



EDMONDS KIWANIS

“TIDAL TALES”

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

March, 2010

Annual Founders’ Day Luncheon:



Kiwanian’s of the Year
John Rutter and Duane Penning,
(with our esteemed secretary!!!)

This year our Founder’s Day Luncheon was held at Barlee’s and was well attended by members and many significant others. We were honored to have Lt. Governor Wallace Walsh, and his lovely wife Donna, in attendance along with Walt Dawson (past member/president) and honorary member Marion Fyall.

Following the opening ceremonies, Membership Chair John, with assistance from sponsor Harold, inducted Ray Ault into our club. As you may recall, Ray has also opted to one of our club sponsors. Make sure you sign his apron....



Welcome Ray...

Barlee’s luncheon selection was good in that there was something for everyone...special salads for the health focused, meat and potato selections for the carnivores, and a variety of fish dishes for those discriminating diners.

Weekly Kiwanis Meeting:

South County Senior Center
220 Railroad Ave. Edmonds

Tuesday at 10 a.m.

VISITORS ALWAYS WELCOME.

MARCH PROGRAMS:

2nd: **Ron and Lynn Heitritter** - Retirement???

9th: **John Cartmell**, MS - Diet Advisor

16th: **Gary Haakenson**, - The Mayor Speaks

23rd: **Mary Fears**, Habitat for Humanity's
Exec. Dir. for Snohomish Co.

30th: **Katie Bach**, - Cedargrove Composting

April Captain: Dick Cassutt

425-967-5345

Morris, Dooley,

Frankovich, Murray

GREETERS:

2nd: Huston

9th: Kosola

16th: Leitner

23rd: Lunstrum

“WEAR A SMILE”

9:30 "DUTY time!!!"

CELEBRATIONS

5: Alvin Rutledge

7: Bob Ahlbeck

19: Ruth Miller

19: Eleanor and Richard Taylor

“ The difference between greatness
and mediocrity is often
how an individual views a mistake.”

Nelson Boswell



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**Billy Joe, Dexter, Ruth, Sharon, Clayne and Ruth
Waiting for the food!!!**

The highlight of the event was the awarding of **“Kiwanian Of The Year”** to two very deserving individuals, Duane Penning and John Rutter. The choice(s) for this award was pretty straightforward when one considers their team work, leadership, and considerable time invested in successfully transitioning the Kiwanis crab feed to the Edmonds club.

In addition, “Recognition Certificates” were handed out to a number of our members for their ongoing dedication and hard work during the past year:

- | | |
|--------------------------|--------------------------------|
| Helmet Project: | John Rutter |
| Dictionary Project: | Elwin Wright |
| Taste of Edmonds: | Shirley Elliot, MaryLou Kantor |
| Berry Sales: | Clayne Leitner |
| Tidal Tales: | Paul Jacobson |
| Spiritual Leadership: | Dexter Miller |
| Food Bank: | Seamus Dooley |
| Opening Ceremonies: | Frank Suhara |
| Set Up: | Dick Lunstrum |
| Special Events: | Ray Roe |
| Sunshine Greetings: | Mary Lou Kantor |
| Advertising Coordinator: | Buck Weaver |
| Community Goodwill: | Harold Huston |



Frank, Dianne, Seamus and Sharon

Thanks to Ray Roe, Clayne Leitner, Frank Suhara and Shirley Elliot for their work to make this another fun event for our Kiwanis family. And once again, Dianne Suhara donated beautiful floral center pieces to add a special touch to the tables. **Thanks Dianne!**

The Final Tally: 41st Annual Crab Feed



**John and Elaine
Celebrating Success!!!**

Drum roll please!!! The numbers for the crab feed are in and once again we should be proud of our efforts in raising funds for helping the children of our community and the world.

Bottom Line: We raised over \$5,000.

We fed over 300 crab loving attendees, who consumed over 700 pounds of crab, 20+ pounds of spaghetti and homemade sauce, along with 40 pounds of tossed salad, 40 loaves of garlic bread (donated by QFC).

And lest we forget, we were once again blessed with a great crew of volunteers who were energetic, helpful, and hardworking. We could not have pulled this off without their help.

The volunteers who helped with the crab feed:

- Ralph Wittmeyer**
- Phyllis Bartel**
- Monica and Eric Skibeness**
- Zelma McCartt**
- Colleen and David Buotte**
- Janie Pleasant**
- Marie Kvarnberg and Adam Natal**
- John Jacobson, Paul and Chrissy Wonder**
- Dan Rutter, John Rutter and Cyndi Elliot**
- Sharon Dooley**
- Sharon Leitner**
- Wendy Priest*, Amy Maddox*, My Phuong Tong***
- Amanda Halverson*, Malina Rutledge*, Cameron Hyde***
- Phil and Wendy Sollecito**
- William Kantor**
- Casara Elliff, Ken and Yvonne Phariss**
- (* Edmonds-Woodway Key Club)

And finally, special thanks to John and Duane for co-chairing and coordinating another successful and fun event.

Let do it again!!!



Best-Bet Juices with Surprising Health Benefits

Carol S. Johnston, PhD, RD
Arizona State University

To boost nutrition, try the unusual juices now sold at health-food stores and juice bars... or use a juicer to create your own blends. Aim for six to 12 ounces of antioxidant-rich unsweetened juice daily. *Choices...*

■ **Berries** -- açai, blackberry, blueberry, cranberry, goji, guarana, mangosteen, strawberry -- provide *prebiotics* that improve digestion... *beta-sitosterol*, an alcohol that inhibits cholesterol absorption... and/or *oleic acids*, which may reduce blood pressure.

Energizing: Blend berry juice with soy milk for protein.

■ **Citrus** -- grapefruit, kumquat, orange, lemon, lime, tangelo -- supplies vitamin C, which improves iron absorption... and potassium, needed for proper heart and kidney function.

Flavor boost: Squeeze citrus onto salads.

■ **Rose family fruits** -- apple, apricot, cherry, loquat, peach, pear, plum, quince -- contain *chlorogenic acid*, an antioxidant that may combat cancer.

Sweet treat: Fill an ice-pop tray with juice and freeze for a refreshing treat.

■ **Tropical fruits** -- guava, kiwifruit, mango, papaya, pineapple -- have enzymes that aid digestion and reduce inflammation.

Healthful breakfast: Stir juice into plain yogurt and top with whole-grain cereal.

■ **Bright vegetables** -- beet, carrot, pumpkin, red pepper, tomato -- provide *carotenoids* (plant pigments) that may fight cancer.

Smart soup: Make borscht with beet juice, adding chopped carrots and peppers.

■ **Green vegetables** -- cabbage, celery, kale, lettuce, spinach -- are rich in vitamin K, which improves blood clotting and may help heal ulcers.

For sweetness: Combine green juice with fruit juice.

■ **Grasses** -- wheat, barley -- are loaded with *chlorophyll*, a pigment that may promote tissue growth and stimulate oxygen-carrying red blood cells.

Best: Mix with other juices to disguise the strong grassy taste.

Bottom Line/Women's Health interviewed Carol S. Johnston, PhD, RD, professor and nutrition department chair, Arizona State University, Mesa, elected member of the Dietary Supplements/Non-Botanicals Expert Committee of the US Pharmacopoeia and board member of the American College of Nutrition.

**“I am only one, but I am one.
I cannot do everything, but I can do something.
And I will not let what I cannot do interfere with
what I can do.”**

Edward Everett Hale



Surprise At Arnie's:

Shown above, Lt. Gov. Wally Walsh, Club President Mary Lou and Long Time Club Member, Don Williams at Arnie's restaurant. Don's son and daughter in-law were treating Don to a lunch...coincident to one of our “after meeting” lunches. What a fortunate meeting. Don was in great spirits and good health. It was wonderful seeing him again...he does miss our meetings.

Interested in contacting Don, his address is 1630 43rd Ave. E., #H220, Seattle, WA 98112.



Healthy Food???
The last XXX Root Beer Stand in America
Located in Issaquah!!!
A fun place !!!

**“Failure isn't so bad if it doesn't attack the heart.
Success is all right if it doesn't go to the head.”**

Grantland Rice



Spring Cleaning Chore Checklist



By Cynthia Ewer

Editor, [Organized Home](#)

Author, [Houseworks: How to Live Clean, Green and Organized at Home](#)

It's Spring! (Well, almost!!!)

Warming breezes scour the last of winter from house and garden. Spring rain awakens the earth and calls forth new life.

Meet the rising sap with a new broom. Spring clean indoors and out to prepare home and hearth for the return of warm weather.

Our Spring cleaning chore checklist will help you take care of important seasonal chores and welcome Spring to an organized home:

Around The House:

- Schedule a family garage clean-out. Create efficient storage for sporting goods, camping equipment, recreational vehicles, and garden tools. You'll have the jump on summer fun!
- Inspect, clean and repair outdoor furniture.
- Tour house exterior and grounds. Make a list of any needed seasonal maintenance.
- Inspect the roof for winter damage: leaks, missing or broken shingles or tiles. Arrange for any needed repairs early; roofing contractors can be hard to find during summer's construction season.
- Use a sunny Saturday to scrape, prime and paint peeling spots on trim or woodwork. You'll protect wood against Summer's heat and moisture--and prevent a more difficult paint job come fall.
- Clear away any remaining dead foliage and weeds from beds and lawn. New growth will be protected from damage or disease.
- Begin major Spring landscaping projects. Spring's the time to put in shrubs and trees, but check with your local extension office for specific planting recommendations for your area.

(Continued next column)

The Inside Story:

- Changing seasons, changing clothes. Hold a family wardrobe check as you bring out warm-weather clothing. Sort winter clothing for discards and donations before you store.
- Hold a garage sale! Declutter house and garage to turn trash into cash. Build your [yard sale savvy](#) here.
- Pick a weekend and enlist the family for Spring cleaning. Many hands make light work! Reward the team with dinner at a pizza parlor.
- Wash windows inside and out.
- While at the window area, check drapes and window treatments. Vacuum any dust; send dirtier drapes to the cleaners.
- Move furniture and vacuum beneath it.
- Arrange for a spring inspection of cooling systems. Don't wait for the first hot day! Air conditioning firms will give better service when they're not busy.
- When the weather warms, deactivate heat system humidifiers. Check the system manual for instructions on how to power down for the summer.
- Drain sediment from hot water heaters.

Cutting the Mustard:

- * Mustard seed was first cultivated in India in about 3000 B.C. Romans brought it west to Britain, where it was used as a pickling agent.
- * 90% of the world's mustard seed is grown in Canada.
- * The recipe for yellow mustard: ground mustard see, water, vinegar, and tumeric.
- * The Mount Horeb Mustard Museum in Wisconsin houses the world's largest mustard collection: 4,400 varieties.
- * There are hundreds of different kinds of prepared mustard (brown, hot, honey, etc.), but Americans call the familiar yellow mustard “mustard”. The rest of the world calls yellow mustard “American mustard.”



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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.

Below, Key Club making Valentines that were distributed to all non-teaching staff at E-W High..... a special "Thank You" message to them....with candy kisses attached!



The Sweatshirts have arrived! There are 52 dues members and about 35 of them ordered the sweatshirts. With each sweat shirt, a free white logo'd T shirt !



The next "Project" will be their involvement in N.A.M.I. Walks, (National Alliance on Mental Illness). The event takes place May 15. More will be out on this in the Spring.

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.

No Project News to Report



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)-542-9818

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 (360)-568-5936

Calendar of Events :

Mar. 16: Kiwanis Board Meeting
8:30-SCSC Library

Mar. 20: Zone Conference
Cotton Tree Inn
Mt. Vernon

"Do more than belong: Participate.

Do more than care: Help.

Do more than believe: Practice.

Do more than be fair: Be kind.

Do more than forgive: Forget.

Do more than dream: Work".

William Arthur Ward



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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

ADVANCED HEARING SYSTEMS

Ray Ault
104 5th Ave N
Edmonds, 771-3886

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”

Shepherd & Shepherd Attorneys

112 3rd Ave South,
Edmonds, 776-1155

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).

