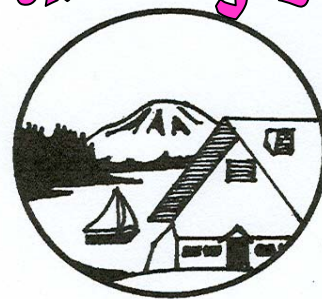


LIC NEWS



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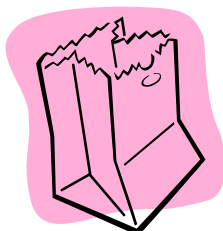
EMAIL: lic@longbranchimprovementclub.org

PRESIDENT'S Letter...

On a walk the other day, down the highway along the spine of our Peninsula, I came across a plastic bag. Not an unusual thing. The plastic bag sprouting along our roadsides should really be our Washington State flower, much like rusting oil barrels in the bush were sarcastically called Alaska's. It was a clear bag, too small and light for a fresh-caught salmon, about the right size to keep a newspaper dry on a drizzly morning. Well, I picked it up and a few steps further along I found another. This one was translucent, the top cut away to form a handle almost guaranteed to tear away if you tried to carry a half-gallon of milk any distance. I really didn't think about it, merely picked it up and wadded it into the first bag. Another few steps and there was a third bag, this one glossy white and printed with the name of a store. As that one joined my garbage collection, it grated on my thoughts like a wee chunk of gravel in your shoe. What's all this litter doing out here? It's ugly. It kills our plants, clogs our drainage ditches and culverts, is a hazard to sea life and birds, and creates a mucky sanctuary for slugs. In a landfill - you can't recycle them - plastic bags have a half-life approaching that of Twinkies.

And like most citizens, my initial response was that "The government ought to do something about it." Even China, no model for environmental care, has joined the bloc of nations banning those dratted bags. But it isn't the gov. that is strewing the trash. And I don't really think there is a strange new cult driving our roads late at night, marking their route with a breadcrumb-like trail of flapping plastic.

"We have met the enemy," wrote cartoonist Walt Kelly, "And it is us." A loose bag flaps its way out of an open car window or slithers (unsecured) out of a pickup bed. A raccoon plucks a bag from a garbage can in a search for edible goodies. Heck, I've even put one down when I wanted to read a front page - only to have the wind catch it away. We're not going to turn the clock back, and in truth we'd be foolish to eradicate the whole universe of plastic bags. They are convenient, they're cheap, and in their place they are effective. That place, however, is not along the roadway. We can insist that someone else take responsibility for our actions -- to say, in effect, that it is Mom's job to tell us to clean our room. On the other hand, we can root out the weed itself. Remember those mesh bags our parents used to take shopping? Do we really need a plastic bag to carry a candy bar?



When they say "Paper or plastic?" think about which one can be recycled.

Keeping just one eyesore off the roadway is not going to save the world. Using a plastic bag is not going to bring the universe tumbling down. But eliminating just one piece of litter, just one use-it-and-chuck-it debris from the landfill, is the first step on the journey to an even better Peninsula. So, pencil in some time so that when Bob MacFarlane plans his next LIC road cleanup party, you can join the crew - See you out on the road, picking up trash...

President, Stu Stuhau

MEMBERSHIP REPORT...

We're delighted to welcome three new sets of members and neighbors to the Longbranch Improvement Club family. Joining us this year are Benjamin Jones; Mark and Laurie Patrick; and Denny and Janice Prichard. As you meet them at meetings and events, give them a big Longbranch hello!

Things are looking really good on the membership side. We've already had about 46 memberships renewed, with a fair number of others snapping their fingers and confiding that they just have to get the form in the mail. When you are renewing your membership, however, it helps if you could find the time to fill out a renewal form. That allows your harried Membership Chair to keep abreast of changes in e-mail addresses, mailing addresses, and your volunteer interests.

Speaking of volunteer interests and opportunities, now is the best time to find those slots that best suit your time, your interests and your abilities. We're planning a full slate of activities and events this year, and the organizers of each of these need plenty of helping hands. Helping hands? Parking lot attendants and bartenders for Beyond The Borders, cleanup crews for the dances, sign-in folks for Kids N Christmas, re-sealing the timber decking at the marina, decorating the Great Hall for Christmas, being a host at a regular meeting - the full events and activities calendar that we all enjoy only happens because we all pitch in and make it happen...

Membership Continued Pg. 2

General Meeting Minutes

MINUTES 1-16-2008

The dessert meeting was called to order at 7:00 p.m. by President Stu Stuhaug.

Vicki Biggs announced a fundraiser for our local Food Bank to be held February 5th at the Longbranch Improvement Club. Dinner will be served, followed by a guest speaker. Tickets are available at \$25.00 per ticket.

Stu Stuhaug introduced the guest speaker. His presentation was titled, "The Marine Biotoxin Program".

Jerry Borchert - Public Health Advisor
Office of Food Safety & Shellfish
WA State Dept. of Health

The following new board members were introduced: **Dick Dixon - Vice President** and **Connie Hildahl - Secretary**

A motion was made by Mike Mahoney that we accept the 2008 Budget as presented. Dick Van Cise seconded this motion. A discussion followed, led by Treasurer, Tim Heitzman. The budget was approved as presented. John Biggs questioned if our various reserve funds such as the roof fund would still be held for their dedicated purposes under the budget, and was assured that even though this was an operational budget rather than a complete operational overview of the clubs total assets and liabilities it did not affect the dedication of the funds.

Dock Committee Report: Dean Latshaw, Dock Chairman, stated that the dock electrical bills are increasing.

LIC Historian Position Filled: Jackie Furrey was introduced, by Stu Stuhaug, as our LIC Historian. Jackie asked members to contact her w/comments and suggestions: CONTACT #: 253.884.6438
EMAIL: blanche2004@msn.com

Mid Summer Dance Chair: Mark Runions announced the following two events:

Saturday, February 2nd: a Puppet Theater Show, for children, will take place at the Vaughn Civic Center. A donation of \$5.00 is requested.

Friday, January 25th: 2:00 p.m., an Evergreen School Assembly will feature puppeteers.

The meeting was adjourned at 8:50 p.m.

**Respectfully submitted,
Connie Hildahl, Secretary**

MEMBERSHIP...Continued from Pg. 1

And speaking of volunteers, the LIC needs a couple of Host volunteers for the February dinner meeting and for the March dessert meeting. You're welcome to be behind the counter for one or both of these. Give me, Sue Stuhaug, a call at 884-3685 or an e-mail at suestu@centurytel.net to join our merry band.

You'll notice we moved the sign-in desk from the main outside door into the meeting room over to the double doors between the meeting room and the Great Hall. No more having to stand outside in the cold while someone ahead of you finds their name on the sign-in sheet and makes out a name tag. Remember, though, that you still should sign in! Specially if you have a boat at the marina or are taking advantage of other club programs that do carry the obligation of posting volunteer hours and meeting attendance. Annual totals of meetings attended and hours of service appear on the sign-in sheet - but the list doesn't take into account the meeting you're attending as you sign in. That shows up next month.

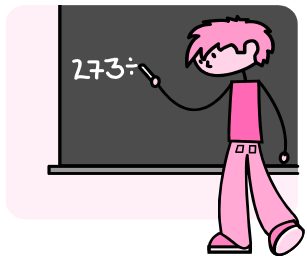


**Membership Chair,
Sue Stuhaug**

LIC 2008 Budget: In The BLACK!

A concise overview of the Longbranch Improvement Club's financial operations, as approved by the membership at the Jan. 16 general meeting, may be found on **Page 7** of this issue of your LIC Newsletter.

At a glance, you can see what your club did with its funds in the past two years (2006 and 2007) along with what it expects to receive and spend in 2008.



**A few numbers POP OUT
and deserve a word of explanation.**

Pierce County Fire District 16's fireboat is leaving the LIC marina (and Dist. 16) this month. No doubt, with the demand for marina space, that slip will be more than utilized by transient moorage throughout the boating season. It appears that income from our dances fell into a valley between the peaks of 2006 and 2008. The LIC stages a New Year's Dance on the even years, while the Key Peninsula Civic Center up in Vaughn hosts the event in odd-numbered years. Marina expenses were high in 2006, when we replaced the high-pressure water piping. The LIC also began building reserve funds for the Building as well as for the Marina. We banked \$5,000 in each of those funds in 2007, and plan on doing the same in 2008.

Where does the money come from? Look at the pie charts, which show the average over three years. Some 39% of the income comes from the guest dock, 26% from the member dock, 19% from events, 9% from the building, 4% from dues and interest, and 3% from donations. Also averaged over three years, some 32% of expenses go to the building, 36% to the marina, 14% to events and 18% to all the other things the LIC does. **Stu Stuhau**

Members with Moorage

If you use electricity at the dock, you should deduct \$12 from your 2008 moorage payment! The electrical rate was incorrectly figured. **It's like Monopoly: Electric Error In Your Favor, Collect \$12!** If you have already paid, there will be a check in the mail for you. *Tim Heitzman*

EVENTS CALENDAR . . . February 2008

Sad news! Aerobics and Yoga classes are canceled until a new instructor-or instructors-can be located. Kristina Butorec is now full time at the YMCA in Gig Harbor. Congratulations Kristina and best wishes to you in your newly expanded job.

We will miss you!

I do have a lead on a TaiChi instructor, a Ball Room Dance instructor, and another Yoga instructor. If any above interest you or you have additional leads, let me know so we can decide if exercise w/a different instructor will fly.

- ◆ Wednesday, Feb. 6: Dock Committee Mtg. 7pm
- ◆ Wednesday, Feb. 13: Board Mtg. 7pm
- ◆ Wednesday, Feb. 20: "Potluck" Gen. Mtg. 6:30pm

Feast & Famine on Fat Tuesday, chaired by Vicki Biggs follows the traditional hunger banquet model reflecting the profile of world hunger. Chefs for the evening - Wally Johnson and Lu Smith will prepare 3 distinct meals for attendees:

- 10% of the people* will enjoy a multi-course meal of roast beef with all the trimmings
- 20% of the people* will have a balanced meal with a main dish of mac & cheese
- 70% of the people* will dine on a subsistence diet- rice-just like 70% of the world's population

Rather than banquet, think *mystery theater, educational experience, or lecture - demonstration with food.*

Feast or Famine "Meal" tickets are randomly distributed at the door. Since **Feast or Famine** is underwritten by LIC with the generous support of business and individual donors, all proceeds from ticket sales, and the sale of soup bowls & soup mixes goes to the Key Peninsula Food Bank. See page 6 of this issue of your LIC newsletter for additional info.

Participating in organizing **Feast or Famine** with LIC is Key Peninsula Community Services, Key Peninsula Family Resource Center, and the Longbranch Community Church. Guest speakers are David Ottey and Linda Caskin. Mr. Ottey, the Executive Director of Emergency Food Network, will speak about hunger as a world-wide problem and a Pierce County-Key Peninsula problem. Lisa Caskin relates her experience as a past food bank client and how the service helped her family.

Ceramic artists, Karen Craven & Ginger Kryger, widely known as the F.I.N.E. Mud Hens (*F.I.N.E. Mud Hens stands for Fox Island/North End*) have donated hand thrown soup bowls (\$10.00 each) to help in the fundraiser. These 2 ceramic artists have been creating soup bowls for food bank fundraisers for several years. The Ruth Circle of the Longbranch Community Church has donated homemade dried soup mixes, also for sale.

Spuds 'N Suds, the 2nd Annual St. Paddy's Day Pre-Lims will be held on March 8, 2008 at Ye Olde Pub-LIC House. Mark Runions has engaged the versatile Irish Folk Duo, Mike Saunders & Dale Russ-vocals, fiddle, banjo & guitar. Music begins at 8:30. Besides music the evening features a Baked Potato Bar, a Limerick Contest, Darts & Pub Games, a Sing-Along, perhaps some Celtic dancing, and a Pot o' Gold Raffle. This event is for LIC Members & their Guests, so bring a friend along. Tickets are \$10.00. (No-Host Bar). No, you won't earn hours for writing a limerick, but you really ought to give it a whirl. Try as I might, I cannot get beyond, "There once was a lady from Longbranch....". Geoff Baillie is heading up the event, give him a call at (253) 884-3951, if you want to help. Some jobs to be done: set-up, clean-up, bar tending, cooking, creating raffle baskets, collecting dart boards & games. Please contact Carolyn at c.wiley@mac.com or 884.9157 if you plan to attend - we would hate to run out of potatoes, Guinness or Irish Coffee.

Easter Egg Hunt, Saturday, March 22 @ 10:00 am. If you want to play, call Debbie Ehrhardt (253)884-6382. or Carolyn (253) 884-9157.

Two-Day Watercolor Workshop at the LIC w/Rene Moriarity. Tentative schedule: 10:00 to 3:00 April 23/24. Limited enrollment-reserve your space early.

For information about these up-coming events or to volunteer to help with an event, please contact Carolyn Wiley (253)884-9157. Submitted by **Carolyn Wiley**

TWAA - Tears of Joy

TWAA and the Angel Guild are proud to co-sponsor the February 2nd Tears of Joy "Little One-Inch" Puppet Theatre. Little One-Inch is a traditional Japanese Banraku puppet drama that tells the story of a tiny boy who sets off to find his fortune. His parents give him a needle to use as a sword, a wood bowl to use as a boat and a chopstick to use as an oar. In his adventures he becomes the playmat of a princess and defeats a great ogre in battle. Come see Little One Inch for an afternoon of cultural delight and wonderment. There is a suggested \$5 family donation at the door.

TWAA - Spring Fling

Wow, how time flies! Our 6th annual Spring Fling is just around the corner with visions of tulips and budding trees. I'm sure you're all looking forward to our signature event just as much as we are!

Come spend an evening admiring the artwork of many local TWAA artists while listening to the bluesy music of Jazz Musette.

This year's Spring Fling poster and invitations will showcase Beverly Pedersen's "Spring Floral" tulip painting on silk. Be sure to enter our event drawing to WIN a framed and ready to hang giclee of Beverly Pedersen's "Spring Floral" painting (\$100 value). Tickets available for purchase at the event.

TWAA is also announcing a call to artists for Spring Fling artwork. Any artist may submit up to 2 pieces of art for inclusion in the show. Inclusion in the show depends on number of entries, quality of work and space availability. Call Margo Macdonald for more details 884-2955. Submitted by **Denise Carron**



The History of Valentine's Day ...

Page 5

CUPID, the child-like, winged deity often associated with our modern Valentine's day, is the son of Venus, the Roman goddess of love. In Greek mythology, CUPID is known as Aphrodite's son Eros.

Happy Valentine's Day

Every February, across the country, candy, flowers, and gifts are exchanged between loved ones, all in the name of St. Valentine. But who is this mysterious saint and why do we celebrate this holiday? The history of Valentine's Day -- and its patron saint -- is shrouded in mystery. But we do know that February has long been a **month of romance**. St. Valentine's Day, as we know it today, contains vestiges of both Christian and ancient Roman tradition. So, who was Saint Valentine and how did he become associated with this ancient rite? Today, the Catholic Church recognizes at least three different saints named Valentine or Valentinus, all of whom were martyred.

One legend contends that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men -- his crop of potential soldiers. Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers in secret. When Valentine's actions were discovered, Claudius ordered that he be put to death. Yet other stories suggest that Valentine may have been killed for attempting to help Christians escape harsh Roman prisons where they were often beaten and tortured.

According to one legend, Valentine actually sent the first 'valentine' greeting himself. While in prison, it is believed that Valentine fell in love with a young girl -- who may have been his jailor's daughter -- who visited him during his confinement. Before his death, it is alleged that he wrote her a letter, which he signed 'From your Valentine,' an expression that is still in use today. Although the truth behind the Valentine legends is murky, the stories certainly emphasize his appeal as a sympathetic, heroic, and, most importantly, romantic figure. It's no surprise that by the Middle Ages, Valentine was one of the most popular saints in England and France.

While some believe that Valentine's Day is celebrated in the middle of February to commemorate the anniversary of Valentine's death or burial -- which probably occurred around 270 A.D -- others claim that the Christian church may have decided to celebrate Valentine's feast day in the middle of February in an effort to 'christianize' the celebrations of the pagan Lupercalia festival. In ancient Rome, February was the official beginning of spring and was considered a time for purification. Houses were ritually cleansed by sweeping them out and then sprinkling salt and a type of wheat called spelt throughout their interiors. Lupercalia, which began at the ides of February, February 15, was a fertility festival dedicated to Faunus, the Roman god of agriculture, as well as to the Roman founders Romulus and Remus. To begin the festival, members of the Luperci, an order of Roman priests, would gather at the sacred cave where the infants Romulus and Remus, the founders of Rome, were believed to have been cared for by a she-wolf or lupa. The priests would then sacrifice a goat, for fertility, and a dog, for

purification. The boys then sliced the goat's hide into strips, dipped them in the sacrificial blood and took to the streets, gently slapping both women and fields of crops with the goat hide strips. Far from being fearful, Roman women welcomed being touched with the hides because it was believed the strips would make them more fertile in the coming year. Later in the day, according to legend, all the young women in the city would place their names in a big urn. The city's bachelors would then each choose a name out of the urn and become paired for the year with his chosen woman. These matches very often ended in marriage. Around 498 A.D, Pope Gelasius declared February 14 St. Valentine's Day. The Roman 'lottery' system for romantic pairing was deemed un-Christian and outlawed. Later, during the Middle Ages, it was commonly believed in France and England that February 14 was the beginning of birds' mating season, which added to the idea that the middle of February -- Valentine's Day -- should be a **day for romance**. The oldest known valentine still in existence today was a poem written by Charles, Duke of Orleans to his wife while he was imprisoned in the Tower of London following his capture at the Battle of Agincourt. The greeting, which was written in 1415, is part of the manuscript collection of the British Library in London, England. Several years later, it is believed that King Henry V hired a writer named John Lydgate to compose a valentine note to Catherine of Valois. In Great Britain, Valentine's Day began to be popularly celebrated around the seventeenth century. By the middle of the eighteenth century, it was common for friends and lovers in all social classes to exchange small tokens of affection or notes that were handwritten. By the end of the century, printed cards began to replace written letters due to improvements in printing technology. Ready-made cards were an easy way for people to express their emotions in a time when direct expression of one's feelings was discouraged. Cheaper postage rates also contributed to an increase in the popularity of sending Valentine's Day greetings. Americans probably began exchanging hand-made valentines in the early 1700s. In the 1840s, Esther A. Howland began to sell the first mass-produced valentines in America. Today, according to the Greeting Card Association, an estimated one billion valentine cards are sent each year, making Valentine's Day the second largest card-sending holiday of the year. (An estimated 2.6 billion cards are sent for Christmas.) Approximately 85 percent of all valentines are purchased by women. In addition to the United States, Valentine's Day is celebrated in Canada, Mexico, the United Kingdom, France, and Australia.

Valentine greetings were popular as far back as the Middle Ages (written valentine's didn't begin to appear until after 1400), and the oldest known Valentine card is on display at the British Museum. The first commercial Valentine's Day greeting cards produced in the U.S. were created in the 1840s by Esther A. Howland. Howland, known as the Mother of the Valentine, made elaborate creations with real lace, ribbons and colorful pictures known as "scrap".

KPCS Food Bank Benefit



FEAST OR FAMINE

Fat Tuesday Hunger Banquet

February 5 6:30 to 8:30pm

Longbranch Improvement Club
4312 Key Peninsula Highway S.

Tickets \$25 at Sunnycrest Nursery

Call 884-9157 or 884-4440 before Jan.31

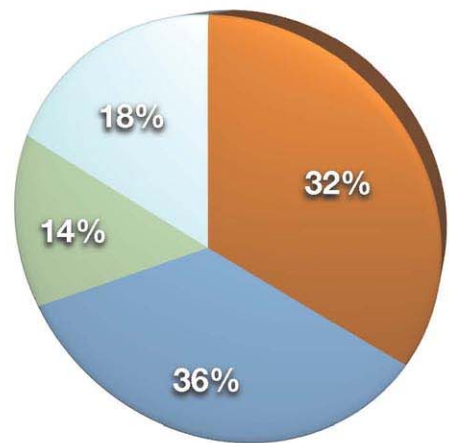
Carolyn Wiley
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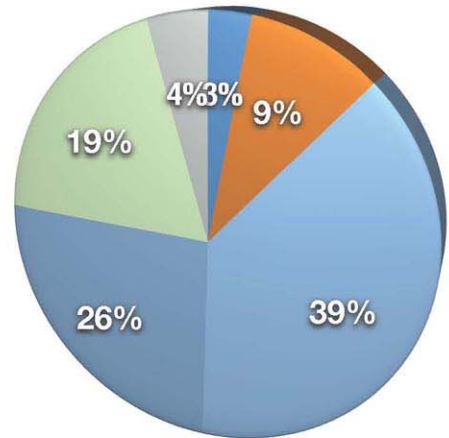
Longbranch Improvement Club, Key Peninsula Community Services,
Key Peninsula Family Resource Center *and* Longbranch Community Church

	2006 Actual	2007 Actual	2008 Budget
Donations	\$1,680	\$5,454	\$3,150
Building Income	\$5,920	\$12,412	\$12,600
Marina Revenue			
Fireboat	\$2,400	\$2,995	\$0
Guest	\$34,635	\$39,062	\$39,110
Member	\$27,103	\$29,243	\$31,250
Winter	\$4,166	\$4,824	\$4,650
Events			
Dances	\$15,573	\$9,252	\$15,750
Events	\$1,596	\$8,373	\$15,450
Interest Income	\$1,306	\$1,640	\$1,800
Member Dues	\$2,865	\$3,980	\$3,600
TOTAL INCOME	\$97,244	\$117,235	\$127,360
Building Expenses	\$35,198	\$32,354	\$36,000
Building Reserve	\$0	\$5,000	\$5,000
Marina Reserve	\$0	\$5,000	\$5,000
Marina Expenses	\$51,198	\$31,824	\$32,310
Events			
Dances	\$10,864	\$4,780	\$8,750
Events	\$1,095	\$9,278	\$15,360
Other Expenses			
Charitable Donations	\$2,100	\$4,125	\$7,550
Other expenses	\$16,955	\$14,079	\$16,760
TOTAL EXPENSES	\$117,410	\$106,440	\$126,730
Gross profit	-\$20,166	\$10,795	\$630



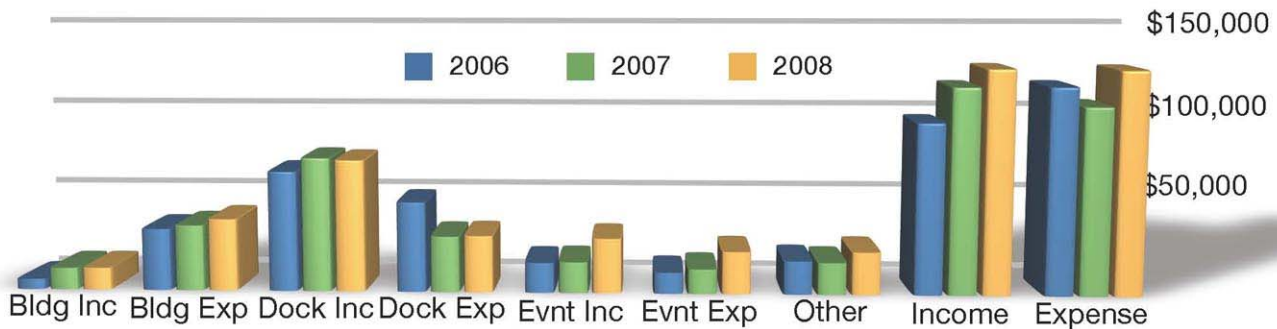
3-Year Average Income

- Donations
- Building
- Guest Dock
- Member Dock
- Events
- Dues, Interest



3-Year Average Expense

- Building
- Marina
- Events
- Other



Continued from the January Newsletter . . . **The BANANA is a natural remedy for . . .**

Depression and SAD (Seasonal Affective Disorder): Bananas contain the natural mood enhancer - tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and make you feel happier.

Stress, Nerves, PMS, Brain Power and help with Nicotine Withdrawal: When we are stressed, our metabolic rate rises, thereby reducing our potassium levels which can be rebalanced by eating a banana (high in the mineral potassium). This vital mineral also helps normalize heartbeat, sends oxygen to the brain and regulates our body's water balance. Bananas are also high in B vitamins that help calm the nervous system and vitamin B6 specifically that helps with PMS as it regulates blood glucose levels which can affect your mood. The B6, B12, potassium and magnesium also help the body recover from the effects of nicotine withdrawal. Research has also shown that the potassium-packed fruit can assist learning by making us more alert.

Anemia: High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

Blood Pressure and Stroke: Bananas are extremely high in potassium yet low in salt which is why the US Food and Drug Admin. has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke. The New England Journal of Medicine concludes that eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

Constipation: High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

Overweight and Pressures at Work? Pressure at work can lead to gorging on comfort food like chocolate. Eating a banana or other snack high in carbohydrates, can help us avoid panic-induced food cravings -keeps our blood sugar levels steady which also helps in avoiding **Morning Sickness**. NOTE: many other cultures see bananas as a "cooling" fruit that can **lower both the physical and emotional temperature** of expectant mothers.

Ulcers, Heartburn and Hangovers: The banana is used as the dietary food (soft texture and smoothness) against intestinal disorders like ulcers. It neutralizes over-acidity and reduces irritation by coating the lining of the stomach which also aids in reducing heartburn. Hangover? Try a banana milkshake, sweetened w/honey to calm the stomach - build up depleted blood sugar levels while soothing and re-hydrating your system.

Mosquito Bites and Warts: Rub affected area with the inside of a banana skin to reduce swelling and irritation or kill off a wart.

Compare a BANANA to an apple; it has 4X's the protein, 3X's the phosphorus, 5X's the vitamin A and iron, 2X's the carbohydrate, including other vitamins and minerals. It is also rich in potassium and is one of the best value foods around. So maybe it's time to change that well-known phrase so that we say, "A banana a day keeps the doctor away!" Submitted by **Marlies VanCise**

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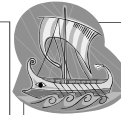
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