



EDMONDS SENIORS KIWANIS - "TIDAL TALES"

"Changing the world one child and one community at a time"

August, 2008

A Personal Note From The President:

We reported the results of the secret ballot votes on changing the name of our Kiwanis club. Our new name will be "The Kiwanis Club of Edmonds, Wa.". Your officers will follow through on the procedure for changing the Club name.

Our berry man, Clayne Leitner, is doing an excellent job this year. This is our biggest fund raiser of the year. I am proud to have told all our friends of these prime quality products.

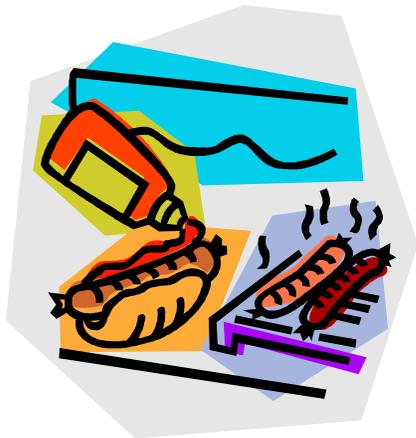
The next big fund raiser is the manning a gate for the 26th annual "Taste of Edmonds" put on by the Greater Edmonds Chamber of Commerce at the Civic field. I'm counting on every member to take your turn and sign up for the shift you prefer... The co-chairs are Sue Tomlinson and Richard Kosola. Not only is this a great fund raiser but it's great exposure of our club to everyone that attends this event.

In closing, let me express on behalf of all our members our prayers for the families of Warren Schweppe, past president, and Fay Dawson, wife of Walt Dawson...Please let us know if we can help you!

President Harold

"The Taste of Edmonds" August 8, 9, 10:

This year our Kiwanis club has been given the opportunity to staff the Bell Street Gate for the *Taste of Edmonds*.



This is one of our important fund raising efforts, and we will need four people per shift. Got a friend that would like to help? Bring them along.

PLEASE see Sue Tomlinson or Richard Kosola as they are coordinating our support for this event.
(More Info to follow re job duties, etc.)

Clayne's Berry Report:

Here is the sales summary so far -

- strawberries \$1160.00
- raspberries \$513.00
- blueberries \$923.00
- less expenses - \$115.00

Net Profit \$2,491.00

This is an improvement over 2007 sales...in all categories. The "fruits of our labor" ensure that we will be able to continue with our projects to support the children of our community. Thanks Clayne for all that you do to make this complex fund raiser a success.

(See article on page four on the health benefits of berries)

Weekly Kiwanis Meeting:

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

PROGRAMS:

Captain: Buck Weaver 425-774-3568

5th: Alan Lawrence: "Your future in investments"

12th: Mike Suhara: "More Zeros and Mustangs"

19th: Dr. Symes: "How to be prepared for your mobility changes"

26th: Michael Carter: "Your local hospital has a very important future"

Inter-Clubs:

Contact: John Rutter 425-778-6502

To be announced at the meetings....

Other Meetings:

Board Meeting: Aug. 19th, 8:30 a.m. at the SCSC Library.

Greeters:

- 5th: Dorothea Forrest
- 12th: George Frankovich
- 19th: Elaine Hinze
- 26th: Richard Kosola

Next Month's Programs:

Captain: Dexter Miller

425-744-2346

Ray Roe

Dorothea Forrest

Ben Snowdon

Mike Medalia

Henry Odell

Birthdays /Anniversaries:

- 4th: John Nutting
- 5th: Loretta Huston
- 6th: Eleanor Taylor
- 8th: Paul Jacobson
- 11th: Diane Suhara
- 17th: Buck Weaver
- 25th: Peggy Withey

Milestones In Geography

1908: A mysterious explosion in the Tunguska region of Siberia flattens a huge region and knocks down millions of trees. The energy released is equivalent to 20 large H-bombs. But no meteor fragments were found and the cause has never been determined. It is now believed that a celestial wanderer-an icy chunk of a comet or stony asteroid, perhaps 150 feet in diameter, exploded in the atmosphere 5 miles above Siberia. (From "Don't Know Much About Geography" by Kenneth Davis.)



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Helping Us to Help Others

Arista Wine Cellars

320 5th Ave South, Edmonds 772-7008
"Great Finds with Vintage Service"
Wine Tasting every Sat. 1 - 4:30

The Bank of Washington

202 5th Ave South, Edmonds 776-2265
"Quality Local Banking"

LAS BRISAS

Capturing the Heart of Mexican & American
Style & Flavor

*"Take Your Taste Buds
on an Unforgettable Journey"*

120 West Dayton, Edmonds 672-5050

DAYTON DENTAL

Dr. Brian Cave
555 Dayton St., Edmonds 672-7272

Edmonds Frame Design

& Atelier

514 C Fifth Ave South, Edmonds 771-6520
*"All your framing needs will be attended to
with care and professionalism."*

Edward Jones Investment

Alan E. Lawrence, Financial Advisor
107 5th Ave North, Edmonds 670-1988
"Making Sense of Investing"

Shepherd & Shepherd *Attorneys*

112 3rd Ave South, Edmonds 776-1155

**KIWANIS is a global organization of
volunteers dedicated to changing the world
one child and one community at a time.**

Young Children: "Priority One" Projects

Little Red School House

Activity Supplies, Meadowdale Pre-School

Healthy Mothers, Healthy Babies

Community Services Projects

Youth Services Projects

Key Club, Meadowdale High School

Children's Hospital

Elementary School Mentoring

Clothes for Kids

Bicycle Safety Helmets

Student Dictionary Project

Community Service Projects

Edmonds Food Bank

South County Senior Center

City Of Edmonds Website

<http://www.ci.edmonds.wa.us/>

Patronize our Loyal Advertisers

Arnies Restaurant

300 Admiral Way, Edmonds 771-5688
"Pacific Northwest Favorites"

Early Bird Specials

4-6 p.m.

Saturday-Friday

Beck's Funeral Home

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

DOWNTOWN EDMONDS

CHIROPRACTIC

Dr. Brent Symes

Edmonds, 115 4th Ave S. Suite D 712-9277

Edmonds Book Shop

111 5th Ave South 775-2789

Reliable Floor Covering

542 Main St., Edmonds 778-1121

The UPS Store

23632 Highway 99, Edmonds 775-2211
Store #1476

WALNUT STREET COFFEE

410 Walnut St., Edmonds 774-5962
"Your neighborhood coffee shop"

Edmonds Kiwanis Officers:

President: Harold Huston (425)-771-8201
President Elect: Paul Jacobson (425)-771-8949
V.Pres.: Mary Lou Kantor (425)-712-8085
Secretary: Shirley Elliot (425)-778-0756
Treasurer: Billy Joe Roberts (425)-778-1843
Past Pres.: Ben Snowdon (206)-546-9208

Edmonds Kiwanis Board:

Dorothy Lund (425)-673-1144
Dexter Miller (425)-744-2346
Mike Medalia (425)-774-5467
John Rutter (425)-778-6502
Clayne Leitner (206)-542-6351
Dick Lunstrum (425)-771-4680
Jim Buchanan (425)-778-3033

Kiwanis International

International President: Dave Curry

International Past President: Nelson Tucker

Pacific Northwest District

Governor: Rich Jensen

PNW Division 22

Lt. Governor: Wally Walsh

Snohomish County Kiwanis Events....

www.snohomishkiwanis.org/



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Lessons Learned: Fund Raising events (Observations by Elwin)

Before we see our Summer pass by, I think some reflection on our recent efforts at Fund Raising is in order. First of all.....we definitely tried. We gave them a good bit of thought, effort, and support; the two Saturday sessions at the Garden Market and the two Sunday sessions at the Waterfront Arts/Crafts Affair.



Dorothea at the Waterfront Affair

At best, we were only minimally successful in producing some financial gain....on both ventures. We did however succeed in putting our club before the community in a more visible setting. We put the message of Kiwanis service and our scope of contact before the folks we serve. For this, I believe we can feel grateful for the opportunity to have these venues.

Perhaps the main lesson learned was that Summer is not necessarily the best season for "promotion". The Edmonds area in Summer is filled with attractive distracting activities....from vacation travel to competing "festivities" and members drawn to other obligations. Secondly, our expectations were somewhat exaggerated. We painted a pretty fancy picture of "possibilities" rather than a more practical view of true potential...and finally, our expenses were really a bit heavy for the sale volume required.

Looking back, at the very best, with everything falling "our way" we just may have netted a couple of hundred dollars!. This is not a balanced equation for what was invested in these efforts, Hopefully we will have netted about \$150. I do not have accurate figures as we still have some ice cream bars on hand, plus some people gave "contributions".

We have some tried and true fund raisers: the Berry Sales, The Taste of Edmonds, our advertising sponsors, and our very generous "in house" giving. Also, the recent Artist Calendar sale was most successful. So, looking ahead, we will carefully consider future ventures , having learned a thing or two!

**'Tis a lesson you should heed, Try, try again;
If at first you don't succeed, Try, try again;
Then your courage should appear,
For, if you will persevere,
You will conquer, never fear;
TRY, TRY AGAIN.**

"Rules For Living"

- Never be idle.
- Make few promises.
- Always speak the truth.
- Live within your income.
- Never speak evil of anyone.
- Keep good company or none.
- Live up to your engagements.
- Never play games of chance.
- Drink no intoxicating drinks.
- Good Character is above everything else.
- Keep your own secrets if you have any.
- Never borrow if you can possibly help it.
- Do not marry until you are able to support your wife.
- When you speak to a person, look into their eyes.
- Save when you are young to spend when you are old.
- Never run into debt unless you see a way out again.
- Good company and good conversation are the sinews of virtue.
- Your character cannot be essentially injured except by your own acts.
- If anyone speaks evil of you, let your life be so that no one believes him.
- When you retire at night, think over what you have done during the day.
- If your hands cannot be employed usefully, attend to the culture of your mind.
- Read the above carefully and thoughtfully at least once a week.

James A. Garfield



Ruby Beach...north of Kalaloch Lodge

Everett Golden K:
Rest Stop I-5 North of Smokey Point! Coffee and Pastry's around the clock Aug. 8 - 10 from 8am the 8th to 2pm the 10th.

**PNW District Zone Conference
Tri-Cities, WA**



August 14 - 16



"Berry Good News" for the Heart

Berries are a treat with a cherry on top -- delicious and very healthful in that they actually provide protection for your heart. Among other things, these luscious fruits are packed with a form of antioxidant called polyphenols. Previous studies have found that consumption of other polyphenol-rich foods, such as red wine, tea and cocoa, increase cardiovascular health... and now a new study from Europe has investigated whether berries have a similar effect.

Researcher Iris Erlund and her colleagues at the National Public Health Institute in Helsinki, Finland, studied 72 middle-aged subjects with cardiovascular risk factors, such as mild hypertension, elevated total cholesterol, or low HDL cholesterol. Half the subjects were instructed to eat two portions of berries daily. The other half did not have any berries. Every other day, the berry group consumed 100 grams (3½ ounces) of whole bilberries and a nectar containing 50 grams (1¾ ounces) of lingonberries. On alternate days, they ate 100 grams of black currant-strawberry puree and raspberry-chokeberry juice (2.5 ounces undiluted). The point of using a combination of different berries was to ensure a high intake of various polyphenols, such as flavonols, phenolic acids, anthocyanins and procyanidins.

After eight weeks, the berry eaters had consumed about three times the amount of polyphenols as the non-berry eaters. They experienced a "significant" increase in HDL cholesterol of 5.2%. Their systolic blood pressure decreased by 1.5 points on average, with a more notable decrease of seven points for those with the highest blood pressure. Berry consumption also inhibited platelet function by 11%, lowering the risk of clot formation, which can lead to cardiovascular problems.

The findings show that eating even moderate portions of berries, as the study subjects did, can result in significant changes that may mean a reduced risk of cardiovascular disease and even death. "Berries are a great source of polyphenols, and polyphenols are an important antioxidant," says Bethany Thayer, RD, a spokesperson for the American Dietetic Association. "There are a wide variety of berries available -- find ways to include the ones you like in your diet." The berries studied in the Finnish study aren't widely available here... but, blueberries, raspberries, blackberries and strawberries are all good choices. You can toss berries into a salad or stir them into oatmeal or low-fat yogurt. Combine them with other fruit, blend them in a smoothie with milk or yogurt, or bake them in muffins. As with most fruit, the riper the berries the richer the nutrient content. And in the winter (or any time of year), frozen berries are an excellent option as they are picked and frozen at the peak of ripeness. "These are all great ways to boost the odds that you're getting the polyphenols you need," says Thayer.

Source(s):

Bethany Thayer, RD, spokesperson for the American Dietetic Association.

Annual Picnic in the Park:

Gray skies and cool breezes did not dampen the spirits of the club members and spouses that attended our annual picnic in the park. It was a great turn out in fact.

As always, we started out with the Pledge of Allegiance, a prayer by Dexter, and "America the Beautiful" led by our newest trio, Buck, Sharon and Seamus.



It appeared that the weather enhanced the appetite of some of the folks...especially when it came time to put away that wonderful strawberry shortcake with whipped cream. It was so delicious.



A special thank you to Ray Roe, Mattie Martin and Bob Withey for showing up early and setting up the event. Your work, while unnoticed by most was most appreciated. The only thing wrong with this event was the absence of Ben Snowdon...with his humor and great smile. Let's do this again soon....

Our Lips and Ears

If you your lips would keep from slips,
Five things observe with care:
Of whom you speak, to whom you speak,
And how and when and where.
If you your ears would save from jeers,
These things keep meekly hid:
Myself and I, and mine and my
And how I do and did.



Smart Ways to Save at the Pump

By Nancy Dunnan

With gasoline prices soaring to more than \$4 a gallon in many parts of the US, it is more important than ever to save on fuel.

Most people know not to use higher-octane fuel than their cars require and to keep their cars tuned up and tires inflated.

Here are other money-saving ideas that you might not have thought of, from financial adviser Nancy Dunnan, who first shared these strategies with *Bottom Line* readers in July 2004, when gas was at \$1.55 a gallon...

1. Check the gauge. When the tank is half empty, start looking for a gas station. This gives you time to comparison shop. Avoid interstate and highway stations -- gas on busy highways often costs 10 to 15 cents more per gallon than the same brand and grade in less trafficked areas. Compare prices on-line at www.gaspricewatch.com and www.gasbuddy.com.

2. Buy big-box gas. Wholesale clubs sell gas at member-only pumps for 10 cents a gallon less than regular stations do. To find a station, go to the club's Web site -- BJ's (www.bjs.com, click "Site Map," then "Gas & Propane"), Costco (www.costco.com, type "Gas" in the search bar for a link to gas stations).

3. Get a gas card. The Visa card cosponsored by AAA gives you back 2% to 5% on purchases made at the pump (no annual fee, 800-551-0839, www.aaa.com). Pay your credit card bill in full each month so that interest costs don't wipe out the savings.

4. Don't let your car idle. If you're going to be at a standstill for more than a minute, turn off the engine. Idling consumes up to one gallon of gas per hour. It also wastes more gas than restarting the engine.

5. Drive strategically. Combine errands to avoid short trips. Use cruise control -- it cuts down on gas and speeding tickets. Don't slam on the brakes or accelerate rapidly -- this kind of driving lowers gas mileage by about 30%.

6. Slow down. When you drive 75 miles per hour instead of 65, you waste about 30 cents a gallon.

7. When renting a car, choose the model that gets the best gas mileage. The diesel versions of Volkswagen's Golf and New Beetle get about 44 miles per gallon (mpg) on the highway. The Toyota Corolla gets about 41 mpg. *To compare fuel economy among cars:* www.fueleconomy.gov.

A few other ideas on saving fuel:

- Check your tire inflation regularly. Low tires use more fuel.
- Change the air filter at least once/year. A plugged filter causes your engine to "suck".
- Car pool, walk, ride the bus or train, stay home.

They Walk Among Us...

Did you know that we have amongst us those that have walked this earth for 90 years plus??? No, these aren't dinosaurs, but very active members of our club; George Frankovich, Mattie Martin, and the newest graduate (8/17) to these esteemed ranks, Buck Weaver.



Happy Ninety Year Olds

These are the guys you want on your team if you want to get something done. Congratulations on reaching this milestone and thanks for your many years of support and service to Kiwanis. Oh yes, thanks to Sue for baking the special cupcakes.

Meeting Times:

Another strategy for growth and regeneration of our club is meeting at times that will work better for working people. Our current meeting time is not the best fit for this group.

At our last board meeting, Sue mentioned that she had talked with Lt. Gov. Wally Walsh about meeting times at the recent Div. Council meeting. He noted that noon or evening meetings would work much better for attracting this group of future Kiwanians.

Wally also noted there are a number of viable options to consider. We don't have to make a complete change to one time or another. For example, we could have a noon meeting and an evening meeting every other week, etc. Or we could have one evening meeting a month...with the balance being at noon, or the existing time, etc. etc. etc.

Please think about this...In the future, we will be soliciting your input on the pros and cons of the various options. Thanks for your support...in helping our club grow.

"UGLY AMERICAN"

The term "ugly American"—used to describe boorish people from the U.S. insensitive to those in other countries—bothers fans of the 1958 novel *The Ugly American*, whose title character was actually sensitive and thoughtful—he just *looked* ugly. The popularizers of this phrase hadn't read the book, and judged its message too quickly by its title.



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Clothes for Kids:

Note: This is an organization that we support. READ ON...

Mission Statement: The mission of *Clothes for Kids* is to help qualified community members build confidence and self-sufficiency by providing quality wardrobes and resources. Since 1984, Clothes for Kids has helped to enhance the learning environment by meeting the clothing needs of low-income children in Snohomish County. Our goal is to provide these services to children in our community, so they may arrive at school, ready to learn. Many low-income families are challenged with meeting fundamental needs. Adequate clothing that is warm, comfortable, and allows a child to fit in with peers is essential to a positive learning environment. We provide, at no cost for growing kids, both fall and spring wardrobes, including underwear, socks, and shoes, in a "retail store" environment. Our volunteers provide personal shopping assistance to each client.

Our Clients: Clothes for Kids is a referral-based program, enabling us to serve those who most need our help. Children who receive services at Clothes for Kids must be income eligible and directly referred by our partners, or approved by the Clothes for Kids Executive Director, Mark Smith, or the Shop Manager, Nancy Laird-Burris, call (425) 741-6500 for details. Families with emergency needs such as fire, family crisis, sudden relocation, etc., may also be referred.

How Can You Help: Clothes for Kids needs your help in a variety of ways: Financial Support & In-Kind Services, Monetary Contributions(\$164.00 provides two complete wardrobes for one child)(\$82.00 provides one complete wardrobe for one child)(\$50.00 provides socks & underwear for three children), New & Gently Used Clothing – Infant to Adult Socks (new only)Undergarments (new only)

URGENT NEEDS - NEW ATHLETIC SHOES, New underwear and socks.

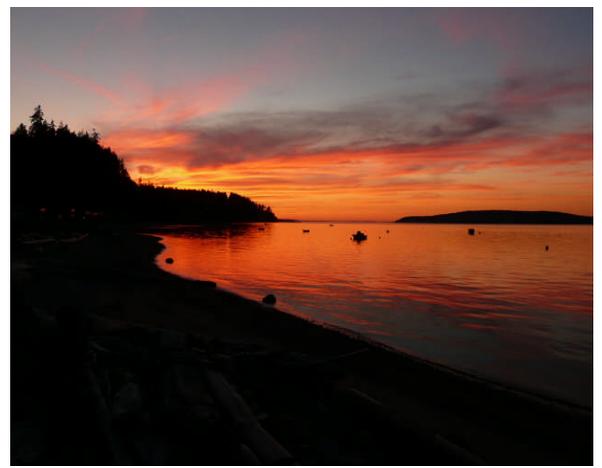
With your help, we can make a difference in the lives of children.

Our Vision: The Clothes For Kids organization is comprised of diverse volunteers dedicated to enhancing the dignity and quality of life in these children by conducting our affairs with: Accountability, Integrity, Approachability, Compassion, Openness, Fairness. Our expertise and vision has led us to commit ourselves to "meeting the supplemental clothing needs of all eligible children in a friendly, pleasant and responsive environment that nurtures the self esteem and enhances the learning and social experience of both parent and child." Clothes For Kids is publicly funded to support its mission. It is the policy of Clothes For Kids that no person shall be subjected to discrimination in this agency because of race, color, religion, creed, ethnic origin, sex, age, income, and disability of any type, marital status, sexual orientation, or veteran status. Wherever the need arises to support children, we dedicate our resources as a whole to provide clothing assistance for them.

Our Board:

James Warner - Keller Williams Realty (Co-Chair)
Kimberly Phillips - Starbucks (Co-Chair),Valerie Claypool - Keller Williams Realty, Jarucia Jaycox-Nirula - Community Volunteer, Robert Schwertley - Sound Publishing, Surnish Nirula - Aditi Technologies, Caitlin Shields - Worldwide Exchange Services, Greg Guenther - Guenther Consulting
Jennifer Michael - Smith Barney(Citigroup)

"GOT HELP???"---JUST DO IT!!!"



In Memory:

Warren Schweppe, past president of our club, passed away on July 11th. He was a graduate of the University of Virginia and served in the United States Marine Corps during the Korean conflict. Throughout his life Warren volunteered his time and energy to a variety of organizations. As a Kiwanian, he received the Kiwanis Tablet of Honor Award for outstanding service. He was the devoted husband of Gywneith and the father of four children.

On July 19th, Walt Dawson, one of our long time Kiwanis members, lost his wife Fay (Smith) Dawson. Fay was known for her love of teaching, quilting, gardening, and traveling. In the 1970's, Fay was recognized as the "Elementary Teacher of the Year" in Edmonds. She was a teacher for 28 years in the Edmonds school district. Fay was an inspiration to many young people and a loving wife, mother and grandmother.

Warren and Fay exemplified what Winston Churchill once said ...

"We make a living by what we get. We make a LIFE by what we give."



Interested in helping the children of our community through service in Kiwanis? Contact anyone of the people listed on page 2 for more information on how we can make it happen for you...