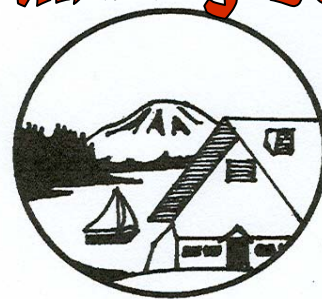


LIC NEWS



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STU STUHAUG'S NOTE



Biotoxins and Shellfish:

The *real red tide* story

Draw a big red circle around Jan. 16, and plan to be at the LIC by 7 p.m. That's our first membership meeting of the year, and for most of us this may be THE most important meeting of the year!

Why? Because of our beautiful beaches, sheltered bays and abundant shellfish.

GUEST SPEAKER:

Jerry Borchert

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

Another way of putting it is that he's the *red tide expert* who tests our waters to see if shellfish are safe to eat. More formally, he's a specialist in marine biotoxins.

When marine biotoxins bloom, they create a significant health hazard for anyone eating shellfish. We're not talking upset tummies, but rather the potential of paralysis or even death. Many folks on the south Peninsula know Borchert, even if not by name. You'd see him at the Longbranch Improvement Club marina every week, gathering mussel samples ... LIC member Doug Sylvers has taken on that task, as a volunteer, over the past year. Those who have called the recorded Red Tide or Biotoxin Hotline have heard Borchert's voice, reporting on conditions.

To sweeten the deal, the January meeting is a potluck dessert affair.



Barring some totally unexpected circumstances, the Board will also present the 2008 LIC budget to members for ratification.

December Volunteers

This is a very difficult time of year to ask for volunteers, with all that one has to contend with outside of the LIC, but again members came through and I thought special recognition and thanks was in order!

Cut and deliver the lovely LIC Christmas Tree- John Biggs, Mike Hays, and Joe Barrow!



Putting up the Christmas Tree-



Andy Gano, John Glennon, Mike Hays, & Dennis Stuhaug.

Decorating the hall & kitchen area- Peg and Larry Bingham, Lisa Bryan, Ann Craven, Carmen

Davies, Bob McFarland, John Glennon, Jo Hamilton,



Marcia Horan, the Lippert family, Pam & Cliff Lofgren, Pat Muchmore, Marlies & Dick VanCise, Carolyn & David Wiley.

More December Volunteers - Page 2...

President's Letter - Page 3...

General Meeting Minutes - Page 4...

"Christmas Turkey and Ham Cooks": Peg Bingham, Carmen Davies, Debbie Ehrhardt, Sharon Gearhart, Theresa Gano, Norma Iverson, & Sue Stuhaug

Teşekkürler

MEMBERSHIP REPORT ...

This time of year always, for me, reflects a general feeling of "Thanksgiving" and looking to the future, the hope of "Renewal", of good things to come.



Turkey/Ham donations: Debbie & Glen Ehrhardt, Marcia Horan, Liz & Pat Jacks, Pat & Dean Latshaw


Use of Keyboard: Mark Runions

Merci

Obrigado! Fine Voices: The Key Singers

"Set Up and Take Down Crew": Peg and Larry Bingham, Babette Cook, Ann Craven, David Dahl, Carmen Davies Sharon Gearhart, Anna Gonzales, Connie Hildahl

Vielen Dank

Ευχαριστώ Table Decorations: Marcia Horan

Donation of a model boat - proceeds going to the scholarship fund: Bob McFarland, Eddie Morgan, Pat Muchmore, Dick VanCise, Paula & David Wickland, David & Carolyn Wiley

Grazie

"The Kids 'n Christmas Volunteers": Peg & Larry Bingham, Dale Case, Debbie Ehrhardt, Cindy Evans, Mike Hays (for the loan of a camera and printer), Connie Hildahl, Phil Ingram, Lynn Larson, Bob McFarland, Traci & Mark Michel, Teresa & Rance Smith, Sue & Stu Stuhaug, Jeanne Weston, Carolyn & David Wiley

Bedankt

"Adopt a Road" Crew-Donna & David Delk, Martha Sharples, the Stuhaugs - headed up by Bob McFarland

Thanks

All of YOU brought the end of the season to a very fine close! A great big thanks from *Sue Stuhaug*,
MEMBERSHIP CHAIR

I didn't exactly know what I was getting myself into when I accepted the job of LIC Membership Chair and I must say, the job certainly has evolved since I took office 6 months ago. But the one thing I have learned and appreciated is the deep dedication of most LIC members. How they reach out, not only to serve the organization itself but the community they reside in as well. The LIC is an "inward" organization, meaning it is there to serve itself and its members. If we are to have this wonderful, often magical old building and the marina, we have to be inward serving. That is how we pay the upkeep. However, the LIC is also an equally "outward" serving organization. Look at the membership hours that reach out to the community at large. The Key Peninsula Community Fair, a four day affair, saw 63 members with a combined total of 1060 hours; The LIC opened its doors for such events as; Beyond the Borders, a new & exciting arts and music concept, so very well received by the community and our membership, took over 250 hours with 32 members participating; The children's programs; Easter Egg Hunt, Trunk 'N Treat, Kids 'N Christmas logged in over 200 hours with 45 members bringing these activities to the children of Key Peninsula. As several parents commented at our most recent "Kids 'n Christmas" event, "my, we didn't know what to expect, but how has the LIC managed to put on such a wonderful affair for the children"? As you looked about the hall, you saw crowds of children clustered around the craft tables making gifts for their mothers, fathers, family members and other loved ones. At every table, girls from Girl Scout Service Unit 22 were assisting and helping. The craft materials themselves came from the generous hands of the Peninsula's own Angel Guild.

Continued Page 3 . . .

Gift wrapping was set up by the Peninsula High School Key Club. Under the Christmas tree, were over 200 age appropriate gifts, donated by the US Marine Corp. "Toys for Tots" program awaiting eager youngsters who were giving their wish list to Santa Claus (John Glennon). Photos of each child and Santa were available. The kitchen was filled with the smells of cookies, cocoa, cider, and coffee and the tables in there, filled with smiling faces of both the young and their parents. Helping out behind the scenes was a generous underwriting grant from the Geneva Foundation. "It came about with the help of lots and lots of people" was the answer. Last year, there were 126 individual and family LIC memberships. Of these, 96 memberships were actively engaged in the programs, work parties, and community events that the LIC sponsored. That is a little better than 3/4 of our total membership. Those 96 memberships logged in 3,677 volunteer hours (without counting the time to clean the Great Hall and pack away the decorations). As you contemplate the "renewal" of your membership and I hope that you do, keep in mind, the hours are long, the pay non existent, but my, what fun it has been and will be. Happy New Year and THANK YOU FOLKS, for all of your hard work!

Sue Stuhaug, Membership Chair

PRESIDENT'S Letter . . .

Somehow, all of a sudden, we've ended up in January. It's a brand-new year, not even a bit soiled around the edges yet. The days are getting longer, the seed catalogues are arriving, letters from the snowbirds are sounding a little wistful and if you listen closely you might catch the trill of a seasonally-optimistic songbird. Yeah, some folks will correctly point out that the weather has often pulled some doozies as winter melts away, but they are the kind of people that always look at their glass as half empty rather than half full. January also means it is time to trot out our New Year's resolutions. The Other Half points out that I only have to recycle mine from last year because (she claims) they were hardly used. Nevertheless, I'll show you mine.

First of all, I'm going to find a friend that's never been to the LIC and bring em' over for a meeting. After meeting you all, there's no question but that he'll sign the membership application on the dotted line. And since better than 3/4 of our membership volunteer for good works & well, many hands make light work. I'm going for a walk in our woods. Have you looked, really looked, at our grounds? In most of the world, ours would be a showcase park. While I'm there, I'll try to make a good image of the LIC building. It probably won't live up to my hopes, because that is a way beautiful building, but the fun is in trying as much as the results. I'm going to attend several events at our building put on by other folks. The Old Timers celebrate our history. The bike racers put the lie to tales that all kids today are fat and lazy. Besides, bike racing is almost as much fun to watch as it is to do. Maybe we should invite our high schoolers to bring their treats and drinks booth down to the LIC to nourish racers and spectators alike. The LIC Church Salmon Bake brings together folks with fellowship, companionship and great salmon. That's not giving short shrift to our own events. I'm gathering up as many family members as possible for Beyond The Borders. Those of us that enjoyed it last summer know why. Those who missed this great music, fun art and fab food afternoon would be foolish indeed to bypass a second edition of a classic. I've already been told by a grandchild that we're going to the Fair and RIDE. And RIDE. And I think on a pleasant mid-week afternoon I'll raise the sails on a kayak, stow a thermos of coffee and a couples of brownies below deck, and voyage along the beautiful homes lining our Filucy Bay. By and by I'll tie up at the LIC Marina's dinghy dock and amble over to the cabana for a cuppa coffee and a brownie while I enjoy the view. If you happen to show up, I'll share a brownie with you. There are those who might be shaking their finger, lamenting resolutions which are pretty darned well indulgent. Mole, my favorite character from "Wind In The Willows", would reply with a shouted "Onion sauce!" When you live in a place as wonderful as the S. Peninsula you'd be foolish not to enjoy it for all it's worth!

THE END - President, Stu Stuhaug

General Meeting Minutes

CHRISTMAS DINNER 12-12-07 . . .

The meeting was called to order after everyone enjoyed a scrumptious potluck holiday dinner with all the trimmings. A special thanks to the Key Singers choir for providing a beautiful assortment of holiday songs. LIC member Mark Runions provided the electronic piano accompanying the singers. President Stu Stuhaug made a special welcome to those who are blessed to be with us tonight and we thank God that they are able to . . . Alice Schlenker, Laurie Jones, Pat Thompson and Carmen Davies. It was also asked that we remember and send our wishes and prayers to those who by illness or distance were unable to attend this annual gathering. Dave and Paula Wickland made a generous donation of a detailed model of the racing sailing yacht the "Enterprise" for a special raffle raising funds for the LIC scholarship fund, aiding college-bound Peninsula students as well as a summer camp program. Holding the winning ticket was a surprised Virgil Iverson, in that his wife Norma Jean had drawn the number!!!

As is traditional during the festive holiday meeting, formal business matters were kept to a minimum and reports from committees and officers were encapsulated into a brief: "We have money in the bank, the bills are paid and the books are balanced. The dock and the building are in good shape, and a full calendar of events is taking shape for next year." Kids and Christmas is Sunday, Dec. 16. This event, really a present to ourselves, opens our great hall to children from all over the Peninsula to make presents for their families, to enjoy cookies and cocoa, to express their own wishes to Santa Claus, and to receive a wrapped present for themselves. The majority of the toys come from the Toys for Tots campaign of the U.S. Marine Corps, some donations, and from the LIC. John Glennon picked up the toys from the Marines Toys for Tots today. What a supply!

The club expressed a huge "Thank You" to the Geneva Foundation (created by the Albers family of milling renown) for its generous donation underwriting this program for needy kids & their families. Stuhaug noted that it is the volunteers and their efforts who keep this club and its programs running. On that note, we have some special awards tonight. Volunteer of the Year award goes to Mary and Bob Mazur. While they have given of their time and energies in numerous ways in their years of LIC membership, they now maintain and manage the LIC's website (longbranchimprovementclub.org) as well as the e-mails that flow into the club. It requires a great amount of work and attention to detail to make the program work so well. Lifetime Member Award goes to Norma Jean Iverson. She took upon herself the daunting task of making the LIC kitchen work for members as well as renters. She keeps a hand on the inventory of supplies that allows the kitchen to function, from spices to dish soap. She's been on hand late at night and early in the morning, cooking, cleaning, advising & carrying in boxes of supplies. Her name will go on the plaque that is in the office. The club presented the Mazurs & Iverson with engraved stars, identifying them as "Stars of the LIC" thanking to these special people and all that they do and have done for the LIC. The meeting marked the completion of the terms of office of two board members: John Biggs as Vice President and Pat Latshaw as Secretary. The club expressed its thanks to both of them for a job well done. Re-elected to the board for 2008 are: Carolyn Wiley, Events chair; and Mike Hays, Building chair. Joining the board for 2008 are: Dick Dixon, Vice President, and Connie Hildahl, Secretary. In other notes: members were reminded that if they were due reimbursements from the LIC they should submit those to Treasurer Tim Heitzman before the end of the year. Tickets were still available for the New Year's Dance, this year at the Key Peninsula Civic Center. LIC membership chair Sue Stuhaug has tickets. Mike Salatino, from the Key Peninsula Civic Center, extended an invitation to all LIC members for the KPCC holiday potluck dinner, Dec. 13.

Respectfully submitted, Pat Latshaw-Secretary

EVENTS CALENDAR . . .
January & February 2008

- ◆ Wednesday, Jan. 2, 7 p.m. at the LIC - Dock Committee Meeting
- ◆ Wednesday, Jan. 9, 7:00 p.m. - Board Meeting
- ◆ Wednesday, Jan. 16: 7 p.m. at the LIC General Meeting - Guest Speaker is Jerry Borchert, speaking on Red Tide and Marine Biotoxins
- ◆ Tuesday, Jan. 22, Exercise classes resume:
Aerobics 9am; Yoga 9:45am & 7pm
- ◆ Tuesday, Jan. 29:
Aerobics 9am; Yoga 9:45am & 7pm
- ◆ Tuesday, Feb. 25: Aerobics 9am; Yoga 9:45am & 7pm
- ◆ Wednesday, Feb. 6: Dock Committee Mtg 7pm
- ◆ Tuesday, Feb. 12: Aerobics 9am; Yoga 9:45am & 7pm
- ◆ Wednesday, Feb. 13: Board Mtg 7pm
- ◆ Tuesday, Feb. 19: Aerobics 9am; Yoga 9:45am & 7pm
- ◆ Wednesday, Feb. 20: "Potluck" General Mtg 7pm
- ◆ Tuesday, Feb 26: Aerobics 9am; Yoga 9:45am & 7pm

New Year's Nugget -Submitted by Marlies VanCise

A professor at CCNY for a physiological psych class told his class about bananas. He said the expression "going bananas" is from the effects of bananas on the brain.

Never, put your banana in the refrigerator! *This is interesting.* After reading this, you'll never look at a banana in the same way again. Bananas contain three natural sugars - sucrose, fructose and glucose combined with fiber. A banana gives an instant, sustained and substantial boost of energy.

Research has proven that just 2 bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number 1 fruit w/ the world's leading athletes.

But energy isn't the only way a banana can help us keep fit! It can also help us overcome or prevent a substantial # of **illnesses and conditions**, making it a must to add to our daily diet. **How the banana is a natural remedy for . . . the list of "Illnesses and Conditions" to be featured in the February Newsletter... Thanks Marlies!**

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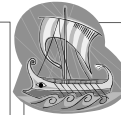
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