



## THE LITTLE RED SCHOOLHOUSE

Each year the Kiwanis Club of Edmonds provides financial and material support to “Little Red”.

(See Page 2 for your year end Christmas giving opportunity).

### We are Little Red School House

Founded by parents and the South Snohomish County Exchange Club in 1963, Little Red is a community-based service provider for Snohomish County families with children, ages birth to three who have developmental disabilities, developmental delays, or are at risk of falling behind their peers.

Our success stems from a foundational belief in family empowerment and a strength-based intervention model that maximizes each child's abilities so that they can succeed in school and in life.

Little Red's highly qualified Occupational and Physical Therapists, Speech and Language Pathologists, Special Educators, and Counselors create customized family service plans that ensure each family member is an equal member of the early intervention team. We use a hands-on coaching model. Our staff support and empower parents, enhancing their capacity to meet the special needs of their infants and toddlers, in the child's natural learning environments – at home, at their child care center, or in other community settings.

After over 45 successful years of changing lives and optimizing development for infants and toddlers with special needs, we look forward to continuing this important work, and making a deep and lasting impact on the families in our community.

### Our Mission

Little Red School House advances the quality of life for ALL children, focusing primarily on children ages birth to three years with, or at risk of developmental delays and disabilities.

### Our Vision

Our vision is that **all** children will be ready to succeed in school and in life.

Children from certain populations have difficulties when they begin school, and often these difficulties result in school failure or the need for remedial and special education. These populations include children who have delays due to disabilities and children who are at risk of developing delays due to environmental factors such as poverty, homelessness, abuse, and neglect.

National research has shown that early intervention works – 35% served no longer need special services by kindergarten.

### Weekly Kiwanis Meeting:

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

VISITORS ALWAYS WELCOME.

### DECEMBER PROGRAMS:

Dec. 1: Off-site Meeting and tour at the new Lynnwood High School (see page 5 for info and directions).

Dec. 8: Deborah Anderson:  
“Little Red Schoolhouse Update”

Dec. 15: Lou McFarlan, Former Jr. Ambassador  
“Current International Affairs”

Dec. 22: Annual Christmas Brunch at BARLEE’S (near Aurora Village area) 10 A.M.

Dec. 29: Tim Raetzloff, Snohomish Stock Index  
“Boeing, Boeing, Gone”

Jan. Captain: John Rutter

(425-778-6502)

Elliot, Roberts, Kantor

### Greeters:

1st: Rutledge

8th: Suhara

15th: Taylor

22nd: Weaver

29th: Wright

“WEAR A SMILE”

9:30 "DUTY time!!!

### Celebrations:

2 Harold Huston

5 Joan Snowdon

6 Chuck Kaltenbach

16 Richard Taylor

23 Gene Medalia



EDMONDS KIWANIS

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

December, 2009

## LITTLE RED SCHOOLHOUSE CHRISTMAS :

Due to changes in their operations, the Little Red School House is asking for cash donations so they can purchase specific items to meet their immediate needs.

If you would like to participate in this years' holiday giving to them, please make your check out to the **Little Red Schoolhouse** and give to Clayne, during December and he will hand deliver all our contributions to them. (donations fully tax deductible)

**Thanks for your support.**

## ACTIVE FUND RAISERS:

### NUTS, MIXED OR CHOCOLATE COVERED:

For purchasing holiday nuts, contact Dick Cassutt at 425-967-5345 or at [vcassutt@comcast.net](mailto:vcassutt@comcast.net)

**Nuts cost \$20 a Tin.**

### ENTERTAINMENT BOOKS, SEATTLE OR N. SOUND:

For purchasing entertainment books, contact Duane Penning at 206-715-8837

or [duanepenning@foxinternet.com](mailto:duanepenning@foxinternet.com)

**Entertainment Books cost \$20**

### CRAB FEED (January 30, ???): (MARK YOUR CALENDAR)

Contact John Rutter at 425-778-6502 or

[jrutterjr@verizon.net](mailto:jrutterjr@verizon.net) or Duane Penning at 206-715-8837

or [duanepenning@foxinternet.com](mailto:duanepenning@foxinternet.com)

**Tickets are \$37. 50.**

## **SPECIAL CHRISTMAS WISHES GRANTED**

At our November board meeting, the board passed a couple of funding measures to further the Kiwanis mission of helping the young people of the world. Good works continue!

First, the **JEREMIAH CENTER**, at Five Corners, was granted up to \$225 for the purchase of a commercial grade microwave. Want to learn more about the youth work of the center? Check out their website... [www.jeremiahcenter.org](http://www.jeremiahcenter.org)

Finally, **AVIVARA** was granted funding of \$270 for supplies and assistance to a student in Guatemala. As you may recall, we had an inspiring speaker who covered the huge needs for education in this poor, poor country. However, if you want to learn more about the organization....check out their website at... [www.avivara.org](http://www.avivara.org)

## A Note of Appreciation:

Oct. 16, 2009

Dear Edmonds Kiwanis,  
Thank you very much for the dictionaries to all of the 3<sup>rd</sup> graders in Edmonds School District! My daughter received hers today and that the first thing she excitedly told me about as soon as school was out . Your commitment to education & children is very much appreciated.

*Thank you!*

Mary Mohagen

*Thank you!*

brenna ☺



## **PROJECT LIFESAVER**

The tendency to wander is prevalent among people that are suffering from Alzheimer's disease and other forms of dementia. People with Down syndrome, Autism and traumatic brain injury also exhibit this tendency. A lost person with Alzheimer's or a related illness or injury represents a critical medical emergency. It is estimated that 59% of people with these illnesses will wander and become lost.

An elderly patient left outside for more than 24 hours will have their survival rate cut in half. Efforts to intervene and locate them to prevent a tragedy are often frustrated by the patient's inability or unwillingness to communicate with rescuers. Traditional search methods rely on the ability of the lost person to respond to the calls of the searchers. Project Lifesaver is designed to give an "electronic" voice to those who can't communicate. It becomes the life link to the patient and allows the search to end quickly and successful in many cases. It is the safety net that can give a caregiver great peace of mind.

Each client wears a one ounce electronic bracelet that emits a unique radio signal around the clock, 24 hours a day. When needed, a call to 911 brings a unique highly trained and experienced team that can track the radio signal and who has special training in working with patients who are struggling with these illnesses and conditions.

**Need a safety net?** If you have a loved one or know an acquaintance or care provider who could benefit from involvement in Project Lifesaver, please contact;

**Snohomish County Sheriff's Office**

(425) 388-3825 Information line.

(425) 388-3082 Volunteer Director

[www.co.snohomish.wa.us/sheriff](http://www.co.snohomish.wa.us/sheriff)

**Check out the Snohomish County Search and Rescue website.**



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## FOOD DRIVE UPDATE:



E-W Key Clubbers helping on a “cold” fall night

Ai Phuong Tong, Ashley Semanskee, Khanh Phuong Tong, Krista Nguyen, and Casey Semanskee

It was a good effort, and in spite of the cold, rain, wind and even a hail storm, we prevailed and collected 440 pounds of food and \$539 in cash donations from the good neighbors shopping at Top Food. Coupled with our October drive, this brings our “Fall” total to \$1,058 in cash and 1275 pounds of food for the Edmonds Food Bank.

Of special note was the fact that everyone that signed up showed up on time and ready to serve. This certainly was a big help for Seamus.

And what about our new signs!!! Thanks to Scott and Susan for this major improvement.

Finally, thanks to our Food Drive Chairman, Seamus, Co Chair Ted Morris for their work to set up and coordinate this food drive. The volunteers that made it happen: Shirley Elliot, Elwin Wright, Matty Martin, John Rutter, Paul Jacobson, Susan Henry, Homer Cardle, Frank Suhara, Eleanor Taylor, Elaine Hinze, Dexter Miller, Scott Phariss, Ray Roe, and George Murray.

Also, a big thanks to the dedicated Key Clubbers, from E-W High School, who also braved the elements to make this another successful effort. **See Key Club News, Pg 5.**



Seamus and John finishing off the last shift

## Heart-Health Benefits of Chocolate Unveiled

(Excerpted from the Cleveland Clinic Website)



Chocolate Covered Nuts For Sale:

It is no secret that fruits, vegetables and grains convey health benefits - we've been told that for years. But did you know that *chocolate* could result in health benefits, more specifically *heart-health benefits* ?

### **Have you had your flavonoids today?**

While not a question normally asked at a social gathering, flavonoids have become quite a hot topic in the media and in scientific journals.

### **What are flavonoids?**

Flavonoids are naturally-occurring compounds found in plant-based foods recognized as exuding certain health benefits.

Flavonoids are found in a wide array of foods and beverages, such as cranberries, apples, peanuts, chocolate, onions, tea and red wine. There are more than 4,000 flavonoid compounds; flavonoids are a subgroup of a large class called polyphenols.

Flavonoids provide important protective benefits to plants, such as in repairing damage and shielding from environmental toxins. When we consume plant-based foods rich in flavonoids, it appears that we also benefit from this “antioxidant” power. **Antioxidants** are believed to help the body's cells resist damage caused by free radicals, formed by normal bodily processes such as breathing or environmental contaminants like cigarette smoke. When the body lacks adequate levels of antioxidants, free radical damage ensues, leading to increases in LDL-cholesterol oxidation and plaque formation on arterial walls.

In addition to their antioxidant capabilities, flavonoids also:

- Are thought to help reduce platelet activation
- May affect the relaxation capabilities of blood vessels
- May positively affect the balance of certain hormone-like compounds called eicosanoids, which are thought to play a role in cardiovascular health.



### Forms of Chocolate

Before you grab a chocolate candy bar or slice of chocolate cake, let’s look at what forms of chocolate would be ideal over others:

- When cocoa is processed into your favorite chocolate products, it goes through several steps to reduce its naturally pungent taste. Flavonoids (polyphenols) provide this pungent taste. The more chocolate is processed (such as fermentation, alkalizing, roasting), the more flavonoids are lost. Most commercial chocolates fit this category.
- Dark chocolate appears to retain the highest level of flavonoids. So your best bet is to **choose dark chocolate over milk chocolate.**
- Some chocolate manufacturers are studying ways to retain the highest level of flavonoids while still providing acceptable taste. Stay tuned for more information in this area.

### What about all of the “FAT” in chocolate?

- You may be surprised to find out that chocolate isn’t as bad as once perceived. The fat in chocolate, from cocoa butter, is comprised of equal amounts of oleic acid (a heart-healthy monounsaturated fat also found in olive oil), stearic and palmitic acids. Stearic and palmitic acids are forms of saturated fat. Saturated fats are linked to increases in LDL-cholesterol and risk for heart disease.
- Research indicates that stearic acid appears to have a neutral effect on cholesterol, neither raising nor lowering it. Palmitic acid on the other hand, does affect cholesterol levels but only comprises one-third of the fat calories in chocolate.
- This great news does not give us a license to consume as much dark chocolate as we’d like.
- First, be cautious as to the type of dark chocolate you choose: chewy caramel-marshmallow-nut-covered dark chocolate is by no means a heart-healthy food option. What wreaks havoc on most chocolate products are the fat and calories that accompany other ingredients.
- Second, there is currently no established serving size of chocolate to reap these cardiovascular benefits. However, what we do know is you no longer need to feel guilty if you enjoy a small piece of dark chocolate once in awhile.
- More research in this area is needed to determine just how much chocolate we chocolate-lovers can eat in order to acquire cardioprotective benefits. Until that time, enjoy chocolate in moderate portions a few times per week. Don’t forget to eat other flavonoid-rich foods like apples, red wine, tea, onions and cranberries.

So, there you have it  
**CHOCOLATE**  
**IS GOOD FOR YOU**  
and your heart!!!

Your improved health, and the health of your family and friends, is in your hands.

Get a few tins of those chocolate covered nuts...from Dick Cassutt. They are only \$20!!!

And remember, buying (and or selling nuts to others) also benefits our clubs service fund.

More money = More service!!!

### COULD THIS BE A TRUE STORY ???

(Excerpted from a collection of articles re the earlier times in the USA)

“Personal hygiene left much room for improvement. As a result, many women and men had developed acne scars by adulthood. The women would spread bee’s wax over their facial skin to smooth out their complexions. When they were speaking to each other, if a woman began to stare at another woman’s face she was told, ‘mind your own bee’s wax.’ Should the woman smile, the wax would crack, hence the term ‘crack a smile.’ In addition, when they sat too close to the fire, the wax would melt. Therefore, the expression ‘losing face.’”

**HELP!!**

Do you know someone that may need help with health and human services???

**Dial 2-1-1**

**for information about critical health and human services available in your community.**

**FUN FACTS:** 1. There are no words that rhyme with ORANGE, PURPLE, or SILVER. 2. There were 315 word entries in Webster’s 1996 Dictionary that were misspelled. 3. The record for the MOST STOLEN book in libraries?? The Guinness Book of World Records!

Submitted by Elwin Wright



Some of the 55 “Thank You” cards from Seaview and Edmonds Elementary schools...in appreciation for Kiwanis giving students their very own dictionaries.



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## KEY CLUB NEWS:



### Edmonds - Woodway:

**Advisor:** Wendy Priest

Kiwanis Contact(s): Elwin Wright, Dick Cassutt

Meeting Time: Tuesday 7 p.m.

### Key Club Officers:

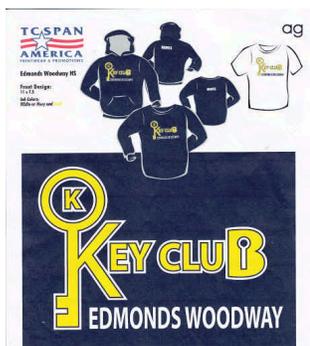
**Pres:** My Phuong Tong, **Vice P:** Ai Phuong Tong, Khanh Phuong Tong, Kristin Kendall, Riley Rinker, **Treas:** Amy Maddox, **Secy:** Samantha Doherty, **Bell Ringer:** Megan Hodge, **Historians:** Kari Nelson, Ashleen O'Brien, & Taylor Callaway.

**Membership:** 50+ paying members!!!

**NEWS:** Club is working on dolls, left over from last year, for Children's Hospital. Moving on to baking 48 homemade pumpkin pies for the Thanksgiving Dinner at the Everett Gospel Mission.

The following Key Clubbers helped with the recent Kiwanis Food Bank Drive at TOP Foods:

Ashley Tay, My Phuong Tong, Christine Le, Michelle Chang, Jessica Lam, Tina Giang, Anita Orasz, Amanda Halverson, Bryan Werner, Malina Rutledge, Ai Phuong Tong, Ashley Semanskee, Khanh Phuong Tong, Krista Nguyen, and Casey Semanskee



E-W Key Club: New Logo



### 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 :

**Dec. 3: Division Council Mtg.**

7PM Waltz Building

116 Ave B, Snohomish

**Dec. 5: Mukilteo Kiwanis**

Christmas Tree Lighting

**Dec.15: Kiwanis Board Meeting**

8:30-SCSC Library

**Dec. 12/13: Snohomish-Tillicum**

**8th Annual Book Sale!!!**

1-4 pm Waltz Bldg.

116 Ave B., Snohomish

**Dec. 22: Barlee's Brunch Mtg.**

10 a.m.

**Jan. 30?: Kiwanis CRAB FEED!!!**

### Meadowdale:

**Advisor:** Elizabeth Cano

Kiwanis Contact: Shirley Elliot

Meeting Time: Tuesday 7 a.m.

### Key Club Officers:

**President:** Madison Caulk, **Vice President:** Jai Young Sun,

**Secretary:** Kelsey Barnes, and **Treasurer:** June Woo.

**Membership:** 20, estimated at this point in sign up process.

### **REMEMBER: DECEMBER 1<sup>st</sup> OFF-SITE MEETING INFO**

Our December 1<sup>st</sup> meeting will be held off-site at the new Lynnwood High School...carpooling to the location on **North Road** near the **Floral Hills** property. Lead person, Erin Murphy, Asst. Principal at Mountlake Terrace High. **Trip Coordinator: Elwin Wright**



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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

