



Kiwanis Club of Sisters February 2016

It's Super Bowl Season And the Super Bowl of Science is Coming Soon Too

Check out the great program that we had from **Bob** and **Mike Walter** on first hand Super Bowl experiences (see page 6).

Then get ready for the Sisters Science Fair 2016. Saturday, February 20, 12 noon to 4 p.m. Started just four years ago by Kiwanian **Cal Allen** and retired neurosurgeon **Bob Collins**, this event is now a major boost to celebrate Science and Math studies at the High School. Now including students from the Elementary and Middle schools too, it's an awesome happening. It takes over 80 volunteers to help it happen, most of our Club is there. Contact **Cal Allen** to pitch in. Shifts are just two hours, but allow some time to walk around and be



impressed. Warning: there is a serious risk you will learn something too.

You Could be a Life Saver

At our last meeting **Chief Roger Johnson** shared with us a new series of smart phone apps that his department is

implementing that could put YOU in a position to save a life.

The

PulsePoint mobile app

alerts CPR-trained bystanders to someone nearby having a sudden cardiac arrest that may require CPR. The app is activated by the local public safety communications center simultaneous with the dispatch of local fire and EMS resources. The purpose of the app is to increase the survival rates of cardiac arrest victims by:

- Reducing collapse-to-CPR times by increasing citizen awareness of cardiac events beyond a traditional "witnessed" area.
- Reducing collapse-to-defibrillation times by increasing awareness of public access defibrillator (AED) locations through real-time mapping of nearby devices.

Roger will have more details as the implementation proceeds.

For more info visit:

<http://www.pulsepoint.org/> or

<http://www.deschutes.org/911/page/pulsepoint>



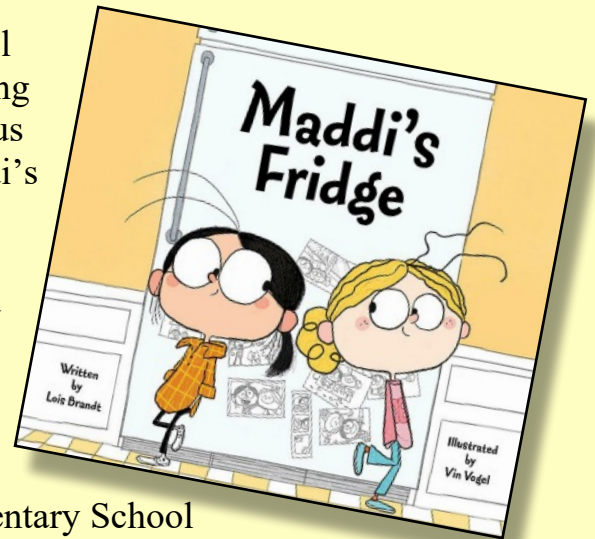
From the President



Hello Sisters Kiwanis Club!

While I relax and rest up on vacation, we have a few things in the pipeline for Spring! Thank you so much to **Dave Cox** who is leading our club during my time off so I can spend quality time with my Dad and family in Southern California and meet my new niece who was born February 8th on Chinese New Year, year of the monkey.

Coming up in March is our Sisters Elementary School Food Drive! Sisters Christian Academy will be joining in as well! The Roundhouse will be partnering with us and bringing in author **Lois Brandt** who wrote *Maddi's Fridge* to bring not just hunger awareness, but sensitivity, to our communities' kids. Lois will be reading to the kids on March 9th kicking off our food drive, which will go from March 10th – March 18th.



Another project is Celebrate Sisters - Kiwanis One Day, which will be April 9th for our club. We will be partnering with **Shannon Pollard** at Sisters Elementary School to help make the school greenhouse handicap accessible and also to work on expanding the garden outdoors with raised beds. This will most likely be a 2-year project.

We are also full steam ahead on our upcoming fundraisers: Antiques & Bling on Memorial Day Weekend, the Buckaroo Breakfast June 12th, and Quilt Show Raffle Ticket Sale.

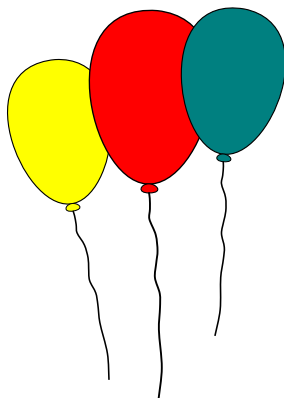
I hope you all enjoy a fantastic February and I will see you all March 3rd!

President Suzanne

Members



MILESTONES for FEBRUARY



Birthdays

2nd Earl Armbruster
12th Tom Worcester
20th Tom Fish
23rd Barbara Bott

Wedding Anniversaries

5th Mike & Tammy Robillard 22 years

Club Anniversaries

1st Sheryl McLaughlin 8 years
5th Carl Milchen 1 year
5th David Miller 1 year
26th Michele Hammer 7 years
26th Dave Huni 7 years
26th Gary Cundiff 7 years

Welcome New Member Lydia Kulos

Lydia and her husband arrived in Sisters about a year ago, after retiring and moving from Eugene. She explained: "Ever since our children were small we have been vacationing here in Central Oregon. So when we sold our farm in Eugene this area was at the top of our list for places to move to." Their 5 children and 3 grandchildren are "scattered around Oregon, except for except for one son & daughter in law who live in Seward, Alaska."

Lydia says she chose Kiwanis as the perfect way in which to meet folks, volunteer & become a part of our new community. "I look forward to exploring the many volunteer possibilities in Kiwanis as I find my niche."



Suzy Ramsey conducts **Lydia's** induction with an assist from her sponsor **Pat Woollard**.

Her past volunteer focus has been mostly related to her nursing career including medical missions to different locations in Ecuador, Peru & Africa. She has also volunteered for organizations which supported the homeless and for many years she worked with Courageous Kids; an organization for kids who had lost an significant family member.

Lydia was sponsored by **Pat Woollard** so she's joined the Club already running at full speed. Nice work **Pat**.

Meetings



Kiwanians in particular have good reason to act with the highest standards. If we want to be the premier

Program Speakers Schedule

February

- 3 - President's Meeting
- 11 - Greg Zadow- Greenridge Physical Therapy
- 18 - Sam Davis - Marijuana Industry
- 25 - Curt Scholl - Sisters Schools Superintendent

March

- 3 - President's Meeting
- 10 - Planning - Ray Eyerly Prints
- 17 - Planning - Food Bank/Schools
- 24 - TBD
- 31 - Dave Cox - Long range planning

(If you have program suggestions or ideas please contact Jim Horsley, and be sure to thank him for all that he has scheduled for us.)



provider of youth service clubs and programs, we need to hold ourselves and our fellow members to the highest standards of conduct and awareness. “

Thank you, **Berni**, for facilitating such an important program.

Fascial Counterstrain Program

Keeping up to date on Youth Protection Guideline

Berni Huggett, one of our newer members, took on the challenging task of bringing us all up to date on the latest guidelines from Kiwanis International for Youth Protection.

“There are more than 300,000 members of all ages involved in Kiwanis youth programs. Almost all Kiwanis clubs sponsor an Service Leadership Program club and do projects with youth. When we work with and mentor youth during projects and activities, their care and welfare are being entrusted to us. It might be hard to believe that a troubling incident involving a youth and/or club member(s) could happen in any club or community. But there are countless examples in all places, with all types of youth service organizations. Every member has to know how to protect the youth with whom we interact and ourselves.

Greg Zadow from Greenridge Physical Therapy brought us an enlightening insight on a therapy technique that he he employs with some of his patients. Sometimes with very remarkable results.

Thank you
Greg !



Projects



Celebrating the Folks Who Keep the Food Bank Running

Week after week a very hard working and dedicated workforce quietly keeps the food moving in and out of the Bank, and makes sure the support we provide to our community members in need is the best it can be. It runs so well that it's easy for the rest of us to lose sight of the significant effort and dedication from these folks that make it happen.

Take a quick look at the statistics for the month of January. Food valued at \$18,760 and weighing over 12,000 pounds went to over a hundred families in need. And the numbers are similar each and every month.

FOOD BANK RESULTS

JANUARY 2016 (4 week mo.)

Families Served-108

Adults- 221 Children- 70

Food boxes valued at \$18,760

weighing 12,507 pounds

30 Kiwanis volunteers

serving 145 hours.

12 Community volunteers

serving 76 hours.

To recognize these workers, **Kerry Bott**, who is our Board Director who oversees the Food Bank, has arranged for a recognition event scheduled for Thursday, February 18th at 2:15.

See you there!



*You are cordially invited
to a reception
honoring volunteers and the
installation of a new painting
by Kathy Deggendorfer
for the Kiwanis Food Bank
on Thursday
February 18, 2016
at 2:15 PM
(cookies, tea and coffee will be served)*

*Kiwanis Food Bank Office
328 W Main Avenue*

RSVP to Food Bank Office

Championship Family Style



One thing you can always count on from our club. We are surrounded by amazing talents and experiences. These folks will always



surprise you. Case in point a recent program: a father son team, the **Walter** boys, with personal tales of Super Bowl Football. Our own life member, **Bob Walter**, introduced us to his son **Mike**. He

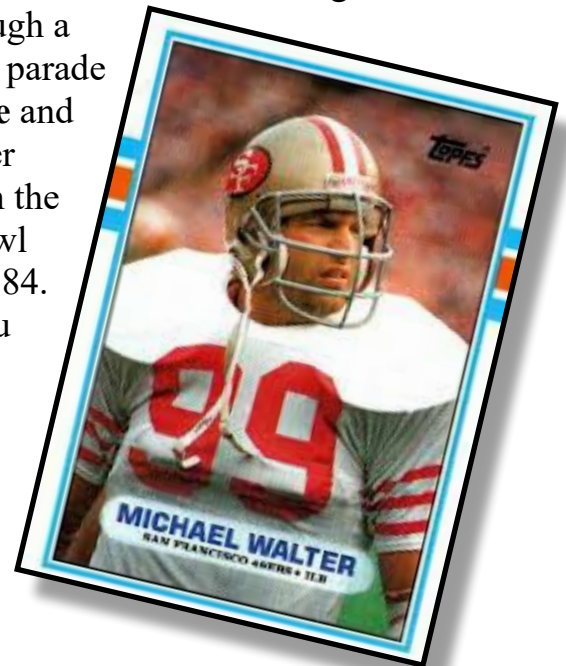
played football at U of O for four years, so **Bob's** support of **Earl Armbruster's** Duck Report is no coincidence. From U of O **Mike** was drafted and played a year for Dallas, then played 10 years for the San Francisco 49ers. Oh, did we mention, that included THREE Super Bowl Championship wins in those years. And **Mike** brought his championship rings to prove it. But the backstory is all about family. As **Bob** introduced **Mike**, it was clear how extraordinarily proud he was of **Mike**. Not just **Mike** and his football accomplishments but also **Mike** his son. And when **Mike** had a chance to speak, he told a tale of the best dad and family supporting him, and his five brothers and sisters. **Bob's** enthusiasm for



Duck football is legendary, missing only a few games in over 34 years of season tickets. That's pretty impressive, right? But wait, how about attending every home game **Mike** played with the 49ers in San Francisco? **Bob** said "There was plenty of time after the Ducks game Saturday afternoon to drive to San Francisco for the Sunday 49er game"... for 10 years! Whoa! And of course the Super Bowl games at Stanford, Miami, and New Orleans.



And one of **Bob** and **Barb's** happiest moment as parents and fans was riding on the 49er float through a tickertape parade after **Mike** and some other 49ers won the Super Bowl XIX in 1984. Thank you **Bob** and **Mike** for sharing your amazing journey with us.



Postcards From...



You probably remember that our life member **Warren Seward** divides his Kiwanis perfect attendance between Sisters and Sanibel, Florida in the winter. Every year he returns to report that they still don't have any female members yet. Still not likely he says. **Warren's** daughter **Chris** has a suggestion "Sanibel Kiwanis needs to step into the 21st century!".

PostCard



Greetings from Florida

Hi All,
The Sanibel Kiwanis still appreciate woman as long as they don't belong to their club! The woman in this picture is a Kiwanian wife. Don't hold your breath for integration in this club!!"

Warren

PostCard



Greetings from Lake Oswego

Hi All.
Fortunately we haven't changed a bit over the years, but some of our classmates look really really OLD! Whoa!

Jan & Suzy

Many of us have experienced the shock and angst of returning to an earlier time in our life. High School reunions can be traumatic for some of us. But these Sisters Kiwanis sisters of Lake Oswego High School class of 197? must certainly have made everyone else jealous. Can you tell the difference between then and now? Not so much. Nice!

Join Us

Thursdays at Aspen Lakes Lodge - 7:00 Coffee

**Sisters Kiwanis
We Celebrate Service!
We invite you to join us for
coffee! Thursdays at 7:00 AM
Meetings start at 7:30 AM
Aspen Lakes, Brand 33**

Our Sisters Kiwanis Purpose and Mission:

The 75 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.org

Calendar of Upcoming Events

SAVE THESE DATES

February 2016

4, 11, 18, 25 - Meeting Aspen Lakes
Lodge
20 Science Fair 12 noon - 4 p.m.
Sisters High School



March 2016

3, 10, 17, 24, 31 - Meeting Aspen Lakes
Lodge

April 2016

7, 14, 21, 28 - Meeting Aspen Lakes
Lodge
9 Kiwanis ONE DAY
Service Day for Kiwanis worldwide.
We will be working at the Middle
School Greenhouse.

Contact Us

Ask a Club Member
to learn more about us



Sisters Kiwanis

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Community Projects:
Matt Kirchoff
Public Relations:
Dan Stearns
Young Children Priority One:
Shirley Lalli
Fundraisers:
Roger Johnson
Youth Services:
Michele Hammer
Membership:
Suzy Ramsey
Sponsored Orgs & Programs:
Michele Hammer
Human & Spiritual Values:
Shirley Lalli
Food Bank:
Kerry Bott

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