



**EDMONDS KIWANIS**

# “TIDAL TALES”

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

April, 2010

### Welcome to our Newest Member:

Thanks to the ongoing recruiting efforts of Harold, Rachel Bell, Allstate Insurance, recently joined our club. Harold now has the distinction of recruiting the club’s first female Kiwanian (Shirley) and now the youngest member, male or female. Good job Harold.



Rachel was born and raised in Redmond, Washington. She graduated from University of Washington with a degree in Psychology in 2006. She started working at Allstate Insurance as an agent in 2006. She is currently working at the Allstate office on Main St. for one of our sponsors, Mike McGinness.

Welcome Rachel...we look forward to working with you on our fund raising and community projects.

### Spring Food Drive:



Shift Change: Shirley, Buck, Homer, Donor, and Elwin

The first segment of our spring food drive at TOP Foods was completed March 26-28<sup>th</sup>.

The final thrust will be on April 9, 10, 11<sup>th</sup>. Be sure to sign up early, with Seamus, to secure your favorite time slots for this important community event. More info to follow.

### Weekly Kiwanis Meeting:

South County Senior Center  
220 Railroad Ave. Edmonds

Tuesday at 10 a.m.

VISITORS ALWAYS WELCOME.

### **APRIL PROGRAMS:**

6<sup>th</sup>: **KEY Club** report on recent convention

13<sup>th</sup>: **Ferrell Fleming** - SCSC Director

20<sup>th</sup>: “Soft water out of hard”

27<sup>th</sup>: “The Special Olympics”

(Mystery Speakers to be announced by Dick’s team)

### May Captain:Elwin Wright

425-776-2892

Buchanan, Phariss

Hinze, Kosola

### GREETERS:

6th: Martin

13th: Miller

20th: Morris

27th: Murray

“WEAR A SMILE”

9:30 "DUTY time!!!

### CELEBRATIONS

5: Duane Penning

17: Frank Suhara

22: Sharon and Seamus Dooley

“Kiwanis One Day” occurs annually during the first weekend of April.

It is an opportunity to unite Kiwanis-family members from around the globe and their communities in a dedicated day of action devoted to hands-on community service projects. So what are “we” doing???



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## Member Profile, Short Version: George Murray



Susan Henry welcoming George to Kiwanis

A graduate of MIT and the Harvard Business School, George held a variety of positions in a variety of companies.

George began as an engineer at Lockheed Missiles System division, then Project Manager for the 747 and DC 10 introductions at American Airlines and finally as Director of the Independent Marketing Division of NCR Europe and later ATT. In these later positions, George was responsible for developing computer product distribution worldwide except for the US. These assignments involved living 6 years in Geneva, Switzerland and 2 years in London, England.

George retired at 58 to Edmonds, Washington. After exploring the Puget Sound for a place to call home, Edmonds was the favorite for its wonderful, comfortable small town culture and people. George and his wife Linda have lived in Edmonds the past 16 years. They have three daughters, two of which live and work in the Seattle area. (*Early life = mystery*☺)

## Edmonds Kiwanis Scholarship Program:

As you may recall, the board approved a budget item for two \$1000 scholarships, from the Kiwanis Club of Edmonds, for graduating seniors attending college.

Early March, Elwin distributed our official scholarship application packages to Edmonds - Woodway, Meadowdale, and Scriber Lake high schools. The completed applications are due by April 15<sup>th</sup>.

Elwin and the scholarship committee will review the applications and recommend the two awards later in April. (Committee members include; Shirley, Dick, George M. and Eleanor.)

## ZONE E CONFERENCE:



Mt. Vernon daffodil fields

This year's Zone E conference was held at the Cottonwood Conference Center in Mt. Vernon. About 170 Kiwanians from Zone E attended this educational and informative conference. We not only saw our Division 22 compatriots from Snohomish, Tillicum, and Lynnwood, but had the opportunity to meet friends from other Snohomish County clubs, clubs from Skagit and Whatcom as well as British Columbia.



Kiwanians, from Zone E, gathering in Mt. Vernon

We heard inspiring stories of success, attended workshops on “Young Children Priority One“, the Boys and Girls Club, Risk Management, etc. At our Division caucus with Wally, the attending club reps. nominated and elected Gloria Smith (Lynnwood) our next Lt. Governor for 2010-2011.



Edmonds Kiwanis Reps: Elwin, Shirley, John

Following lunch, we enjoyed a special presentation by “Summit Assistance Dogs” of Anacortes, regarding their work in training and providing service dogs to those needing help with sight, hearing, mobility, and therapy. Lots of good work being done, but unfortunately the need is great...there is a 2-4 yr. waiting list for these needed resources. NOTE: As you may recall, the PNW Governors's initiative for this year is service dogs. Is this an area we can provide some help in???



## Foods and Supplements That Boost Mood

James S. Gordon, MD

The Center for Mind-Body Medicine

What we eat can affect our mood, making us feel happier. A number of people who suffer from depression, for example, improve significantly when they eat less (or eliminate) processed/sugary foods and consume more complex carbohydrates, such as grains and vegetables. A healthy diet may reduce brain inflammation, important for improving neuron (brain cell) functions and reducing anxiety and depression.

We asked noted physician James S. Gordon, MD, what other dietary changes can improve mood...

### Omega-3 Fatty Acids

Population studies clearly show that people with a high intake of omega-3 fatty acids have a lower incidence of depression. The membranes that surround brain cells contain significant amounts of fatty acids. When more of these fats consist of omega-3s, the membranes become more flexible and porous -- important for absorbing nutrients and receiving/transmitting chemical signals, important in boosting mood.

**Recommended:** Eat two or three fish meals a week. Cold-water fish, such as sardines, mackerel and herring, are the best food sources of omega-3s. If you don't like fish, try a supplement of 3,000 milligrams (mg) of omega-3 fatty acids, divided into two daily doses. Choose a supplement that provides 180 mg EPA and 120 mg DHA per 1,000-mg capsule.

### Dietary Fiber

Constipation is a common symptom -- and possibly a cause -- of the blues. People who don't eat enough fiber have smaller, less frequent bowel movements. This means that toxins that are present in the stools can get reabsorbed into the body. This can trigger depression and other mood changes.

**Recommended:** At least 30 grams (g) of fiber daily -- more is probably better. People who mainly eat plant foods automatically get enough fiber. If your diet is short on fiber, add four to five tablespoons of unprocessed oat bran to your morning cereal or smoothie.

**Red flag:** Having three or fewer bowel movements a week. This is not normal. You should be having one or more bowel movements a day. If you're not, you probably need to consume more fiber (and water, too).

### MultiSupplement

Everyone who is feeling down should take a daily multisupplement. The majority of Americans are deficient in one or more of the essential micronutrients, including selenium, magnesium and B vitamins.

**Why it matters:** A deficiency of even one nutrient can impair the body's ability to utilize other nutrients. Nutritional deficiencies are a common cause of low energy as well as depressed mood.

One study found that people who consumed less than the recommended daily amount of selenium had significant mood improvements when they took supplements.

Magnesium is particularly important for mood because it's used for the production of *serotonin*, the neurotransmitter that increases when people take prescription antidepressants.

**Recommended:** Start with a daily supplement that provides all of the key vitamins and minerals. You also might want to take a separate B-complex supplement because B vitamins are vital to the metabolism of cells -- in particular, the cells of the nervous system.

### SAMe

*S-adenosylmethionine* (SAMe) releases a methyl molecule in the body that is necessary for the production of *dopamine* and serotonin. A review of scientific studies found that SAMe relieves symptoms of depression significantly better than a placebo -- and sometimes as well as prescription drugs. SAMe is far less likely than medications to cause significant side effects.

**Recommended:** I usually advise patients with depression to start with dietary changes, stress-reduction techniques, exercise and sometimes talk therapy. If these aren't effective, it's helpful to take SAMe for several weeks or months -- or, in those with chronic depression, sometimes indefinitely. The starting dose usually is 200 mg at morning and noontime. The amount can be slightly increased after several weeks if the initial dose isn't effective. If you feel agitated, you'll want to decrease the dose.

### Tryptophan/5HTP

If other approaches don't work, I may recommend *tryptophan*, an amino acid. Both tryptophan and the more easily available *5HTP* (into which tryptophan is converted) increase the body's production of serotonin. Tryptophan was largely banned in the early 1990s following contamination at a manufacturing plant. The supplement itself is entirely safe.

Both tryptophan and 5HTP make it easier to fall asleep -- important because insomnia and/or disturbed sleep are common in those with depression.

**Recommended:** Take 500 mg of tryptophan at bedtime. If tryptophan is not available, take 50 mg to 100 mg of 5HTP twice daily.



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## Probiotics

Healthy adults have trillions of beneficial intestinal bacteria known as *probiotics*. These organisms facilitate the production of energy within cells, promote the synthesis of B vitamins and other nutrients, and improve digestive health. Many people with depression have lower-than-expected levels of probiotic organisms.

**Recommended:** One to two capsules daily of a supplement that provides two to three billion organisms. Look for a combination supplement that includes *acidophilus* and *bifidophilus* organisms.

## Food Sensitivities Can Cause Depression

An important factor in some people’s depression is a sensitivity to one or more foods. I believe that food sensitivity is far more pervasive and far more often a cause of, or contributor to, depression than we know.

Food sensitivity can be caused by the passage of large, reaction-stimulating protein molecules out of an intestine that has been made "leaky." Infections and antibiotics and other drugs may be responsible for these leaky guts, but there may be dietary causes as well, including consumption of refined and processed foods. As large protein molecules pass across the gut into the bloodstream, they are believed to provoke defensive reactions in nearly every system in the body.

This immune reaction can cause depression and may produce a variety of physical symptoms as well, including fatigue.

Many people are sensitive to gluten, a protein found in wheat and some other grains. Other problem foods may include milk, eggs, citrus and soy.

If you suspect that your depression might be linked to diet, you can try an elimination diet...

**Completely eliminate possible food culprits from your diet.** Begin by saying no to gluten, milk and other dairy products, eggs, soy and sugar. Keep a diary. Every day, note any symptoms... how you’re feeling... and whether your energy has increased or decreased.

**After three weeks, reintroduce the foods one at a time.** For example, eat a slice or two of wheat bread at dinner. See how you feel the next day. If your mood doesn’t change, then you probably aren’t sensitive to that food. Wait a week, and reintroduce another food

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*Bottom Line/Personal* interviewed James S. Gordon, MD, founder and director of The Center for Mind-Body Medicine in Washington, DC. He is a clinical professor in the departments of psychiatry and family medicine at Georgetown University School of Medicine and the former chair of the White House Commission on Complementary and Alternative Medicine Policy. He is author of *Unstuck: Your Guide to the Seven-Stage Journey Out of Depression* (Penguin). [www.jamesgordonmd.com](http://www.jamesgordonmd.com)

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**A chicken crossing the road... is poultry in motion.**  
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## NEW BUSINESS SPONSOR:



**Steven H Swedberg, M.D.**

Harold has found another local business willing to support our mission, of helping the children of our community. **SWEDBERG EYE CARE**, located at 21827 76<sup>th</sup> Ave. W. in Edmonds, has joined our esteemed list of sponsors. We thank Dr. Swedberg for his generous contribution. I am sure you will find the below information insightful and helpful.

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At **Swedberg Eye Care**, their mission is to exceed your expectations and provide you with the highest quality eye care with modern high tech equipment and contact lens care. Their staff includes 2 highly trained ophthalmic technicians and a reception / front desk specialist with over 35 combined years experience in the Seattle ophthalmic community.

Their dedication to the ophthalmic profession and genuine compassion for patient care will make your clinic appointment pleasant and un-stressful. Their thoroughness will ensure you a lifetime of eye health and the clearest vision. This is a caring team that explains all procedures and answers all your questions.

Doctor Swedberg specializes in the surgical and medical treatment of eye disease, as well as general eye care. He is board certified by the American Board of Ophthalmology and is a member of numerous professional societies. Doctor Swedberg is an ophthalmic surgeon who uses the most advanced techniques available in performing both cataract and other specialized ocular surgery.

**NOTE:** Dr. Swedberg is a Diplomate of the American Board of Ophthalmology. He was born and raised in Bellingham and completed his undergraduate studies at Harvey Mudd College, prior to pursuing medical school and residency training in ophthalmology at the UW.

**REMEMBER,** if you need any related eye work, please check with Dr. Swedberg and his helpful Staff.



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## KEY CLUB NEWS:

### Edmonds - Woodway:

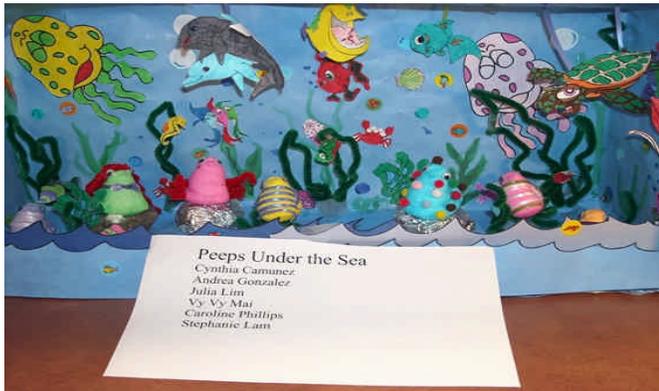
**Advisor: Wendy Priest**

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.



We just entered the “Seattle Times” Peeps Contest. Students dressed the Easter candies in categories. We are getting ready to be the Edmonds City Easter bunnies and helpers on April 3 at the City Park.

Four girls Kelli Blechsmidt, Kristen Kendall, Diana Chung and Jenna Toney attended the Key Club Conference at SeaTac. (Attending Rep. Dick Cassutt).

### 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.

On April 13<sup>th</sup>, Key Club members will be donating their time gardening at CRISTA retirement center. Great Job!!!

Do you know the background behind the name for Key Club; that is, why “KEY”? At our Zone Conf., the International rep. divulged the secret. **KEY = Kiwanis Educating Youth.** So, how we doing??? What are the things we can do to more actively support this mission to build the future leaders of Kiwanis?



### 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 :

**April 4: Easter**

**April 15: Division Council Meeting**  
7 P.M. - SCSC Library

**April 20: Kiwanis Board Meeting**  
8:30 A.M. - SCSC Library

“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 5<sup>th</sup> Ave South,  
Edmonds, 772-7008

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

### **ADVANCED HEARING SYSTEMS**

Ray Ault  
104 5<sup>th</sup> Ave N  
Edmonds, 771-3886

### **Richmond Beach Rehab.**

*An AVAMERE community*  
19235 15<sup>th</sup> Ave. NW  
Shoreline  
206-546-2666

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

### **ALDERCREST AUTO REBUILD**

2415 196<sup>th</sup> 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 3<sup>rd</sup> Ave South,  
Edmonds, 776-1155

### **ALLSTATE INSURANCE**

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

### **SWEDBERG EYE CARE**

Ophthalmology Clinic  
Dr. Steven H. Swedberg, MD  
21827 76<sup>th</sup> Ave. W.  
Suite 102  
Edmonds, 778-2500

### **GARDEN COURT Retirement Community**

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

### **EDWARD JONES INVESTMENT**

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

### **The Bank of Washington**

202 5<sup>th</sup> Ave South,  
Edmonds, 776-2265  
“Quality Local Banking”

## **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

