

"TIDAL TALES"

of the
Edmonds Kiwanis Club

February 2009



**Kiwanis is a global organization of volunteers
dedicated to changing the world
one child and one community at a time.**

Club meeting held each Tuesday, 10 -11 a.m.
South County Senior Center
220 Railroad Ave., Edmonds.

VISITORS ALWAYS WELCOME

OUR SERVICE, OUR COMMITMENT

Young Children: "Priority One" Projects

"Little Red School House"

Activity Supplies, Meadowdale Pre-School

"Within Reach"

"The Smile Train"

Youth Services Projects

Edmonds-Woodway High School Key Club

Meadowdale High School Key Club

"Children's Hospital"

Elementary School Mentoring

"Clothes for Kids"

Bicycle Safety Helmets

Student Dictionary Project

Community Service Projects

Edmonds Food Bank

South County Senior Center

FEBRUARY PROGRAMS:

Feb. 3rd : Mayor Haakenson
"Pertinent Stuff"

Feb. 10th: Fred Bell
"The Edmonds Museum"

Feb. 17th : Mike Suhara
"Foreign Travel"

Feb. 24th : Founder's Day Luncheon
Hollywood Casino Meeting

March Team Captain: Dexter Miller

(425-744-2346)

Roe, Snowdon, Medalia,

Cardle, Morte, Kosola,

Crab Feed Project:

D-Day: February 7th, is quickly approaching.

The project team is forging ahead with this most important undertaking. Assignments are being firmed up and it is apparent that this is an event that will require **TEAMWORK and HARD WORK!**

EACH member must do what they can do to make this great opportunity a success. With everyone pulling together...**good things are sure to happen.**

This is our time to show the community that we are a **"Can Do" club..**What better way to inspire others to join our team in carrying out the Kiwanis' mission.

KEY CLUB NEWS:



Edmonds-Woodway:

No news available at press time.....Shirley

Meadowdale:

Recently our Key club members volunteered at Lynnwood's Civic Lights festival and the "Jingle Bell Run and Walk" in Seattle. For upcoming events, we'll be doing our rose sale in February at the school. Also, we have a couple members volunteering at Lynndale Elementary throughout the year. We are also looking forward to helping out with the Kiwanis Crab Feed.

Amanda Goffard

(:Greeters:)

3rd: Eleanor Taylor

10th: Sue Tomlinson

17th: Buck Weaver

24th: Elwin Wright



CELEBRATIONS in FEBRUARY:

- 2nd George Bardsley
- 5th Sue Tomlinson
- 7th Matty Martin
- 7th Dianne and Frank Suhara
- 8th Seamus Dooley
- 10th Mary Lou Kantor
- 13th Bill Kantor
- 14th Ben Snowdon
- 16th Carole Jacobson
- 17th Sharon Leitner
- 19th Loretta and Harold Houston
- 22nd Gene and Mike Medalia
- 25th Homer Cardle
- 27th Billy Joe Roberts
- 27th Ruth and Billy Joe Roberts
- 28th Dick Lunstrum

STUDY TEAMS:

Meeting Times: (Is there a better time to meet to get more members?)

Sue Tomlinson(Chair), John Rutter, Elwin Wright

Dues Review: (Is there some \$ relief for joining Kiwanis?)

Jim Buchanan(Chair), Shirley Elliot, Matty Martin

Jackets: (How shall we “update” club jackets with our new name?)

Mary Lou Kantor(Chair), Clayne Leitner, Eleanor Taylor

Name Change: (What else needs to be done?)

Frank Suhara(Chair), Clayne Leitner, Buck Weaver

[Input or question? Contact Team Chair.](#)

Edmonds Kiwanis Officers:

- President: Paul Jacobson* (425)-771-8949
- Pres. Elect: Mary Lou Kantor* (425)-712-8085
- V.Pres.: Homer Cardle* (425)-776-9772
- Secretary: Shirley Elliot* (425)-778-0756
- Treasurer: Billy Joe Roberts* (425)-778-1843
- Past Pres.: Harold Huston* (425)-771-8201

Edmonds Kiwanis Board:

- Sue Tomlinson* (425)-670-6746
- Dexter Miller* (425)-744-2346
- Elwin Wright* (425)-776-2892
- John Rutter* (425)-778-6502
- Clayne Leitner* (206)-542-6351
- Dick Lunstrum* (425)-771-4680
- Jim Buchanan* (425)-778-3033

PNW Division 22:

Lt. Governor: Larry Merwin (425)-478-0270

Kiwanis International

International President: Don Canady

International Past President: Dave Curry

Pacific Northwest District

Governor: Wendy Falkowski

Don't wait for 6 strong men to take you to church.

Calendar of Events for February:

Feb. 7th: Edmonds Kiwanis Crab Feed, St. Pius, MLT...6.P.M.

Feb. 17th: Board Meeting at the SCSC Library, 8:30 AM

Feb. 24th: Founder's Day Luncheon, Hollywood Casino, 11 A.M.

Upcoming Kiwanis Activities

(mark your calendar)

March 12: Division 22 Council Meeting hosted by Monroe Kiwanis at Valley General Hospital 7 PM

March 27-29: Key Club District Convention – Sea Tac Doubletree

April 4: Kiwanis One Day (Annual special day of service)



Walnut St. Brain-Trust Meeting



Vocabulary Challenge

Anu Garg

Wordsmith.org

More than a decade ago, I decided to learn one new word a day to stretch my brain and improve my communication skills. When a word really intrigued me, I E-mailed it to friends. Now, my daily E-letter, *A.Word.A.Day*, goes out to more than 600,000 "lingua-philes" in 200 countries.

Linguaphile is a word I created to describe someone who is passionate about words and language. It recently appeared as an entry in *American Heritage Dictionary*.

Here are some other words that I enjoy using (all are nouns). Can you match them with their definitions?

- | | |
|--|--|
| 1. Albedo (al-BEE-doh) | A. The habit of mispronouncing words by inserting an extra sound. <i>Example:</i> Pronouncing "athlete" as "ath-a-lete". |
| 2. Bumf (bumf) | B. The fleshy, spongy white inner lining of an orange or grapefruit. |
| 3. Epenthesis (uh-PEN-thu-sis) | C. Fear of the number 13. |
| 4. Googol (GOAO-gol) | D. A small-minded person. A busybody. |
| 5. Gynarchy (GUY-nar-kee) | E. A number equal to 1 followed by 100 zeroes. |
| 6. Hallux (HAL-uhks) | F. Toilet paper. Printed documents of little importance, such as junk mail. |
| 7. Horripilation (ho-rip-uh-LAY-shuhn) | G. The theory that inanimate objects, such as photocopiers, computers, and cars, demonstrate hostility toward us. |
| 8. Quidnunc (KWID-nunk) | H. The bristling of the body hair, as from fear or cold. Goose bumps. |
| 9. Resistentialism (ri-zis-TEN-shul-iz-um) | I. Government by women. |
| 10. Triskaidekaphobia (tris-kai-dek-uh-FO-bee-uh) | J. A person's big toe. |

Answers: 1.B, 2.F, 3.A, 4.E, 5.I, 6.J, 7.H, 8.D, 9.G, 10.C.

Bottom Line/Personal interviewed Anu Garg, founder of Wordsmith.org, Seattle. Subscribers to his free Web site receive a new word every day. He is author of *A Word a Day: A Romp Through Some of the Most Unusual and Intriguing Words in English* (Wiley).

**Don't worry about avoiding temptation.
As you grow older, it will avoid you.**
- Winston Churchill

**We could certainly slow the aging process down
if it had to work its way through Congress.**
- Will Rogers



Thoughts from a Member and Reader:

Have you ever awakened at 3 AM with such a burning thought on your mind that you had to write it down?

Here's mine:

Last week I experienced something wonderful when my grandson Anthony, age 18, asked to interview me as part of a high school project. The main subjects were : Education, Stress, Work Ethic Relationships, Values and Goals.

Concerning Goals, my quick answer was that I wanted to remain healthy and to live to be 100. On the subject of Values, I realized very quickly that I value LIFE in all of its forms and do not want mine taken away suddenly.

This interview with Anthony was a first and I hope will not be the last conversation as he moves from high school to college.

A few days later I encountered an article in the January - February 2009 AARP magazine. The article was titled "The Mystery of Miracles". As part of the article the magazine editors asked 1300 people aged 45 and older what they thought of miracles. The editors had settled on the definition of a miracle as "an incredible event that cannot be scientifically explained." After many different references to books, authors, and incidences, the result was that 18 percent of the sample simply reject the notion of miracles. (Seems like a small sample)

Here is a conclusion quoted in the article which I like. Forrest Church says *"Life is a miraculous gift. We tend to take life for granted, seeing it as normal rather than as miraculous. And then something magnificent happens and we credit it as a miracle. The truth is that we don't need to expect a miracle to experience the miraculous."*

Submitted by Shirley Elliot

Voices from the Past

In light of the present financial crisis, it's interesting to read what Thomas Jefferson said in 1802:

'I believe that banking institutions are more dangerous to our liberties than standing armies. If the American people ever allow private banks to control the issue of their currency, first by inflation, then by deflation, the banks and corporations that will grow up around the banks will deprive the people of all property until their children wake-up homeless on the continent their fathers conquered.'



Maybe I should have flown south with Ted and Matty!!!

Three arguments in behalf of "Taking Counsel"

First, and most obvious, one's conclusions may be wrong, in which case presentation of opposing view should lead to the correct conclusions.

Second, any given individual's views on a matter generally contain only a portion of the truth; the more views considered, the more likely it is the whole truth will appear.

Third, if one's conclusions are completely valid and based on the whole truth, they will withstand the onslaught of opposing arguments and emerge stronger than ever.

-From the essay "On Liberty"
By John Stuart Mill



Easy Walk Is Easy Way to Control Blood Pressure

If controlling your blood pressure is a goal of your exercise program, it may be as easy as a stroll in the park -- it turns out that regular 30-minute walks at a comfortable pace are quite effective, say British researchers. While it sounds almost too good to be true, scientists at Canterbury Christ Church University in the UK recently found that a half hour stroll at a moderate pace was just as beneficial to systolic blood pressure as walking faster or longer. With such significant benefits to be reaped from such relatively little effort, this news should get even the most reluctant among us up and moving.

SMALL WORKOUTS LEAD TO BIG RESULTS

The British scientists examined a small group of 13 non-smoking middle-aged men with normal blood pressure or pre-hypertension (blood pressure readings higher than the normal 120 over 80 mmHg, but below 140 over 80). Studies have shown that pre-hypertension may be associated with an increased risk of atherosclerosis (formation of plaques in arteries) and heart attacks.

A baseline blood pressure reading was taken for all participants. Then, to determine what rate of walking produced the greatest reduction in blood pressure, the men walked for 30 minutes at 45% max effort, 60 minutes at 45% max effort and 30 minutes at 65% max effort (the study used as a measure VO_2 max, which is maximum oxygen consumption). Systolic blood pressure was measured before and immediately after the walk and at one hour, four hours and 24 hours afterward. Researchers found that systolic blood pressure significantly decreased for at least four hours on all three occasions, but not for the control group. Systolic blood pressure returned to baseline values at 24 hours for all three groups.

This is good news for all those people who say they don't have time or energy to exercise, notes study coauthor Kate Woolf-May, PhD, a senior research fellow in the department of sport science, tourism and leisure. There's no need to feel pressure to squeeze in long exercise sessions every weekend or train to run a marathon -- just put on your sneakers and take a walk. The American College of Sports Medicine recommends that healthy adults get 30 minutes of moderate exercise five days a week. As the Nike folks say, Just Do It.

Source(s):

Kate Woolf-May, PhD, senior research fellow, department of sport science, tourism and leisure, Canterbury Christ Church University, Canterbury, UK.

CLOTHES FOR KIDS....Followup:



Last week our speaker was Mark Smith of "Clothes for Kids". It was a very interesting presentation and one that hit the "bulls-eye" with regards to what we in Kiwanis want to support.

Below is some information that you might find useful as you contemplate how you, as an individual or a Kiwanian, can assist. Our club provides annual funding but we can all do more to help support this worthy endeavor by donations...to help the children of our community.

Times are tough now for many families. Check with your family or friends to see how they might help out. It will make a difference !!!

Excerpted from the "CLOTHES for KIDS" website.

"Your generosity can change lives, and the beneficial effects of contributions reverberate long after the initial giving. Follow the links to the right for news and announcements about the multitude of events Clothes For Kids hosts annually. Additionally, we hope you will take a moment to read what others have shared about our organization and how your donations are making a difference in our community.

Special Occasion and Holiday Gift Giving Alternatives. Do you need a gift idea for someone who has everything? Or someone who is just plain hard to shop for? If so, we have a great gift idea for you! Make a donation to Clothes For Kids in honor of your Grandma Elsie or brother Tim, we will send the honoree a card saying a donation has been made in their name. Donations are quick and easy - check out our online giving option! Click on "Donate Here" just to your right!

ADDRESS: 52nd Ave. W & 168th St. SW, Lynnwood



These are the local businesses that help to support the Kiwanis' mission in Edmonds. *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

Beck's Funeral Home

405 5th Ave South,
Edmonds 771-1234

"Restlawn Memorial Park"

Edmonds Frame Design & Atelier

514 C Fifth Ave South,
Edmonds 771-6520

"All your framing needs will be attended to with care and professionalism."

Las Brisas

"Mexican & American Style and Flavor"

120 West Dayton,
Edmonds 672-5050

WALNUT STREET COFFEE

410 Walnut St.,
Edmonds 774-5962

"Your neighborhood coffee shop"

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

The UPS Store

23632 Highway 99,
Edmonds
775-2211
Store #1476

Other supporters:

Edmonds Book Shop

Downtown Edmonds Chiropractic

The Bank of Washington

202 5th Ave South,
Edmonds 776-2265

"Quality Local Banking"

Edward Jones Investment

Alan E. Lawrence
107 5th Ave North,
Edmonds
670-1988

"Making Sense of Investing"

Shepherd & Shepherd Attorneys

112 3rd Ave South,
Edmonds
776-1155

Interested in supporting the mission of your local Kiwanis Club???

Contact Buck Weaver for details on placing an ad in this newsletter.

(425-774-3568)



We may not be able to help every child,

but we can help some children,

Working together!!!

"You can tell how big a person is by what it takes to discourage him."

40th Annual Kiwanis Crab Feed Fund Raiser

February 7, 2009
6 - 11 P. M.



Social Hour: 6 - 7
Dinner: 7 P.M.
Music/Dancing: 8:30 - 11

Dungeness crab dinner WITH music and dancing for only \$35!!!

Eat crab, enjoy music, and dance the night away!!!

All proceeds go to the funding of projects to help the children of our community and the world.

St. Pius Church
22301 58th Ave.
Mount Lake Terrace

Ticket Contacts:
Clayne Leitner: 206-542-6351
Mary Lou Kantor: 425-712-8085