

# **“TIDAL TALES”**

**“Changing the World, one Child and Community at a Time.”**



**“GO FLY A KITE!!!”**

**March, 2013**

### **THOUGHTS FROM THE PRESIDENT:**

So, Crab feed # 44 is in the books. I don't think I have ever witnessed a big fundraiser event that has gone more smoothly. Our experience and dedication is paying off. We managed to serve over 340 guests an incredible dinner in about one hour. Enthusiasm for our raffle prizes and auction items was like a purchasing frenzy. And the music had such a great beat that even the kitchen help was hopping.

So, how did we do it? I think the answer has to be “We didn't do it!” It came off because we had thirty outside businesses, relatives and friends that pitched in, compared to fifteen members who were on site and assisting and doing all that they could.

I don't know about you, but to me those figures are downright scary. I know that the subject of membership is not our favorite topic, but I also know that everyone of us believes in our Kiwanis mission, working to make our communities and the lives of the children a little bit better. Our move to the Pancake Haus several months ago was done to help us gain new members. Have each of us truly done all that we can to find the new members we must have to remain a productive organization? Let's try to do better in 2013.

**Looking forward to seeing more of you at meetings,**

**President John**

### **BICYCLE HELMET PROGRAM:**



Once again, it is approaching that time of year....where our project emphasis is providing bicycle helmets for children in Edmonds. This program, intended to reduce deaths and traumatic brain injury resulting from biking accidents, is one of our long term efforts to serve the children of our community.

So how is important is this program? Anyone who follows sports, knows the rising concerns for the health and well being of those receiving concussions and the tragic long term affects.

While we do not have much in the way of local data, there are ample stats that would lead one to believe that helmets do provide protection and can mean the difference between death, a debilitating injury, or injuries that one can recover from in a timely manner.

Our “Tuesday Crew” is currently developing this years game plan for helmet distribution via the school nurses at the various schools in our school district. Scott Phariss, the project manager, has already acquired a donation of a number of helmets for distribution to add to the amount already budgeted.

More to follow as the plan is finalized. But in the mean time....please check out the information that was extracted from the “BICYCLE HELMET SAFETY INSTITUTE”. (see page 2)

### **Kiwanis Meeting(s):**

**Every Tuesday at NOON**

**\*\*\*THE PANCAKE HAUS \*\*\***

**OR**

**March 5th at 6:30 p.m.**

**Shoreline Windermere\*\***

**900 N 185th St, Shoreline**

**\*\*For additional information contact:**

**Scott Phariss (206)-542-9818**

**Susan Henry (206)-755-1231**

### **TUESDAY PROGRAMS:**

- 05: Patt Copeland: “Vision Loss Connections, Tactile Art“.**
- 12: Cheryl Robinson: “Today’s role of the School Nurse“.**
- 19: Kate Fewell: Sight Connection, “Community services for the blind and visually impaired“.**
- 26: Dr. Anca Godri: “Kangen Water”**

### **CALENDAR of EVENTS:**

- 16: Snohomish Auction—Hidden Meadows—Snohomish**
- 16: Region D Conference  
Kent - Meridian High School 10020 SE 256th St., Kent**
- 19: Board Meeting  
10:30 - Pancake Haus**
- 20: Division Council Meeting  
7 pm Hosted by Edmonds**

### **CELEBRATIONS:**

- 05: Al Rutledge**
- 07: Bob Ahlbeck**
- 19: Ruth Miller**
- 19: Susan and Peter**
- 19: Eleanor and Richard**
- 25: Janet and Ray**

### **APRIL PROGRAM TEAM:**

**Captain: DICK CASSUTT**

**(425-967-5345)**

**Morris, Pritchard, Parkhurst**

## Statistics from the Snell Memorial Foundation

- Every year the estimated number of bicycling head injuries requiring hospitalization exceeds the total of all the head injury cases related to baseball, football, skateboards, kick scooters, horseback riding, snowboarding, ice hockey, in-line skating and lacrosse.
- Estimated indirect costs for injuries to un-helmeted cyclists are \$2.3 billion yearly.
- In bicycle crashes, 2/3 of the dead and 1/8 of the injured suffered brain injuries.
- 95% of bicyclists killed in 2006 reportedly were not wearing helmets.



## MORE INFO ON THE BRAIN BOX AND HELMETS:


Helmets are useful as safety gear to prevent injuries in an uncontrolled environment. If you can't prevent a crash or impact, but you know it will occur, a helmet can prevent or minimize injury to the head and brain.

Human brains can be injured by impact, of course, or by exceptionally violent rotation of the head, when the brain remains stationary, giving blood vessels and nerves a yank. Internal blood vessels and nerves yank parts of the brain around too in different ways, straining the vessels and nerves in the process.

Helmets designed to handle major crash energy generally contain a layer of crushable foam. When you crash and hit a hard surface, the foam part of a helmet crushes, controlling the crash energy and extending your head's stopping time by about six thousandths of a second (6 ms) to reduce the peak impact to the brain. Rotational forces and internal strains are likely to be reduced by the crushing.


### A PROPER FITTING HELMET ENSURES MAXIMUM PROTECTION:

## Getting the right fit




A properly fitted helmet will be level and fit solidly on your child's head. The helmet should not wobble back and forth or side to side when your child shakes his head.


For an easy three-point check for a proper fit, remember eyes, ears and mouth:



**Eyes**  
Make sure your helmet sits level and low on the forehead – one to two finger widths above the eyebrows. A helmet pushed up too high will not protect the face or head in a fall or crash.



**Ears**  
Make sure the straps are even and form a "Y" under each earlobe.



**Mouth**  
Make sure the chin strap is buckled tight enough to hold the helmet in place. There should be enough room so you can insert one or two fingers between the buckle and the chin. If you open your mouth, you should be able to feel the helmet pull down on top.

## Statistics from the Insurance Institute for Highway Safety Fatality Facts: Bicycles - 2010

Less than two percent of motor vehicle crash deaths are bicyclists. The most serious injuries among a majority of those killed are to the head, highlighting the importance of wearing a bicycle helmet.

Eighty-nine percent of bicycle deaths are persons 16 and older, so helmet laws should include adults.

Helmet use has been estimated to reduce head injury risk by 85 percent.

Ninety-one percent of bicyclists killed in 2009 reportedly weren't wearing helmets.

## Statistics from the US Consumer Product Safety Commission

Estimated Number of Injuries in the United States and Territories that were treated in Hospital Emergency Departments.

All Ages:	534,883
Age 0 to 4:	32,175
<b><u>Age 5 to 14:</u></b>	<b><u>265,554 (our target group)</u></b>
Age 15 to 24	84,201
Age 25 to 64	138,120
Age 65+:	14,802



**KEY CLUB NEWS:**

**MEADOWDALE HIGH SCHOOL:**

Advisor: TBD  
Kiwanis Contact: Rachel Pritchard  
Meeting Time: TBD

**Club Officers:**

President: Grace Kim  
Vice President: Erica Choi  
Treasurer: Diana Cho  
Secretary: Zaynab Muhalhal  
Bulletin Editor: Makensie Jones

**EDMONDS - WOODWAY HIGH SCHOOL:**

Advisor: Wendy Priest  
Kiwanis Contact: Dick Cassutt  
Meeting Time: TBD

**Club Officers:**

Co-President: Caroline Phillips, Erin Murphy  
Vice-Presidents: Stephanie Lam, Frances Lopez, Hoa Nguyen, Naycli Pena, Monica Taeschner  
Secretary: Andrea Gonzalez  
Treasurer: Cynthia Camunez  
Historian: Okie Kim

**THE "K" IN KIWANIS :**

**K stands for Kids:**

Kiwanis empowers people at every stage of life to become competent, capable, and compassionate leaders by helping them learn to help others. Through our Service Leadership Programs (SLP), Kiwanis enables its youngest leaders to serve their communities, opening doors for them to change the world.

As a Kiwanis member, we have the privilege of serving and guiding these developing leaders:

- Kiwanis Kids

Three programs for primary school students between the ages of 6 and 12: K-Kids, Bring Up Grades (BUG), and Terrific Kids.

- Builders Club

A leadership program for middle and junior high school students.

- Key Club

The oldest and largest service leadership organization for teens in the world with members in 30 nations.

- Key Leader

A weekend experience designed to empower emerging student leaders ages 14-18.

- Circle K International

The largest service organization for university students in the world with members in 17 nations.

- Aktion Club

The only community-service club for adults living with disabilities.

Interested in serving kids through one of the organizations?

Contact John Rutter at [jrutterjr@frontier.com](mailto:jrutterjr@frontier.com)



**Edmonds Kiwanis Officers:**

President: John Rutter (425)-778-6502  
Pres. Elect: Ray Ault (425)-771-3886  
V.Pres.: Harold Huston \* (425)-771-8201  
Secretary: Paul Jacobson (425)-771-8949  
Treasurer: Billy Joe Roberts (425)-778-1843  
Past Pres.: Clayne Leitner (206)-542-6351

**Edmonds Kiwanis Board:**

GeorgeMurray (425)-672-9004  
Scott Phariss (206)-542-9818  
Shirley Elliot (425)-778-0756  
Dick Cassutt (425)-967-5345  
Duane Penning \* (206)-715-8837  
Juliana Van Buskirk \* (425)-776-2870  
Mary Lou Kantor \* (425)-712-8085

**PNW Division 22:**

Lt. Governor: Jim Garcia (425)-478-4733  
[jgarciaathome@gmail.com](mailto:jgarciaathome@gmail.com)

**CRABBY CLUB MEMBERS:**



The below listed club members put in numerous hours planning, shopping, preparing food, and executing yet another successful crab feed.

RAY AULT  
\*\*DICK CASSUTT\*\*  
SHIRLEY ELLIOT  
SUSAN HENRY  
PAUL JACOBSON  
MARY LOU KANTOR  
MARKA KRIEMAN  
CLAYNE LEITNER  
GEORGE MURRAY  
MAURA PARKHURST  
\*\*DUANE PENNING\*\*  
WENDY PRIEST  
BILLY JOE ROBERTS  
\*\*JOHN RUTTER\*\*  
JULIANA VAN BUSKIRK  
....AND ELWIN WRIGHT  
(\*Project Leaders\*)

Thanks to all of you for your active participation in this project. You should be very proud of your efforts in helping the club acquire over **\$7,500 for funding projects for the children of the community.**

*These local businesses support the Kiwanis' mission.  
Remember to Patronize our Loyal Supporters!!!*

**ARISTA WINE  
CELLARS**

320 5<sup>th</sup> Ave South,  
Edmonds, 772-7008  
"Great Finds with Vintage  
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Wine Tasting every Sat. 1 - 4:30

**ADVANCED HEARING  
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**DAYTON DENTAL**

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Edmonds, 672-7272  
"A beautiful smile,  
a beautiful life"

**EDWARD JONES  
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"Making Sense of Investing"  
Juliana Van Buskirk  
Financial Advisor  
313 Main Street  
juliana.vanbuskirk@edwardjones.com  
Edmonds, 776-2870  
Alan E. Lawrence  
Financial Advisor  
107 5<sup>th</sup> Ave North,  
Edmonds, 670-1988

**MARTIAL ARTS CENTER**

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(206-931-9027)  
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206-546-5731  
"Creating thriving communities"

**Kiwanis Club of Edmonds  
Charitable Foundation News**

**PROJECT SUPPORT NEEDED FOR:**

Kiwanis Children's Cancer Project (KCCP)  
Dictionary Project for all Edmonds 3<sup>rd</sup> Graders  
Bicycle Safety Helmet Project  
Scholarships for High School Students  
School Back Pack Food Programs  
Support of Key Clubs at Edmonds Woodway  
And Meadowdale High

Tax deductible donation checks should be made out to  
The Kiwanis Club of Edmonds Charitable Foundation....and  
mail to P.O. Box, 221, Edmonds, WA 98020.

**CRAB FEED DONORS /VOLUNTEERS:**

ARNIES' (D)  
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BRIGHTON COURT-FAIRWINDS (D)  
BECK'S FUNERAL HOME (D)  
GARCIA FAMILY (D)  
DAVID ROHRBACH (D)  
COUNTRY VILLAGE/NANCY STOLL (D)  
JANET WEEKS (D)  
DALE TURNER FAMILY YMCA (D)  
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HEATH CLAYPOOL  
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EDMONDS -WOODWAY KEY CLUB  
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GREG LEITNER  
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KARL LUNDBERG  
ZELMA MCCARTT  
SONJA MURRAY  
ELISA MURRAY  
WENDY PRIEST  
DAN RUTTER  
JOHN "TIGGER" RUTTER  
GREG URBAN  
PETER WILLOCK  
RALPH WITTMAYER  
PAUL WONDER

**THANKS FOR YOUR GENEROSITY  
AND YOUR HARD WORK  
TO HELP THE CHILDREN!!!**

**ARNIE's Restaurant**

300 Admiral Way,  
Edmonds 771-5688  
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**THE BANK OF  
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202 5<sup>th</sup> Ave South,  
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**FAIRWINDS-  
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**SWEDBERG EYE CARE**

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21827 76<sup>th</sup> Ave. W.  
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Edmonds, 778-2500

**WASHINGTON  
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Lynnwood Branch  
Susan Henry, Branch Mgr.  
5809 196<sup>th</sup> St. SW  
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