



EDMONDS KIWANIS

“TIDAL TALES”

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

October 2009

**The Kiwanis Club of Edmonds:
New Name, New Logo, Same Mission**



This has been an exciting year for our club, with a name change, new logo, and new club jackets. Why change? We want prospective members to see our club as one open to new ideas, new blood and new horizons as we carry out our mission.

In October, we start another “Kiwanis Year” ...so, this is a good time to review what we accomplished last year in helping the children of our community.

Here is a listing that we should be proud of...

Young Children Priority One:

Little Red Schoolhouse:	\$400
Within Reach:	\$400
Kiwanis Int’l Fdn:	\$100
Smile Train	\$200

Youth Services:

Clothes for Kids:	\$400
Bicycle Safety Helmets:	\$996
Student Dictionaries:	\$546
Dale Turner YMCA	\$1,000
Louis Braille School:	\$500
Delta Foundation:	\$1,000
Scholarships	\$1,000
Children’s Hospital:	\$400
Christmas Tree Store:	\$200
Key Club	\$100

Community Service:

Edmonds Food Bank**:	\$3,429
South County Senior Ctr.:	\$600
Edmonds Lions Club(flags):	\$30
Edmonds Citizen of Yr:	<u>\$220</u>

Grand Total: \$11,521

What is not easily shown, is all the hard work and long hours that went into our fund raising activities and the various service projects. **Thanks to all of you that helped make a mark on our community. Let’s make 2010 an even better year of service.**

****In addition, the Kiwanis Club of Edmonds collected 2,664# of food for the Edmonds Food bank during our annual food drives. We also purchased Christmas gifts and supplies for the “Little Red Schoolhouse”.**

Weekly Kiwanis Meeting:

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

VISITORS ALWAYS WELCOME.

OCTOBER PROGRAMS:

- October 6th: **Nick Brossoit**, Edmonds Superintendent of Schools
- October 13th: **Jeff Cornish** – First Tee Snohomish County, Photo access to quality Golf Instruction
- October 20th: **Robert “Red” Robinson** – “Tunneling 101”
- October 27th: **Catherine Austin** – “Avivara” Presentation – Children’s School in Guatemala

Nov. Captain: Harold Huston
(425-771-8201)
Leitner, Jacobson, Lunstrum

Greeters:

- 6th: **Matty Martin**
- 13th: **Dexter Miller**
- 20th: **Ted Morris**
- 27th: **George Murray**

“WEAR A SMILE”

Celebrations:

Oct. 28th: **Ruth Roberts**



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Anacortes Inter-club: September, 10th



This had to be one of the best inter club visits ever...10 Edmonds Kiwanis (plus 3 guests) visited the Anacortes Noon Kiwanis Club for a catered lunch and a very interesting meeting. Turns out this Kiwanis club, the larger of the two in Anacortes, has about 125 members. The smaller morning club has “only” 60 members.

As you can imagine, the meeting hall was filled with a friendly Kiwanians and the lunch was worth every dollar. Ted was good and ate mostly salad, Paul chowed down on the lasagna and Matty really enjoyed the chocolate cake, which he did share Joyce...Smart man.☺

The main topic of the meeting was an overview of the “plan” to set direction for the club, and their foundation, in the coming year. While it was sometimes tedious and filled with details, it was interesting to note the scope of their involvement/funding in 7 different focus areas. Bottom line...how will their foundation distribute the thrift shop proceeds of \$150,000. Needless to say, they are a very vibrant, active, and generous club.

Following the meeting, we were treated to a cruise, on “Mr. Rutter’s” motor boat, around the islands north of Anacortes.



Captain John casting off as deckhand Ray looks on

It was a splendid adventure with the first stop off James Island. The plan was to dock and explore the island.



Oops, no place to moor the boat...Go to Plan B.

Not to be deterred, John headed the boat out into sound to the other islands in the area. Along the way we were treated to many beautiful panoramas of the landscape we love.



Mt. Baker looms in the distance



John, Ted, Ray, Duane, Mary Lou, Dick, Amy, Elwin, Eleanor and Seamus, enjoying our stop at Blakely Island...fresh donuts, hot coffee and chocolate peanut butter ice cream!!!

(Note: Other inter club attendees were Matty and Joyce Martin, and Paul...)



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Museum of Flight Meeting:



Part of the “flight crew”: Frank, Harold, Seamus, George, Jim, Buck, Ray, Mary Lou, Duane, Phyliss, Susan, Elaine Clayne, Dexter...and the resident Boeing B-47.

September 22nd marks the date we had our meeting at the museum of flight, thanks to efforts of Susan Henry. She arranged for and coordinated this very special event attended by 19 members and 3 guests. Upon arrival, we were greeted by museum personnel who helped us get oriented and divided into two groups for a guided tour of the museum.



Docent explaining the finer points of an early aircraft to Jim, Mary Lou, Matty, Duane, Seamus and Ray. Elwin and Elaine are seen checking the fact board.

As you can appreciate, 1 hour was hardly enough time to cover this wonderful museum that we have in our area....but having a knowledgeable docent sure made the most of the time. He provided facts and information not available from the display boards, such as why the German V1 rockets were called “buzz bombs”.

Following the tour, we all adjourned to the “Barn Stormer’s” meeting room for an abbreviated meeting. The singing of America the Beautiful was one of our best efforts. Must have been the acoustics or maybe it was the added female voices of our visitors, Janet, Phyliss, and Amy ☺!!! Oh yes, we did sell raffle tickets and held a drawing. Sorry, no big winner to announce this time. However, we are down to two marbles...one blue and one white!!!

Next stop, down to the museum café for lunch and a time of fellowship in a private dining room. It was a good time; we were able to sit and exchange stories and experiences...at one table, the talk was about Juneau, Orcas Island, and Ferndale. We learned that Duane’s graduating class on Orcas had 9 members...all boys, And Elwin’s Juneau class had 6 boys and 24 girls??? “Someone” in the group was shocked to learn that Paul had gone to school (at Ferndale)...but that remark cost him one dollar for the Admin. Fund☺. It was a fun time with our club members.



George and Buck; Fly Boys from WorldWar II and members of the Museum of Flight.

Thanks again to Susan for thinking “outside the SCSC box“ and getting the group activated and excited. This was a memorable event. Some are already thinking about what we can do next.

If you have any ideas for group field trips or another place to hold a off site meeting, please bring them forward. We want to make our club not only more service oriented, but one that is educational , fun, and one that we can attract new members.



Swine flu: 10 things you need to know

By MIKE STOBBE

ATLANTA, Sep. 1, 2009 (AP Online delivered by Newstex) -- Since it first emerged in April, the global swine flu epidemic has sickened more than 1 million Americans and killed about 500. It's also spread around the world, infecting tens of thousands and killing nearly 2,000. This summer, the virus has been surprisingly tenacious in the U.S., refusing to fade away as flu viruses usually do. And health officials predict a surge of cases this fall, perhaps very soon as schools reopen. A White House report from an expert panel suggests that from 30 percent to half the population could catch swine flu during the course of this pandemic and that from 30,000 to 90,000 could die. So how worried should you be and how do you prepare? The Associated Press has tried to boil down the mass of information into 10 things you should know to be flu-savvy.

1. No cause for panic.

So far, swine flu isn't much more threatening than regular seasonal flu. During the few months of this new flu's existence, hospitalizations and deaths from it seem to be lower than the average seen for seasonal flu, and the virus hasn't dramatically mutated. That's what health officials have observed in the Southern Hemisphere where flu season is now winding down. Still, more people are susceptible to swine flu and U.S. health officials are worried because it hung in so firmly here during the summer -- a time of year the flu usually goes away.

2. Virus tougher on some.

Swine flu is more of a threat to certain groups -- children under 2, pregnant women, people with health problems like asthma, diabetes and heart disease. Teens and young adults are also more vulnerable to swine flu. Ordinary, seasonal flu hits older people the hardest, but not swine flu. Scientists think older people may have some immunity from exposure years earlier to viruses similar to swine flu.

3. Wash your hands often and long.

Like seasonal flu, swine flu spreads through the coughs and sneezes of people who are sick. Emphasize to children that they should wash with soap and water long enough to finish singing the alphabet song, "Now I know my ABC's..." Also use alcohol-based hand sanitizers.

4. Get the kids vaccinated.

These groups should be first in line for swine flu shots, especially if vaccine supplies are limited -- people 6 months to 24 years old, pregnant women, health care workers. Also a priority: Parents and caregivers of infants, people with those high-risk medical conditions previously noted.

5. Get your shots early.

Millions of swine flu shots should be available by October. If you are in one of the priority groups, try to get your shot as early as possible. Check with your doctor or local or state health department about where to do this. Many children should be able to get vaccinated at school. Permission forms will be sent home in advance.

6. Immunity takes awhile.

Even those first in line for shots won't have immunity until around Thanksgiving. That's because it's likely to take two shots, given three weeks apart, to provide protection. And it takes a week or two after the last shot for the vaccine to take full effect. The regular seasonal flu shot should be widely available in September. People over 50 are urged to be among the first to get that shot.

7. Vaccines are being tested.

Health officials presume the swine flu vaccine is safe and effective, but they're testing it to make sure. The federal government has begun studies in eight cities across the country to assess its effectiveness and figure out the best dose. Vaccine makers are doing their own tests as well.

8. Help! Surrounded by swine flu.

If an outbreak of swine flu hits your area before you're vaccinated, be extra cautious. Stay away from public gathering places like malls, sports events and churches. Try to keep your distance from people in general. Keep washing those hands and keep your hands away from your eyes, nose and mouth.

9. What if you get sick?

If you have other health problems or are pregnant and develop flu-like symptoms, call your doctor right away. You may be prescribed Tamiflu or Relenza. These drugs can reduce the severity of swine flu if taken right after symptoms start. If you develop breathing problems (rapid breathing for kids), pain in your chest, constant vomiting or a fever that keeps rising, go to an emergency room. Most people, though, should just stay home and rest. Cough into your elbow or shoulder. Stay home for at least 24 hours after your fever breaks. Fluids and pain relievers like Tylenol can help with achiness and fever. Always check with a doctor before giving children any medicines. Adult cold and flu remedies are not for them.

10. No swine flu from barbecue.

You can't catch swine flu from pork -- or poultry either (even though it recently turned up in turkeys in Chile). Swine flu is not spread by handling meat, whether it's raw or cooked.

Source: U.S. Centers for Disease Control and Prevention, New York City Department of Health and Mental Hygiene.



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KEY CLUB NEWS:



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 has approximately 250,000 members from 30 countries, including:

- Antigua and Barbuda
- Aruba
- Australia
- Bahamas
- Barbados
- Bermuda
- Canada
- Cayman Islands
- Colombia
- Costa Rica
- Dominica
- Germany
- Guadeloupe
- Italy
- Jamaica
- Malaysia
- Martinique
- Netherlands-Antilles
- New Caledonia
- New Zealand
- Panama
- Philippines
- Singapore
- South Korea
- St. Lucia
- Taiwan
- Thailand
- Trinidad and Tobago
- Turks and Caicos Islands
- United States of America

New Officers and Board for 2009-2010

Edmonds Kiwanis Officers:

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

Edmonds Kiwanis Board:

<i>Seamus Dooley</i>	<i>(425)-640-0640</i>
<i>Dexter Miller</i>	<i>(425)-744-2346</i>
<i>Scott Phariss</i>	<i>(206)-541-9819</i>
<i>John Rutter</i>	<i>(425)-778-6502</i>
<i>Duane Penning</i>	<i>(206)-715-8837</i>
<i>Eleanor Taylor</i>	<i>(425)-774-5376</i>
<i>Ray Roe</i>	<i>(206)-542-2913</i>

PNW Division 22:

Lt. Governor: Wally Walsh

Calendar of Events :

**Oct. 20th: Kiwanis Board Meeting
8:30-SCSC Library**

“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

Charitable Giving...

Where does your money go????

Do you want to know how much of your donated monies make it to the desired end? Well, you should check out your favorite charities at [Charity Navigator - America's Largest Charity Evaluator | Home](#)

It is worth the check to ensure that your donations are actually be maximized and not going to administration and advertising.

Be generous AND smart in helping others.



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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

WALNUT STREET COFFEE

410 Walnut St.,
Edmonds 774-5962

“Your neighborhood coffee shop”

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”

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

Allstate Insurance

Mike McGinness
Main Street Insurance
214 Main Street
Edmonds
774-4488

“You're in good hands”

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

Contact Buck Weaver for details
on placing an ad in this
newsletter.
(425-774-3568)

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

