



EDMONDS KIWANIS

“TIDAL TALES”

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

June 2009

2009 Bicycle Helmet Program:



Scott, John, Shirley and Elwin
With happy Cedar Valley students

It was a beautiful sunny day...one that 175 youngsters from the Cedar Valley Community Elementary School will not soon forget. John Rutter, Helmet Project Chair, along with Scott Phariss, Shirley Elliot and Elwin Wright distributed 175 bike helmets. The students were also given a “bookmark” covering the importance of proper fitting. The school nurse will administer the actual fitting to ensure that the safety benefits of these helmets is achieved and hopefully reduce brain injuries.

Smiling faces of grateful students and the smiling faces of Kiwanians, helping children in our community, is the reward of being in Kiwanis. This annual program is a continuing demonstration of our commitment to our mission... “Changing the world, one child and one community at a time.”

Special thanks also to those that helped do all the prep work, prior to distribution; Shirley, Mary Lou, Billy Joe, Elwin, Scott, John, and Harold. (Thanks to Jim for receiving and storing helmets).

Bottom Line: This is the reason why we all work so hard together to raise funds. Without your hard work, participation, dedication, and service, none of this would be possible.

THANKS!!!

CELEBRATIONS

- 3rd: Yuko and Jim Buchanan
- 8th: Joan and Ben Snowdon
- 22nd: Ann and John Rutter

Weekly Kiwanis Meeting:

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

VISITORS ALWAYS WELCOME.

JUNE PROGRAMS:

June 2: Susan Henry, Mortgage Specialist
Topic: “Reverse Mortgages”

June 9: D. J. Wilson, President Edmonds City Council
Topic: “ City of Edmonds Financial Status”

June 16: John Cartmell, MS Certified Nutritionist
Topic: “Nutrition and Cancer”

June 23: Kathleen Junglov, Finance Director, City of Edmonds
Topic: “City of Edmonds Budget”

June 30: Cindy Portman, Snohomish County Assessor
Topic: “Property Taxes”

July Captain: John Rutter

(425-778-6502)

Elliot, Roberts, Kantor

Greeters:

2nd: Ben Snowdon

9th: Frank Suhara

16th: Eleanor Taylor

23rd: Sue Tomlinson

30th: Buck Weaver

Greet at the front desk!!!

“WEAR A SMILE”

**-You can't control the wind, but you can adjust your sails.
Yiddish proverb**



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“Taste of Edmonds 2009”

Once again, the Edmonds Chamber of Commerce is sponsoring that delectably popular event, “The Taste of Edmonds”. This year the event will start on Friday, August 14th and run through the weekend, closing out on August 16th at 7 P.M.

Our club will be handling the operation of the “YELLOW GATE”. “Handling” means, we will need to staff this gate, collect entrance fees, count attendees.

Shirley and Mary Lou will be coordinating our participation. Your assistance and support of this fund raiser for our club is much appreciated. Please see them for more information and for signing up to help.

PLEASE NOTE: “Our Reward”, for assisting, will be adjusted based on “Our Performance”, which includes adequate personnel to cover gate operations on all shifts, accurate counting, and moving attendees quickly into the event.

Meaning???: Our payment can be reduced...

**Healthy, Fresh, and Delicious Berries
ON SALE NOW!!!**

The “Berry Man”, Clayne Leitner, has just published the 2009 **Edmonds Kiwanis Berry Sale** order forms.

The vital info for this year is as follows:

Strawberries: available July 2nd, delivered in 15# pails at a cost of \$29.

Raspberries: available July 23rd, delivered in 14# pails at a cost of \$37.

Blueberries: available July 30th, delivered in 10# boxes at a cost of \$29.

(NOTE: Dates may vary depending on the weather)

As you know, this is one of our biggest fund raisers...and with these tough economic times, we will need to really get out there and sell these wonderful berries to our community of friends and family.

For more information, please contact Clayne Leitner at 206-542-6351 or at clayneleitner@hotmail.com

GET ORDER FORMS FROM CLAYNE.

NEW MEMBER WELCOMED



Eleanor and Mary Lou welcome Susan

Welcome to our newest member, Susan Henry. Susan is an enthusiastic addition to our club and we look forward to her bringing new ideas and energy to the Kiwanis Club of Edmonds.

The Red Coats are Coming!!!

Well, maybe it would be more accurate to say the new Blue Club Jackets are coming. Mary Lou and Clayne have been show casing the various selections we can make as to jacket weight (aka warmth).

The jacket weight selection and cost are as follows:

- * Light weight \$28
- * Medium weight \$50
- * Medium weight with a hood \$50
- * Heavy weight: \$60

See Mary Lou or Clayne for more info and sign up for your new jacket.

(Note: If you do not want to purchase a jacket at this time, you do not have to. Orders for jackets, T-shirts, hats, etc. can be made anytime in the future.)

**** Drive carefully. It's not only cars that can be "Recalled" by their maker.***



20 Ways to Get Along Better with People

Getting along with people on a personal or professional level sets the foundation for building harmonious relationships, which in turn creates a harmonious environment.

Start with these tips:

1. Remember names. A person's name is very important to him or her.

2. Before you say anything to anyone, ask yourself three things:

1. Is it true?
2. Is it kind?
3. Is it necessary?

3. Make promises sparingly and keep them faithfully.

4. Never miss the opportunity to compliment or say something encouraging to — or about — someone.

5. Be comfortable to be around; don't cause strain on others.

6. Learn to be interesting so that people will get something stimulating from being with you.

7. Eliminate the scratchy elements in your personality — traits that irritate others.

8. Forget about counting to 10. Count to 100 before doing or saying anything that could make matters worse.

9. Refuse to talk negatively about others; don't gossip and don't listen to gossip.

10. Work at liking people. Will Rogers said, "I never met a person I didn't like."

TWENTY WAYS. Continued

11. Have a forgiving view of people. Believe that most people are doing the best they can.

12. Sincerely try to heal misunderstandings. Learn to forgive.

13. Keep an open mind; discuss, but don't argue. (It is possible to disagree without being disagreeable).

14. Acquire the quality of "easygoingness" so that things don't ruffle you.

15. Don't be a know-it-all.

16. Let your virtues speak for themselves.

17. If someone criticizes you, see if there is any truth to it; if so, make changes. Otherwise, ignore it and live so that no one will believe the negative remarks.

18. Do not seek so much to be consoled, as to console; do not seek so much to be understood as to understand; do not seek so much to be loved, as to love.

19. Cultivate your sense of humor; laughter is the shortest distance between two people.

20. Develop deep spiritual strength in yourself, and share this strength with others.

Source: Adapted from *Less Stress Relationships Best of Hope Series*

"I predict future happiness for Americans if they can prevent the government from wasting the labors of the people under the pretense of taking care of them."
Thomas Jefferson

CLUB ELECTIONS:

At our annual meeting, held April 28th, the following members were elected to the board;

President: Mary Lou Kantor
President Elect: Elwin Wright
Vice President: Clayne Leitner

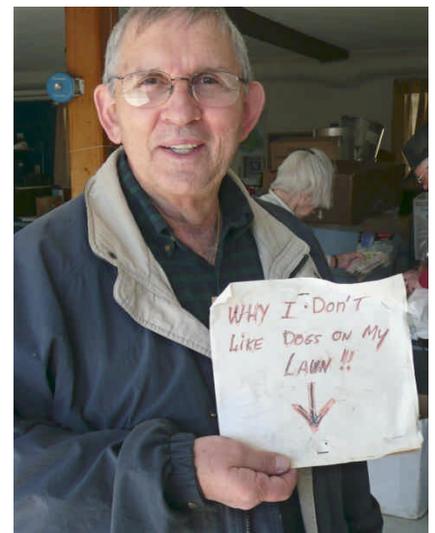
Board Members: Ray Roe, Scott Phariss, John Rutter, and Eleanor Taylor.

Office term effective October 2009

MEETING TIME:

The club voted **"not to change"** the time and location of our meetings by a vote of 12 to 9. Special thanks to Sue and John for all the leg work they did to come up with a variety of options to consider in attracting younger members from the business community.

SIGN OF THE TIMES....



Clayne with "Sign" found at Dick's place.

* *"The biggest troublemaker you'll probably ever have to deal with, watches you from the mirror every morning."*



Use Your Mood to Improve the World



Good health can be both the cause and consequence of being happy. That's why two pioneering scientists wanted to see if they could actually measure how happiness works in groups. What they discovered took everyone by happy surprise -- the happiness of others, even those you don't know, has a direct influence on your happiness.

The coauthor of this novel study on happiness, James Fowler, PhD, told me how the research was done. First his team combed through the records of 5,000 participants in the Framingham Heart Study, many of whom had identified one another as spouses, friends or neighbors. His team established a happiness baseline for these participants by checking their periodic answers to questions regarding their happiness over the past 20 years (1983 to 2003). Then they used a sophisticated statistical analysis tool to create a map of social connections among the initial 5,000 and other participants within the Framingham study. It showed how one person's happiness rippled like a network, creating a cascade of happiness that increased the likelihood of others being happy too.

They discovered that there were various degrees of influence depending on the degree of social connection and that it was quite predictable. For example, within your social network, the happiness of someone with whom you have frequent and regular personal contact, called an immediate social contact (for instance, your spouse or closest nearby friend), increases the likelihood of your happiness by an average of 15%. The happiness of a second-degree contact (for instance, your closest friend's spouse) increases your chances for happiness by 10%, while the happiness of a third-degree contact (your closest friend's friend's friend) increases it by 6%. In other words, your happiness is directly influenced by strangers.

MORE LEARNINGS FROM THE HAPPINESS STUDY

- **Proximity is key.** The closer your happy friends and family live to you, the greater the probability that their happiness will affect you. For example, the happiness of your next door neighbor is more influential than the happiness of a neighbor who lives down the street.
- **More social connections adds to your happiness.** The bigger your social network of nearby happy friends and family, the greater the likelihood of your happiness.
- **Unhappy people cluster together in unhappy networks.** As the saying goes, misery loves company.
- **Whether or not you were happy in the past** and whether your social contacts are happy are more important predictors of happiness than your income, gender or education.
- **Happiness is more powerful than unhappiness.** The happiness of a friend increases the probability of your happiness by 9%... while his unhappiness decreases the chances of your happiness by only 7%.
- **It's not fleeting.** The impact of another's happiness on your happiness lasts about a year, on average, before fading.

HAPPINESS 2.0: ONLINE SOCIAL NETWORKS

Dr. Fowler and his coauthor Nicholas Christakis, MD, PhD, MPH, are now looking at the question of whether happiness spreads the same way via the Internet, specifically using the Facebook network. They assumed that those who posted smiling pictures of themselves with smiling friends were happy. Since Facebook automatically tags or uploads your photos to those registered as your "friends," they were able to trace the paths of these happy pictures. They found that smiling friends had photos of other smiling friends and so on and so on. (People who didn't smile in their photos, didn't have photos with friends who smiled, who in turn also didn't have photos of smiling friends.) Again -- happiness begets happiness and the same goes for unhappiness. Next they'll study how contagious online happiness turns out to be.

REACH OUT AND TOUCH SOMEONE

Dr. Fowler himself has been moved by his findings. "I think our study shows that the best thing we can do for ourselves is to connect to friends and family," says Dr. Fowler. "I have been personally affected by the study -- I have now seen the evidence that my happiness potentially ripples out and touches the lives of dozens or even hundreds of other people. In this very challenging time, creating a ripple of happiness can result in a tidal wave of change."

Source(s): James H. Fowler, PhD, professor of political science, University of California-San Diego



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KEY CLUB NEWS:



Edmonds-Woodway: (Elwin Wright)

The E -W Key Club raised over \$500 for Cancer Research at their May 9 Car Wash effort at 5 Corners in Edmonds....Mother Nature was a huge help!

Report forthcoming on the clubs' participation in the “Relay for Life” event.

Meadowdale: (Shirely Elliot)

No report regarding Key Club Activities.

WHAT IS KEY CLUB ?

Key Club is the oldest and largest service program for high school students. What makes Key Club so successful is the fact that it is a student-led organization that teaches leadership through serving others. Members of the Kiwanis International family, Key Club members build themselves as they build their schools and communities.

Today, Key Club exists on more than 5,000 high school campuses, primarily in the United States and Canada. Growth efforts, however, have taken the Key Club experience internationally to Canada, the Caribbean nations, Central and South America, and most recently to Asia and Australia.

Key Club International is an organization of individual Key Clubs and is funded by nominal dues paid by every member. Its officers are high school leaders elected by the members at district and International conventions. The organization offers a wide range of opportunities to its members:

- Leadership development
- Vocational guidance
- College scholarships
- Subscription to the Key Club magazine
- Service-learning
- Personal enrichment
- Value-added member benefit programs
- Liability insurance coverage

Originally, Key Club adopted as its motto, “We Build,” the same motto as its parent organization, Kiwanis International. In 1976, the organization opted to change its motto to **“Caring Our Way of Life”** because these words more clearly conveyed members reasons for helping others.

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 :

June 13: Club Leadership Education (CLE)

Burlington...Saturday, 8 am to 4 pm.
Details: Sno County Kiwanis Website

June 16: Club Board Meeting

8:30 am SCSC Library

June 25: Kiwanis International Convention

Nashville, Tennessee
June 25 -28

+++BERRY SALES TIME+++

July 18,19: Snohomish Tillicum Salmon BBQ

Hill Park, noon to 8 pm
Contact: Jim Rahm, 360-568-3590

July 25: Lynnwood Kiwanis Golf Classic

Nile Golf Course
Contact: Ron Swengel, 425-745-8025

“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 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

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

Richmond Beach Rehab.

An AVAMERE community

19235 15th Ave. NW
Shoreline
206-546-2666

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

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)

“The Smile Train”

Youth Services

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

“Dale Turner” YMCA

Community Service

Edmonds Food Bank

South County Senior Center

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)

