



So, Where do those Kiwanians Spend Their Money???



A fair question to ask...and this issue covers just a couple of areas where we spend our project money for the youth of our community.

We are pleased to announce that the Scholarship Committee, lead by Elwin Wright, has selected 3, yes three, deserving high school students for a \$1,000 scholarship. Thanks to a positive response by the board, to a request for funding an additional scholarship, we are able to provide a measure of help and recognition to three very deserving Edmonds School District students.

The selection process was extremely difficult in that there were a number of highly talented and service minded applicants for the committee to consider. The outstanding applicants, from three of the district schools, that were selected were; Maria Ambrocio (Scriber Lake), Leah Fairbanks (Meadowdale), and Elizabeth Stafford (Edmonds-Woodway).

Thanks to Elwin for all his work to make this happen.

(See next page for **HELMET Program**)

ELECTION RESULTS:

Annual elections were held, at our May 18th meeting, for board members and officers for 2010-2011 year. Here are the results.

- President: Elwin Wright
- President Elect: Clayne Leitner
- Vice President: John Rutter
- Treasurer: Billy Joe Roberts
- Board Members: Susan Henry
Harold Huston
Duane Penning

Term of office commences in October.

Weekly Kiwanis Meeting:

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

VISITORS ALWAYS WELCOME.

JUNE PROGRAMS:

- 1st: **Laura Pritchard**, Program Manager,
Washington State Foster Care Programs.
- 8th: **Diane Buckshnis**, Edmonds City Council
Postion 4
- 15th: **Frank Yamamoto**, Business owner,
“Running in Motion”
- 22nd: **Lorenzo Hines**, City of Edmonds
Finance Director
- 29th: **Juliana Van Buskirk**, Edward Jones

July Captain: John Rutter

425-778-6502

Elliot, Roberts, Kantor

GREETERS:

- 1st: Rutter 22nd: Taylor
- 8th: Rutledge 29th: Weaver
- 15th: Suhara

9:30 "DUTY time!!!"

CELEBRATIONS

- 3: Yuko and Jim Buchanan
- 12: Dick Cassutt
- 22: Ann and John Rutter

Mark your calendar.

The annual picnic in the park
is scheduled for **July 13th**.

More info to follow
in the July Tidal Tales.

**“If you don't like change, you're going to like irrelevance
even less.”**

General Eric Shinseki



EDMONDS KIWANIS

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June, 2010



Edmonds Waterfront Festival:

Remember, our club will be helping with the gate and parking lots for the Edmonds Waterfront festival on June 4.5 and 6... The club will earn \$500 for club projects. These funds will help offset the cost for the additional scholarship we will be awarding this year. Your help is much appreciated. See Mary Lou for details and schedule.

NEW WORDS???

The Washington Post's Mensa Invitational - once again invited readers to take any word from the dictionary, alter it by adding, subtracting, or changing one letter and supply a new definition.

Here are some of the winners:

Cashtration (n.): The act of buying a house, which renders the subject financially impotent for an indefinite period of time.

Intaxication: Euphoria at getting a tax refund, which lasts until you realize it was your money to start with.

Reintarnation: Coming back to life as a hillbilly.

Bozone (n.): The substance surrounding stupid people that stops bright ideas from penetrating. The bozone layer, unfortunately, shows little sign of breaking down in the near future.

Sarchasm: The gulf between the author of sarcastic wit and the person who doesn't get it.

Inoculatte: To take coffee intravenously when you are running late.

Karmageddon: It's like, when every- body is sending off all these really bad vibes, right? And then, like, the Earth explodes and it's like, a serious bummer.

Dopeler Effect: The tendency of stupid ideas to seem smarter when they come at you rapidly.

Caterpallor (n.): The color you turn after finding half a worm in the fruit you're eating.

Bicycle Helmet Program:

One of our long standing projects has been the bicycle safety helmet program. The question was recently asked, “So, how many helmets have Edmonds Kiwanis given away to the school children of the Edmonds School District?” After some hand ringing and careful thought, about the length of time we have been doing this project, the answer was over 1,000 helmets. Wow! This is something to be proud of...and is certainly indicative of our clubs long term focus on safety for the children of our community.

At a recent meeting, Helmet Project Leader, Scott Phariss advised that we will be targeting Chase Lake (24 helmets) and College Park (94 helmets) schools this year.

Helmets have been ordered and will be delivered to Jim Buchanan's, in preparation for a “sticker” party. Distribution of helmets will happen in sometime in June. Check with Scott on how you can help.

!!!BERRY ALERT!!!



Based on recent communications from the “King of the Berry Drive”, Clayne Leitner, it appears that all the berries will be available in July.

Make sure to let you friends and neighbors know about this wonderful and healthy fund raiser for our community and get a form for them to fill out.

Here is the vital information on this year's berry drive:

STRAWBERRIES:

JULY 2, p/u from 2 to 5:30 @ \$29 per pail

RASPBERRIES:

JULY 23, p/u from 3 to 5:30 @ \$37 per pail

BLUEBERRIES:

JULY 30, p/u from 2 to 5:30 @ \$29 per box.

Note: Clayne will be needing help with the final steps of the process including pickup and delivery. More to follow on how you can help.



13 Things a Burglar Won't Tell You:

1. Of course I look familiar I was here just last week cleaning your carpets, painting your shutters, or delivering your new refrigerator.
2. Hey, thanks for letting me use the bathroom when I was working in your yard last week. While I was in there, I unlatched the back window to make my return a little easier.
3. Love those flowers. That tells me you have taste ... And taste means there are nice things inside. Those yard toys your kids leave out always make me wonder what type of gaming system they have.
4. Yes, I really do look for newspapers piled up on the driveway. And I might leave a pizza flyer in your front door to see how long it takes you to remove it.
5. If it snows while you're out of town, get a neighbor create car and foot tracks into the house. Virgin drifts in the driveway are a dead giveaway.
6. If decorative glass is part of your front entrance, don't let your alarm company install the control pad where I can see if it's set. That makes it too easy.
7. A good security company alarms the window over the sink. And the windows on the second floor, which often access the master bedroom-and your jewelry. It's not a bad idea to put motion detectors up there too.
8. It's raining, you're fumbling with your umbrella, and you forget to lock your door-understandable. But understand this: I don't take a day off because of bad weather.
9. I always knock first. If you answer, I'll ask for directions somewhere or offer to clean your gutters. (Don't take me up on it.)
10. Do you really think I won't look in your sock drawer? I always check dresser drawers, the bedside table, and the medicine cabinet.
11. Here's a helpful hint: I almost never go into kids' rooms.
12. You're right: I won't have enough time to break into that safe where you keep your valuables. But if it's not bolted down, I'll take it with me.
13. A loud TV or radio can be a better deterrent than the best alarm system. If you're reluctant to leave your TV on while you're out of town, you can buy a \$35 device that works on a timer and simulates the flickering glow of a real television.

A Little Bit of Quotable Lincoln:

That some should be rich shows that others may become rich, and hence is just encouragement to industry and enterprise.

Whatever you are, be a good one.

As I would not be a slave, so I would not be a master. This expresses my idea of democracy.

You have to do your own growing no matter how tall your grandfather was.

Everything I am or ever hope to be, I owe to my angel mother.

The best thing about the future is that it comes only one day at a time.

Most people are about as happy as they make up their minds to be.

I don't know who my grandfather was; I am much more concerned to know who his grandson will be.

No matter how much cats fight, there always seem to be plenty of kittens.

America will never be destroyed from the outside. If we falter and lose our freedoms, it will be because we destroyed ourselves.

The better part of one's life consists of his friendships.

I believe the Bible is the best gift God has ever given to men. All the good from the Savior of the world is communicated to us through this book.

The things I want to know are in books; my best friend is the man who'll get me a book I ain't read.

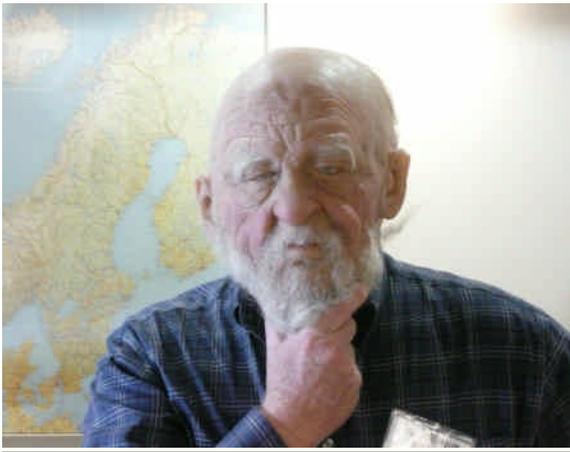
It has been my experience that folks who have no vices have very few virtues.

I fear explanations explanatory of things explained.

I'm a slow walker, but I never walk back.

I like to see a man proud of the place in which he lives. I like to see a man live so that his place will be proud of him.

Am I not destroying my enemies when I make friends of them?



Concerned about your weight?
Read on...and enjoy a bit of the good life!!!

Yes, You Can Eat These Desserts!

Lisa R. Young, PhD, RD
New York University

Forget food deprivation. These delicious treats are good for you... and you won't feel a crumb of remorse.

Chocolate Banana Freeze

Recipe: Roll a firm banana in 1 ounce of melted dark chocolate, then in 2 tablespoons of chopped nuts, such as walnuts or peanuts. Freeze until the chocolate hardens.

Benefits: Heart-healthy potassium and omega-3s, plus disease-fighting antioxidants. **Bonus:** Dark chocolate eases inflammation.

Calories saved: Up to 300, compared with a banana split, grilled peach melba

Recipe: Cut a fresh peach in half and remove the pit. Grill or broil on each side for 5 minutes. Top with 4 ounces of fat-free frozen vanilla yogurt, and drizzle with 1 tablespoon of warmed all-fruit raspberry spread.

Benefits: Fiber for good digestion, vitamins A and C, calcium -- and gourmet taste with no fat.

Calories saved: At least 250, compared with a fruit tart à la mode.

Juicy Baked Apple

Recipe: Core a baking apple (Rome, Cortland), put 2 teaspoons of raisins in the center and pour a bit of unsweetened cherry or pomegranate juice over the apple. Cover with foil, and bake at 350°F for 35 to 45 minutes.

Benefits: Fiber, vitamin C, iron, potassium and antioxidants.

Calories saved: About 150, compared with a slice of apple pie.

Super Soy Smoothie

Recipe: Put 8 ounces of vanilla-flavored soy milk, 1 cup of cut-up fruit of your choice, 1 tablespoon of ground flaxseeds and a few ice cubes into a blender, then whip until frothy.

Benefits: Protein from soy, antioxidants from berries and cancer-fighting *lignans* from flaxseeds.

Calories saved: About 200, compared with a milk shake.

Yummy Yogurt PARFAIT

Recipe: Spoon 1 cup of low-fat whipped or regular yogurt (with "live and active cultures") into a tall glass, layering it with ½ cup of berries and a handful of whole-grain cereal, such as Kashi GoLean.

Benefits: Calcium and protein, plus improved intestinal health and digestion from the cultures and fiber.

Calories saved: Up to 250, compared with flan or crème brûlée.

Bottom Line/Women's Health interviewed Lisa R. Young, PhD, RD, adjunct professor of nutrition at New York University. She is in private practice in New York City and is the author of *The Portion Teller Plan: The No-Diet Reality Guide to Eating, Cheating, and Losing Weight Permanently* (Broadway), www.portionteller.com. She also is a member of the *Bottom Line/Women's Health* advisory board

CHANGE:

Change is the only element of life which is constant. Though it sounds contradictory, it is true. Change is the most important element of life. It is this change that defines life. Had there been no change, life would have become still. We can see that change occurs in all natural phenomena such as weather and time.

Change is also a vital element in any relationship. If there are no alternating periods of highs and lows then any relationship will become stagnant. Change keeps the relationship and life going and gives reasons for living.

Only within the moment of time represented by the present century has one species -- man -- acquired significant power to alter the nature of his world.

Rachel Carson

Sweet Swedes:

Did you know that, on average, Swedes eat 37 pounds of candy per person per year...that's more candy than any other people in the world. So why aren't there many overweight Swedes? H'mmm, must be the lutefisk©.



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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.

Key Club Elects New Officers for 2010-2011

Jenna M. Toney -	President
Kristen M. Kendall -	Vice President
Kaylee B. Park -	Vice President
Ai Phuong Tong -	Vice President
Khanh Phuong Tong -	Vice President
Kelli K. Blechschmidt -	Secretary
Amy E. Maddox -	Treasurer
Amanda Halverson -	Historian
Gaya Nagendiran -	Historian

Thanks to Elwin and Dick for their participation with the E-W Key Club, at Magnusson Park, for the walk for NAMI - National Alliance for the Mentally Ill.

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.

No news from Meadowdale this month.

"The difficult is what takes a little time; the impossible is what takes a little longer."

Fridtjof Nansen
(Nobel Peace Prize winner)

SAD NEWS:

One of our members and past president, Ben Snowdon, passed away last Thursday night, at the Richmond Beach Rehab, following another stroke incident. We have many fond and fun memories of Ben and he will be sorely missed by all.

More information to follow as it becomes available.



Edmonds Kiwanis Officers:

<i>President:</i> Mary Lou Kantor	(425)-712-8085
<i>Pres. Elect:</i> Elwin Wright	(425)-776-2892
<i>V.Pres.:</i> Clayne Leitner	(206)-542-6351
<i>Secretary:</i> Shirley Elliot	(425)-778-0756
<i>Treasurer:</i> Billy Joe Roberts	(425)-778-1843
<i>Past Pres.:</i> Paul Jacobson	(425)-771-8949

Edmonds Kiwanis Board:

<i>Seamus Dooley</i>	(425)-640-0640
<i>Dexter Miller</i>	(425)-744-2346
<i>Scott Phariss</i>	(206)-542-9818
<i>John Rutter</i>	(425)-778-6502
<i>Duane Penning</i>	(206)-715-8837
<i>Eleanor Taylor</i>	(425)-774-5376
<i>Ray Roe</i>	(206)-542-2913

PNW Division 22:

Lt. Governor: Wally Walsh (360)-568-5936

Calendar of Events :

June 4, 5, 6: Edmonds Waterfront Festival

June 15: Kiwanis Board Meeting
8:30-SCSC Library

June 24-27: Kiwanis Int'l Conv.
Las Vegas

June 27: Lynnwood Golf Tourney

"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

