



Kiwanis



Tidal Tales



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

March 1st, 2005

PUBLISHED BY EDMONDS SENIOR KIWANIS DOROTHEA FORREST, EDITOR

Our Founder's Day Luncheon

A change of location marked the first "different" thing about the Founder's Day lunch. There were many pluses to the new location, one was the price. There is more room in the new place, too. Excellent service, and the food was very good. Actually the only "minus's" was the view. There was none and there were no windows. Length of time to get there was about the same, but it was easier to find.

OK, it was at the 125th Street Grill. Immediate Past President, Elwin Wright, presented Certificates of Recognition to Don Williams and Ray Olson for their efforts as Co-Chairmen for InterClub, to George Bardsley for pitching in with some informative programs on Philatelic (stamp collecting) issues and Oceanography and tidal activity, to Al Rutledge for again leading our Food Collection Drives, to Ben Snowdon for for providing spiritual and humor messages, to Buck Weaver for his labors in gathering advertising sponsors for our newsletter. A special thanks was presented to Harold Huston for arranging a very special luncheon treat and program at Sunrise Assisted Living.

The Edmonds Seniors Kiwanis award as Kiwanian of the Year went to Ray Roe. Ray was recognized for all he has done with the Calendar project, his active participation in interclub, his work on the meeting set-up committee, as well as his over-all support.

The Annual Capt. Smith Award was postponed to a future date as both Mrs. Smith, the presenter, and the honored recipient were unable to attend the luncheon. We will have a program and award it at a future meeting this Spring.

Secretary Shirley Elliot presented attendance awards to:

Dorothea Forrest, 1 year; Clayne Leitner, 3 years; Elwin Wright, 4 years; Ben Snowdon, 4 years; Buck Weaver, 6 years; Frank Suhara, 8 years; Ray Olson, 13 years; Billy Joe Roberts, 13 years; and Don Williams, 36 years.

KeyClubnews



At the February 17 meeting of Key Club, a re-cap of the Valentine's Day Rose sale was given. This was the second year of the event and each year refinements are made on the project. Compliments were expressed by staff and students. Over \$100 was netted!

Election of officers will take place in March and candidates for the various offices will be presenting brief talks to members at the meeting March 3. President, vice president, secretary, and treasurer positions are to be filled.

Some Key Club members were assisting at the February 18th High School Senior Portfolio Presentation event, serving as guides for the folks that were serving as panelists. Winter break is now past and we are back to their regular routines now!

President's Corner

Dear fellow Kiwanis members,

First, I would like to thank all of you who came to the Founder's Day Luncheon. I thought it was enjoyable and would like to again add my congratulations to all who received service awards: - George Bardslev, Harold Huston, Ray Olson, Alvin Rutledge & Ben Snowdon, Don Williams and Buck Weaver. A big congratulations to Ray Roe as Kiwanian of the year and to our absent member who won the Capt. Smith award, not given because Mrs. Smith who usually gives the award was too ill. We will have the presentation later and a short program on what the award is all about.

I must tell you I enjoyed being a panelist who got to listen to 4 Meadowdale Seniors give their short talks. They had 15 minutes to tell about almost any subject they had talked over with their advisor. It was quite an experience listening to them and I plan on going back for the session in May. I would invite all of you to attend. It only takes about 3 hours and is well worth the time. These kids are quite nervous, but they sure surprise you with what they talk about mid how they overcome their nervousness to speaking in front of 6 adults they have never met. When you sign up, if you need a ride, just let me know.

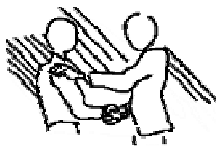
I just returned from my attempted inter-club with Sno-King this morning, (Feb 25). Only Ray Olson, Shirley and myself were there. It is the best breakfast for only \$3.00 in town. Lynnwood was also there with five people. It was embarrassing to have only three from our club. I hope we will do better on March 25th.

Clayne



Important March Dates

- Mar. 15,** Board meeting
- Mar. 17,** St. Patrick's Day
- Mar. 19 & 20** Food Bank Drive
- Mar. 19** Zone Meeting
- Mar. 20** Palm Sunday
- Mar. 25** Good Friday
- Mar. 27** Easter Sunday



March Greeters

(Please be on post by 9:30)

- Mar. 1,** Dorothea Forrest
- Mar. 8,** George Bardsley
- Mar. 15,** Homer Cardle
- Mar. 22.** Elaine Hinze
- Mar. 29** George Deardorff



March Birthdays

- Mar 5** Al Rutledge
- Mar 7** Bob Ahlbeck
- Mar 21** Chuck Scott



PROGRAM TEAM

FEBRUARY, 2005

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



SPOUSES

- Mar 11** Millie Olson
- Mar 17** Gloria Scott



ANNIVERSARIES

- Mar 18** Millie & Ray Olson

InterClubs, March, 2005

Thursday, March 10, Everett Golden K, Everett Senior Ctr. 10:AM

Thursday, March 17, Ballard, at noon, lunch at Louie's Cuisine

Saturday, March 19, Zone Conference at Abbotsford, B.C. All day.

Friday, March 25 7:AM Brkfst. SnoKing Edmonds Senior Center

Thursday, March 31 11:45am Snohomish Alfies Pizza



MARCH PROGRAMS

Mar. 1, Gary Nelson, President of Snohomish County Council.

Mar. 8, JoAnne Prusa, Kairos Prison Ministry

Mar. 15, Virginia Taylor, Catholic Community Services.

Mar. 22, The Hon. Gary Hakkinson, Mayor of Edmonds.

Mar. 29, To be announced



April - May 2005 Program Committees

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.

EASTER FOOD DRIVE

Al Rutledge, Food Drive Chairman, will be passing around a sign-up sheet for Saturday, March 19, and Sunday, March 20. This time conflicts with the Zone conference on the 19th so we are asking everyone to be sure to sign up. Just a one hour shift is planned, and if everyone helps out, that's what we will do. We work in pairs. If you can't work both days, maybe you can take a two hour shift.

We are also asking the Meadowdale Key club to help out. It'll be warmer than Thanksgiving!

Young Children Priority One

Old Salt, Sez,

Used to be that everyone had to have salt. But NOW it's NO SALT!

Too much salt in the diet is boosting American's blood pressure, prematurely killing roughly 150,000 people each year! In the past 30 years Americans have raised their salt consumption to about 4,000 milligrams per day, twice the recommended amount. This is not coming from the salt shaker, but from eating processed canned and frozen foods & restaurant foods, which contribute almost 80 percent of sodium to the diet. Only 11 per cent is from salt shakers. People with hypertension should limit salt to 1,500 mg daily.

Members Misc.

Special to Gordy Wilson
Gordy, we are saving beach cleanup for you!

Three additions to Edmonds Sr.s

Dick Lunstrum, Wife is Sally. Retired Insurance business. UW grad. Edmonds resident.

Mary Lou Kantor, Husband is William. BA degree, Kent State U. Edmonds resident. Retired.

John Nutting, Welcome back, John

Steve Callender - Gone Fishing

February 3, 2005

Steve left us just 3 days after we heard he had been moved to a rehab. center. I and six other Edmonds Srs. Kiwanians attended his memorial service on Saturday, February 26. He would have turned 83 on August 20th. His family put on a wonderful memorial service, a lot of Edmonds citizens attended, including the Mayor. Listening the family tell about him made me wish I'd known him better.

George Montague

George, whose paintings are reproduced on our Kiwanis Kards, resigned from our Sr's Club a while ago as he was temporarily busy on his house. He worked around the Sr. Center, but I recently learned he was moved from his residence in Avalon to another for residents requiring more care. We'll look him up.

EASTER FOOD DRIVE

We are exchanging our Christmas Food Drive for an Easter Food Drive at Top Foods.

We will still do the Thanksgiving Food Drive. Al has arranged for us to be at Top Foods the 19th & 20th of March.

I want to share with you a letter Al Rutledge, food drive Chairman, received from Peggy Kennedy, the director of the Edmonds Food Bank. In addition to our food drive, the Kiwanis collected cash that helped the Food Bank to give away 440 special Thanksgiving baskets. Each basket provides enough food for 18 meals. As the food bank closed in 2004 on December 14th and reopened on December 28th, this would not have been possible if we had held onto cash raised to double it. Special Christmas baskets were also given away to 352 families. Total families served for the year 2004 were 14,838. These included babies up to one year, 1,317 and individuals, 64,938. Lots of people served here!

Gone Fishing!

The Meadowdale Preschool 55 gallon tank needed fish! Kiwanis to the rescue. We supplied them with 20 assorted guppies, sword fish, platys, barbs, and a cat fish. Schooling tetras will follow.

MEMBERSHIP

PLANTING FOR GROWTH

SERVING THE WORLD'S CHILDREN



A Student's Dictionary for third grade kids is being planned. Howie is checking with a few of Edmonds schools on the best procedure for distribution. These books come from The Dictionary Project at a very good price.



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, Mar 15th, 8:45 AM



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