



EDMONDS KIWANIS

“TIDAL TALES”

“Changing the world one child and community at a time.”

January, 2010

Crab and Spaghetti Feed Fund Raiser



The 41st annual Kiwanis Crab and Spaghetti Feed is set for Saturday evening, January 23, 2010 at St. Pius X Church in Mountlake Terrace.

Tickets sales are in progress, seating is limited and a large number of tickets are already sold. So reserve your place now for this fantastic Kiwanis tradition. (For info or tickets, please contact Dick Cassutt, John Rutter, Duane Penning, or MaryLou Kantor).

Cost for the event, which includes crab, spaghetti, salad, garlic bread, assorted beverages, dancing and music by Carousel Revisited, plus a fantastic drawing, is only \$37.50 per person.

WHAT A DEAL!!!

Location

St. Pius X Church,
22301 58th AVE. W.
Mount Lake Terrace

Time:

Social Hour: 6 pm - 7pm
Dinner: 7 pm
Music/Dancing: 8:30 - 11: pm

HELP WANTED!!!

This is our biggest fund raiser. We need all hands on deck to help make this another successful event. We will be getting some setup help from Key Club, but as was the case last year, we need supplemental help before, during, and after the event. Please contact your friends and relatives that would like to work with us again. It is a fun evening...even for the workers☺.

WE NEED YOUR SUPPORT!!!

“It is curious that physical courage should be so common in this world, and moral courage so rare.

Mark Twain

Weekly Kiwanis Meeting:

South County Senior Center
220 Railroad Ave. Edmonds
Tuesday at 10 a.m.

VISITORS ALWAYS WELCOME.

JANUARY PROGRAMS:

January 5: Good Shepherd Baptist Church,
Rev. Christopher Boyer: “Miracle on 196th St.”

January 12: Louis Braille School, Director
Carolyn Meyer: “Where We Are Now”

January 19: N.W. School for the Hearing
Impaired, Director Judy Callahan, Plus One!

January 26: National Park Service, Ranger
Bob Scaluzaillo: “The Klondike Gold Rush”

Feb. Captain: Buck Weaver

(425-774-3568)

Suhara, Taylor, Rutledge

GREETERS:

5th: Buchanan

12th: Cardle

19th: Cassutt

26th: Dooley

“WEAR A SMILE”

9:30 "DUTY time!!!

Celebrations:

2nd: Bill and Mary Lou Kantor

“A few observations and much reasoning lead to error; many observations and a little reasoning lead to truth.”

Alexis Carrel



EDMONDS KIWANIS

“TIDAL TALES”

“Changing the world one child and community at a time.”

January, 2010

WELCOME GARDEN COURT



Garden Court Retirement Community of Everett has joined in supporting our efforts by placing an ad in Tidal Tales. Donations from businesses like Garden Court enable us to get the word out about the good things that Kiwanis is doing in the community. **THANKS, Garden Court!!**

Offsite Meeting: Lynnwood High School



Back to the Future!!!

Interested in education and where your tax dollars go??? Yes we are, and our members were privileged to see what is going on with regards to education at the new Lynnwood High School. It was quite the adventure, to go back to school and see how many things have changed since the days of pen and quill.

Erin Murphy, our visit coordinator, did an out-standing job of providing an overview of the school and how our tax dollars were effectively used to create this “state of the art” facility. Principal Dave Golden went into more detail regarding the design of the school: covering the features for energy conservation, building flexibility, and the special design enhancements to bolster student learning.

Following a free flowing Q&A session, we were taken on a guided facility tour by 4 members of the Associated Student Body. We were collectively impressed with these young people and their obvious pride in their new school. We foresee good things happening at Lynnwood. Thanks Elwin for setting up☺.

Garden Court is designed to provide you with time to enjoy life and your new neighbors. Time to do everything or to simply relax. Time to linger with new friends over a satisfying meal, while someone else clears the table and washes the dishes. Time to participate in our fun activities and bus trips. Time to learn in our computer lab. Or simply time to enjoy moments with family and friends, while the management and staff of Garden Court takes care of all the details.

Our Golden Rule is to treat our residents the way we would want our own parents to be treated, with dignity, kindness and respect. Our residents are the heartbeat of our community.

Your new apartment home has been designed by Metco Development, a quality home builder in Snohomish County for over 25 years. Metco Development knows how to create a comfortable, yet functional home environment. They have paid attention to every detail in an effort to create a senior living community that meets your own high standards.

Garden Court has nearly every amenity you can imagine, plus some you may not! All amenities are intended to make your new home as comfortable and enjoyable as possible. You will find a spacious and inviting main dining room, an intimate private dining room for special occasions, a small dining room for a quieter dining experience, free computer high-speed internet is available in each apartment, convenient in house beauty/barber salon, our own in-house movie theater and an exercise room. Enjoy complimentary coffee/tea, juices, snacks and daily ice cream in our 24-hour Bistro. This is a great place to meet your neighbors.

Here is your opportunity to enjoy a maintenance free lifestyle, designed specifically for you. We'll do all the work and you will have the time to enjoy doing the things you've always loved and time to get involved in new hobbies and adventures. We'll offer you many activities and adventures through our [Activity Program](#) or help you get involved in our [Volunteer Program](#).

If you or someone you know would like more information on the facility, amenities, and services, please contact Lisa Gutierrez, Marketing Director at 425-438-9080

(Email address marketing.gardencourt@verizon.net)

For online information see www.gardencourtretirement.com



EDMONDS KIWANIS

“TIDAL TALES”

“Changing the world one child and community at a time.”

January, 2010

ALDERCREST AUTO REBUILD SUPPORTS KIWANIS

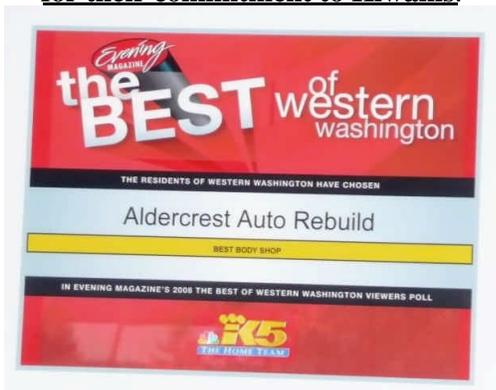


Another concerned business owner has stepped up to the plate to help us get the word out regarding Kiwanis and its mission. **Aldercrest Auto Rebuild** of Lynnwood has become the latest partner in our endeavors to help the children of our community.

Aldercrest specializes in complete auto repair that is environmentally safe. Their efforts have led them to be the first auto body shop in Snohomish county to qualify as meeting hazardous waste and air quality standards set by the EnviroStars Program and Puget Sound Clean Air Agency. Among their many innovations they installed a still for paint gun washer solvents that qualifies them as a "small quantity generator" of hazardous waste. Their shop storm water management system helps protect local waterways from any potential contamination.

If you ever need auto body repairs done, please consider Aldercrest. You won't be disappointed. Check with Harold re his experiences with this quality business.

Thanks to Nick Stack and Aldercrest Auto Rebuild for their commitment to Kiwanis.



Aldercrest was selected **“Best Auto Body Shop in Western Washington, 2009”** by King 5.COM insider voters.

For more information check ALDERCREST's Web site www.aldercrestautorebuild.com

Jeremiah Center: A Community Center for Our Youth



The KAZBA... Safe and Fun Place to Hangout☺

Christmas wishes do come true! The Kiwanis Club of Edmonds provided the Jeremiah Center with a brand new commercial grade microwave for the **Kazba**...the centers snack and goodies hangout. This facility is a real asset for our community and we are proud to be able to help out in this small way. We are invited to visit them...How about another offsite meeting???



Mary Lou, Scott, Josh, Elwin, and Dave Waiting for the fresh popcorn!!!

Commonly Misused Words:

Dilemma:

How we use it: A problem.

What it really means: Specifically, a problem in which we must choose between two or more unsavory or unsatisfactory choices.

Plethora:

How we use it: A lot of something.

What it really means: Too much of something.

Enormity:

How we use it: Enormous

What it really means: Evil



EDMONDS KIWANIS

"TIDAL TALES"

"Changing the world one child and community at a time."

January, 2010

"AVIVARA" NOTE OF THANKS:

"Giving Hope to the Future"

Hello Mary Lou,

It was truly delightful to meet you and your fellow Kiwanians yesterday, and to have the opportunity to share the work of Avivara with you. From the welcoming committee - Dick and the reserved parking spot! - to the kind words from many group members, I felt immediately at home. I was struck by the compassion and interest with which the group listened to the story of a plight far from our corner of Washington, and the thoughtful and astute questions afterwards.

As you wondered, here is a short list of donation equivalencies - or, how far money goes in Guatemala!

- 1. \$150 (or \$12.50/month) could provide a year's scholarship for a student in grades 4-6
- 2. \$270 (or \$22.50/month) could provide a year's supply of student supplies for one classroom
- 3. \$375 (or \$31.25/month) could provide a year's supply of teaching materials for one classroom
- 4. \$450 (or \$37.50/month) could provide a year's scholarship for a student in high school
- 5. \$750 (or \$62.50/month) could purchase a new set of desks and chairs for a classroom
- 6. \$1,500 (or \$125.00/month) could provide student supplies for an entire school for an entire year, or even help fund a breakfast program

I have also enclosed an official letter from Gary, our Executive Director, my step-dad, to share with the Board. If anyone is interested, it is also easy to subscribe online to the Avivara email newsletter (www.avivara.org) for very occasional updates from the front lines of education Guatemala.

As we discussed, I would be thrilled to have a chance to speak to other groups in the area, and you mentioned that you or Paul might be able to provide some personal contacts. I definitely prefer to go where I have an invitation, so feel free to pass along my email, or let me know if there is anyone I should contact.

Thank you so much for your warmth and generosity. Again, it was a pleasure to share both meeting and lunch!

Be well, and keep on with the good work,
Catherine Austin

Note: Our gift of \$270 will provide a years supply of student supplies for one classroom...hopefully, this small donation will help some children have a better life...and Avivara meet their goals in this worthy and righteous endeavor.

(Avivara means to enliven, to brighten, or to spur on!!!)

HELP!!!

Do you know someone that may need help with health and human services???

Dial 2-1-1

for information about critical health and human services available in your community.

QUIZ TIME

A lot of memory loss is simply being too busy to absorb what people are saying. These exercises are meant to remind you to slow down, pay attention and consider what is at hand. In doing so, your memory will improve...

1. Brush your hair using your non dominant hand. You may find it awkward at first, but over a few days notice how much easier it gets. This and other exercises don't directly help your memory (after all, how often will any of us need to remember to brush with the opposite hand?). What these mental aerobics do is challenge your mind to think differently and examine tasks that we often do without thinking and that lead to our minds getting "flabby."
2. Say "silk" six times. Then answer the following question: What do cows drink? This exercise will help you be more thoughtful about things, which in turn is conducive to better memory.
3. See how many words you can spell from these letters:

LIGOBATE.

No letter may be used twice in any given word, and each word must contain the letter L.

4. How many months have 28 days?
5. All of the vowels have been removed from the following saying. The remaining consonants are in the correct sequence, broken into groups of two to five letters. What is the saying? **STRK WHLTH RNS HT**

How well did you do? Regardless, this is just a start to remembering more and living better. (see page 5 for answers)



The judge is _____? You fill in the blank.



EDMONDS KIWANIS

"TIDAL TALES"

"Changing the world one child and community at a time."

January, 2010

KEY CLUB NEWS:



Edmonds - Woodway:

Advisor: Wendy Priest

Kiwanis Contact(s): Elwin Wright, Dick Cassutt

Meeting Time: Tuesday 7 p.m.

Key Club Officers:

Pres: My Phuong Tong, Vice P: Ai Phuong Tong, Khanh Phuong Tong, Kristin Kendall, Riley Rinker, Treas: Amy Maddox, Secy: Samantha Doherty, Bell Ringer: Megan Hodge, Historians: Kari Nelson, Ashleen O'Brien, & Taylor Callaway.

Meadowdale:

Advisor: Elizabeth Cano

Kiwanis Contact: Shirley Elliot

Meeting Time: Tuesday 7 a.m.

Key Club Officers:

President: Madison Caulk, Vice President: Jai Young Sun, Secretary: Kelsey Barnes, and Treasurer: June Woo.



Edmonds Kiwanis Officers:

President: Mary Lou Kantor (425)-712-8085

Pres. Elect: Elwin Wright (425)-776-2892

V.Pres.: Clayne Leitner (206)-542-6351

Secretary: Shirley Elliot (425)-778-0756

Treasurer: Billy Joe Roberts (425)-778-1843

Past Pres.: Paul Jacobson (425)-771-8949

Edmonds Kiwanis Board:

Seamus Dooley (425)-640-0640

Dexter Miller (425)-744-2346

Scott Phariss (206)-541-9819

John Rutter (425)-778-6502

Duane Penning (206)-715-8837

Eleanor Taylor (425)-774-5376

Ray Roe (206)-542-2913

PNW Division 22:

Lt. Governor: Wally Walsh



Another year is upon us...and once again we are afforded the opportunity to serve our community. Let us strive to make this another landmark year for the Kiwanis Club of Edmonds by adding new members and taking on new projects that encourage and help the children of our community to fulfill their ambitions and dreams.

They are OUR future!!!

Did You Know?

The name "Kiwanis" means "we trade" or "we share our talents" and was coined from an American Indian expression, Nunc Kee-wanis. This was originally the motto of Kiwanis, translated as "We build." The current motto is "serving the children of the world".

Calendar of Events :

Jan.19: Kiwanis Board Meeting
8:30-SCSC Library

Jan. ? : Snohomish Tillicum
8th annual Book Sale
Walz Building, Snohomish

Jan. 23: Kiwanis CRAB FEED!!!
Saint Pius X Church
Mountlake Terrace

Answers to Quiz

Q2: Cows drink water. If you said "milk," you need to focus your attention.

Q3: agile, ail, aale, bagel, bail, bale, blog, boil, el, Gail, gale, gel, glib, glob, globe, goal, goalie, lab, lag, lea, leg, lib, lie, lob, lobe, log, loge, oblige.

Q4: All of them. (If you say only one month has 28 days, it's an example of not paying attention to the matter at hand -- all months have 28 days, after all.)

Q5: STRiKe WHiLe the IRoN is HoT.



EDMONDS KIWANIS

“TIDAL TALES”

“Changing the world one child and community at a time.”

January, 2010

These are the local businesses that help support the Kiwanis' mission.

Remember to Patronize our Loyal Supporters!!!

ARISTA Wine Cellars

320 5th Ave South,
Edmonds, 772-7008

“Great Finds with Vintage Service”
Wine Tasting every Sat. 1 - 4:30

Shepherd & Shepherd Attorneys

112 3rd Ave South,
Edmonds, 776-1155

RICHMOND BEACH REHAB.

An AVAMERE community
19235 15th Ave. NW
Shoreline
206-546-2666

*“To Enhance the life
of every person we serve.”*

ALDERCREST AUTO

REBUILD

2415 196th SW
Lynnwood, 775-2424
“The Solution for all your
Collision Repair Needs”

ARNIE's Restaurant

300 Admiral Way,
Edmonds 771-5688

“Pacific Northwest Favorites”

Early Bird Specials
4-6 p.m. Saturday-Friday

DAYTON DENTAL

Dr. Brian Cave
555 Dayton St.,
Edmonds, 672-7272

RELIABLE FLOOR COVERING

542 Main St.,
Edmonds, 778-1121

WALNUT ST. COFFEE

410 Walnut St.,
Edmonds 774-5962
“Your neighborhood coffee shop”

THE UPS STORE

23632 Highway 99,
Edmonds ,775-2211
Store #1476

ALLSTATE INSURANCE

Mike McGinness
Main Street Insurance
214 Main Street
Edmonds, 774-4488
“You're in good hands”

The Bank of Washington

202 5th Ave South,
Edmonds, 776-2265
“Quality Local Banking”

GARDEN COURT Retirement Community

“A Home With a Heart”
520 112th St. SW
Everett, 438-9080

EDWARD JONES INVESTMENT

Alan E. Lawrence
107 5th Ave North,
Edmonds, 670-1988
“Making Sense of Investing”

OUR SERVICE, OUR COMMITMENT, OUR PROJECTS

Young Children: “Priority One”

“Little Red School House”
Activity Supplies, Meadowdale Pre-School
“WithinReach” (aka, healthy moms, healthy babies)
“Delta Foundation”

Youth Services

Edmonds-Woodway High School Key Club
Meadowdale High School Key Club
“Children's Hospital”
“Louis Braille School”
“Clothes for Kids”
Bicycle Safety Helmets
Student Dictionary Project
“Dale Turner” YMCA

Community Service

Edmonds Food Bank
South County Senior Center

Contact [Buck Weaver](#) for details on placing an ad in this newsletter....(425-774-3568).

