



**EDMONDS KIWANIS**

# “TIDAL TALES”

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

July 2009

## PICNIC AT THE PARK



Ben serenading Sharon

## Weekly Kiwanis Meeting:

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

**VISITORS ALWAYS WELCOME.**

## JULY PROGRAMS:

- July 7: Edmonds Memorial Cemetery.  
presentation by a Board Member
- July 14: **PICNIC at the PARK**
- July 21: Port of Edmonds, presentation by  
new Executive Director, Robert  
McChesney
- July 28: Northwest School for Hearing  
Impaired Children, presentation by  
their Executive Director.

**Remember, Tuesday July 14<sup>th</sup> is our annual “Picnic at the Park” meeting.** Bring your contribution of goodies and share in the bounty, including “fried chicken parts”, Ray’s special coffee and strawberry shortcake. Also, be prepared for another fun event, like the one pictured above, Ben singing a hit song from the past. See Ray Roe for details and the sign up sheet.

## New Club Jackets

At our June 16<sup>th</sup> meeting, the jacket committee (Mary Lou and Clayne) provided the club with a sample of the proposed new logo for our club jackets. We voted to approve the club logo for use on the back of the jackets...as well as a standard Kiwanis International logo for the front.



See Marylou or Clayne regarding new jackets, styles/cost, and ordering information.

## Celebrations:

- 1<sup>st</sup>: **Bettina Weaver**
- 7<sup>th</sup>: **Clayne Leitner**
- 13<sup>th</sup>: **Sharon and Clayne Leitner**
- 18<sup>th</sup>: **Shirley Elliot**
- 20<sup>th</sup>: **George Frankovich**

**Aug. Captain: Buck Weaver**

(425-774-3568)

**Suhara, Rutledge, Taylor**

## Greeters:

- 7th: **Buck Weaver**
- 14th: **Elwin Wright**
- 21st: **Jim Buchanan**
- 28th: **Homer Cardle**

**Greet at the front desk!!!**

**“WEAR A SMILE”**

**REMEMBER TO PICK UP YOUR BERRIES AT THE SCSC!!!**

(SEE PAGE 2)

## Welcome Back Dick:

At our June 23<sup>rd</sup> meeting, Dick Cassutt formerly “renewed” his vows and became a member of the Kiwanis Club of Edmonds. Dick, a former member of SNOKING Kiwanis, has already been very active and supportive of our club activities, especially with the crab feed.

Welcome back Dick...we appreciate your participation and your sense of humor.



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**ON SALE NOW!!!**

## **2009 Edmonds Kiwanis Berry Sale**



**Strawberries:** available **July 2<sup>nd</sup>**, delivered in 15# pails, sliced and in own juice, at a cost of \$29.



**Raspberries:** available **July 23<sup>rd</sup>**, delivered in 14# pails, in own juice, at a cost of \$37.



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

### **NOTE:**

**Dates may vary depending on the weather.**

For more information, please contact Clayne Leitner at 206-542-6351 or at [clayneleitner@hotmail.com](mailto:clayneleitner@hotmail.com)

### **BERRY HEALTH NOTES:**

**Strawberries** are an excellent source of vitamin C and a very good source of manganese. They also contain relatively large amounts of **phytonutrients**, especially anthocyanins and others which may help protect our cells from damage. There is some evidence of reduction of cancer risk from strawberries.

**Raspberries** are a good source of vitamin C and manganese. They also provide high amounts antioxidant compounds, in form of **phytonutrients**, especially **ellagic acid** and others which may help protect our cells from damage. There is some evidence of reduction of cancer risk from raspberries.

**Blueberries** are literally an antioxidant powerhouse. That famous deep blue color is related to high amounts of phytonutrients called **anthocyanidins**. These phytonutrients aid in the process of neutralizing free radical damage in our cells. They also help to reduce our chances of developing diseases related to inflammation of the cells. This includes a reduced risk for heart disease, many types of cancer, cataracts, varicose veins, hemorrhoids, glaucoma, and peptic ulcers. The American Institute for Cancer Research has stated the following in reference to this powerful blue fruit: “We now know that blueberries are one of the best sources of antioxidants, substances that can slow the aging process and reduce cell damage that can lead to cancer.”

### **Eleven Ways to Live to 100!!!**

Our modern day version of the search for a fountain of youth takes place in Big Pharma's research and development labs, as they vie to make the pill or potion that will stave off the ravages of age. Is there a better, more natural way? I've been seeing lots of great research focusing on secrets to longer life. Here are some of the best that I've found. These very simple and low-tech steps can make enormous impact on your health and longevity.

#### **1. Run for Your Life**

People who run in midlife and beyond live longer, report researchers in the August 11, 2008, issue of the *Archives of Internal Medicine*. The authors concluded that vigorous exercise such as running at middle and older ages was associated with reduced disability in later life and a higher survival rate. Older runners (50 years and over) remained more fit than older people who did not run, and were about twice as likely to be alive after 20 years. Especially as we grow older, exercise is essential to keeping the body strong and supple, boosting blood supply to the brain, maintaining bone density and controlling stress and anxiety. Of course, any physical activity is better than none -- and the more, the better. Try to fit in at least 30 minutes of moderate to vigorous exercise -- brisk walking, bicycling, swimming, dancing -- most days of the week.

#### **2. Daily Brain Training**

It's not just physical exercise that pays dividends over time -- successful aging requires a commitment to brain fitness as well. To stay sharp and stave off cognitive decline, challenge your mind as well as your muscles, urges Robert N. Butler, MD, president and CEO of the International Longevity Center and author of *The Longevity Revolution: The Benefits and Challenges of Living a Long Life*. His suggestions for good brain workouts include learning a new language or playing a musical instrument. Other ideas include doing daily puzzles, such as crossword or Sudoku, and joining discussion groups on books, current events, religion or other topics you find stimulating. Also useful -- a growing number of electronic programs, ranging from a Nintendo game system called Brain Age ([www.brainage.com](http://www.brainage.com)) to a computer program by Posit Science called Brain Fitness Program Classic ([www.positscience.com](http://www.positscience.com)).

#### **3. Food for Thought**

Specific substances shown to help fight aging include resveratrol (in grapes, grape juice and red wine) and other similar polyphenols (in **blueberries**, **raspberries** and cranberries). These help discourage inflammation, which is believed to lie at the root of cognitive decline, cardiovascular disease, rheumatoid arthritis, cancer and more. Other youth-enhancing foods and beverages include walnuts, **strawberries**, pomegranate juice, green tea, sweet potatoes and spinach. These will fortify wellness and longevity.



#### 4. Flaxseed, Fish and Other Sources of Omega-3 Fatty Acids

Omega-3 fatty acids support heart, brain, joint and skin health and more. One of them -- docosahexaenoic acid or DHA -- may help prevent cognitive decline, and in animal studies shows promise in limiting development of the amyloid plaques in the brain that are associated with Alzheimer's disease. Good food sources of omega-3 fatty acids are fish (salmon, tuna, herring, etc.), flaxseeds and walnuts. Supplements are another way to go -- best bet is either Nordic Naturals or the fish oil line from Pharmax.

#### 5. Turn to Turmeric

Like omega-3 fatty acids, turmeric confers cognitive benefits -- its main biologically active phytochemical component is antioxidant-rich curcumin, which has been shown to reduce inflammation and oxidative damage and improve learning and memory. Interestingly, Alzheimer's disease is rarer in India, where curry is frequently consumed, than in other cultures.

#### 6. Cut Calories

Research indicates staying slim may add years of healthy living to your life. Excess weight has been shown time and time again to lead to all sorts of life-threatening diseases. In contrast, calorie restriction has been known to slow aging in animals, and a new study in the June 2008 issue of *Rejuvenation Research* suggests that it may have the same impact on humans. According to researchers at Washington University, reducing your intake by just 300 to 500 calories a day (skip the extra slice of pepperoni pizza for lunch or forego the chocolate cake for dessert) may slow the aging process by lowering levels of the thyroid hormone triiodothyronine. Learn more about this approach at the Web site of the Calorie Restriction Society ([www.calorierestriction.org](http://www.calorierestriction.org)).

#### 7. Let the Sunshine Vitamin In

Vitamin D plays an ever more important role in our health as we age -- yet an increasing number of Americans are deficient in it, says *Daily Health News* contributing medical editor Andrew L. Rubman, ND. It's a phenomenon he blames on the sun avoidance urged by dermatologists and sunscreen marketers, which has the unintended result of blocking our ability to synthesize vitamin D from the sun. Lack of the sunshine vitamin may not only harm the bones, it may influence your risk of heart disease and certain cancers. One study in the June 9, 2008, issue of the *Archives of Internal Medicine* linked low levels of vitamin D to increased heart attack risk, and another in the June 23 edition found that a vitamin D deficiency more than doubled the risk of death from any cause.

For protection against vitamin D deficiency, Dr. Rubman suggests 15 minutes of sunshine daily (hold the sunscreen). Dietary sources of vitamin D include salmon, tuna, eggs and enriched dairy products. If your doctor orders a vitamin D test and your levels are still low, he/she may also prescribe up to 2,000 IU/ daily.

#### 8. Attack Anxiety

Anxiety is the enemy of longevity. In one study, conducted in part at Purdue University, and which included more than 1,600 men aged 43 to 91, researchers used personality tests to identify "neurotic" individuals -- those who worried too much and reacted to stress negatively. After 12 years, only half the men who measured "high" or "increasing" (meaning their anxiety levels were going up, not down, as they aged) on the neuroticism scale were still alive, as compared with about 80% of the others. These results were published in the May 2008 edition of *Psychological Science*.

#### 9. Work for Living

Purpose and passion are essential. Older people need to define goals, keep busy and continue to give themselves a good reason to get out of bed each morning, Dr. Butler emphasizes. In his view, people who like their work would most likely enjoy happier and healthier lives if they postponed retirement, or perhaps just cut back to part-time. Alternatively, there are ways to keep your hand in, even after retirement. For example, retired journalists can teach classes at city colleges and bankers may volunteer to help people with their finances at public libraries.

#### 10. Friends for Life

Socializing, including staying in touch with your friends and family, as well as being part of some kind of community, grows more important as you age. In fact, social isolation in seniors is a risk factor for stress, health problems and even early death. The stress hormone cortisol contributes to damage of the hippocampus (the part of the brain essential to the formation of memories, and the region most impacted by cognitive decline).

#### 11. Take Time to Play

While work is important, so is play. There's truth in that old saying: It's important to stop and smell the roses. Throughout life, make time to take vacations, enjoy lazy weekends, laugh with friends, play with grandchildren and continue to build the memories that go into making a long life a good one.

Source(s): Robert N. Butler, MD, president and CEO of the International Longevity Center and author of *The Longevity Revolution: The Benefits and Challenges of Living a Long Life* (PublicAffairs). Dr. Butler was the founding director of the National Institute on Aging of the National Institutes of Health, which he directed from 1976 to 1982.



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## Susan Henry's Bio

(Our newest new member)

I was born and raised in Clarkston, Wash., a small town located in the southeast corner of the state near Lewiston, Idaho...at the confluence of the Snake and Clearwater rivers.



My dad was an eye surgeon and my mom worked hard as she raised my five brothers and me. We spent all our summers together at our very special place at Hayden Lake, Idaho. I grew up surrounded by my aunts, uncles and cousins. We still enjoy the cabin to this day.

I graduated from W.S.U. and soon found myself transplanted west of the mountains. I first found employment at Boeing as a graphic designer. I was one of four employees that were educated as the first computer graphic designers in the Northwest. I then worked for Genigraphics (software now known as PowerPoint) where I created the graphics for the slideshows that took Microsoft, McCaw Communications, Plum Creek Timber, and many other local companies public. After I left Genigraphics, I was in sales in the large format printing industry (signage in department stores, tradeshow booths, banners and posters), then in the graphic design/ advertising industry and now in the mortgage industry. I truly enjoy the opportunity to educate my customers and to provide the very best loan for their situation. I take great pride in my work.

When I was young, I was married to the man who developed the logo, directed the films and orchestrated huge fund raisers for the Museum of Flight. We were together for eleven years. But we parted ways.

I am now married to the most wonderful man, Peter Willock, a British transplant! We met at work. I asked him out after working together for over two and a half years. We have been very happily married for over 15 years. He had two daughters, Georgina and Catherine. They are beautiful, successful young ladies and I'm so proud of them. Peter and I have one daughter, Cassie. She is an excellent student, a tall, ballet dancing, singing, and delightful redhead. She brings us great joy.

I am and have been very active over the years. I have been accepted to work as a volunteer for the Seattle Opera and the Pacific Northwest Ballet for the coming season.



I am also a Co-Chair of hair for the Nutcracker through the Olympic Ballet Theatre in Edmonds and head of the scholarship committee at the Seattle Children's Chorus. I have been a board member at the Highland Skating Club, a board member and VP of marketing and PR for the Association for Corporate Growth, charter board member of the site council for the Shoreline Children's Center, Hillwood soccer coach, assisted with the Math Olympiad program, and a math tutor for the GED program.

I played basketball, volleyball, on the track team and was in gymnastics in high school. I played the piano, the alto sax and sang in a trio. I loved to spend every spare moment roller skating as a young child and as a young adult. Now, I devour a good book, enjoy musicals, the ballet and long walks with my loving husband. And most of all, I love and enjoy time with family and friends.



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## KEY CLUB NEWS:



### Edmonds-Woodway: (Elwin Wright)

The Edmonds/Woodway Key Clubbers held their final meeting of the school year, wrapping up an eventful season of fund raisers, on-going projects, and community activities. The “Pie in the face” fund raiser, last event for the year...happened on June 17<sup>th</sup> – students paid change to see a “willing staff member” get pied. A popular chemistry teacher Mr. Holden won after the top finisher donated \$100 to get himself out of the sticky situation! Our new President My Phuong Tong did the honors of pie throwing at lunch. The school year ended Friday, June 19.

The year ending activity was providing "clean up" and pick up support for the Edmonds Art Festival the weekend of June 19,20, and 21. The club has given support in the past and continues to help with this huge annual undertaking.

Our Kiwanis Club members (Elwin, Ted, Dick, Paul, Dexter, Marylou, Susan, Shirley, and Eleanor) "filled in" on Friday, lending a hand as students were still in class, “cleaning tables” and "picking up" in the food service areas.



**Kaori and Adrienne**

This year’s Kiwanis Club scholarships (\$500 each) were awarded to Kaori Maeda and Adrienne Bennett of the Edmonds-Woodway Key Club. These deserving young ladies have been very active in Key Club as well as a number of other volunteer organizations and activities throughout their high school years.

We congratulate them on their scholastic achievements and their significant community service.

### Meadowdale: (Shirely Elliot)

No news from the Meadowdale Club

### 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*  
*Jim Buchanan (425)-778-3033*

### PNW Division 22:

*Lt. Governor: Larry Merwin (425)-478-0270*

## Calendar of Events :

**+++Berry Pickup Info+++**

**Berries available for p/u after 1PM, SCSC**

**July 2: Strawberries**

**July 23: Raspberries**

**July 30: Blueberries**

Confirm Dates with Clayne  
(206-542-6351)

**July 9: Div Council Mtg. Snohomish Tillicum**  
Location TBD, 7PM

**July 14: Picnic at the Park, 10:30**

Contact: Buck Weaver

**July 18,19: Snohomish Tillicum Salmon BBQ**

Hill Park, noon to 8 pm

Contact: Jim Rahm, 360-568-3590

**July 21: Board Meeting, SCSC, 8:30**

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

*“Great Finds with Vintage Service”*

Wine Tasting every Sat. 1 - 4:30

### **Beck's Funeral Home**

405 5<sup>th</sup> 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 5<sup>th</sup> Ave North,  
Edmonds  
670-1988

*“Making Sense of Investing”*

### **Shepherd & Shepherd Attorneys**

112 3<sup>rd</sup> Ave South,  
Edmonds  
776-1155

### **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.”*

### **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)

“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)

