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# Kiwanis

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## Tidal Tales



THE KIWANIS CLUB OF EDMONDS SENIORS  
MEETINGS WEEKLY AT SOUTH COUNTY SENIOR CENTER  
TUESDAY-10:AM-220 RAILROAD AVE ~ MAIL P.O. BOX 221-98020

July, 5th, 2005

PUBLISHED BY EDMONDS SENIOR KIWANIS DOROTHEA FORREST, EDITOR

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### PAST - PRESENT

Ray Olson was one of the WWII veterans selected by the Boy Scouts to attend the Memorial Day Ceremonies in Washington D.C. Upon returning to Edmonds he gave a program on his experience. He also gave the Sno-King Kiwanis a program on the ceremonies. He used slides to illustrate. It was impressive. My granddaughter, Gwen Forrest, was living in D.C. at the time the WWII monument was dedicated, she emailed me about it. *"The memorial is amazing. Absolutely amazing. I was so worried that it would mar the look of the Mall, however, the continuity between the Lincoln Memorial, the Washington Monument and the Capital is undisturbed. It's breathtaking, and haunting, and perfectly captures what I feel about World War II. It's very oceanic, and low to the ground In fact, it indents into the mall, so you walk down amongst fountains, and look up at pillars, almost like you're in a ship. Anyway, I run there at least three times a week and haven't lost the feeling of sentiment yet"*. Gwen was born in 1978, and enters her second year at Seattle U. law school in September.



July is going to be a busy month! First there is the table we will have at the July 9th Farmers Market. Then on Tuesday, July 12 there is our Picnic in Edmonds City Park, featuring fried chicken, strawberry shortcake, beans, salad, veggie tray etc. Then the Snohomish Tillicum Kiwanis salmon bake, our Seniors board meeting, the Div. 22 zone Meeting, and more! Phew!

## KeyClubnews

With Meadowdale High Key Club now on vacation, we are looking forward to the next school year. Returning as faculty advisor is Mrs. Elizabeth Cano, an excellent contact for us Kiwanians and a most capable guide for these students. An enthusiastic new



set of officers will also be with us.

New to Meadowdale will be the incoming Principal, Dale Cote. Norm Hoffman, Principal for the past ten years, retired in June. We appreciated working with Mr. Hoffman and the support he gave to both the Key Club and our Kiwanis Club.

We plan to make contact with Principal Cote in August, before the students return, to establish common goals and expectations.

The Key Club kids made plans to raise money doing a car wash in August. At Tidal Tales press time no date had been set, we will publish the date in the next Tidal Tales.

## President's Corner

It's hard to believe that 2005 is half over. Seems like every time you turn around, another month is gone. June was our 'healthy' month. Our group put together programs on hearing, nutrition and exercise, so I expect this group to last well into the next century.

I would also like to thank Ray Olson for his report on the WWII memorial back in the other Washington. June was also strawberry month and we made over \$1100 on them. We are not doing quite as well on the raspberries and blueberries, but continue to get orders. I would like to thank Paul, Ray, Don and George Bardsley for helping pick up the berries and Shirley, Elwin, Dorothea, Alvin and Buck for helping distribute them. We came out OK and finished a little after 5 PM. I've received no complaints about anyone not getting their berries. We had one complaint about the taste of these berries, but Elwin tried them out and pronounced them good. We are returning the individual's check. When selling the strawberries and raspberries, emphasize they re not dry packed, but put in 15 and 14 pound pails. I would also like to point out George B. is probably one of the best parking space holders I have ever seen!

I have only two more president's messages left to do. Just when you get the hang of it, you are fired!

We are losing our gate at the Taste of Edmonds, but are picking up another gate helping the Sno-King club at the vendor parking lot gate. That, plus the money we got for helping the Rotary set-up and take down chairs for their annual waterfront festival, should keep us just about even. The Rotary chairs were done in only about 2 hours by at least 10 of us. It did not rain during our setup or take down and it was an easy money maker. Hopefully they will remember us next year!

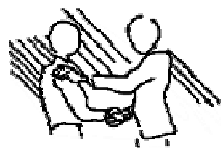
*Clayne*



### Important July Dates

July 4, Independence Day!  
 July 9, Kiwanis Seniors Booth at Edmonds Farmer's Market  
 July 12, Edmonds Seniors Picnic

July 14, Pick-up Raspberries  
 July 16 - 17 Salmon Barbecue, Snohomish Kiwanis Tillicum  
 July 19, Board meeting, Seniors  
 July 21, Edmonds Seniors Kiwanis hosts Div. 22 Zone Meeting  
 July 23, Lynnwood Kiwanis Golf Tournament at Nile Club.  
 July 28, Pick up Blueberries



**July Greeters**

**(Please be on post by 9:30)**

**July 5, Dorothea Forrest**  
**July 12, Raymond Roe**  
**July 19, Billy Joe Roberts**  
**July 26, John Rutter**



**July Birthdays**

**MEMBERS**

**July 6, Don Williams**  
**July 7, Clayne Leitner**  
**July 18, Shirley Elliot**  
**July 20, George Frankovich**  
**July 28, Lucy Claussen ( H)\***  
**July 30, Ellen Cavan ( H)\***



**PROGRAM TEAM**

**July 2005**

**John Rutter Captain**

**Mary Lou Cantor**

**Shirley Elliot**

**Billy Joe Roberts**



**SPOUSES**

**July 1, Bettina Weaver**



**ANNIVERSARIES**

**July 13, Sharon & Clayne Leitner**  
**July 26, Judith & Gordon Millikan \* (H)**

**InterClubs, July, 2005**

**July 7, Thursday - Snohomish, Noon at Alfys Pizza, 1020 Avenue D.**

**July 14, Thursday - North Central Kiwanis, Noon lunch, Senior Center, 85th & Aurora, Seattle**

**July 21, Thursday - Kingston Kiwanis, 7:AM (6:30 Ferry, walk on). Breakfast at Kingston Inn**

**July 29, Friday - Sno King, 7AM Breakfast at South County Sr. Center**



**July PROGRAMS**

**July 5 Ernest Shackelton D.V.D. "Antarctic Adventure"**

**July 12 Annual Edmonds Seniors Kiwanis Picnic, 11:00 AM Edmonds City Park, "Fun in the Sun?"**

**July 19 Prison Ministries, The Rev. Kevin Nolette of Edmonds Presbyterian Church**

**July 26 Edmonds Fire Dept. Mike Smith, "Serving You".**



**Program Committees**

**August 2005**

**Buck Weaver, Capt.**

**Frank Suhara**

**Al Rutledge**

**Howie Voit**

**Jack Zapara**

**September 2005**

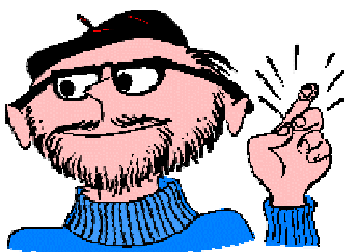
**Ray Olson, Capt.**

**Dorothea Forrest**

**Mike Medalia**

**Ben Snowdon**

**Rita Miller**



**Old Salt, Sez,**

**Need ways to get around no salt! Can't do without Popcorn! Use less salt!**

**The Seattle Times has printed a series on Drug and Drug companies called Suddenly Sick. In the chapter on Blood pressure they have proof that cutting salt and taking a cheap diuretic is safer and more effective than**

the large number of very expensive pills now being "pushed" by the doctors. This series has just been published and really should be read by all persons who have been diagnosed with high blood pressure. Being "in the know" is safer than ignorance when it comes to your health. .

The chapter on hypertension was published in the Sunday, June 26th issue. There are very few pills that cure, many times changing life style is the way.

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### COMING EVENTS

TILLICUM KIWANIS Salmon bake. Saturday and Sunday, July 16 & 17 at Hill Park on Blackman Lake in Snohomish. Noon to 8 PM, Adults \$8.00 - Children 6 to 14 \$6.00. Served with Fresh Green Salad, Stan's Baked Beans, Garlic Bread, Coffee, Tea, Juice, Fruit Drink, Pink Lemonade or Famous Snohomish Tap Water. Also a Silent Auction.

ZONE MEETING JULY 21 Hosted by Edmonds Seniors Kiwanis at the South County Senior Center , Thursday at 7:PM. All Div. 22 Kiwanis are invited, Lt. Gov. Marybeth O'Leary to conduct meeting. July International and August PNW Conventions will be discussed.

GOLF TOURNAMENT Lynnwood Kiwanis Annual Golf Classic on July 23 at the Nile CC. Shot Gun Start, 1:15 PM. Contact a Lynnwood member for more details.

At the SNO-KING meeting on June 24th, some mention was made of a coming event. It is not listed on the Div. 22 Calendar and I did not get the information before press time.

JULY 14TH, PICK UP RASPBERRIES!

JULY 28TH, PICK UP BLUEBERRIES!

**FUN IN THE SUN, JULY 12TH.**  
**LAST MINUTE INSTRUCTIONS**  
**MAKE SURE BEN HAS YOUR NAME ON HIS LIST.**  
**BRING A PLATE, CUP, EATING UTENSILS.**  
**BE THERE AT 11 AM, EDMONDS CITY PARK**  
**LOWER LEVEL COVERED TABLE**  
**BRING A BIG APPETITE**

### **PLANTING FOR GROWTH**

Edmonds Kiwanis Seniors, honoring our five new members, has donated a Mugho Pine to the Senior Center. We also have a lavender flowering lavatera tree to plant on the beach side, so it can be viewed from the dining area.

### **MEMBERSHIP**

**PLANTING FOR GROWTH**

**SERVING THE WORLD'S CHILDREN**



The coming PNW Convention in Vernon BC (August 11th, 12th, 13th and 14th) will be covered at the Zone meeting.

Soon we will get together with the Sno-King Club to discuss the organization of manning the gate we are helping them with at the Taste of Edmonds, which is on at the same time as the PNW convention.

Gordon Millikan is still in Rehab, Ray Olson has been keeping "tabs" on him.



**Remember!**



**Save Plastic Bags for the Edmonds Food Bank**

**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 NorthWest District Governor - Dick Mayer (253)941-8199**

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

**Board Meeting**



**July 19th 2005, 8:45 AM**



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