



Kiwanis



Tidal Tales



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

February 1st, 2005

PUBLISHED BY EDMONDS SENIOR KIWANIS DOROTHEA FORREST, EDITOR

Edmonds Seniors Kiwanis Founder's Day Luncheon to be at a new location this year.

Come to the 125th Street Grill at 125th & Aurora, Tuesday, Feb. 15th at 11:30 A.M. Members may invite friends, spouses and partners to join us for prime rib or salmon. Cost is \$20.00 per plate. Honorary members will be our guests. You must call Clayne Leitner at 206-542-6351 or Ben Snowdon, 206-546-9208 to get your name on the list if you haven't already. The deadline is Feb. 8th. It is always nice to see our honorary members at the lunch. Awards for year 2004 will be presented to members by Past President Elwin Wright.

KeyClubnews



Two "fast and snappy" Key Club meetings were held at Meadowdale High this past month On two consecutive Thursdays, in an attempt to avoid the onset of "finals".

Focusing on their 2nd annual Flower Sale as their primary fund raiser, plans are under way to get things rolling for the big event. Orders will be taken the week prior to Valentines Day, Feb. 14, with delivery actually on Valentine's Day. Flowers need to be ordered, then "gift" prepared, and tagged with small

greetings. Committees and workers are lined up and ready to go! Individual flowers (either roses or carnations) are used.

Looking ahead to the March election of officers and the annual April PNW Key Convention in Portland....future candidates are expected to step forward soon. The hope is to have three members as convention delegates.

Consideration was given to some form of community service and the Nearby "Clothes for Kids" program was mentioned.

Key Club is scheduled to meet again on Thursday, Feb. 3, 7 AM.

President's Corner

I WOULD LIKE TO THANK YOU ALL FOR CONTINUING TO COME TO THE WEEKLY MEETINGS. I GUESS I HAVE NOT BEEN TOO BAD AS PRESIDENT.

ACTUALLY, I THINK IT HAS BEEN THE QUALITY PROGRAMS THAT KEEP YOU ALL COMING BACK. JANUARY WAS AN EXCEPTIONALLY GOOD MONTH FOR PROGRAMS. I ENJOYED HEARING FROM THE NEW EDMONDS SCHOOL DISTRICT SUPERINTENDENT, ESPECIALLY ENJOYED DON'S SISTER'S PICTURES AND THE PUD ENRON STORY AND LIKED WHAT I HEARD ABOUT "CAMP PHOENIX".

I WOULD LIKE TO THANK JOHN RUTTER AND HIS GROUP FOR THESE SUPER PROGRAMS.

I'M SURE BUCK WEAVER AND HIS TEAM WILL ALSO KEEP US EXCITED DURING FEBRUARY.

WE DID NOT HAVE THE GREATEST TURNOUT FOR OUR MEMBERSHIP DRIVE, BUT PLEASE DON'T GET DISCOURAGED. ALL IT SOMETIMES TAKES IS A PASSING COMMENT IN A CONVERSATION, TO GET SOMEONE TO PAY US A VISIT. ONCE HERE, IT TAKES ALL THE REST OF US TO MAKE THEM FEEL COMFORTABLE ENOUGH TO KEEP THEM COMING BACK. NOW IS NOT THE TIME TO JUST SIT BACK. IT ALWAYS TAKES JUST A LITTLE EFFORT.

Clayne



February Dates

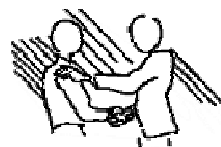
Feb. 1, Ground Hog Day

Feb. 8th, Special Kiwanis Program Public Invited , 10 AM

Feb. 8th, 8:30 AM Board Meeting

Feb. 14th Valentine's Day

- Feb. 15th Founders Day Lunch
- Feb. 18th Meadowdale Hl, Sr. Portfolio Presentation.
- Feb. 21, th. U.S. President's Day.
- Feb. 28, th. Last Day of February.



February Greeters

(Please be on post by 9:30)

- Feb. 1, Jim Buchanan**
- Feb. 8, George Barkley**
- Feb. 15, Homer Cardle**
- Feb. 22. Steve Callender**



February Birthdays

- Feb 2 Elaine Green (H)**
- Feb 3 George Bardsley**
- Feb 7 Mattie Martin**
- Feb 14 Ben Snowdon**
- Feb 25 Homer Cardle**
- Feb 27 Billie Joe Roberts**
- Feb 28 Dick Lunstrum (new)**



PROGRAM TEAM

FEBRUARY, 2005

- Buck Weaver, Captain**
- Frank Suhara**
- Al Rutledge**
- Howie Voit**



SPOUSES

- Feb 16 Carole Jacobson**
- Feb 17 Sharon Leitner**
- Feb 24 Judith Millikan**



ANNIVERSARIES

- Feb 7 Dianne and Frank Suhara**
- Feb 12 Jo and George Deardoff**
- Feb 19 Loretta and Harold Huston**
- Feb 22 Michael and Gene Medalia**
- Feb 27 Ruth and Billy Joe Roberts**

InterClubs, February, 2005

Wednesday, Feb. 2, Monroe Kiwanis Noon, lunch, Godard Room at Valley General Hospital. 14701 -179th Ave. Monroe

Wednesday, Feb. 9, 7:AM Brkfst. North Shore Kiwanis, Bothell. Alexis Restaurant on Main

Thursday, Feb. 24, 7:AM Lynnwood, Coffee and Doughnuts at World Concern.

Friday, Feb. 25th, 7 AM SnoKing Brkfst. South County Sr. Center, Edmonds.



FEBRUARY PROGRAMS

Feb. 1, Money Management, latest insight. Alan Lawrence from Edward Jones.

Feb. 8, Bob Tirwilliger, Snohomish County Auditor. Voting technology and Pitfalls. An important Public interest program.

Feb. 15, Kiwanis Edmonds Seniors Founders Day Luncheon, members & guests.125th Grill,11:30AM.

Feb. 22, Just what is the C.A.F. See Buck Weaver tell "all about it". The last word — Really! Bring a friend to enjoy this program



March 2005 - April 2005 Program Committees

Ray Olson, Capt.

Steve Callender

Dorothea Forrest

Mike Medalia

Ben Snowden

Harold Huston, Capt.

Don Williams

George Frankovich

George Bardsley

Dick Lunstrum

The March Zone and Growth meeting, scheduled to be held in Abbotsford, B.C. on March 19, will be in another building than originally planned due to a fire damaging the original building. New building will be announced this month, or check with Lt. Gov, Marybeth O’Leary.

Old Salt, Sez,

Used to be that everyone had to have salt. Now haneeded salt!

It's NO SALT!

But, even limited salt is scarce. For instance, a two serving size can of soup has as Much as 750 mg. per serving. Check out a cracker! Or cheese. Do you know low fat cottage cheese has 450 mg sodium per serving? Atrial Fillibration (affects the heart) requires really cutting down on salt!

Absent Members

Gordy Wilson still hasn't made it to a meeting, He wrote that he was thinking of us.

Gordy, we are saving beach cleanup for you!

Gene Medalia had more back surgery in February.

Mattie and Joyce Martin are still warming up in Mesa.

Shirley is back, buried in paperwork, and things are getting straightened out.

Steve Callender has been in the hospital and we found out at press time from Joan that he is being transferred to rehabilitation today.. We'll miss him at the meeting!

Membership

New member: Dick Lunstrom

Sponsored by Al Rutledge, joined Edmonds Seniors Kiwanis in January, 2005. Wife's name: Sally. Birthday : February 28. Primary Employment: 35 years in Insurance. (Safeco) 3 sons, 2 in Oregon and 1 in Colorado. 4 grandkids, 1 at U of O and 1 in U.S. Airforce. WWII Service: England with Airforce. Enjoys: Working in yard; Traveling in R.V.; Geneology through a vast letter collection

**CONGRATULATIONS SNO KING!
YOUR SATURDAY CRAB FEED WAS SURE A REAL BLAST**

MEMBERSHIP

PLANTING FOR GROWTH

SERVING THE WORLD'S CHILDREN



Plans are being made to buy roses from our Key Club to present to our Guests at Founders Day

If you have guests, make sure they are named.



Saving Plastic Bags for the Edmonds Food Bank

Kiwanis Seniors Easter Food Bank Drive for the Edmonds Food Bank, March 19, and 20, at TOP FOODS

Edmonds Seniors 2005 Officers

President

Clayne Leitner
206-542-6351

President Elect

John Rutter
425-778-6502

Vice-President

Ben Snowdon
206-546-9208

Secretary

Shirley Elliot
425-778-0756

Treasurer

Billy Joe Roberts
425-778-1843

Past President

Elwin Wright
425-776-2892

2003-05/Director

Frank Suhara
206-542-4313

Steve Callender

425-776-2262

Dorothea Forrest

425-776-2892

Also is
Bulletin Editor

2004-06/Director

Homer Cardle
425-776-9772

Paul Jacobson

425-771-8949

Raymond Roe

206-342-2913

R.N. "Buck" Weaver

425-774-3568

Pacific North West District Governor - Dick Mayer (253)941-8199

Division 22 Lt. Governor - Marybeth O'Leary(360)563-1067





Board Meeting, Feb 8th, 8:45 AM



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