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# Kiwanis

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## Tidal Tales



THE KIWANIS CLUB OF EDMONDS SENIORS  
MEETINGS WEEKLY AT SNOHOMISH SENIOR CENTER  
TUESDAY-10:AM-220 RAILROAD AVE

**March 2nd, 2004**

PUBLISHED BY EDMONDS SENIOR KIWANIS DOROTHEA FORREST, EDITOR

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### **Kiwanis Seniors Luncheon**

#### **A Great Success**

**On February 24, 38 Edmonds Seniors Kiwanis and guests gathered for their 26th Anniversary Luncheon at the Mill Creek Country Club. Members had a choice of salmon or steak, served with salad, fresh green beans and potatoes, followed by a berry sherbet. The awards were presented after the meeting and lunch.**

**During the meeting and before lunch was served, President Elwin Wright introduced guests, Rod Vroman, division 22 Lt. Governor and his wife, Joan. Rod will give his welcome talk after lunch, before the awards are issued. President Elwin asked members to introduce their guests. Gordon Wilson introduced Viola; Clayne Leitner introduced Sharon; Chuck Scott introduced Gloria; Billy Joe Roberts introduced Ruth; Michael Medalia introduced Gene; Howie Voit introduced Claire; George Frankovich introduced Louise; John Rutter introduced Ann; Ray Olson introduced Millie; Walt Dawson introduced Fay.**

**Honorary members, Leona Smith and Ellen Cavan were introduced.**

**Past Presidents introduced: Robert H. Ahlbeck, Donald Williams, Raymond Olson, Walter Dawson, Buck Weaver, and Jim Buchanan. President Elwin told the group Past President George Deardorff had indicated he would be unable to attend due to family illness. Past President Frank Suhara is currently in Arizona.**

**After lunch, Div. 22 Lt. Governor Rod Vroman presented Jim Buchanan with his Past Presidents pin. Rod had some very nice remarks about Jim and the rest of the Kiwanis Edmonds Seniors. He relayed some highlights of his past association with our club.**

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## **KeyClub**

**Following Mid-Winter Break, Meadowdale High Key Club was on track at their February**

**F** 26 meeting, evaluating completed projects, while looking ahead.

**A** recent fundraiser to defray delegate convention (Seattle in April) expenses was a successful Valentine Rose sale, netting the club almost \$100. Our congratulations to all who worked on what promises to be a solid annual Key Club event.

**K**ey Club is co-sponsoring an effort to get overdue school library books returned along with collecting donated books to contribute to area Elementary and pre-schools. The high school librarian, Mrs. Ireland, discussed the project with members. Plans for seeking prize contributions from local merchants as incentives were made.

**A**dvisor Elizabeth Petrus reminded members that club elections are set for March 11. Candidates need to have a statement about themselves to share with members.

## President's Corner

**O**ur sincere thanks to those who pitched in to make our annual Founders Day Luncheon a successful and enjoyable event....Shirley Elliot for the programs, Jim Buchanan for organizing the club awards and presentation, Ben Snowden and Chuck Scott for the Mill Creek arrangements, Clayne Leitner for transporting the club materials and Dorothea Forrest for the table decorations.

**A**t our up-coming zone meeting in Mt. Vernon, March 20, we plan to expand the publicity of our annual Berry Sales....hopefully broadening our promotional material and information available for other clubs. Also, plans are set to place berry sale information on our WEB page. Clayne chairs this project and counts on total club support!

**F**riday, Feb. 27, Kiwanians Elaine Hinze, Homer Cardle, Dorothea Forrest, John Rutter, Shirley Elliot, and I participated as part of a larger group of adult volunteers at Meadowdale High School. Our task was to assist in evaluating presentations given by Senior class candidates for graduation. This is part of a state requirement to give objective assessment of individual student's preparedness for what lies beyond high school. Those of us who spent the morning with these young people all felt it was a most interesting and rewarding experience.

**Let's do more in '04!**

**President Elwin**



### President's P.S.

**W**hen past president, Jim Buchanan, announced the selection of the recipient of our Club's KIWANIAN OF THE YEAR award, I was genuinely pleased and not the least surprised! I wasn't involved at all in the selection process, but I'm convinced that our Dorothea was a most obvious choice!

**P**erhaps I am a bit closer to Dorothea than most of you, but I have witnessed her genuine and sincere interest in our club (and Kiwanis) since the day she joined us!

**She is vitally interested in all that Edmonds Sr. Kiwanis does.. . Always there contributing: interclubs, program, division and district functions, club projects ...and ideas.**

**M**any compliments have been heard regarding her efforts in producing our Tidal Tales newsletter. She goes beyond just "the facts", keeping us aware of what we are all about! Dorothea opts not be competitive in this. She prefers to focus on OUR CLUB! If we all had the qualities that Dorothea shares in being a Kiwanian, nothing could slow us down! **Congratulations, Dorothea!**

### Important March Days

March 17, St. Patrick's Day  
 March 20, Kiwanis Zone Conference  
 March 20, First Day of Spring  
 April 4th. Daylight Savings

Berry Sales Start in May!



### March Birthdays/Anniversaries

#### MEMBERS

March 5, Al Rutledge  
 March 7, Bob Ahlbeck  
 March 21, Chuck Scott



#### SPOUSES

March 11, Millie Olson  
 March 17, Gloria Scott

#### ANNIVERSARIES

March 18, Millie & Ray Olson  
 March 31, Joan & Steve Callender

### March Greeters

***(Please be on post at 9:45)***

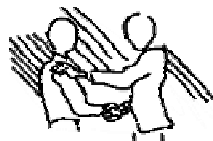
**March 2, Clayne Leitner**

**March 9, Mike Medalia**

**March 16, Gordon Millikan**

**March 23, Richard Kosola**

**March 30, Mattie Martin**



### MARCH & APRIL PROGRAM TEAMS

#### MARCH, 2004

Ray Olson, Chairman  
 Steve Callender  
 Dorothea Forrest  
 Mike Medalia  
 Ben Snowdon

#### APRIL, 2004

George Frankovich, Chairman  
 Don Williams  
 John Rutter



### InterClubs, March, 2004



Thur. March 11. Everett Golden K, 10:AM Everett Sr. Center; 3025 Lombard Ave.

Fri. March 19, Everett Evergreen 7 AM, Evergreen Bowling Lane, 5111 Claremont Lane

Mon. March 22, Snohomish Tillicum, 10 AM Coffee served, Basement of the Catholic Church at 16th & Pine, Snohomish

Fri. March 26, Sno King, 7 AM, Coffee and Breakfast served. American Legion Hall basement.

### MARCH PROGRAMS

March 2. Lee Ann Anderson – Washington Mutual. Updates on the mortgage market.

March 9. Lisa Geiger, MN ARNP, CHT HYPNOTHERAPY Mind- body connection.

March 16. Little Red School House, Barbara George, Executive Director

March 23. Farrell Fleming, Dr.Sr.Ctr Strategic Planning Committee.

March 30. Payne Field Highlights, Dave Wagner



### AWARDS GIVEN AT BANQUET

Jim Buchanan, 2003 President, culminated his presidency by handing out awards at the lunch on Tuesday.

The Floyd Smith Memorial award, for steadfast service to Kiwanis, was presented by Leona Smith to Billy Joe Roberts. Billy Joe is currently our very hard working treasurer. The Kiwanian of the year plaque was presented to Tidal Tales editor, Dorothea Forrest. Distinguished Service award was presented to Al Rutledge for community service (Food Bank Drive). Operational Awards given were: John Rutter, Program Chairman; Buck Weaver, Advertising Chairman; Don Williams, Interclub Chairman. Perfect attendance pins were also presented.

### The 11th Annual Citizen of the Year Award

Co-Sponsored by the Sno-King & Edmonds Sr's in conjunction with the Edmonds Beacon, this award went to Dale Hoggins, of Edmonds. Ray Olson and Buck Weaver were Edmonds Sr.s representatives on the committee. Feb. 26th Beacon has full details.

### Meadowdale Preschool awarded funds for supplies

In accord with our YCPO effort, Edmonds Sr's Kiwanis presented Heather Gerst a check to purchase supplies she particularly wanted to assist pre-reading programs. We plan a re-visit when these are received. We also have permission to take pictures.

## Kiwanis House

Kiwanis House began as a home for abused and unwed mothers. There is a long, sometimes agonizing, story behind this project. The Lynnwood Kiwanis started it and other Div. 22 Clubs volunteered help. Currently it is owned and maintained by Lynnwood Kiwanis and managed by the Volunteers of America. It presently provides housing for three families in transition. The Kiwanis of Lynnwood have successfully weathered many storms with this project.

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## February 12th Div. 22 Meeting in Monroe

A large turnout from all six clubs; review of projects was paramount, with the WEB site emphasized. The WEB site address is Div.22 Kiwanis Clubs (snohomishkiwanis.org). Try it, you'll be impressed. Paul Jacobson is our man on this.

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## Winning the War on Polio in Africa

Bob and JoAnne Wilson, forced to cancel their January Program, presented it on Feb. 17th. They are with Rotary's war on polio. Ethiopia was focused in this excellent program. Their slides were heart rending. Gradually the "war" is being won.

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## SALT

I subscribe to Environmental Nutrition, a monthly pamphlet. The Feb. 2004 edition had a headline that caught my eye "Less Salt means Less Iodine" "Is Iodine still important in the diet?" Among things the article said: iodine is an essential mineral required by the body for the production of thyroid hormones. These help regulate growth and metabolism. Necessary and not stored by the body, Iodine levels are dropping. In the last 20 years low iodine intake markers more than quadrupled. People taking less or no salt for blood pressure still need iodine. Several months ago we began taking a multi with iodine. Phew!

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## 2004 ZONE CONFERENCE IN MT. VERNON ON MARCH 20TH

IT WILL BE AT THE COTTON TREE INN CONVENTION CENTER. KIWANIS FROM BRITISH COLUMBIA & WESTERN WASHINGTON WILL ATTEND. CURRENT AND INCOMING OFFICERS, PLUS NEW MEMBERS ARE ENCOURAGED TO PARTICIPATE SO THEY CAN BE INFORMED OF KIWANIS PROJECTS AND ACTIVITIES IN OUR ZONE. SPECIFIC ACTIVITIES ARE STILL IN PLANNING STAGES. COMPLETE DETAILS ARE IN MARCH TIDAL TALES.

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## Edmonds Seniors 2004 Officers

<u>President</u> Elwin Wright 425-776-2892	<u>Secretary</u> Shirley Elliot 425-778-0756	<u>2002-04/Director</u> Gordon Millikan 425-778-1524	<u>2003-05/Director</u> Frank Suhara 206-542-4313
<u>President Elect</u> Clayne Leitner 206-542-6351	<u>Treasurer</u> Billy Joe Roberts 425-778-1843	Ray Olson 425-774-1303	Steve Callender 425-776-2262
<u>Vice-President</u>	<u>Past President</u>	Ben Snowdon 206-546-9208	Dorothea Forrest 425-776-2892

**John Rutter**  
425-778-6502

**Jim Buchanan**  
425-778-3033

**Gordon Wilson**  
425-774-0902

**Also is**  
**Bulletin Editor**

Pacific NorthWest District Governor - Louise Regelin (208)285-0164  
Division 22 Lt. Governor - Rod Vroman (360)568-8456

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**Board Meeting, March 16, 8:45 AM**



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*To view a previous month's **Tidal Tales** - Click on month you wish -*

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