

The Rotary Club of Snohomish, Washington
Rotary International District 5050



The Rap Sheet



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King Richard's Miscellany

Reminder: A fruit is a vegetable with looks and money. Plus, if you let fruit rot, it can turn into wine; something Brussels sprouts never do.

Reminds me of the story am sure you've all heard: women are like apples and men are like grapes.

Well, unfortunately, this Rotary year, for our club, is marked thus far with down-sizing. Joe, Lynn, and Dwight have all resigned. Joe and Dwight because of being over-committed, which is fair – Rotary was something they came to after the other stuff was already on the table. Lynn, having become a person of leisure, will be traveling too much to remain a viable member.

The problem with having been a club of 23 active is that we, as a club, committed to lots of activities. As a club of 18, the possibilities for burnout become much more viable. The B of my ABCDEFG of living life is for "Boundaries." My belief is that you have to "know them" – corporately and individually – so that you can "no them;" meaning that when it is time to say No one can do it certainly.

The other answer to the "small club burnout" scenario is to grow. We have coins to hand out, brochures to hand out and mail, and people not afraid to say "Hell, yes, I'm a Rotarian. And glad of it!" We should all strive to miss no opportunity to set forth Rotary in general and out club in particular.

Go forth in peace but with enthusiasm. Selah.

This from Reba McIntyre: "To succeed in life, you need three things: a wishbone, a backbone, and a funnybone."

And to paraphrase Tom Landry, whose taciturn expression and quiet demeanor was omnipresent, "A team [club] that has character does not need stimulation."



President Richard Bridges

Some Upcoming Events

August

31 Special Club Program: **Club Assembly: A time to share about club business and programs**

Guest presentation by Caitlin Parker-Arnett, A student who attended a writers workshop

September

7 AIM Scholarship students

14 Dr. Bill Mester, Superintendent, Snohomish School District: Outlook for School Year

21 Karen Guzak, Owner of Yoga Circle Studio: What is Yoga?

28 Bob Heirman, Historian & Poet: Railroading in Old Snohomish

Some Notes of Club Programs and Other Activities

Rotary District 5050 Governor’s Visitation



On Thursday, August 3, 2006, Rod Thomson, and his wife, Cathy, joined us for breakfast during our regular club meeting and their 31st wedding anniversary.



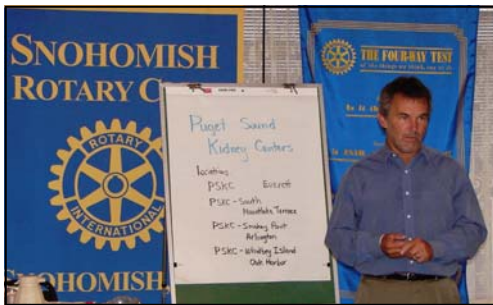
During his presentation to the club he focused on ways in which Rotarians continue, as reflected in the Rotary

International President’s theme for 2006-2007. to “Lead the Way”.

He talked about two new initiatives. One is an online “Rotary Academy”, help us to learn more about Rotary, and “Adventure in Leadership”, for students in high school grades 10, 11 and 12. Past District Governor Gary Hollick, who has lots of experience with Rotary Youth Leadership Award seminars, has been asked to develop the latter new program for the district.

DG Rod also encouraged attendance at the district’s 2007 conference, which is being held in Abbotsford, B.C. He noted that the past two conferences were located at venues outside of the district. This conference will be less expensive.

Puget Sound Kidney Centers



Dennis presenting information

During our club program on August 10, 2006, Dennis Scherting, RN, Director of Nursing, told us some information about the centers and kidney dialysis.

The Puget Sound Kidney Center currently has four not-for-profit free standing outpatient dialysis facilities. They have increased from 4 dialysis stations in 1981 to their current 86 stations, serving 426 patients who come in three times a week.



Puget Sound Kidney Center at Smokey Point

Photo by Linda Thomas, Snohomish County Business Journal, October, 2005

The number of patients is increasing at a rapid rate. Nationally there are 400,000 persons on dialysis, expected to increase to 700,000 by 2010. Dennis said that people can live with a 25% kidney functioning level.. A person can be on a dialysis program and survive for many years.

Because of the importance of early detection, the National Kidney Foundation is conducting a campaign to educate primary physicians. There are currently 200,000 persons waiting for a kidney transplant.

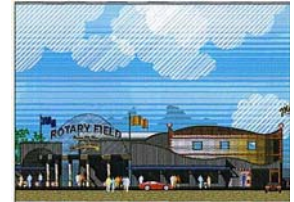
In Snohomish County Business Journal article by Linda Thomas (see the photograph above), it was noted that “dialysis machines do mechanically what a human’s two kidneys do naturally. The most basic function of a kidney is to filter blood. Waste from the bean-shaped organ is eliminated through urine, while clean blood goes back into the bloodstream.” “According to the National Kidney Foundation, about 20 million Americans — one out of nine — have kidney disease. Most don’t know they have it. Common causes for kidney failure include obesity, adult-onset diabetes and high blood pressure.” “The nonprofit Puget Sound Kidney Centers provides dialysis in locations such as Everett, Mountlake Terrace, Oak Harbor and, most recently, Smokey Point, where a new facility opened earlier this year (2005).”



Club Members Learn About A Vision in Monroe

On August 17, 2006, Amy Black, Past President of the Rotary Club of Monroe gave Snohomish Rotary members background and an update on the progress toward the construction of a baseball park.

The idea for the Miracle League grew out of an article in the *Rotarian* magazine. It told about a new facility in Georgia designed to for the needs of the disabled.



Amy shared that Monroe Rotary has partnered with the City of Monroe. City property has been obtained next to the East County Senior Center and across the street from the Boys and Girls Club. The project is to design and build a multi-use outdoor facility which complies with the Americans

with Disabilities Act. The cost will be approximately one million dollars (including in-kind donations of labor and materials).



The Miracle League is organized team baseball for children with mental and physical disabilities. Amy showed a DVD of a feature shown on KING (channel 5) and a collage of photographs showing excited children and parents

who were having experiences that they never thought could be possible. She said that adults take part in helping the players bat the ball (see photo on the left) and run the bases. Snohomish Rotarians were encouraged to take part during next year's season (in May and June).



P-E Lisa and Amy Black

Note: Amy Black will be the Team Leader for an out-bound Group Study Exchange to Italy in 2007.

Snow Cone Trailer at Big Foot Soccer: August 17 - 20, 2006



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Our website: www.snohomishrotary.org

Our 501(c)3 foundation

Snohomish Rotary Charitable Foundation
Tax ID #: 20-1243672

Meetings: Thursday at 7:00 a.m.
Collector's Choice Restaurant

Happy a September Birthday!!!!!!!



Leon Aller 9-26
Jane Gunnyon 9-26

Major October 28 Event
Langley Ukulele Ensemble
TICKETS NOW ON SALE!