

June 20, 2002

Issue 24



The Builder

Birthdays

June 20

- Karen Garvie

June 21

- Mary Jane Dandeno

Anniversaries

June 25

- David & Jackie Wilson

Join Us

Thursday, June 27th

A Report from

New Orleans

By...

President Gary

At the Rusty Gull

12:00 p.m.

Kiwanis Club of Owen Sound "Serving the Children of the World"

BAYVIEW SINGS FOR KIWANIS

Following the Builders' Song, O Canada and the Invocation, Past President Peter Little led the group in singing "Auld Lang Syne." President Gary welcomed everyone to the meeting and distributed Team Kiwanis Ball Caps.

Update on Team Kiwanis Standings

Team Prettie	5 pins
Team Drury	8 pins
Team Sweatman	11 pins
Team Wood	10 pins

K Bill Hambly won the 50/50 draw and was therefore appointed fines collector. President Gary reminded everyone of the summer schedule. See "Your Kiwanis Calendar" in this newsletter.

We are very sad to hear that K Sam Dimis is hospitalized. Sam, please know that our thoughts are with you, your wife Reta and your children.



Our special guests were the "Bayview Singers" under the direction of Julia Levine. Julia explained that the group meets each Thursday at lunchtime to practice. They have been learning about Kiwanis and Julia thanked Kiwanis on behalf of the group for the work they do for children. Julia said that good attendance is promoted with the choir.

Their selections were "Do Your Best", "Different Point of View", "Don't You Think We're Lucky?" and "The World is Such a Lovely Place."

Your Kiwanis Calendar

Kiwanis Regular Meeting,
July 11

Kiwanis Regular Meeting,
July 25

Kiwanis District
Convention,
August 1-3
Ottawa

Kiwanis Regular Meeting,
August 8

Summerfolk,
August 16 – 18

Kiwanis Regular Meeting,
August 22

Farmers' Night,
October 17th
Bognor



Fine Session Highlights

- K Gord Harris was impressed with the applause he received and paid 50 cents.
- Past President Peter appealed to Past President John Prettie to ask if President Gary is generating sufficient revenue with the fines session. Treasurer Bruce was consulted and decided that he was \$1.00 behind where he should be.
- K Doug Bumstead paid a fine for a trip to the Laurentian Mountains.

SunSense Guidelines

Now that summer has finally arrived here are some reminders from the Canadian Cancer Society.

1. Reduce sun exposure between 11am and 4pm. The sun's rays are the strongest between 11am and 4pm. If you can, plan your outdoor activities before or after this time. It's easy to remember this time: during these hours, your shadow is shorter than you are!
2. Seek shade or create your own shade. When you are outside, especially between 11am and 4pm, try to stay in the shade. Be prepared for places without any shade by taking along an umbrella. With an umbrella you can create shade wherever you need it.
3. Slip! on clothing to cover your arms and legs. Covering your skin will protect it from the sun. Choose clothing that is: loose fitting, tightly woven, lightweight.
4. Slap! on a wide-brimmed hat. Most skin cancers occur on the face and neck, so this area needs extra protection. Wear a hat with a wide brim that covers your head, face, ears and neck. Hats without a wide brim, like baseball caps, do not give you enough protection.
5. Slop! on a sunscreen with SPF #15 or higher. Use a sunscreen with a Sun Protection Factor (SPF) of #15 or higher - SPF 30 if you work outdoors or if you will be outside for most of the day. Look for 'broad spectrum' on the label. This means that the sunscreen offers protection against two types of ultraviolet rays, UVA and UVB. Apply sunscreen generously, 20 minutes before outdoor activities. Reapply frequently, at least every two hours, and after swimming or exercise that makes you perspire. No sunscreen can absorb all of the sun's rays. Use sunscreen along with shade, clothing and hats, not instead of them. Use sunscreen as a back-up in your sun protection plan.
6. Keep babies under one year out of the direct sun. Babies need extra protection because their skin is very sensitive. It is best to keep young babies out of direct sunlight. Keep your child's stroller, playpen or carriage in the shade.
7. Tanning parlours and sunlamps are not a safe way to tan. Tanning salons do not give you a 'safe tan without burning.' No tan is a safe tan. A tan is evidence of sun damage. Just like the sun, tanning lights and sun lamps emit ultraviolet rays that can cause sunburn, aging skin and increase your risk of skin cancer. The strength of the ultraviolet rays, especially the UV-A type, may actually be higher in tanning beds than in sunlight! (www.cancer.ca)



The Ribbon is Cut

Many soccer dignitaries were on hand Saturday, June 22 at the Grand Opening of the Kiwanis Soccer Complex. We were well represented by Kiwanians selling at the food booth and by Past President Peter who brought remarks on behalf of the club.