



EDMONDS KIWANIS

“TIDAL TALES”

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

May, 2010

“Citizen of the Year”

Special thanks to Chuck Kaltenbach and the Kiwanis-Beacon team for all their efforts in the “Citizen of the year” selection process. This year’s most worthy citizen is Peggy Kennedy, long time director of the Edmonds Food Bank.



Seamus and the “Final Pickup”

Spring Food Drive:

The final numbers are in for our spring food drive for the Edmonds Food Bank. Our team collected a total of 800# of food while cash contributions totaled \$833. This was a good effort by our club and reflects well on those many concerned citizens that helped to make this a success by contributing.

Those that worked on the front lines were:

[indicates shifts worked]

Elwin Wright [6].	Shirley Elliot [4]	Homer Cardle [2]
Buck Weaver [2]	John Rutter [3]	Paul Jacobson[4]
Dexter Miller [2]	Ray Roe [2]	Elaine Hinze [2]
Scott Phariss [3]	Mary Lou Kantor [2]	Rachel Bell [2]
Sharon Dooley [2]	Dick Cassutt [2]	Eleanor Taylor [2]
Frank Suhara [1]	Susan Henry [1]	

In addition, we were enthusiastically assisted by members of the Edmonds - Woodway Key Club. It is great to see these young people contributing time for this worthy cause. Ashley Semanskee; Casey Semanskee, Ai Phuong Tong, My Phuong Tong, Andrea Gonzalez, Caroline Phillips, Cynthia Camonez, Christine Le, Nousha Eslami, Gaya Nagendivam, Michelle Cheng.

Special thanks to Seamus for organizing and coordinating this effort once again. In addition, he faithfully opened and closed out each of the 6 days of the drive.

Sounds like something might be stirring with the Edmonds Waterfront Festival. Stay tuned...for another opportunity to serve.

MAY IS MEMBERSHIP EMPHASIS MONTH

Each May is set aside to emphasize growing our Kiwanis Clubs. The problem we face, like all other service clubs, is dwindling and aging membership. What can you do? Be part of the solution. Bring new people to our club meetings and let them see and hear about our mission and experience the rewards and fun in being in Kiwanis.

Weekly Kiwanis Meeting:

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

VISITORS ALWAYS WELCOME.

MAY PROGRAMS:

- 4th: **Barbara Williams, Camp Casey Director.**
“Camp for kids with special needs”
- 11th: **Michael Plunkett, Edmonds City Council Position 1**
- 18th: **Steve Bernheim, Edmonds City Council Position 6 and Council President**
- 25th: **Elaine Hinze, Driving Instructor.**
“Our Driving ...what's up?”

June Captain:Harold Huston

425-771-8201

Jacobson, Leitner, Lunsturm

GREETERS:

- 4th: Penning
- 11th: Phariss
- 18th: Roberts
- 25th: Roe

“WEAR A SMILE”

9:30 "DUTY time!!!

CELEBRATIONS

- 2: Ann Rutter
- 14: Elaine Hinze
- 17: Ted Morris

Historically, April is the best month for the stock market.



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E-W Key Club Delegates to the annual Key Club District Convention (DCON)

E-W Key Club Letter of Appreciation:

March 29, 2010

Dear Edmonds Kiwanis,

Let us start off by telling you what a blessing it has been to have your continued time and support in your participation with the Edmonds-Woodway Key Club. It has been an unbelievable experience in working alongside you in making the Edmonds community a beautiful place to live.

During our AMAZING trip to DCON, we learn so much on how to be more effective officers and leaders in both the club and the community. Each of us went to meetings for President, Vice President, Secretary and Treasurer where we learned how to prioritize our time, form committees, hold parliamentary type meetings, take minutes, and manage budgets. We believe strongly that these new skills and knowledge will be extremely useful in our continued effort in making EWHS Key Club a successful and proudful organization.

In addition to these classes, we also participated in events such as the House of Delegates and the Service Fair. In the House of Delegates, EWHS Key Club was represented in the exciting voting process for the new District Governor, Secretary, Treasurer, Bulletin Edition and International Endorsement Officer. Meanwhile, EWHS Key Club was also represented during the Service Fair where we were able to display the hard work our club has done in making the Trauma Dolls for both Seattle Children’s Hospital and our local Steven’s Hospital. We were also able to view other projects from other schools and districts from which we gained ideas of other types of servicing projects EWHS Key Club could participate in.

During these meetings and events, we were able to socialize and better connect with other Key Clubbers in both our district and from around the Northwest. These friendships will be a building block foundation on which we hope to better connect our EWHS Key Club with others in the area and do bigger and more involved service projects for our local communities.

Finally, we would like to send out a HUGE thank you to our advisor Dick Cassutt, whom without, we would never have been able to experience the fun and learning process DCON was for us. Thank you Dick for spending a weekend with us, laughing at our antics and giving us the tools necessary to make EWHS Key Club all its meant to be.

We have a final thank you for YOU! Our local Edmonds Kiwanis, who made this ENTIRE trip and life experience possible for us. We and the EWHS Key Club family thank you for your love and support!

Sincerely,

Kelli K. Blechschmidt, Diana E. Chung, Kristen M. Kendall, and Jenna M. Toney.



Ferrel Fleming reintroducing himself to the club.

At our April 13th meeting, the SCSC board representatives provided the club with a very informative and extensive overview of the Senior Centers many services and activities. The new (old?) SCSC Director was introduced (reintroduced?); a strong supporter of our club at the SCSC, Ferrell Fleming.

Ferrell talked to the club about the creation and evolution of the senior center movement and the importance to the community. It was an impressive overview...and we are pleased that he is back with us. Welcome back Ferrell...



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Edmonds Kiwanis Scholarship Program:

The scholarship awards committee, headed by Elwin Wright, has received 11 applications for our two \$1,000 scholarships.

Applicants are from E-W (3), Meadowdale(3), and Scriber Lake(5). Committee members are reviewing applications and will make the selections early May.

“Did you ever notice that people who say they don’t care what other people think are usually desperate to have people think they don’t care what people think?”

George Carlin

HELMET PROGRAM:

Providing bicycle helmets to school age children is one of our important projects for the children of our community. Preventing needless and traumatic brain injury is the primary driving force behind this initiative.

John Rutter recently released the reins of the annual helmet program to the “next generation”. This year’s program is being headed and coordinated by Scott Phariss. Scott is currently working with two schools on the timing and process for providing helmets. More to follow.

HELPFUL WEB ADDRESSES FOR YOUTH SERVICES INVOLVEMENT

Interested in adventuring into new areas of support??? Check these out.....

Boy’s and Girl’s Clubs of America -
www.bgca.org

Boy Scouts of America - www.scouting.org

Watch D.O.G.S - www.fathers.com

Miracle Network -
www.childrensmiraclenetwork.org

Future Problem Solvers - www.fpsers.net

Special Olympics - www.specialolympics.org

Children’s Hospital Seattle -
www.seattlechildrens.org

Kohls Cares for Kids/A Team -
www.kohlscorporation.com

Northwest Burn Foundation -
www.nwburn.org

E-W Key Club Easter Egg Hunt Adventure:

(Helping with the city of Edmonds annual event)



Key Club Bunny and other members getting ready for the big event at the Edmonds City Park.



The Eggs are planted and the Hunt is on....Parents “helping” the little ones find those treasures!!!



Now the real work...cleaning up after the dust has settled and the kids are snacking on their goodies.

Thanks to the Edmonds - Woodway Key Club for helping with another successful community event. Your participation helps make Edmonds a great place to live.



10 Best and Worst Foods for You

Recently, scientists proudly announced their creation of an index to rank how particular foods encourage or discourage inflammation -- a well-known contributor to chronic health conditions such as heart disease, diabetes, cancer and dementia. This is great in theory, but scientists being scientists, it's all obscure algorithms and formulas -- hardly a useful list to take to the grocery store. So I asked contributing medical editor and nutrition expert Andrew L. Rubman, ND, to give us his easy-to-follow list of foods that reduce inflammation -- making us healthier -- along with the most inflammatory foods that should be avoided. *But first, the latest findings by researchers...*

How Do Foods Spark Inflammation?

Philip P. Cavicchia, MSPH, a PhD student in the department of epidemiology at the Norman J. Arnold School of Public Health at the University of South Carolina, helped design this new inflammatory index. He and his colleagues scored 41 foods and food components thought to positively or negatively affect levels of inflammation, based on a review of all the English language, peer-reviewed studies relating to diet and inflammation that were published between 1950 and 2007.

Carbohydrates, fat and cholesterol were among the food components most likely to encourage inflammation, while magnesium, beta-carotene, vitamins A, B-6, C, D and E, fiber, omega-3 fatty acids, flavonoids, turmeric and tea were the strongest anti-inflammatories.

Next, using data from the Seasonal Variation of Cholesterol Levels Study (SEASONS), they examined the records of 494 men and women (average age 48), looking specifically at the relationship between the inflammatory index (what they ate) and their blood levels of *C-reactive protein* (typically called CRP). Manufactured by the liver, CRP predicts vulnerability to inflammation and is also elevated in people with obesity, allergies and immune disorders -- a lower CRP is thought to translate to reduced risk for heart disease, cancer and other inflammation-related chronic health conditions.

After factoring in variables such as age, weight and smoking status, Cavicchia and his team found that there is indeed a relationship between an anti-inflammatory diet based on the inflammatory index and a reduced level of CRP.

These findings appeared in the December 2009 issue of *The Journal of Nutrition*. Now, here are Dr. Rubman's picks of the best and worst foods if you want to reduce inflammation in your body...

10 Best Anti-Inflammatory Foods

- Wild salmon, mackerel and other omega-3-fatty-acid-rich fish.
- Berries.
- Green, leafy vegetables (e.g., spinach and kale).
- Cruciferous vegetables (broccoli, Brussels sprouts, cabbage, etc.).
- Deeply pigmented produce, such as sweet potatoes, eggplant and pomegranate... along with carrots, plums, oranges, peppers, peas and red grapes.
- Nuts.
- Whole grains.
- Tea -- specifically black, green and white teas.
- Cold-pressed fresh oils, including avocado, flaxseed and olive oils in particular.
- Spices (specifically, garlic, ginger, turmeric, saffron).

10 Worst Inflammatory Foods

- Desserts made with lots of sugar (cookies, candy, ice cream and so on).
- Sweetened cereals.
- "White" carbohydrates (white bread, white rice, white potatoes, English muffins, etc.).
- Non-diet soft drinks.
- Anything containing high-fructose corn syrup.
- Processed meats (bologna, salami, hotdogs, sausage and others made with preservatives and additives).
- French fries, potato chips and other fried snack foods.
- Fast foods, most specifically the ones that are high-fat, high-calorie, high simple carbohydrate -- which describes most of the inexpensive offerings at quick-serve restaurants.
- Margarine, because it contains processed sterols called stanols that have been implicated in both atherosclerosis and various fatty-deposit diseases.
- Organ meats such as liver, because these often contain undesirable products including antibiotics, fertilizer and other unwanted residues.

How to Feel Better Fast

While on the topic, Dr. Rubman urged me to add one more bit of information to this "highly inflammatory" list. "It should also include almost any food eaten quickly, especially if you drink a lot of liquid while eating," he said, noting that this is all the more true for people who then end up soothing their predictable digestive distress by taking anti-heartburn medication. His advice is to eat slowly... chew thoroughly... avoid liquids during a meal so that you don't dilute the stomach acid and reduce its ability to help digest food... and include items from the "best" list in every meal, every day, while eliminating those from the "worst" list or at least reserving them for an occasional treat. "Within weeks, you will decrease your risk for disease, improve your digestion, enjoy more energy and feel better overall," he promised.

Source(s):

Philip P. Cavicchia, MSPH, student in the department of epidemiology, Norman J. Arnold School of Public Health, University of South Carolina, Columbia, South Carolina.

Andrew L. Rubman, ND, director, Southbury Clinic for Traditional Medicines, Southbury, Connecticut.



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KEY CLUB NEWS:

Edmonds - Woodway:

Advisor: Wendy Priest

Kiwanis Contact: 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.

In May we will have a car wash to make \$ for American Cancer Society Relay for Life in July. May 15 we are helping to put on a walk for NAMI – National Alliance for the Mentally Ill – at Madison Park.

We hope to deliver the Trauma Dolls to Childrens before the end of the year.

Meadowdale:

Advisor: Elizabeth Cano

Kiwanis Contact: Elwin Wright

Meeting Time: Tuesday 7 a.m.

Key Club Officers:

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

A number of club members are volunteering at several local schools during the months of April and May.

“Phyllis Pearsall-Walker”

In 1935 Pearsall, a 29 year old painter from London, tried to use a map to get to a party in the city one evening, but got lost. So she decided that a better map of London was needed - and that she would make it herself. The next day she got up at 5 am and started walking London’s streets, keeping a record of every street as she did. Pearsall walked nearly every day, 18 hours a day and over 3000 miles. She got a draftsman to help turn her information into a map booklet, published it, and started the A-Z Map Company. Pearsall ran A-Z until she died at the age of 89, in 1996. It is still one of the largest map companies in the U.K.

THE WRONG MEANING - “PERUSE”

How we use it: To skim or browse written material quickly to get the gist.

What it really means: The opposite - to read it thoroughly and carefully.



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 30: SCSC Health Fair

May 1: Lynnwood Club Auction

May 1: Snohomish Club Auction

May 18: Kiwanis Board Meeting
8:30-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 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”

SWEDBERG EYE CARE

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

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”

The Bank of Washington

202 5th 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

