info.

Mosaic Medical is a working medical clinic and besides helping patients get signed up for insurance and medical care in their system, they do physicals, vaccinations, family care including pediatrics, women's health, care coordination with specialists after assessing need, and supportive services (getting people connected with community resources). They are a full service primary care facility "offering medical services to those in our community experiencing homelessness." They are parked outside the K-House every Thursday from 8am-12pm.

~ **Jan Failing** is the liason between Sisters Kiwanis and the Mosaic Medical mobile clinic.



IN THE NEWS...

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GOINGS ON

The Nugget Newspaper 10/4/17

Bob Shaw keynotes as Kiwanis celebrates 40 years

The Sisters Kiwanis Club installed a new president and slate of officers at a 40th anniversary party held at the Sisters Rodeo Grounds. Liam Hughes assumed the president's role for the next year.

"I am honored to be given this opportunity to serve the Kiwanis Club of Sisters," Hughes said. "I just hope I can live up to all the great work that has been done for the Sisters community by all the great Kiwanis presidents before me."

Kerry Bott was honored as Kiwanian of the Year for his indefatigable work at the Sisters Food Bank. He led the project to fund and install a walk-in freezer/refrigerator that allows the food bank to store much more frozen food and fresh produce.

The President Award was given to Suzy Ramsey for her tireless leadership of the Hoodoo Challenge race, membership committee and everything else she is asked the help with.

Roger Johnson was honored with the Project of the Year award for his leadership on record-setting events as chairman of the fundraising committee.

Gary Kutz earned the Spirit Award for his continuing work in maintaining/upgrading the Kiwanis Food Bank and clubhouse buildings.

Many Kiwanis non-member spouses volunteer their time and energy

to fundraisers. Leart Jett received the Spouse of the Year award for her leadership on the jewelry part of the annual Kiwanis Antique Sale.

Pam Woodson earned Rookie of the Year for the energy and effort on the Antique Sale.

Kiwanis always enters the Rodeo parade; this year the entry (second place) was especially fun and appealing and earned Spark Plugs of the Year award for Pat Wollard, Lydia Kulus, and Berni Huggett.

Several special guests attended. Brant Kucera, Sisters city manager, attended the celebration to learn about Kiwanis, its food bank, and the long list of contributions to the community. The Sisters Area Chamber of Commerce was represented as well.

Sisters Kiwanis was chartered in 1977 and is proud to have served the Sisters community for those 40 years. KTVZ's Bob Shaw gave the celebration's keynote speech, noting that KTVZ also started in 1977. Bob gave a history of how he became the chief meteorologist at KTVZ and how the station is the training ground for many reporters. Shaw also told Kiwanis members how the "Cares for Kids" program came about and how it ties into the work of Kiwanis.

Kiwanis officers for the coming year include Hughes, Pat Wollard, Roxanne Lenahan, Jack McGilvary and

Doug Wills. Newly installed board members are Tom Hespe, Kathleen Blesius, Matt Kirchoff and Suzy Ramsey. Continuing board members include Connor Bates, Dave Cos, Roger Johnson and Dan Stearns.

Members of Sisters Kiwanis contribute to the Sisters community in many ways. In the past year:

- Kiwanis operated the Sisters Food Bank that distributed food to over 100 families each month; the food bank, as always, operates with no paid staff.

- At Christmas, the food bank gave food vouchers to more than 75 families, which allowed these families to have a traditional Christmas dinner.

- Kiwanis donated funds to Sisters organizations including Sisters Park & Recreation District, Family Access Network, Outlaw Sports, Little League, and many others

- In June, Kiwanis awarded scholarships to seven Sisters High School seniors.

- Kiwanis awarded scholarships to three adults to support their career change. This scholarship, known as the Career Opportunity Fund, is continuously available to local adults seeking to make a career change.

- Kiwanis provided many volunteers who donated hundreds of hours to work at city parks, Ronald McDonald House, the Rodeo grounds, Highway 20 clean-up, blood



PHOTO BY JEFF CMOOT

Doug Wills turned over the gavel to incoming Kiwanis President Liam Hughes last weekend.

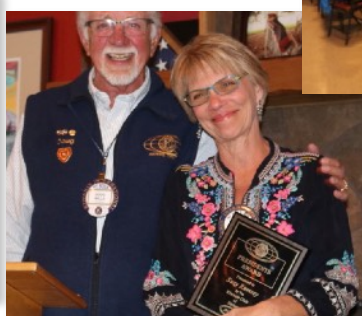
donor drives and many more.

To fund these contributions to the Sisters community, Kiwanis operates fundraisers: the Rodeo Buckaroo Breakfast, the Hoodoo Challenge Race, the Christmas See's Candy Sale and the Memorial Day Antique Sale.

If a group or organization

is seeking a speaker, Kiwanis can present a 20-30 minute talk on its Food Bank operation and other community projects.

For more information about Sisters Kiwanis, visit www.sisterskiwanis.org, email info@sisterskiwanis.org or call Jack McGilvary at 541-410-2870.



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GOINGS ON

The Nugget Newspaper 10/25/17

To the Editor:

Wow! The year just flew by and it's time to think about Christmas. Sisters Kiwanis, the Sisters-Camp Sherman Fire Department and *The Nugget's* Furry Friends are gearing up for our annual Christmas Food Share, Spirit of Christmas Toy Drive and food for our Furry Friends.

We have been handing applications out at the food bank, the fire department and the FAN (Family Access Network) office at the school for almost a month now, and at this point in time we have only 33 applications. So, this is a letter to remind everyone who needs to receive this joyful gift to pick up an application and promptly return it.

The fire department uses donations to buy some gifts, but a large share of them are brought in by the community who take the gift tags off the Christmas trees at Ray's and Bi-Mart. If you have children, getting that application back promptly ensures the process goes forward and it helps the volunteers not have to deal with things at the last minute, which gets pretty stressful. The cut-off date this year for the Toy Drive is November 17. Please help us by getting applications in by that time.

We will be at the Sisters Fire Hall on Saturday, December 16, from 10 a.m. to 5 p.m. to give out the Kiwanis Christmas Dinner gift certificates, the toys from Spirit of Christmas Toy Drive and pet food that comes from the *The Nugget's* Furry Friends drive.

We live in an amazing community, let's make this the best Christmas ever for everyone

Shirley Miller
Kiwanis Club of Sisters



**a work in progress building
the roof & fencing around
the refrigeration equipment
at the food bank**

Food Bank September 2017	
Families	123
Adults	265
Children 0-18	92
Value	\$14,211.25
# of Volunteers / # of Hours	
Kiwanis	14/112.50
Community	9/75

GOINGS ON

Kiwanis **builder** (Fall 2017)

PNW Kiwanis Foundation Awards Grant to Sisters Kiwanis Food Bank

Sisters Kiwanis is a 75 member service organization that contributes to the community in a myriad of ways. Their primary ongoing project is the operation of the Sisters community food bank. Kiwanis members, along with community volunteers, staff the food bank that provides food boxes for low/moderate income residents of the Sisters school district.

The food bank serves approximately 100 families (400 people) each month. In addition, there is a Christmas food share that, in 2016, gave 167 families (484 people) vouchers to buy a holiday dinner.

The food bank staff comprises Sisters Kiwanis members and community volunteers. None of the staff, including the director and operational managers, receive a salary. These volunteers work over 200 hours/month to receive and distribute food. It's commonly believed that food banks distribute defective or out-of-date food. This is entirely untrue; the Sisters food bank, as a licensed distributor, gives out only fresh, high quality food no different from your local grocery store. Over 50% of its food is purchased from local food markets. The remainder is collected on food drives organized by Sisters community groups such as the Ray's market, Sisters schools, the post office carriers and many others. Individual also donate food – over 8000 pounds in 2016. Interestingly, the food bank runs with a budget of around \$100,000 per year but none of those funds comes from Kiwanis fundraisers. The entire budget is raised from community donations and grants! The Sisters community views the food bank as an important asset and steps up with its collective wallets.

A new food bank building was constructed in 2013 at a cost of \$150,000. The entire cost was funded by foundation grants, Kiwanis funds and community donations. The building is a state-of-the-art facility save for its refrigerators and freezers. Cold storage comprises nine traditional (and aging) stand-alone units. In 2017, Sisters Kiwanis began raising funds to replace those units with a modern walk-in refrigerator/freezer similar to those found in modern grocery stores. Pacific Northwest Kiwanis Foundation awarded a grant to help fund the project.

There are many reasons to install a walk-in at the Kiwanis food bank:

- In summer and fall the food bank receives large quantities of fresh food from local markets, farms and individual growers. The quantity often exceeds the

cold storage capacity of the refrigerators causing waste due to lack of adequate cold storage. A walk-in unit would provide space to accept all donated fresh food, allow for easier food rotation and minimize waste. Most importantly, much more fresh produce would be distributed to the food bank clients.

- Sisters Kiwanis, in response to a request by the Oregon Food Bank, has decided to radically alter its distribution system. At present, clients fill out a checklist; products are then boxed and distributed by volunteers. The food bank is changing to a "shopping model" where the clients will stroll the aisles and select their products of choice. This model would be infeasible with the nine refrigerators/freezers due to the constant opening/closing of doors. The new walk-in will have "convenience doors" that provide access to desired products in a way identical to that of a grocery store.



- The current refrigerators/freezers are aging. They are soon expected to begin failing or require expensive maintenance. A walk in unit will proactively avoid those expected problems.

The walk-in project budget is \$35,000 which has been raised from Sisters Kiwanis, the PNW Kiwanis Foundation grant, the Oregon Food Bank, other foundation grants and community donations. The walk-in installation was completed in Sept. 2017; the Kiwanis Sisters food bank can then claim to be state-of-the-art in every possible way: new building, shopping style distribution and a brand new walk-in refrigerator/freezer!

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Kiwanis One Day



Kiwanis One Day was Saturday, October 28, at SPRD (Sisters Park and Recreation District). There were three main areas of work...

- 1) Painting the Fitness Room**
- 2) Building a Deck for the Bike Park**
- 3) Invasive Species Control and Waste Collection**

“The activities are part of a Kiwanis global day of service that unites the entire Kiwanis family, including Kiwanis, Aktion Club, Circle K, Key Club, Builders Club, and K-Kids. The global day of service benefits children and communities. Kiwanis International projects that this One Day event will contribute nearly one million service hours to communities around the world in just 24 hours.”

MEMBERS

CELEBRATING 40 YEARS

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CELEBRATE

October Birthdays

1 - Kathleen Blesius
5 - Suzy Ramsey
7 - Lance Trowbridge
10 - Lydia Kulus
11 - Bill Rainey
16 - Gary Cundiff
22 - Linda Walker
27 - Jim Horsley
30 - Daniel Stearns
31 - David Marlow

November Birthdays

8 - Linda Bafford
13 - Jeanne Nolander
18 - Julia Dougan
22 - David Miller



Koosah Falls
Last Days of Summer



"K" Club October Anniversaries

1 - Bruce Rognlien
1 - Allen Hull
1 - Bob Grooney
1 - William Anttila
1 - Jim Horsley
7 - Warren Seaward
25 - Shauna Rocha

"K" Club November Anniversaries

5 - Barbara Bott
6 - Kerry Bott
19 - Connor Bates
22 - Julia Dougan



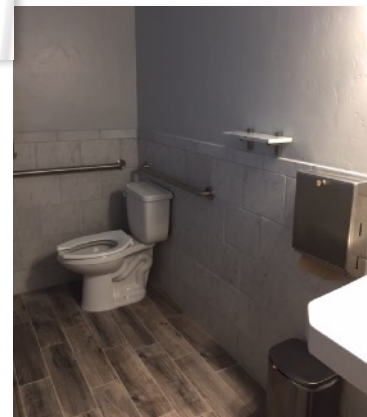
BEFORE

Bathroom Humor:
What do you call a
bathroom Superhero?

Flush Gordon
or in our case...

Gary Kutz
and
Gary Cundiff

Thank you for giving the
K-House a brand new
bathroom!!



AFTER

JOIN US!

CELEBRATING 40 YEARS

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Speaker's Calendar

Oct 5 - President's Meeting
 Oct 12 - Audrey Tehan & Jesse Martindale with Seed to Table
 Oct 19 - Josh Nordell with Sisters Life Skills class
 Oct 26 - Jim Cornelius re: his book "Warriors of the Wild Lands"

SUN	MON	TUE	WED	THU	FRI	SAT
2017 OCTOBER						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

Nov 2 - President's Meeting
 Nov 9 - John Allen, Forest Service
 Nov 16 - Dave Perkins, Chinese language program in Sisters
 Nov 23 - Thanksgiving "No Kiwanis Meeting"
 Nov 30 - TBD

November

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			



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 66 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, staffing 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. - Discover more at: www.sisterskiwanis.com

Sisters Kiwanis
We Celebrate Service!

We invite you to join us - every Thursday morning.
Coffee @ 7:00am / Meeting @ 7:30am
Aspen Lakes, Brand33





OFFICERS & COMMITTEES 2017-18

CELEBRATING 40 YEARS

SISTERS KIWANIS CLUB, SISTERS, OREGON

OCTOBER 2017

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](https://www.facebook.com/SistersKiwanis)

Club Officers

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Liam Hughes (2017-18)

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liam@sistersrecreation.com

President-Elect:

Patricia Woollard (2018-19)

orp.louise@gmail.com

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secretary@sisterskiwanis.org

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Jack McGilvary (541) 410 2870

jackmc706@gmail.com

Past-President:

Doug Wills

dtwills@bendbroadband.com

Committees & Projects, Board of Directors

Club Meetings & Admin:

Kathleen Blesius

Community Projects:

Matt Kirchoff

Public Relations:

Dan Stearns

Young Children Priority One:

Dave Cox

Fund-Raising:

Roger Johnson

Youth Services:

Connor Bates

Membership Growth & Education:

Suzy Ramsey

Sponsored Organizations and Programs:

Connor Bates

Human & Spiritual Values and Young Children Priority One:

Dave Cox

Food Bank:

Tom Hespe

Contact our Board:

info@SistersKiwanis.com

Key Club Advisor - SHS:

Kristy Rawls and Gail Greaney

KeyClub@SistersKiwanis.org

web: SistersKiwanis.org

Pacific NW District

PNW District Office

(503) 305 7635

www.PNWKiwanis.org

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rogerrdarat@gmail.com

PNW District Governor-Elect:

Jerry Deas (2018-19)

jerrydeas@comcast.net

Immediate Past Governor:

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PNW District Officers

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Key Club - Sisters High

School (SHS)

Key Club President (2017-18):

Holland Hartman



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