



EDMONDS SENIORS KIWANIS - "TIDAL TALES"

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

December, 2008

A Note From The President:

The Christmas season is upon us and is a wonderful time for families as we get together, share special food, fun times and exchange gifts. It is also a time to remember how truly blessed we are and remember those less fortunate.

"Remember" means more than just thinking about those struggling now. It is our opportunity to "live out our mission" and bring a little joy into the lives of children in our community.

Each of us that participates in the food drive...are "remembering" those not getting enough to eat. Those donating to the Little Red School House are "remembering" those children struggling with physical demands. Those participating in the Toy Store drive are "remembering" those young people not as "lucky" as those born into families with stable incomes.

When we reflect on our time in Kiwanis, it is great to "remember" those efforts that made a difference in a child's life. Our service is our gift, given with love, and something we can truly be proud of.

Merry Christmas and Happy New Year,
Paul

November Food Drive Results:

Food Drive Chairman, Seamus, reported on the first half of our fall food drive for the Edmonds Food Bank at our recent meeting. Through our "collective" efforts, 905 pounds of food and \$1066 were donated at PCC and TOP Foods in November. WOW!!!



We had a good turnout out of volunteers to assist with the November drive. Thanks to our drive coordinators Seamus Dooley, Ted Morris and Dexter Miller...and to those that helped by collecting the food and money for the food bank at the PCC Market and TOP Foods: Frank, Ted, Homer, Dick, Paul, Seamus, Millie, Eleanor, Matty, Elwin, Sue, Shirley, Al, John, George, Henry, and Dexter. Without your participation, this would not have been as successful. "THANKS"

"Little Red Christmas Drive":

Christmas is upon us and it once again time for the club to pull together and help with supplies needed by "Little Red". This is our annual holiday effort to ease the load of this important organization serving the disabled children of our area.

As in past years, Clayne is coordinating this effort and has provided a wish list of things needed. Your gracious participation, during this time of the year, is most appreciated.

(For more info on "Little Red", see page 6.)

Weekly Kiwanis Meeting:

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

PROGRAMS:

Dec. 2: Janice Ellis - Snohomish Dist. Atty.

Dec. 9: Eric Brotman - Louis Braille School

Dec. 16: Bob Gregg - SCSC Proposals

Dec. 23: Pancake House Christmas Social
(10:30)

Dec. 30: Rhonda Stone - Evergreen Council on Problem Gambling

Inter-Clubs:

Contact: John Rutter 425-778-6502
To be announced at the meetings....

Key Club:

Contact: Elwin Wright 425-776-2892

Other Meetings:

Board Meeting: December 16, 8:30 a.m. at the SCSC Library.

Greeters:

- Dec. 2: Clayne Leitner
- Dec. 9: Matty Martin
- Dec. 16: Dexter Miller
- Dec. 23: John Nutting
- Dec. 30: Henry Odell

GREETERS...BE EARLY, BE SMILING☺

Next Month's Programs:

Captain: John Rutter 425-778-6502

Shirley Elliot
Billy Joe Roberts
Mary Lou Kantor

Birthdays /Anniversaries:

- 2nd: Harold Houston, Joan Snowdon
- 15th: Richard Taylor
- 19th: Louise and George Frankovich
- 23rd: Gene Medalia

DECEMBER Food Bank Drive:

The Food Bank Drive Team of Seamus(chair), Ted, and Dexter have set the calendar for our December effort:

December 5, 6, 7 we will be at the **PCC Market**.

December 12, 13, 14 we will be at **TOP Foods**.

For more details, contact Seamus, Ted, or Dexter...and **PLEASE** be sure to sign up for at least one shift for each of the drives in December.

WANTED: NEW MEMBERS!!!

Remember to bring a guest to our meetings. It is a great way of letting people hear about what we are about. Who knows, they might even join up!!!



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**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
- The Smile Train

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/>

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300 Admiral Way, Edmonds 771-5688
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Saturday-Friday

Beck's Funeral Home

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"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

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542 Main St., Edmonds 778-1121

The UPS Store

23632 Highway 99, Edmonds 775-2211
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"Your neighborhood coffee shop"

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:

- Sue Tomlinson (425)-670-6746*
- Dexter Miller (425)-744-2346*
- Elwin Wright (425)-776-2892*
- John Rutter (425)-778-6502*
- Clayne Leitner (206)-542-6351*
- Dick Lunstrum (425)-771-4680*
- Jim Buchanan (425)-778-3033*

Kiwanis International

International President: Don Canady
International Past President: Dave Curry

Pacific Northwest District

Governor: Wendy Falkowski

PNW Division 22

Lt. Governor: Larry Merwin

Snohomish County Kiwanis Events....

www.snohomishkiwanis.org/



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North to Alaska

Dorothea Forrest is starting yet another chapter in her life; she has moved back to Alaska to be closer to family and the land she loves. Here's a wee bit about Dorothea and Kiwanis that you might find inspiring.

Soon after her arrival in Edmonds in 2002, Dorothea joined Kiwanis. She was anxious to make new friends and involve herself in the community. The Kiwanis theme appealed to her and she enjoyed the social contacts that developed.

Dorothea fully involved herself in club activities and projects. Inter-clubs, zone meetings and conventions were never missed! Together, Elwin and Dorothea hit conventions in Wenatchee, Eugene, Anchorage, Yakima, Vernon, Lincoln City, and a number of Zone Meetings...Mt. Vernon, Chilliwack, to name a few.



Dorothea on Duty

Whether a fund raiser or service project, Dorothea was there; helping at the Waterfront Festival, Taste of Edmonds, Night out Against Crime, Arts & Crafts at the Waterfront, Key Club Flower Sales, Dictionary Project, Berry Sales, or Ice Cream Sales. You could count on Dorothea. She took on the responsibility of Tidal Tales soon after joining and poured her total self into the effort, earning many compliments for her insights and efforts. She also assumed the job of sending greeting cards for birthdays, and to cheer the ill members.

Kiwanis has meant much to Dorothea. She often brought family and friends to share at times. When it was her turn to supply "program" she came through with strong speaker presentations.

As a board member, Dorothea often offered ideas that kept the club focus on track.....serving the children! In 2005 Dorothea received the "Kiwanian of The Year" honor.

***Thanks Dorothea, for your years of loyal and selfless service in "serving the children of the world".
May God bless you.***



Division Council Meeting:

Edmonds hosted the November Division Council meeting at the SCSC November 13th. The meeting was well attended; it was totally packed with 32 attendees. We were also honored to have Lt. Governor Al Dantico (Mukilteo), of Division 21, in attendance.

Lt. Governor Larry did his usual outstanding job of running a tight but informative meeting. Several items will need further discussion, but more on that later.

George Stocker was given the "opportunity" to update the group on his health. Needless to say, George is "back and up to his old ways of energizing a meeting. He handed out Kiwanis Super Pills for a \$1 donation (with \$20 raised going to the Edmonds Club). Thanks George.

Talking about attendance, Edmonds had the most folks attending; Sue, Billy Joe, Mary Lou, Ray, Clayne, Shirley, Dorothea, Elwin, and Paul. WOW!!! By the way, when we "mentioned" taking on the crab feed, there was noted excitement from the other clubs. They are ready for some crab!!!

Special thanks to Ray, Clayne and Shirley for setting up and for those cookies provided by Sue, Mary Lou and Eleanor. We did good!!!

Membership News:

Ted has headed south for the winter, but promises to return spring of next year with a smile, tan and ready for some rain. Millie Morte is now officially a member and is already active on our food drive.

New faces for our club...but not to Kiwanis; A special welcome to Duane Penning and Chuck Kaldenbach transferring from Sno-King. Sounds like another fella, Dick Cassutt, may be joining us soon, also.

CRAB FEED:

The board unanimously voted to take on the Crab Feed, formally and very successfully run by the Sno-King club. This will be a giant step for our club and a marvelous opportunity to raise more funds for new projects

Co-Chairs for the project are John Rutter and Duane Penning. If you are interested in helping with the planning, contact John and Duane.

The date for the feed is February 7th, so mark your calendar. Volunteer lists are forthcoming and your help will be needed for our success...



The Secret to Looking and Feeling Younger

(Paul D'Arezzo, MD)

You can take years off your appearance and ease pain in your muscles and joints without expensive surgery, cosmetics or even highly demanding exercise routines.

All you need to do is spend a few minutes a day focusing on one of the most important -- and neglected -- aspects of a youthful appearance and an optimally functioning body... posture.

Think of your body as if it were a stack of building blocks. If the blocks are lined up unevenly, the structure is weak and is more likely to collapse. If they're carefully lined up one on top of the other, the structure is strong.

When the body is misaligned, it fails to function as efficiently as possible. Bad posture contributes to arthritis, muscle pain and injuries. These aches and pains cause us to avoid activities that we once enjoyed.

What went wrong? Modern society has evolved in such a way that we're no longer required to move as much during our day-to-day activities. And when we do move, we do so in the same repetitive ways, not utilizing all of our muscles or our full range of motion. Certain muscles get strong while others get weak -- and we lose correct alignment.

What Is BAD POSTURE?

- A rounded back and/or shoulders.
- A pelvis that is tilted too far forward or backward.
- Too much or too little curve in the lower back.
- A head that droops or protrudes too far forward.
- A shoulder, hip or other body part that is higher or more forward than the same part on the other side of the body.
- A foot, knee or ankle that points to one side.

Better Alignment

By performing the following simple exercises to correct and maintain posture, you can begin to achieve maximum physical function as you age. The following four exercises strengthen and stretch unique muscles in the body that hold us upright and stabilize us -- muscles that usually aren't worked by standard aerobic and strength-training exercises.

Ideally, this alignment program should be practiced at least every other day as an adjunct to your usual aerobic, stretching and strength-training regimen.

Although it can take weeks to change posture, you will feel a difference in your alignment after doing the exercises only once.

Groin Stretch

Purpose: Stretches and aligns the groin muscles. Over time, it will align your hips and allow your shoulders and back to return to a more anatomically correct position.

What you need: A chair, coffee table or ottoman that is the right height so that when you lie on the floor on your back, one leg can rest on top of the object and form an approximate 90-degree angle.

What to do: Lie on your back, bend your left leg and place it on top of your "platform." Your left calf muscle should be resting on the platform. Stretch your right leg straight out on the floor, toes pointed toward the ceiling. Place your arms out to the sides, palms up. Rest in this pose for five minutes, allowing gravity to do the work, relaxing the body and letting the muscles stretch. Repeat with your right leg.

Table Stretch

Purpose: Counteracts the tendency to hunch and roll shoulders forward.

What you need: A table, desk, counter or back of a chair.

What to do: Stand a few feet from the table, with feet hip-width apart and pointing straight ahead. Lean forward and rest your hands, palms down, on the table so that your legs and torso form a 90-degree angle. Relax. Let your head fall forward between your shoulders, and let gravity do the work. Hold for one to two minutes.

Cats and Dogs

Purpose: Increases flexibility and movement in the pelvis and lower back.

What you need: A carpet, exercise mat or other comfortable floor surface.

What to do: Get on your hands and knees so that your back forms a small table. Place your hands directly below your shoulders, fingers pointing forward. Knees should be in line with your hips. Exhale and slowly arch your back upward like a cat, pressing your chin toward your chest. Hold for five seconds.

Then arch in the opposite direction (the way dogs do when they stretch), pulling your head and neck upward and your upper and lower back downward and lifting your buttocks into the air. Hold for five seconds. Smoothly transition from "cat" to "dog" for 10 complete cycles.

Face the Wall

Purpose: Stretches and aligns the muscles of the chest, shoulders and pelvis.

What you need: A wall.

What to do: Stand facing the wall with feet hip-width apart, toes turned inward and touching (pigeon-toed). Your chest and nose should almost touch the wall.

Lift your arms straight above your head, shoulder-width apart. Place the backs of your hands on the wall. Hold for one minute, eventually working up to three minutes. You will feel a stretch in your pelvis and shoulders.

At first you only may be able to reach the wall with the sides of your hands. As your muscles align and stretch, you will be able to work up to reaching the wall with the backs of your hands.

Helpful: This may be uncomfortable at first, but after a minute your shoulders will begin to relax.



Looking and Staying Young

How about Joyce and Matty Martin? Married 63 years this month. Still hard to believe Matty is over 90 years old. And his bride? Well, only Matty knows for sure.

Their secret??? Must be the lutefisk and pickled herring.



KEY CLUB NEWS:



Edmonds-Woodway:

The Edmonds-Woodway Key Club was attended by Kiwanians Shirley, Elwin, and a guy named Dick. About 35 Key members were on hand. The prime business was the pumpkin pies the club makes and bakes for the Gospel Mission in Everett. Advisor Wendy Priest demonstrated and instructed the kids on the crust making and the pie filler ingredients required. The kids pair up and produce 36 pies.....on Tuesday (11/25); they are baked then cooled for delivery to Everett on Wednesday.

I brought the Kiwanis Food Drive (Dec. 5,6,7) before them. They will develop a sign-up. They will serve at the PCC market. Seamus already has a Key group from Meadowdale signed up for Top Foods for the following week. (Elwin Wright)

Possessed by Possessions

(By Beth Miakinin)

Do you possess your possessions or do they possess you? In today's consumerist society even those of us who consider ourselves conservative spenders can find ourselves swimming in "stuff". And we may be finding it surprisingly difficult to let go of it. I recently read that storage facilities are one of the fastest growing businesses in the country. Obviously, for many of us our "stuff" has even outgrown our homes and garages. Most of us enjoy nice things and treating ourselves to an object we truly find beautiful or useful is not cause for alarm. But excessive amounts of "stuff" blocks the flow of energy in our lives. And we must not forget that we trade our precious time and money for its purchase, upkeep, maintenance and storage. Is our "stuff" worth the real price we pay for it? How do we know when our possessions begin to possess us?

Here are a few clues that may be a sign that it's time to re-address your relationship with your possessions.

- Your home and/or garage is filled with large numbers of things which you rarely look at and never use. It may be furniture you inherited from your grandmother which doesn't at all match your style but you can't get yourself to part with. Or perhaps magazines that you hope to read someday or articles that you've cut out for reference but would have no idea how to find if you needed them. If you have whole closets or rooms devoted to nothing but storing things you don't use or if you live in anything larger than an apartment or tiny bungalow and need to rent a storage unit, it may be time to re-evaluate.
- You find yourself regularly buying things while you're out shopping that 10 minutes earlier you had no idea you needed. You excitedly buy these new finds only to lose interest a few days later. You may even wonder what made you feel you needed the item so badly.
- Your closets contain more clothes than you could ever wear in the course of a year. And if you're like me, you find yourself wearing the same few things you like the most. Or you may have a collection that at one time brought you enjoyment but you now find you collect mostly out of habit, spending little time enjoying what you already have.

- (Possessions, continued)
- You still have things in boxes from the move you made years ago. And you're no longer sure what's even in the boxes.

Many of us long for freedom to pursue work we love, to spend more time with our families, to have the time to give back to society or time to explore the world around us. Yet our tendency to put our time, money and energy into our possessions keeps us locked in a cycle that keeps the very things we truly want elusive. The Buddhists have a concept called the "hungry ghost" which means that we can never get enough of what doesn't satisfy us. The answer is not to live the life of a monk (unless that's what you want) but to buy consciously with full awareness of what we're trading for the things we purchase.

Here are some things you can do to regain control over your possessions.

Clean out and organize what you have. I can't tell you how often I've purchased a duplicate because I couldn't find what I already owned. Tackle one small space at a time. Schedule it into your calendar. Once you've purged, organize what you have to make it easy to find when you need it.

Stop shopping for recreation. We don't miss what we don't know about.

Recycle your catalogs as soon as they come through the door. Better yet, contact the company to get taken off their mailing list. You'll save time and trees as well.

Try waiting several days before buying something you think you want. Many stores will hold an item for 24 hours-sometimes longer. The key is to give yourself some time to sleep on it. It's amazing how something that seemed so critical to have, fades in importance with a night of sleep.

Take advantage of liberal return policies. Many stores will allow an item to be returned as long as it hasn't been used. If you buy an item whose appeal fades one you get it home, return it rather than have it become clutter in your home.

Instead of gifts, ask for friends and relatives to give you gift certificates for services you use or to make donations to your favorite charity. Many well meaning loved ones may not be aware of your preference unless you tell them.

Mute the commercials on TV. Although you may not think you're paying attention, commercials have a subliminal effect on the subconscious instilling desire for things we don't really need.

Make an agreement with yourself to eliminate one item you own for every new item you buy. This works especially well with clothes. Have a fixed number of hangers in your closet and refuse to buy more.

I am now much more vigilant about what I bring into my home now that I am aware of the impact too much stuff has on my life. Try streamlining your possessions to those that you truly use or admire on a regular basis. You'll be surprised at the renewed flow of energy in your life.

E. Miakinin Associates, LLC works with people who want to develop more fulfilling lives and work. Call 248-229-8015 or Email beth@miakininassociates.com to set up your complementary coaching session.



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"Little Red" is one of the several organizations that we support in keeping with our mission, "helping the children of our community and the world".

The History of Little Red School House:

Little Red was founded in 1963 to address the needs of children with disabilities and we've seen literally hundreds of successes in that time. Our staff includes Early Childhood Educators, Occupational and Physical Therapists, Speech Pathologists, Family Counselors and support staff.

Little Red School House provides education and specialized therapy services to children with or at risk of developmental delays and disabilities, age birth to five, but particularly focusing on birth to three years of age.

We serve children with Down Syndrome, Cerebral Palsy, Spina Bifida, vision and hearing impairments, Fetal Alcohol Syndrome and numerous other diagnoses and developmental delays.

In our Early Intervention Program we work with children in a variety of settings, including: one of our education and therapy centers, their home, childcare setting or a combination. The children are evaluated and receive individualized family service plans which may include individual or group education, gross and fine motor therapy, speech and language services, hydrotherapy, and feeding therapy.

In our educational groups, we incorporate language and pre-reading skills, social/emotional, self-help and cognitive development. Our therapists work within these groups so that therapeutic activities are included as well.

In the last few years, our program has targeted children "at risk" for developmental delay as well. We begin by screening children in homeless shelters and transitional housing and also in childcare settings in an effort to identify children who are falling behind their peers. The objective of this program is to increase the likelihood that children will be successful in school by improving their readiness to learn.

Our program is licensed by the Washington State Office of the Superintendent of Public Instruction. Professional staff also maintains their licenses and certifications in their special fields. Little Red School House operates centers in Lynnwood and Everett, Washington and on the Tulalip reservation.

Individualized Services:

An **individualized Family Service Plan** is developed for each child. **Families take the lead** in determining the contents and direction of the plan. Children at Little Red School House will **learn and practice new skills in the most natural setting possible.**

Quality Program:

The services at Little Red School House are of the highest quality. We employ over **30 early childhood experts.** Our staff have excellent credentials and receive ongoing training in order to meet the ever-changing needs of our children. We employ **Early Childhood Educators, Speech and Language Pathologists, Occupational and Physical Therapists, and Family Counselors.** You can be confident that your child will benefit from an excellent and comprehensive program.

Our Services:

- Individual Speech and Language Therapy
- Individual Occupational or Physical Therapy
- Hydrotherapy
- Family Counseling
- Developmental Learning Groups
- Parent/Infant Groups
- Individual Educator Services
- Feeding Intervention
- Parent Support
- Transportation
- Free Screening
- Assessments
- Referral Services and Resources Coordination

STUDY TEAMS:

Meeting Times: (Is there a better time to meet to get more members?)

Sue Tomlinson(Chair), John Rutter, Elwin Wright

Dues Review: (Is there some \$ relief for joining Kiwanis?)

Jim Buchanan(Chair), Shirley Elliot, Matty Martin

Jackets: (How shall we "update" club jackets with our new name?)

Mary Lou Kantor(Chair), Clayne Leitner, Eleanor Taylor

Name Change: (What else needs to be done?)

Frank Suhura(Chair), membership forming.

[Input or question? Contact Team Chair.](#)

Let us stay focused as to why we meet and work together: Helping Children is our reason for our being Kiwanians.

