



**EDMONDS KIWANIS**

# “TIDAL TALES”

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

November, 2009



**Madam President presiding over her first meeting.**

A new chapter begins for the Kiwanis Club of Edmonds. Mary Lou Kantor recently assumed her duties as Club President for 2009-2010. Mary Lou has a vision of moving our club forward in fund raising, more service projects, and increased membership. This will only happen with our full support. Let's make this the best year ever...with your support, we can do it!!!

## **FOOD BANK DRIVE**



**Edmonds Food Bank: The quiet before the storm**

It is time again...time to spring into action to help restock the Edmonds Food Bank shelves. Last year our club collected 2,664 pounds of food and \$3,029 for the food bank. The current economic situation is placing a greater demand on the food bank ...so it is doubly important that we do our best to help our community out.

Phase one was completed the weekend of October 16, 17 and 18 at TOP Foods, resulting in 835 pounds of donated groceries and \$519 dollars in donations for the food bank.

Special thanks to Seamus (drive coordinator) and the hardworking volunteers that showed up, some working extra shifts: Buck, Ted, Susan, Mattie, Seamus, Homer, Elwin, Mary Lou, John and Duane. We also had some great help from the young people of the Edmonds - Woodway Key Club!!!

A big thank you to Scott for acquiring first class signage for our food drive. Letting people know who we are and that we are helping our Edmonds Food Bank is crucial to a successful food drive.

### **The food drives will continue in November**

**at TOP Foods as follows:**

**13<sup>th</sup>, 14<sup>th</sup>, and 15<sup>th</sup>  
27<sup>th</sup>, 28<sup>th</sup>, and 29<sup>th</sup>**

**Please make sure to sign up for a shift or two with Seamus.**

### **Weekly Kiwanis Meeting:**

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

**VISITORS ALWAYS WELCOME.**

### **NOVEMBER PROGRAMS:**

- November 3<sup>rd</sup>: **Tim Dehnhof** - Pres. Snohomish County Search and Rescue, **“That others might Live”**
- November 10<sup>th</sup>: **Mike Rohrbach** - **“Run to Win”**
- November 17<sup>th</sup>: **Betty Larman** - President of the Floretum Garden Club of Edmonds, **“Flowers in Edmonds”**
- November 24<sup>th</sup>: **Al Compaan** - Edmonds Chief of Police, **“City Update”**

### **DEC. Captain: Elwin Wright**

(425-776 - 2892)

**Buchanan, Phariss, Hinze, Kosola**

### **Greeters:**

**3rd: Penning**

**10th: Phariss**

**17th: Roe**

**24th: Rutter**

**“WEAR A SMILE”**

**9:30 "DUTY time!!!"**

### **Celebrations:**

- 1 John Rutter**
- 14 Richard Kosola**
- 17 Joyce and Matty Martin**
- 25 Mike Medalia**
- 26 Elwin Wright**
- 27 Ray Roe**



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## CRAB FEED ALERT:



Duane announced that the 41<sup>st</sup> Annual Crab Feed is set for January 30<sup>th</sup>, 2010 at St. Pius in Mount Lake Terrace. Can you feel the excitement building???

A committee is being formed. More info in the coming weeks as plans are set for organizing this important fund raiser for our club. **STAY TUNED!!!**

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**Speaking of fund raisers, the 2010 Entertainment Books are still available from Duane at a nominal cost of \$20.**



**Seattle/Eastside and North Puget Sound Books**

There are hundreds of good cost saving opportunities to have fun. “Two for One” dining, grocery store coupons, theatre discounts, and fun things to do with grandkids and “others”.

### **PLUS**

**Remember, Kiwanis gets \$5.00 for each book sold...for our service projects. These books are great gifts...and nice to have for your car, just in case☺.**

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## Dictionary Distribution Project



**Chase Lake Elementary Crew:  
Elwin, Ted, Shirley, Mary Lou and Paul**

Words, words, words!!! What is it with all these words? A whole book just filled with words? Why do we Kiwanians think this book of words, a dictionary, is so important for our students?

A “dic-tion-ary” pronounced [dikshə nère] is defined as; “a book of word meanings: a reference book that contains words listed in alphabetical order and gives explanations of their meanings, often with additional information about grammar, pronunciation, and etymology.”

Words can stand alone, with limited use of course. However, when connected with other words (and spelled correctly), these “words” are powerful tools that help us communicate with each other. This is one of the most important books young students need access to.

Each Year our Kiwanis Club ensures that every 3<sup>rd</sup> grade student in Edmonds receives their very own copy of a dictionary. We do this in the hope that each student will use this tool to improve their communication skills and become a better citizen of our community.

With about 300 dictionaries distributed this October to third graders in five elementary schools within Edmonds, our club again wrapped up another annual project that is fun for both the Kiwanians and the children served. Spending a few minutes at each school presenting this great little learning tool is both fun and gratifying. Schools served were: Seaview, Westgate, Chase Lake, Edmonds, and Sherwood.

Kiwanis members working this project this year were: Ted Morris, Dick Cassutt , John Rutter, Homer Cardle, Mary Lou Kantor, Shirley Elliot, Buck Weaver, and Elwin Wright(dictionary project coordinator).



## New Fund Raiser, NUTS!!!



**Gourmet Nuts, Mixed and Chocolate covered!!!**

Look no further for fund raising activities for this year. Another opportunity is before us!!! After a concise and impassioned presentation by Dick Cassutt, the board voted to authorize the purchase of gourmet nuts to sell for the upcoming holiday celebrations.

The nuts sell for \$20 and will result in \$5 for our club's service budget. If you tasted these nuts you know just how good they are and that they will be an excellent gift for family and friends. Of course, if you are like most nut lovers, you will keep a secret can for yourself☺. This offering is competitive with COSTCO mixed nuts, and without peanuts!!

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**NOTE:** The following article reveals the [health benefits of nuts](#), and what better gift can you give to others (and yourself) then the gift of better health. [See Dick, our “nut project coordinator” regarding ordering](#) . Thanks, Dick☺.  
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### The Miraculous Power of Nuts

Joy Bauer, RD

Nuts are among the most healthful foods you can eat. Rich in nutrients, they can help prevent some of the most common -- and most serious -- diseases.

**Example:** In a long-running health study conducted by researchers at Loma Linda University, participants were asked what foods they ate most often. Those who ate nuts five or more times a week were about 50% less likely to have a heart attack than those who ate them less than once a week.

### **FORGET THE FAT**

Many Americans avoid nuts because they want to cut back on fat and calories. It's true that a single serving of nuts can have 20 grams (g) or more of fat and 180 to 200 calories, but most of the fats are healthful fats, such as omega-3 fatty acids and mono-unsaturated fat. Americans need to get more, not less, of these fats. As long as you limit yourself to a small handful of nuts daily -- the recommended amount, unless otherwise noted -- you don't need to worry about the “extra” calories.

Each type of nut contains a different mix of nutrients, fats and protective antioxidants, which can “neutralize” cell-damaging free radicals. People who eat a variety of nuts will get the widest range of benefits. Raw, toasted or roasted nuts are fine as long as they are unsalted.

[Here's what nuts can do...](#)

### **NUTS FOR THE HEART**

All nuts are good for the heart, but the following nuts are especially beneficial...

● **Macadamia nuts.** Of the 21 g of total fat in a serving of macadamias, 17 g are monounsaturated -- the kind of fat that lowers a person's levels of harmful LDL cholesterol without lowering levels of beneficial HDL cholesterol. Both the antioxidants and the monounsaturated fat in macadamias have anti-inflammatory effects, important for curtailing arterial damage that can lead to heart disease.

● **Peanuts.** Actually a type of legume, not a true nut, peanuts contain 34 micrograms (mcg) of folate per one-ounce serving, a little less than 10% of the recommended daily amount. Folate is a B vitamin that lowers levels of *homocysteine*, an amino acid that damages arteries and increases the risk of heart disease. Peanuts also are high in *L-arginine*, an amino acid that is converted by cells in blood vessels into *nitric oxide*. Nitric oxide improves circulation and may inhibit fatty buildups in the arteries.

● **Pistachios.** A 2007 study conducted by Penn State University found that pistachios lower blood pressure. Men who added 1.5 ounces of shelled pistachios to their daily diets had drops in systolic pressure (the top number in a blood pressure reading) of 4.8 points. The antioxidants and healthy fats in pistachios relax blood vessels and allow blood to circulate with less force.

### **ALMONDS FOR BONES**

Just about everyone needs more calcium, the mineral that strengthens bones and reduces the risk of osteoporosis. The recommended daily amount is 1,000 milligrams (mg). Almonds have more calcium than other nuts, with about 80 mg in 20 to 25 nuts. For people with lactose intolerance, who have trouble digesting dairy, a daily dose of almonds helps raise calcium to bone-protecting levels.

[Blood pressure bonus:](#) One serving of almonds has 98 mg of magnesium, about one-fourth the recommended daily amount. Magnesium, along with potassium and calcium, controls the relaxation and contraction of blood vessels and can help control blood pressure.

(Nuts continued, next page)



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NUTS, Continued:

## **BRAZIL NUTS FOR PROSTATE**

Brazil nuts are a superb source of selenium, with about 155 mcg in just two nuts. The recommended daily amount is 55 mcg. They're also high in vitamin E. One study -- the Selenium and Vitamin E Cancer Prevention Trial -- found that men getting selenium and vitamin E, alone or in combination, reduced their risk of prostate cancer by up to 60%. Selenium improves the ability of the immune system to recognize and destroy cancer cells in the prostate. Vitamin E is an antioxidant that also has been linked to reduced cancer risk.

**Caution:** People who get too much selenium may have decreased immunity. Because Brazil nuts are so high in selenium and calories (50 calories in two nuts), don't have more than two nuts daily. If you take a multivitamin that has more than 50% of the daily value of selenium, opt for one nut.

## **PECANS FOR THE EYES**

The most serious eye diseases, including cataracts and macular degeneration, are caused, in part, by free radicals. The antioxidants in nuts and other plant foods fight free radicals to keep the eyes healthy.

A study conducted by the US Department of Agriculture (USDA) found that pecans are particularly rich in antioxidants. The National Eye Institute's Age-Related Eye Diseases Study reported that patients with macular degeneration who had adequate intakes of antioxidants were 29% less likely to experience disease progression than those who got lower levels.

**Bonus for heart health:** The vitamin E in pecans reduces the tendency of LDL cholesterol to oxidize and stick to artery walls. Pecans also are high in *phytosterols* -- plant compounds that are similar to the active ingredients in cholesterol-lowering margarines, such as Benecol.

The omega-3s appear to help maintain healthy brain levels of *serotonin*, a neurochemical involved in mood. People who eat walnuts and/or two to three fish meals a week may experience a reduction in symptoms of depression.

## **WALNUTS FOR MOOD**

Apart from fish and flaxseed, walnuts are one of the best sources of omega-3 fatty acids. They're the only nut that contains *alpha linolenic acid* (ALA), a polyunsaturated fat that is converted to omega-3s in the body.

**Bonus for heart health:** Omega-3s lower LDL cholesterol and triglycerides, another type of blood fat... increase HDL good cholesterol... inhibit blood clots in the arteries... and reduce arterial inflammation.

**Bottom Line/Personal** interviewed Joy Bauer, RD, nutrition expert for the *Today* show and [Yahoo.com](http://Yahoo.com), with offices in New York City and Westchester County, New York. She is a weight-loss columnist for *Self* magazine and coauthor, with Carol Svec, of *Joy Bauer's Food Cures*

The original proclamation for the establishment of this day.

## General Thanksgiving

By the PRESIDENT of the United States Of America  
A PROCLAMATION

WHEREAS it is the duty of all nations to acknowledge the providence of Almighty God, to obey His will, to be grateful for His benefits, and humbly to implore His protection and favour; and Whereas both Houses of Congress have, by their joint committee, requested me "to recommend to the people of the United States a DAY OF PUBLICK THANKSGIVING and PRAYER, to be observed by acknowledging with grateful hearts the many and signal favours of Almighty God, especially by affording them an opportunity peaceably to establish a form of government for their safety and happiness:"

NOW THEREFORE, I do recommend and assign THURSDAY, the TWENTY-SIXTH DAY of NOVEMBER next, to be devoted by the people of these States to the service of that great and glorious Being who is the beneficent author of all the good that was, that is, or that will be; that we may then all unite in rendering unto Him our sincere and humble thanks for His kind care and protection of the people of this country previous to their becoming a nation; for the signal and manifold mercies and the favorable interpositions of His providence in the course and conclusion of the late war; for the great degree of tranquility, union, and plenty which we have since enjoyed;-- for the peaceable and rational manner in which we have been enable to establish Constitutions of government for our safety and happiness, and particularly the national one now lately instituted;-- for the civil and religious liberty with which we are blessed, and the means we have of acquiring and diffusing useful knowledge;-- and, in general, for all the great and various favours which He has been pleased to confer upon us.

And also, that we may then unite in most humbly offering our prayers and supplications to the great Lord and Ruler of Nations and beseech Him to pardon our national and other transgressions;-- to enable us all, whether in publick or private stations, to perform our several and relative duties properly and punctually; to render our National Government a blessing to all the people by constantly being a Government of wife, just, and constitutional laws, discreetly and faithfully executed and obeyed; to protect and guide all sovereigns and nations (especially such as have shewn kindness unto us); and to bless them with good governments, peace, and concord; to promote the knowledge and practice of true religion and virtue, and the increase of science among them and us; and, generally to grant unto all mankind such a degree of temporal prosperity as he alone knows to be best.

GIVEN under my hand, at the city of New-York, the third day of October, in the year of our Lord, one thousand seven hundred and eighty-nine.

(signed) G. Washington

Source: **The Massachusetts Centinel, Wednesday, October 14, 1789**



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## KEY CLUB NEWS:



### Edmonds - Woodway:

Advisor: Wendy Priest

Kiwanis Contact(s): Dick Cassutt, Elwin Wright

No club news available for this issue. Unfortunately we did not get a listing of the many E-W Key Clubbers that assisted with the food drive in October. However, we are thankful and proud of their contribution in serving our community.

### Meadowdale:

Advisor: Elizabeth Cano

Kiwanis Contact: Shirley Elliot

No club news available for this issue.

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**Key Club International** is the oldest and largest service program for high school students. It is a student-led organization whose goal is to teach leadership through serving others. Key Club International is a part of the Kiwanis International group. Each local Key Club is, in turn, sponsored by a local Kiwanis club.

The organization was started by California State Commissioner of Schools Albert C. Olney, and vocational education teacher Frank C. Vincent, who together worked to establish the first Key Club at Sacramento High School in California, on May 7, 1925. Female students were first admitted in 1976, eleven years before women were admitted to the sponsoring organization, Kiwanis International.

At Key Club International's first convention in 1946, the organization was given the responsibility of instituting a program that would bring together all Key Club's direct members' efforts and energies into an area that would truly make an International impact. This tradition is still followed today through the development of the Theme and Major Emphasis Program (MEP).

Key Club's focus is "Children: Their Future, Our Focus." The Major Emphasis Program is a way to direct the effort of Key Clubbers world wide towards this goal. There are three beneficiaries: Service Partners (UNICEF, March Of Dimes, and Children's Miracle Network), the Service Initiative (Live 2 Learn), and Serving Children.



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"Kiwanis is a global organization of volunteers dedicated to changing the world one child and one community at a time"  
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### 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)-541-9819*  
*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**

### Calendar of Events :

**Nov. 17th: Kiwanis Board Meeting**  
8:30-SCSC Library

**Nov. 13, 14, 15: Food Bank Drive**  
TOP Food, Edmonds

**Nov. 26th: THANKSGIVING DAY**

**Nov. 27, 28, 29: Food Bank Drive**  
TOP Food, Edmonds

"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

### **WALNUT STREET COFFEE**

410 Walnut St.,  
Edmonds 774-5962

*“Your neighborhood coffee shop”*

### **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”*

### **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 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

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

