

RAMBLINGS

by Susan Urhausen

I just had another one of those milestone birthdays recently, number 60 to be exact. My daughter asked me how old I was this time around and I told her. "SIXTY", she squealed, "I thought you were like 57 or 58!" I thanked her for thinking I was even two or three years younger than I am but added that she needn't do the 'SIXTY' at me again!

What isn't apparent at that age, but will be soon enough most likely, is that the difference we feel between the ages of 57-60 is negligible. I remember thinking at 30 that 50 was just horribly old, only to arrive at 50 feeling pretty capable and chipper. Maybe it takes that backward perspective to understand how it all works. I remember working in the garden with my mother-in-law when she was about 50 and I nearly treated her like an invalid, thinking she should just sit and let me dig and plant, while she rested. Why she didn't pitch the hoe at me that day, I don't know. Sorry Jean, now I understand!

Now that I'm 60 I feel less chipper, but still pretty capable. What slows me down these days isn't my age so much as it is my lack of muscle tone and general health. Well, all things considered my health is ok, but I am way too overweight. We're working on that. I keep telling myself that once I get down to the muscle, they must be in fairly good shape; they've been working hard to move extra mass around for a few years now. It sounds good on paper.

I recall times that I referred to people who were 60 or 70 as older folks. Now that I'm standing on 60, 70 doesn't look all that bad! I had a conversation about that with a woman who had just turned 70 about the time I became 60. We agreed that 'older' had pretty much dropped from our descriptions of people here lately. I still refer to 40 year olds as youngsters or kids, only realizing after a few thoughts that they probably don't feel that way. They will down the line though, like I said, the backward perspective points things out.

I have been extraordinarily lucky to not have one of those 'crash and burn' milestone birthdays. My sister had a spell when she turned 30. I have yet to have a 'depressed' reaction to those milestones. I felt elated, of course when I turned 21. I felt introspective when I turned 30, examining my life in detail to see if I was where I thought I should be at that time. Funny, I can't remember what any of my conclusions were, I just remember a couple of weeks of deep thought. I don't recall any major issues when I turned 50. This last birthday was just kind of odd. Kind of like an internal "Ah, I'm 60, wow, I'm 60". Then I was back off to all the things in my life that grab my attention, family, food bank, friends and Focus. Hmm, they all start with an 'f'. How about that?

Years ago, I saw a couple of teenagers drive by in a truck, cuddled closely together and I felt a pang of jealousy or envy, realizing I would never feel that breath-taking, all-consuming sense of closeness again. But I have since come to realize that isn't necessarily so, and many 'old' people my age and older still have that kind of wondrous relationship with a spouse. It's just not my style or my husband's either. That breath-taking wonder we felt initially has morphed into a less hormonal, quieter way of life. I suppose there's something to be said for both states of mind.

What I know now, and have for some time is this: Every birthday I have is more than welcomed and enjoyed, it beats the heck out of the alternative.

Be safe out there, and enjoy your days.

Kettle Falls Rotary Club
ROTARY NEWS**Vision for the Future****The Visioning Session:**

The Kettle Falls Rotary Club participated in a visioning session on Saturday, April 9th where more than half of our members attended. We decided to schedule this visioning session because of our dedication and desire to launch an effort to reinforce the planning principles promoted in the new Club Leadership Plan (CLP). The first CLP recommendation is that each local Club develops a long-range plan to ensure continuity and consistency among leadership and programming, as well as set the stage for future progress.

Discussed and Concluded:

In the spirit of a five year plan for "Continuity, Consistency and Consensus" we discussed our Club's vision and public image, our Club size and attributes, and our Club's fundraising goals. We would like our Club to be the "go to" Club for other community organizations and have our Club membership grow to at least 30 members of whom support other organizations. Also discussed were Club project areas such as Club Service, Vocational, and Community Service, increase our Facebook activity, start a mentoring program for our new members. In addition, create a youth scholarship and involve kids in career readiness training. Our Club also came to a consensus about our international Club projects, foundation goals and the New Generations project. We are going to increase our annual Paul Harris Foundation donations, sponsor five Market Children and participate in a Club water project in a foreign country. Our Club is also going to sponsor a short term exchange student, create a RYLA scholarship, and make plans for an Interact Club.

Looking to the Future:

We have at least three measures of success.

1. Our pledge and willingness to move the planning processes from a nice-to-do concept to meaningful results for our Club, our members, and our community.
2. Our annual plans of our incoming and succeeding Presidents.
3. A five year plan where our Club advances from where it is to where it wants to be.

Are you interested in becoming a member of Rotary? Rotarians are a diverse group of people, many of which are business and professional leaders who take an active role in their area while greatly enriching their personal and professional lives by serving their community.

Meeting every Thursday at 7:00am Sandy's Restaurant

**Friends of the Library Meeting:**

The Friends will be having a meeting at the Kettle Falls Public Library on Tuesday, May 17th at 6:00. Interested in becoming a "Friend"? The "Friends" could use your help with shifts at the Book Nook and enjoyable fundraising events. Talk to the library today about how you can become a "Friend" of the Kettle Falls Library!

The Knitting Group:

Join us every Wednesday from 10:30 – 12:00. Bring your sticks, strings, and projects to the library to create, ask questions, and be in good company. All skill levels welcome.

Book Nook Hours:

The Friends of the Library will have the Book Nook open every Tuesday and Thursday from 10:00 – 12:00, as well as the 2nd Saturday of each month from 10:00 – 12:00. Come down, buy some books and help support the Kettle Falls Public Library building fund.

Book Discussion Group:

Everyone is welcome on Monday, May 9th at 2:00. May's book is *Pride and Prejudice* by Jane Austen

StoryTime:

Introduce your child to the world of stories, songs, and activities every Wednesday at 10:30 (for ages 2 – 5). A love for reading and books is one of the most precious gifts parents can give their children. While knowing how to read is essential for day-to-day survival, loving to read opens new worlds for children. By reading, children can visit people in different lands, fight fire-breathing dragons to save a royal princess, or learn how to build the perfect windmill. The possibilities are endless. Even so, fostering a love of reading requires a bit of work on our part as parents. Please join us for Storytime at the library. We would love to see you and your little ones..

Open Computer Lab:

Do you want to learn how to use word, surf the internet, access email, create a flier, download audio books, upload pictures, or something else? Bring your questions to the library on the 1st and 3rd Wednesday of every month from 11:30 – 2:30 for personalized computer instruction. You can also work on the Microsoft e-learning program via WorkSource during lab times.

Kettle Falls Lady Lions

"Serving Our Community"

The Lady Lions met on April 12th at the home of Traci Price. Co-hosts for the meeting were Darleta Woodbury and Mary Hansen. Thank you to these ladies for being such wonderful hostesses and serving such a nice meal. At the meeting the group voted to give the Senior Citizen's \$500 to go toward their building improvement fund.

Greg Price attended the meeting seeking support for the Kettle Falls Youth Football program for children grades 4 through 6. Funding is desperately needed to upgrade helmets as the original ones are no longer safe. The Lady Lions voted to donate \$1300 for this cause.

Another successful Easter Egg hunt was held on April 23rd at the Old Kettle Falls Recreation Area. Many children receive the benefits of this community minded organization through all of the eggs that are personally donated by each Lady Lion, and the prizes that were given for the gold and silver eggs. This is an annual free event for our children, that is always a hit with everyone.

Nominations were presented for the officers that will be installed at the next meeting. They will be serving for the next year beginning on June 1st. Thank you to the following ladies for providing their precious time to be our officers for next year. Diana Baxter, President; Jody Boring, Vice President; Sherry Kaelber, Secretary; and Amy Miller, Treasurer.

Thank you so much to Jim McComb, from Drag & Drop, for making the beautiful signs for us to put below the reader board announcing our Easter Egg Hunt and Christmas Craft Fair. He was most generous in donating the printing on one side of each sign. It is community supporters like Jim that make living in Kettle Falls, such a rewarding experience.

Also our thanks to Eric Weatherman for donating a laptop computer to the Lady Lions for the purpose of having all of our Community calendar information in one place, and on one computer. We always appreciate his generosity.

The next Lady Lions meeting will be held on May 17th, at the home of Pam Douvia, with Gail Avey co-hosting. As it will be the last meeting before our summer break, it will be for the specific purpose of installing our new officers. Starting time is 5:30 for the social hour, with the meeting starting at 6:30 p.m. If you are interested in attending or joining Lady Lions, please contact Betty Baxter at 738-6034.



NEXT MEETING ... SCHEDULED FOR MAY 17TH, TUESDAY AT 5:30 P.M. ... CONTACT BETTY