

Kiwanis Club of Peninsula-Gig Harbor

KiwaNews for June 3, 2009

Wednesday's Speaker

Clarence Peterson on his submariner experiences off Fox Island (WWII)

Upcoming Speakers

- **June 10:** Craig Faeth presents on MVP Physical Therapy
- **June 17:** John Harrington on Africa safaris
- **June 24:** Lynne Zeiher gives a Gig Harbor/Pierce County Library update

Reminders

- **Wednesday**, Golf Meeting (after the morning meeting)
- **Wednesday**, Sign-Ups for Pancake Breakfast
- **Saturday**, Pancake Breakfast for Maritime Gig
- June 12: Flag Day breakfast, 6:30 a.m.
- June 18, Blood Drive 1-7 p.m., Sunset Grill parking lot (Call Kathy for more information.)
- August 19, Gear-Up Set-Up Day
- August 20, Gear-Up Give-Away Day
- For other **Reminders**, click <http://calendar.mail.yahoo.com/gigharborkiwanis>

From the Prez. . . .



Flag Day

We have the **Flag Day Celebration** coming up on **Friday, June 12th**, and I would like as many members as possible to attend. Not necessarily to help, but to support the event. The event itself starts 7:30, and those helping with breakfast will show up at 6:30.

Golf

On Wednesday, after the meeting, there will be a short golf-committee meeting. Please bring your team sheets in!

Bob & Sylvia Going To International

Thank you to **Bob and Sylvia** for attending the international convention coming up in a few weeks.

KiwaNotes

Golf Balls?

~from John B.

It is time to wind up the golf-ball donation for the Golf Tournament. PLEASE bring a box of balls or a check made out to the foundation for \$20, to the next meeting.

Only about half of you have donated, and I thank you for doing this. The rest of you, and I know who you are, have yet to step up and join those that have.

Blood Drive of the Month!

~from Kathy R.

Our club received recognition from Cascade Regional Blood Services as the Blood Drive of the Month for April, 2009. Below is the information posted on their website.

Thank you to each and every one of you who has donated at one or more of our drives. A very special thank you to

Kiwanians **Jim B., Bruce F., Susan H., Rich T., and Al R.**, who have all donated at almost every single one of our drives since we began in 2008!

Our blood drives are held every 56 days (or as close to that as we are able to reserve the bloodmobile). Our next drive will be held on Thursday, June 18, from 1-7 PM in the parking lot by Sunset Grill and Ace Hardware on Pt. Fosdick.

Please call me to schedule a time for you to donate blood. Remember, every time you donate a pint of blood, you are saving up to 3 lives --- and it's so much easier than performing CPR.

Blood-Drive Thanks

~from Cascade Regional Blood Services

Kiwanis Club of Peninsula – Gig Harbor and their blood drive coordinator, Kathy Robers, started having blood drives with Cascade Regional Blood Services in December 2007, shortly after CRBS made a presentation at one of their regular club meetings.

Kathy started coordinating drives as the President of the Kiwanis Club, and recruited by knocking on countless doors in the neighborhoods of Gig Harbor. Because of her recruitment techniques, the Kiwanis Club of Peninsula – Gig Harbor recruits 25-40 donors every drive. Before their April blood drive, Kathy called over 150 past donors to recruit them to donate blood!

*CRBS is proud to recognize Kiwanis Club of Peninsula – Gig Harbor as our April 2009 **Blood Drive of the Month**, with special recognition to Kathy for her tireless commitment to support the Gig Harbor community in yet another way.*



Kiwanis
Young Children
Priority One

Cub Scout Pack News

~from Bob G.

The Gig Harbor Kiwanis Gig Harbor received the 2009 Charter from the Boy Scouts on May 28th, at Thursday's Pack 264 meeting. Most of the cubs advanced in rank at this awards night: Tiger Cubs to Bob Cat; Bob Cats (who had not already advanced) to Wolf; Bears to Weblos; and eligible Weblos will move to Boy Scouts at the Blue and Gold Dinner in February.

The last Pack meeting for this year will be June 12, 2008, at City Park. The meeting will be a sailing regatta for the model boats the cubs build, and they will race each other. There will be a pot luck with hamburgers and hot dogs. A fun time. A family camp-out is planned for the summer.

Final Sign Up

~from Bill F.

At Wednesday's meeting, we'll have the **final sign-up for Saturday's Pancake Breakfast.**

Kiwanis Street Scramble

~from Kathy R.

On May 23, Kiwanis hosted a booth at the Gig Harbor Street Scramble. As you may know, the Street Scramble is the kick-off to the annual "Healthy Harbor" campaign which promotes both personal physical and emotional health as well as promoting efforts to keep our harbor environment healthy. We have provided a booth with an appropriate activity each year since the Healthy Harbor campaign began.

This year, in partnership with the Tacoma Astronomical Society, we helped children make and launch approximately 300 stomp rockets. The children make a paper rocket, then launch it by stomping on an air launcher made with an empty 2-liter plastic bottle. You would be amazed at how far these rockets can go! The children LOVE launching them and chasing after them to "do it again." (The chasing after the rockets is where the "healthy" part comes in.) It is so rewarding to watch the children get excited over something that has no screen or electronics involved!

Thanks so much to everyone who helped make this happen: Bill F. for providing the contacts and staying on top of the event; Jeni M., Terry J., Jim H., Dan P., who all arrived downtown bright and early (7:00 AM) on their day off to help set up; Rich T. and Bob H. who took a shift to help children make and launch the rockets; and Al R.s and Steve B. who stayed the entire day to help make and launch rockets and to help with clean up. Our GIG HARBOR HIGH SCHOOL KEY CLUB had a large presence there as well! Thanks, guys --- YOU ROCK! I would also like to say thank you to Ray Stinson and Ken Slavin from the Tacoma Astronomical Society. Ray took time out from preparing for their biggest annual event to put together the materials needed for us to do this, and Ken Slavin showed up before 7 AM (even though we only requested him to be there by 10) and stayed the entire day through clean-up. THANK YOU ALL SO VERY MUCH!

Check out the Tacoma Astronomical Society webpage. Membership is only \$10, and they have lots of fun activities for people of all ages. They promote learning about our universe in so many exciting ways, and they have a superb outreach to youth and schools. <http://www.tas-online.org>

Inspiration

- June 3 - Jeni M.
- June 10 - Rich T.

Milestones

***Happy Anniversary to John & Jan B. on June 3rd!**



District News

Tacoma Kiwanis

On May 30th, the Tacoma Kiwanis is having a yard sale from 10:00 am to 4:00 pm at the Elks Club parking lot.



Deep Thoughts

I Love This Doctor! (from Nick)

Q: Doctor, I've heard that cardiovascular exercise can prolong life. Is this true?

A: Your heart is only good for so many beats, and that's it...don't waste them on exercise. Everything wears out eventually. Speeding up your heart will not make you live longer; that's like saying you can extend the life of your car by driving it faster. Want to live longer? Take a nap.

Q: Should I cut down on meat and eat more fruits and vegetables?

A: You must grasp logistical efficiencies. What does a cow eat? Hay and corn. And what are these? Vegetables. So a steak is nothing more than an efficient mechanism of delivering vegetables to your system. Need grain? Eat chicken. Beef is also a good source of field grass (green leafy vegetable). And a pork chop can give you 100% of your recommended daily allowance of vegetable products.

Q: Should I reduce my alcohol intake?

A: No, not at all. Wine is made from fruit. Brandy is distilled wine, that means they take the water out of the fruity bit so you get even more of the goodness that way. Beer is also made out of grain. Bottoms up!

Q: How can I calculate my body/fat ratio?

A: Well, if you have a body and you have fat, your ratio is one to one. If you have two bodies, your ratio is two to one, etc.

Q: What are some of the advantages of participating in a regular exercise program?

A: Can't think of a single one, sorry. My philosophy is: No Pain...Good!

Q: Aren't fried foods bad for you?

A: YOU'RE NOT LISTENING!!! Foods are fried these days in vegetable oil. In fact, they're permeated in it. How could getting more vegetables be bad for you?

Q: Will sit-ups help prevent me from getting a little soft around the middle?

A: Definitely not! When you exercise a muscle, it gets bigger. You should only be doing sit-ups if you want a bigger stomach.

Q: Is chocolate bad for me?

A: Are you crazy? HELLO Cocoa beans! Another vegetable!!! It's the best feel-good food around!

Q: Is swimming good for your figure?

A: If swimming is good for your figure, explain whales to me.

Q: Is getting in-shape important for my lifestyle?

A: Hey! 'Round' is a shape!

Well, I hope this has cleared up any misconceptions you may have had about food and diets.

(Part II of the good doctor's advice next week.)

2008-9 Officers

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