



EDMONDS KIWANIS

“TIDAL TALES”

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

April 2009

Founder’s Day Luncheon



Once again, our Founder’s Day Luncheon, at the Hollywood Casino, was a rousing success. The food was good, the speeches were short, and the fellowship was wonderful. This year we had 29 attendees, including spouses (Loretta, Sharon L., Ruth M. Sharon D., Dianne, Ruth R., Bill and Richard), a past member (Walt Dawson), an honorary member (Marion Fyall) and our most honorable Lt. Governor (Larry Merwin).



We also were honored to witness an annual ritual...the toast between two of our honored WWII pilots, Dick Lunstrum and Buck Weaver.



Almost caught by the paparazzi;
Organizers Ray and Frank

Special thanks to Ray Roe and Frank Suhara for all their work to make this another fun event. Sorry Ray, just had to get your picture in the Tidal Tales. Frank, next year I will get the rest of you in the photo....you were too quick!!!

Weekly Kiwanis Meeting:

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

VISITORS ALWAYS WELCOME.

APRIL PROGRAMS:

- Apr 7th: David Mayr: SCSC “New Guy”
- Apr 14th: Rich Trimble: Conflict Resolution
- Apr 21st: Grant Clark: Auto Thief Prevention Authority
- Apr 28th: Peggy Kennedy: The Food Bank

May Team Captain: Elwin Wright

(425-776-2892)

Buchanan, Hinze, Kosola,
Phariss, Nutting

Greeters:

7th: *Harold Huston*

14th: *Mary Lou Kantor*

21st: *Richard Kosola*

28th: *Clayne Leitner*

Greet at the front desk!!!

“WEAR A SMILE”

EDMONDS FOOD BANK DRIVE

TOP Food:

April 3, 4, and 5

Your Help is Key to our Success!!!

Food Drive Chair: Seamus Dooley

“Life is like a bicycle. To keep your balance you must keep moving.”
Albert Einstein



New Member Inducted:



Scott Phariss' Acceptance Speech

Finally!!! Scott Phariss was officially inducted into the Kiwanis Club of Edmonds at our March 10th meeting. As you may recall, Scott has been visiting our club at the invitation of Ben Snowdon. Scott has a real heart for service and will be great help on our projects and fund raisers. In fact, Scott was an immense help at our recent crab feed...even before he was an official member.

WELCOME Scott (and THANKS Ben for your initiative).

IT'S YOUR BRAIN:

Evidence shows that mental stimulation also enhances the brain's networks of connections and encourages "brain plasticity" (the brain's ability to physically and functionally change). Cross-train your brain by doing things you haven't done before, perhaps learning a new language or to play a new musical instrument.

To stay sharp, Dr. Green advises that you continually find new projects and hobbies to challenge your intellectual skills. Take a class at the local community college or take a free course online -- universities that offer online courses at no charge include Berkeley University of California (<http://webcast.berkeley.edu/courses.php>)... Carnegie Mellon University (<http://www.cmu.edu/oli>)... Massachusetts Institute of Technology (<http://ocw.mit.edu/OcwWeb/web/home/home/index.htm>)... and Tufts University (<http://ocw.tufts.edu/>).

(Extracted from “Bottom Line” article on Brain Health)

NOTICE OF UPCOMING VOTE:

Change in Meeting Time and Place

One of the things our club is considering to attract new people, specifically those that work, is to change our meeting time/place.

A previous vote, at a general meeting, indicated a willingness to try this change (for a breakfast or lunch time meeting) as these times are more attractive to working people.

Sue, John and Elwin (Time Team) developed the below options. Please review as we will be presenting a ballot for voting at an upcoming meeting.

NOTE: Purchase of food or drink is NOT required...

OPTION 1: Lunch. (**Alfy's**) Meet in banquet room (free). ½ price pizza /\$.99 soda. Salads/other foods, pasta, etc., available. No storage.

OPTION 2: Lunch (**Pancake House**) Meet in back room (free). Available 11-12:30 pm. Order from menu. No storage.

OPTION 3: Breakfast (**Pancake House**) Meet in back room (free). Available 7-8:30 am. Order from menu. No storage

OPTION 4: Breakfast (**Stevens Hospital**) Separate meeting area (free). Available . Buffet style, muffins from \$1.50 to bacon, toast, and eggs for under \$5.00. Storage site available for purchased locker.

OPTION 5: Breakfast, (**Brighton Court**) Chef, and one charge for juice, eggs, meat, toast, coffee \$8.00. (free room). No storage.

OPTION 6: Continue meeting at the **Senior Center** at 10 am. No meals available. On site storage.

(PLEASE NOTE: Any change, voted in by the members, is planned for a one year trial period. We will review results and determine next steps, if any).

March Food Bank Drive Results:

Our team of Kiwanians and Key Clubbers collected
\$568 in cash
and **540 pounds of food**
for the EDMONDS FOOD BANK.

Great Job!!!

Now we have our April drive coming up.

SIGN UP NOW!!!



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Shirley: The Life and Times of Our Secretary (the abridged version)

Shirley Ann Holden was born July 1928, educated mostly in Montreal, Quebec (except for four or so years during World War 2, educated in Windsor, Ontario), and attended McGill University 1946-1950. Became involved in synchronized swimming and theatre costuming during college. Also, during summers away for college, worked as a waitress at the Manoir Richelieu, Quebec Province, for one summer and at the Banff Springs Hotel, Alberta, for two summers.



I worked at the Aluminum Company of Canada for 3 years, then in September 1953, married Bob Elliot (brainy and cute).

We had three children together: Sharon born ('54), Joanie ('55) and Andrew ('58). In March 1960 we emigrated to Boston, Mass., where Bob began a job with Raytheon. We rented homes in Saxonville and Newtonville and in 1964 bought a house in Carlisle, Mass, a small country town not far from Concord.



I tried working in real estate but was uncomfortable with the “ups and downs” of commissions. I think that it was in 1965 that I secured a job as secretary/technical typist in an engineering firm in Concord. On March 15th, 1968 (The Ides of March), I left the house and left the children with Bob (but they actually could fend for themselves) and filed for divorce.

After living with a girlfriend for a couple of months, my lawyer got Bob to move out and I moved back into the Carlisle house in May. I worked sporadically for the next 3 years and we were fortunate to be able to house sit during 3 summers and 4 winters. In 1972 I was fortunate to get a job with MITRE (MIT Research and Engineering) which had a close connection with Boeing and Hughes Aircraft.

In the fall of 1978 I followed a male friend to California. He already had obtained a job with Hughes Aircraft in Fullerton, so I applied for a job in technical writing/editing but they gave me a job as secretary to a manager of an engineering department.



Later, since I had some math background, I was moved to financial analysis; all about keeping the design and manufacturing work in tune with some one’s budget and then reporting to the contractor (government). Talk about over-runs!!!

In late 1989, Hughes deployed their first “parachutes” to clean out the older personnel. I believe the baby boomers thought they knew how to run the company so they wanted to ease out the so-called dead wood. The company added a couple of years to my service and a couple to my age to get me to retirement age 62. So my package consisted of health premiums until I became 65, and in January 1990 I took a lower paying job as the secretary for two Bissell Company salesmen.



I was alone in a nice office and received orders, for Bissell “steam cleaners” and sweepers, from Price Club, Fred Meyer and other stores in Washington , Oregon, and California.



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Shirley (continued)

I then had to enter these orders in Bissell’s computer in Grand Rapids, Michigan. I worked for Bissell until early 1994 when my daughter came from Edmonds to help me pack stuff (no furniture) into boxes for shipment by UPS to Edmonds. That turned out to be cheaper than hooking up a trailer to my Chevy Nova. Between us, Sharon and I drove to Edmonds, arriving February 4th.

I lived at Sharon’s for about ten months, then rented a studio apartment and learned to live on just social security. Then I collected some money for a down payment on a small condo on the Sno-King county line on the Edmonds side. That was 1995 and in 2000 I bought a larger condo on 84th West in Edmonds. From there it was off to independent living in Avalon. Early this year I moved to Brighton Court in Lynnwood and am very happy.

What comes next? Only time will tell.

Footnote: In July of 1996, I met Harold Huston and Jim Buchanan at a Defensive Driving class at the South County Senior Center. I expressed interest in Kiwaniis and was inducted in August 1996. I have been the club secretary for 10 years.



Shirley enjoying a chat with Lt. Gov. Merwin

Sometime before that I had become a member of Edmonds Floretum Garden Club and met a lady who introduced me to AAUW, and became a member of the Edmonds AAUW in 1997. I served as treasurer for over 5 years.

Closing Note: Our Club is most appreciative for the many years of dedicated service Shirley has given to Kiwanis: A person you can always count on. THANKS SHIRLEY☺

“WithinReach”

(pka “Healthy Moms, Healthy Babies”)



WithinReach is a private nonprofit organization whose mission is to serve as the foremost catalyst for improvements in maternal, child and family health.

For 18 years, we have been working to ensure optimal health for all families in Washington by connecting them to the programs, resources and information they need to build healthy families.

Our long-standing public-private partnerships with the Washington State Department of Health, the Department of Social and Health Services, the WIC program and others make it possible for us to reach thousands of families each year.

We are committed to serving all Washington families and removing barriers of language, socio-economics, and access.

Vision and Mission

Fostering healthy families and healthy lives is at the heart of everything we do. We are truly guided by our mission and our vision in all of our work.

Vision

Ensuring optimal health for all families.

Mission

WithinReach serves as the foremost catalyst for improvements in maternal, child and family health.

History

Within Reach was formed in 1988 under the original name, **Healthy Mothers, Healthy Babies**. In 1990, with a contract from the Washington State Department of Health, we began operating and managing a maternal-child health hotline, serving an estimated 500 low-income women throughout Washington State.

Over the years, our statewide information and referral call center has grown to include four toll-free numbers, serving over 50,000 Washington families per year.

In 1991, we created our first edition of a comprehensive pregnancy and baby book, *Healthy Mothers, Healthy Babies*, which is currently available in 6 languages.

In 1994, WithinReach developed a statewide coalition, the Immunization Action Coalition of Washington (IACW) with the goal of increasing public awareness about the importance of immunizations and achieving full immunization of all Washington families. In 2002, a focus on Hepatitis B was added to the IACW’s outreach efforts.

A second statewide coalition was formed in 1996. The Breastfeeding Coalition of Washington (BCW) unites local coalitions throughout Washington, which share the goal of improving breastfeeding rates.

In 2006, we became **WithinReach**, a name that better reflects the diversity of our clients and our work.

Between 2004 and 2007, we developed an innovative website, ParentHelp123.org, with funding from the Paul G. Allen Family Foundation and The Bill and Melinda Gates Foundation among others.

Today, WithinReach helps over 100,000 Washington families per year.



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KEY CLUB NEWS:



Edmonds-Woodway:

The Chocolate sale is almost completed and expect to net around \$250-300.

Work continues with the stuffed dolls for Children's Hospital.

The next project.....is called "Carry 5" and raises funds and awareness to end the water crisis for people living in poor countries. It is intended to help people better understand what it takes to walk 5 miles carrying 5 gallons of water, as women and children have to do in some African countries.

Plan is for "teams" to practice next week on the school track, using 1 gallon milk jugs. Locally the big event is May 30th at Seward Park in Seattle.

Meadowdale:

No news available from the Meadowdale Key Club.

Live a good, honorable life. Then when you get older and think back, you'll enjoy it a second time.

How to Use Your Mind to Heal

Joan Borysenko, PhD

Beth Israel/Deaconess Medical Center

Some things we can do when we are seriously ill that will benefit our overall health...

- **Do not let your mind be pulled into worry** or into the past or the future. Spend time each day doing something that makes you feel good and keeps you in the present, whether it is gardening, meditating or walking in nature.
- **Forgive any wrongs** that have been done to you. Letting go of anger and regrets can reduce stress and boost your immune system.
- **Have gratitude.** Before going to bed, be truly grateful for something that happened that day. Wasn't it wonderful when someone smiled at you? Soak up these positive feelings.
- **Imagine the health outcome that you desire.** Picture the disease disappearing from your body. If you have trouble visualizing a positive health outcome, begin by picturing other things that make you happy.

Excerpted from the "Bottom Line"

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:

Seamus Dooley (425)-640-0640
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

Calendar of Events :

Apr. 4th: "Kiwanis One Day" Annual Day of Service

Apr. 21st: Board Mtg. SCC 8:30 am.

Apr. 25th: Mukilteo Kiwanis Garage Sale Kamiak High School

April 28th: EDMONDS ANNUAL MEETING Election of new Officers and Board Members

May 2nd: Lynnwood Kiwanis Auction Lynnwood Convention Center Contact Billie @ 425-745-8025

Celebrations:

5th: Duane Penning
16th: Peggy and Bob Withey
17th: Frank Suhara
18th: Millie Morte
2nd: Sharon and Seamus Dooley

**Live simply. Love generously.
Care deeply. Speak kindly.
Leave the rest to God.**



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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

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

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)



OUR SERVICE, OUR COMMITMENT

Young Children: “Priority One” Projects

“Little Red School House”

Activity Supplies, Meadowdale Pre-School

“WithinReach” (aka, healthy moms, healthy babies)

“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

“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