



EDMONDS KIWANIS

“TIDAL TALES”

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

July, 2010

Bicycle Helmet Program:



College Place kids, student Advocate, Gail Young, Principal Justin Irish, With Mary Lou, John, Scott, Elwin and Shirley.

The above picture says it all...happy kids, safe kids with new helmets, thanks to the effort of our club members in raising the needed funds for this year's project.



Helmet team at Chase Lake: Elwin, Shirley,

Lindsey Wilson, Family Resource Advocate Cedar Valley & Chase Lake and Project leader Scott Phariss

Special thanks to Scott Phariss for taking on this project, and to the team of folks that assisted in the “behind the scenes” activity of putting Kiwanis labels on each helmet; Harold, Dick, Frank, Shirley, Mary Lou, Scott, Ted and Elwin. Lest we forget, thanks Jim for the work area.

!!!The Final Countdown!!!

If you want berries to help support some of our club's programs...the time has ARRIVED to get your orders into Clayne. Berries will be available for pickup at the South County Senior Center as noted below.

STRAWBERRIES:

JULY 1, pickup from 2 to 5:30 @ \$29 per pail

RASPBERRIES:

JULY 22, pickup from 3 to 5:30 @ \$37 per pail

BLUEBERRIES:

JULY 29, pickup 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.

Weekly Kiwanis Meeting:

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

VISITORS ALWAYS WELCOME.

JULY PROGRAMS:

6th: Dr. Gerald Becker, DDS, MBA., will update us on latest developments in several areas of dentistry.

13th: Picnic in the Park, Pot luck lunch at the Edmonds City Park. 11:30 a.m.

20th: Jim Hodges, “The Fascinating Father of our Country, George Washington”

27th: Dr. Robert Bettis, discusses his medical mercy trip to Haiti.

Aug. Captain: Buck Weaver

425-774-3568

Suhara, Taylor, Rutledge, Ault

GREETERS:

6th: Wright 13th: Ault

20th: Bell 27th: Buchanan

9:30 "DUTY time!!!"

CELEBRATIONS

- 1 Bettina Weaver
- 7 Clayne Leitner
- 13 Sharon and Clayne Leitner
- 18 Shirley Elliot
- 20 George Frankovich

Sponsor Returns:

Following a brief hiatus, Beck's Funeral Home has returned as one of our community sponsors. Beck's is one of our original and long time sponsors, so it is good to have them back supporting our club in our mission of helping the youth of our community.

Welcome back Beck's;
We do appreciate your support.



Edmonds Waterfront Festival:



Lady Washington in the Edmonds Harbor

Thanks to all of you that assisted with this event...in the sun and in the rain. Your volunteering was important in securing additional funding for the extra scholarship.

The Washington Post has published the winning submissions to its yearly contest, in which readers are asked to supply alternate meanings for common words. And the winners are:

1. Coffee, n. The person upon whom one coughs
2. Flabbergasted, adj. Appalled by discovering how much weight one has gained.
3. Abdicate, v. To give up all hope of ever having a flat stomach.
4. Esplanade, v. To attempt an explanation while drunk.
5. Willy-nilly, adj. Impotent.
6. Negligent, adj. Absentmindedly answering the door when wearing only a nightgown.
7. Lymph, v. To walk with a lisp.
8. Gargoyle, n. Olive-flavored mouthwash.

Edmonds Art Festival

Thanks to Dick Cassutt for coordinating Kiwanis help for the Edmonds Art Festival. And of course, thanks to the faithful helpers George, Elwin, Duane, Dick, Dexter, and Susan. Your volunteering, to assist our E-W Key club on Friday, is much appreciated.

Welcome New Member Juliana



John welcoming Juliana, with sponsor Harold

Stay tuned to find out more about the life and times of Juliana Van Buskirk. Welcome, Juliana...we are glad that you decided to serve the children of the world and our community with Kiwanis.

\$Keys to a Successful Garage Sale\$

By Sharon Huxford

A successful garage sale can convert your clutter into cash. An unsuccessful garage sale, on the other hand, can be a frustrating waste of a weekend. *How to increase the odds that your sale will go well...*

AVOID THE BIG MISTAKES

These missteps could doom your garage sale...

Picking the wrong weekend. Don't plan your sale for a holiday weekend. Most potential shoppers will have other plans.

Ignoring local regulations about signs and sales. Confirm with your town offices that it is legal in your area to attach signs to streetlamps and telephone poles.

Making signs that are illegible from the road. Use a thick black marker and large print and arrows to steer drivers toward your sale. Make sure that your address and the sale hours are written large enough to be read from a moving car.

Failing to provide clear prices. Many shoppers will walk away rather than ask for a price on an item.

Selling junk. No one wants broken, unusable garbage.

Overpricing. Garage sale prices must be low enough that bargain hunters cannot pass them up.

Not having enough change. Get a stack of singles and a roll of quarters before the sale.



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ITEMS THAT SELL

Some items sell much better than others at garage sales. *Top sellers typically include...*

- Decorative items for the home in good condition.
- Framed prints, Cookbooks.
- Kitchen appliances that work.
- Needlework, such as embroidered or crocheted items.
- Tools, Fishing gear.
- Houseplants, including rooted cuttings.

Items in good condition that evoke past decades are always popular, particularly if they date to the 1960s or earlier. These might include vintage decorative items, fashion items or even ordinary household items.

Caution:

If your older items are potentially valuable antiques or collectibles, a garage sale is not the best place to sell them. Few garage sale shoppers are willing to spend more than \$10 to \$20 on a single item, particularly in rural regions. Look up your items in a price guide or see what similar items have fetched on eBay. If something is worth significantly more than \$20, you probably would be better off selling it on eBay or through a local antique shop.

Clothing does not sell well at garage sales. Most shoppers will not share your size or taste in clothing, and even those who do are likely to think twice before buying used clothes at a garage sale where they cannot first try them on. If clothing is in good shape and in style, it is likely to bring a better price at a consignment store.

Exception: Children’s clothing sells well at garage sales if it is priced well -- parents know that their children will grow into these clothes.

Strategy: Consider combining a bake sale with your garage sale. Baked goods are very popular with garage sale shoppers hungry from a morning spent driving around.

HOW TO ADVERTISE

Place classified ads in local newspapers starting at least a few days prior to your sale as well as on sale day. Your ad should include the hours and location of your sale and a few of the categories of merchandise that your sale will feature.

Example: “Garage Sale. Saturday. 8 am–1 pm... 789 Smith Lane, Jonesville... collectible glassware, quilts, houseplants, kitchen appliances, women’s clothing sizes 8 to 12, more.” Hang flyers advertising your sale on community bulletin boards, such as those found in the entrances of supermarkets. On the morning of your sale, also hang signs along busy roads near your home to attract drive-by customers.

If you live in or near a city, you also can advertise your sale for free on Internet classified ad Web site Craigslist (www.craigslist.com).

BEST TIMES

The best time to hold your garage sale is a weekend when there are several other sales advertised in your neighborhood. A concentration of sales encourages garage sale shoppers to come to your part of town and visit them all.

Helpful: One large sale can attract crowds just as well as many small ones. Invite your neighbors to join you in a multifamily or block-wide garage sale. The majority of garage sale purchases are made within the first three hours that the sale is open, typically on Saturday morning. By Saturday afternoon, most garage sale shoppers are heading home -- they assume that anything worth buying has been bought.

Best: Schedule your sale for Saturday between 8 am and noon or 1 pm, and you still will have most of the weekend to do other things. Or, consider starting your garage sale Friday evening between 5 pm and dusk, then continuing it Saturday morning. You will have far less competition from other garage sales on Friday evening, and you may attract shoppers on their way home from work.

Watch the weather reports during the week, and delay your sale to a future weekend if rain seems likely for sale day.

PRESENTATION

Your merchandise will sell better if it is placed on tables rather than on the ground. Clothes sell best if they are hung on hangers, not folded or piled. Place larger items, such as furniture or lawn mowers, out front where they can be seen from the street. Someone driving by might stop if he/she sees something of interest even if he had no intention of visiting your garage sale. Small items will not attract drive-by customers because they are not visible from passing cars.

PRICING

How much you charge for your merchandise depends on the item, its condition, your region and -- most important -- your goal for the sale. If your main priority is to clean the clutter out of your attic, set your prices so low that any visitor will think, “How can I afford not to buy?”

If your main priority is to make money and you do not mind hauling unsold items back into your home, price merchandise at what you might pay for it yourself if these were things that you needed or wanted. Garage sale shoppers like to haggle, so do not price your goods at the lowest amounts that you are willing to take.



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Garage Sale, Pricing continued:

Write prices on small pieces of masking tape and stick them to the merchandise, or purchase small colored stickers and make up a sign explaining what price each color represents. If you know something about the condition or history of the item, include this on a sign or tag as well.

Examples: “Works fine” on an appliance, “Only worn once” on an item of clothing, or “circa 1950” on a vintage item.

Don’t be too chatty with shoppers unless they seem interested in speaking with you. Some garage sale shoppers do not wish to be slowed down by small talk. Do say, “Good morning,” and answer shoppers’ questions. If an item seems to be of particular interest to a shopper, provide more information about it. Offer to plug in electric items so that the shopper can see that they work.

Bottom Line/Retirement interviewed Sharon Huxford, coeditor of Garage Sale & Flea Market Annual (Collector Books).

Based in Covington, Indiana, she has been writing and editing books on garage sales, antiques and collectibles since 1974.

Blueberries: A Magical Memory Booster

(Remember to place your BLUEBERRY order now!!!)

Blueberries -- in pies, pancakes and muffins -- take me right back to my childhood summer vacations at the beach. Or, based on the latest research I’ve seen on this super-food, it may *actually* be that eating all those blueberries sharpened my cognitive abilities, making their deliciousness all the more memorable!

Perhaps the connection is not quite so direct, but I just read a study reporting that blueberries have a *profound* effect on human brain function. Researchers from the University of Cincinnati Academic Health Center asked nine older adults (mean age 76 years) who were experiencing early-stage memory decline to drink blueberry juice three times a day for 12 weeks. The amount they drank was adjusted for their weight and ranged from about 15 to 20 ounces per day. Results (based on tests performed at the beginning and end of the study) showed that participants’ memory function significantly improved, and there was also a slight trend toward reduced depressive symptoms and better blood sugar control.

Antidote to Poor Dietary Habits

When I spoke with study author Robert Krikorian, PhD, he told me that the polyphenols in blueberries may somehow correct abnormalities in our brains that result from our nutritionally weak Western diet.

His guess is that if we ate more whole, nutritious food and less artificial and processed food, we might not need the brain boost that blueberries give -- but, since few people eat so well, almost everyone, including older adults with good cognitive functioning, would benefit from eating blueberries regularly.

An all-natural juice with no additives (the expensive kind you find in quality health-food stores) was used in the study, but Dr. Krikorian told me that you get the same benefits by eating somewhere between a half cup and a cup of whole blueberries each day.

Though fresh ones are easy to find at farmer’s markets at this time of year, the most nutritious blueberries are actually to be found in the freezer section of your supermarket, Dr. Krikorian told me. Regular readers probably already know this is because nutrients get locked in when the berries are frozen at the very height of ripeness.

Dr. Krikorian said that blueberries aren’t the only fruit with memory-boosting polyphenols -- they’re also in other berries and grapes and even fruits (such as cranberries) and vegetables (including artichokes, parsley and Brussels sprouts) that do not have the distinctive blue/purple color. But I love the thought that all those mornings spent making blueberry-everything with mom not only built memories but actually made me smarter, too -- so you can guess what I’ll be baking with my own daughters come Saturday morning.

Source(s):

Robert Krikorian, PhD, associate professor of clinical psychology, University of Cincinnati Academic Health Center, Ohio

SPECIAL KIWANIS FAMILY EVENT:



2010 Kiwanis Night at the Everett AquaSox
Saturday August 7th, vs. Boise Hawks

Gather up your fellow Kiwanis Club members along with friends and family and enjoy a great outing with all the local Kiwanis in the area. This will be a great chance to network with other local clubs while enjoying some great baseball. This event will also include an All-You-Can-Eat BBQ before the game allowing all the Kiwanis and friends to be into the ballpark well before the general public. The game will also be followed with a Firework Extravaganza!

GAME DATE: Saturday August 7th vs. Boise Hawks @ 7:05pm

PRICING: Only \$20 Special group pricing gets every participating attendee:

- Upper Box Seat
- An All-You-Can-Eat BBQ before the game (would begin at 5:30pm)
- Special Recognition for each group on the Video Board
- Firework Show after the game

SEE BUCK WEAVER for more info on tickets, car pooling etc.



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KEY CLUB NEWS:

NOTE: Have a great summer vacation and keep up the good work of volunteering to make this a better place for all.

Edmonds - Woodway:

Advisor: Wendy Priest

Kiwanis Contact: Dick Cassutt

Meeting Time: NO SUMMER SCHEDULE

Meadowdale:

Advisor: Elizabeth Cano

Kiwanis Contact: Elwin Wright

Meeting Time: NO SUMMER SCHEDULE

Listed are the new officers for next school year.

President

Racheal Lee

Vice President

June Woo

Treasurer

Sami Piercy

Secretary

Kelsey Barnes

Bulletin Board

Andrea Kang



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 :

July 1: Strawberry Pick up

July 13: Picnic in the Park
11 A.M. Reserved Area

July 20: Kiwanis Board Meeting
8:30-SCSC Library

July 22: Raspberry Pick up

July 29: Blueberry Pick up



“Parenting on the Ledge...”
heron with chicks at Edmonds Marina

“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”

BECK’S FUNERAL HOME

405 5th Ave South
Edmonds, 771-1234
“Restlawn Memorial Park”

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

