

"TIDAL TALES"

"Changing the World, one Child and Community at a Time."



MARCH 2014



YET ANOTHER NEW MEMBER!!!



Pat Williams, mother of Chris, was inducted into Kiwanis February 11th by John Rutter. Pat is following in her families long tradition of service through Kiwanis. Her late husband was a long time member and her son and grandson are both active in Kiwanis.

When asked to comment on her background and what she wanted to do with Kiwanis, pat explained, very succinctly, "I am a good worker bee." Of course, we already knew that as she volunteered her time to help staff our farmer's market lemonade stand all last summer. Frankly, she was just checking us out.

We are pleased that Pat has decided to join the team and look forward to her involvement in our projects and fundraisers....we do need worker bees!!!



Talking about worker bees....isn't it fantastic that all the latest new members are so dedicated to service and are already helping where ever then can. Let's keep up the good work of attracting new members by performing the "service" that attracts those "bees" to Kiwanis.

Kiwanis Meeting(s):

Every Tuesday at NOON

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

OR

for the "Working Folk"

Tuesday, 6 pm, MARCH 4

Shoreline Windermere**

900 N 185th St, Shoreline

****For additional information contact:**

Scott Phariss (206)-542-9818

Susan Henry (206)-755-1231

TUESDAY PROGRAMS:

- 04: Shelby Lanting, Event and Volunteer Director - "The First Tee of Greater Seattle" (Golfing Kids)**
- 11: Shari Storm - "Using your Parenting Skills to be a better boss."**
- 18: Cynthia Tomkins - Advocate for native Americans, "Current and ongoing challenges for native Americans."**
- 25: Pending "Eye health, a window to your overall health"**

CALENDAR of EVENTS:

- 15: Mulikteo Annual Pancake Breakfast at Olympic View Middle School**
- 18: Board meeting, 10:30 Pancake Haus**
- 29: Region 2 Conference, Abbotsford, B.C.**

CELEBRATIONS:

- 05: Alvin Rutledge**
- 11: Tammy McPherson**
- 19: Ruth Miller (honorary)**
- 19: Susan Henry and Peter Willock**
- 20: Margaret Williams**
- 23: Taylor and John Jacobson**
- 24: Wendy Priest**
- 25: Janet Ault**

APRIL PROGRAM TEAM:

Captain: Dick Cassutt

(425-967-5345)

Morris, Roberts, Parkhurst

KATHY McKIM: Life is Good ☺

(New Orleans to Lynnwood)

I was born in 1945 in New Orleans, LA, where my folks lived when my Dad was in the Army. We moved back to Seattle when I was 18 months old. I was told that the long car trip back home was only made possible (for Mom and Dad!) because they brought along lots of COOKIES. Our family, which soon included my brother, Dick, and my sister, Janie, lived in Magnolia, where I first heard the summer roar of unlimited hydroplanes. My Dad took me to the pits for a tour and I was hooked. I had a beautiful, pink, wood Hawaii Kai model, which I hauled around behind my bike, even in the winter.



Each summer, I'd spend entire Seafair race weeks at the hydro pits. When my Dad's boss at Richfield/ARCO came to town and requested a tour of the pits, Dad told him that the tour would best be given by a local 'expert' on unlimited hydroplanes. I don't think the visiting company executive was expecting me, a 13 year old girl, as his 'expert' tour guide, but he and I had a wonderful, sunny day together on the shores of Lake Washington. I think he became a bit bored with all my talk about the wonders of Allison and Rolls engines, boat lengths, widths, weights, designs, who-was-who on the crews, and which drivers drove which boats.



Our family enjoyed boating together on Northwest waters for many years. We especially looked forward to summertime, when we could take our boat up to British Columbia. Among my most-favorite-places was Princess Louisa Inlet, B.C. To me, it was a little piece of paradise – warm water, waterfalls, and beautiful, craggy rock cliffs dropping straight into the sea.



Along with boating, I've also always enjoyed swimming, competitive, synchronized, and plain, old, 'regular,' distance swimming. Wherever we went on the boat, I'd try to swim across whatever body of water was close by. My poor Mom would be so worried about me ("What if you drown, we'll never find your body!") that she'd make me swim with a rope tied to my ankle, which was then attached to a cleat on our smaller boat. (Have you ever tried to swim with a ROPE tied around your ankle?)

After my sophomore year at Queen Anne High School in Seattle, our family moved to Southern California, NOT what I planned to do after completing my first, happy year in high school with all my childhood buddies. Things worked out fine, though, and after high school, I went on to college, eventually attending Cal. State University at Long Beach, where I graduated with a B.A. in Social Welfare.



I met my first husband, Mike, at college, and he and I married during our senior year. Our son, Dave, was born a year and a half later. The three of us moved back to the Northwest to be with my Mom, sister, and brother, who'd moved back to Seattle after my folks divorced.

At that time, I thought my future would include family, friends, a great house with a white picket fence, and me as a full-time Mom. Life happens, though, and while Mike, Dave and I were adjusting to our new lives in the Northwest, another 'adjustment' was made after my husband announced that, after much deliberation, he'd decided he didn't really want to be married, anymore (to me, anyway!). Mike and I divorced, and my life as a single Mom to Dave began.

My career in Human Resources (then called 'Personnel') began then, too. I've always considered myself to be one of the luckiest people in the world, because I got the opportunity to be "Mom" to the world's most wonderful son. Dave is loving, kind, smart, and he's just an all-around great guy.



He and I lived in Edmonds, where he went to school (Seaview Elementary, College Place Middle School, Edmonds High, King's High School in Shoreline, Central Washington University at Edmonds). I've also been fortunate to be able to work in interesting, constantly-changing, challenging fields of work, Human Resources, Training, Safety and Risk Management. I've been able to work in a variety of diverse industries, including health care, manufacturing, and heavy industry. Because my undergraduate degree was in Social Welfare, I returned to graduate school at City University, Seattle, where I earned my Masters in Business Administration (MBA).



I changed gears in 1987, when I formed my own consulting practice. Consulting allowed me the opportunity to work on many different types of assignments, such as working with management teams and Boards to plan and manage the HR aspects of mergers, acquisitions, and downsizing, along with Risk Assessment, Safety, onsite HR administration, labor contract negotiations, Employee Relations, and Training. Consulting also allowed me the opportunity to work as an Adjunct Instructor at City University, where I taught undergraduate Business, Communications, and Human Resources courses. I'm currently doing consulting work for small businesses and charitable organizations. (Continued)

My husband, Don, and I met at City University while he, too, was working for his MBA. Don and I have been together since 1983, though we weren't actually married until 1994 (one doesn't want to 'leap' right into this marriage-thing, right?). My son, Dave, met and married his wife, Aubrey, and they've given Don and me the gift of a wonderful granddaughter, Porter, who's now in Kindergarten. She's given us the gift of being able to see life through her eyes.



Community service has always been an integral part of my life, beginning with Brownies, Girl Scouts, Rainbow, and working at hospitals as a Junior Volunteer. As an adult, I've enjoyed volunteering for a number of different organizations and serving on a number of nonprofit boards, including the Foundation Boards of Stevens Healthcare, Edmonds, and Providence Mount St. Vincent in Seattle. I've been active for more than thirty years as an advocate and volunteer for terminally-ill people and their families. I'm passionate about working to ensure that the rights and choices of terminally-ill people are maintained and enhanced.



Kathy and Don

Don and I walk/run (about 3 miles) each day. We own a timeshare unit near Pt. Townsend, and we love to spend time there whenever we can. I love to volunteer and to spend time with my family.



I love baseball, NASCAR, and time with my friends, including with one of my best friends, my ex-husband, Mike, who lives in LA.

My happiest times are when my family is together – harder to do in this busy world, but when it happens, life is, truly, GOOD.

REGION 2 COUNCIL MEETING:

Region 2 Conference is fast approaching. This year it will be held in Abbotsford, BC on March 29th. Registration needs to be in by March 22.

The conference is on Saturday, doors open at 7:30 am and session starts at 8a m sharp and ends at 3:30 pm. Registration is \$35 per person.

If interested in going up on Friday and staying over night, in or near Abbotsford, contact Ann Penner annpenner11@gmail.com and she can provide hotel information.



Abbotsford, located in the Fraser Valley, is the fifth largest municipality in British Columbia, home to 115,463 people (2001). The population for the Census Metropolitan Area was 147,370 (2001). Abbotsford is situated immediately north of the Canada-US border, across from Sumas, Washington. Most of the city has dramatic views of Mount Baker, a large glacier-clad volcano just across the border.

KIWANIS FOCUS:

One of Kiwanis International's branded service programs is Young Children: Priority One. The program addresses the needs of young children from prenatal development to age 5 in four areas: maternal and child health; child care and development; parent education and support; and safety programs and pediatric trauma care.

Every child should experience the joy of reading. Kiwanis members believe this and have long been dedicated to Kiwanis' Read Around the World program. What began as a month-long focus on reading to children has extended to year-round projects that encourage reading and get books into the hands of children everywhere.

A "service project" is defined by Kiwanis International as "an activity, consistent with the Kiwanis club or a club committee and performed by members of the club for the benefit of others."



SPRING CLEANING TASKS:

Some of these tasks may actually improve your family's health. The following activities will help make you, and your home, healthier and safer:

Thoroughly dust your home and clean or replace air conditioning and heating filters; clean all ducts and vents to decrease your exposure to pollens and other airborne allergens.

Organize your medicine cabinet, discarding expired medications and old prescription medications no longer in use. Your pharmacist can advise you about the best way to dispose of old medications, since tossing them into the garbage may be dangerous. You'll reduce your chances of becoming victim of a medication error and gain some storage space.

Check the garage and basement for old cans of paint, thinners, oils, solvents, stains, and other forms of "toxic" trash.

Likewise, check under the sink and around the house for old, potentially toxic cleaning products and dispose of these.

Have your chimney professionally cleaned. You'll reduce the chances of carbon monoxide exposure from your chimney when it's fire season again.

Clean all mold and mildew from bathrooms and other damp areas with non-toxic cleaning products. Mold is a fungus which can trigger allergic reactions in susceptible people.

Check your rugs to be sure that rugs on bare floors have non-skid mats. Older mats that have become dusty may need to be washed or replaced to provide effective protection from falls. Outfit your bathrooms with non-skid bath mats.

Inspect outdoor playground equipment and be sure that it remains sturdy and in good repair. Pay particular attention to guardrails, protruding bolts, and other potential sources of injury.

Change the batteries in your smoke detector and carbon monoxide detector.

Collect old batteries throughout the house for disposal in a battery recycling or hazardous waste center.

MARCH:



1. The birthstone for March is the aquamarine.
2. The zodiac signs for March are Aries and Pisces
3. The birth flower for March is daffodil.
4. American Red Cross Month
5. Fire Prevention Month
6. Women's History Month
7. National Reading Day
8. Saint David's Day
9. World Math's Day
10. March 1 is the date the Nebraskans celebrate the admission of their state to the union.
11. March 2nd is celebrated by Texas as the anniversary of its independence from Mexico.
12. On March 4, 1681, William Penn was granted Pennsylvania's royal charter.
13. March 25th is celebrated by people in Maryland to commemorate the arrival of the first Maryland colonists in 1634.
14. Purim, a Jewish festival usually occurs in March. It is held on the day corresponding to the 14th day of Adar on the Hebrew calendar.
15. International Women's Day
16. Pi Day
17. Saint Joseph's Day
18. World Water Day
19. Pakistan Day
20. Bangladeshi Independence Day
21. Saint Patrick's Day

It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade.

Charles Dickens

Indoors or out, no one relaxes in March, that month of wind and taxes, the wind will presently disappear, the taxes last us all the year.

Ogden Nash

First a howling blizzard woke us,
Then the rain came down to soak us,
And now before the eye can focus —
Crocus.

Lilja Rogers

SLOW COOKER CORN BEEF AND CABBAGE:



Ingredients

- 4 pounds lean raw corned beef brisket
- 3 tablespoons pickling spice (often included with brisket)
- 1 medium rutabaga, halved and cut into wedges
- 1 pound large carrots, cut into 4-inch pieces
- 1 1/4 pounds large fingerling potatoes
- 1 leek, white and light-green parts only, cut into 3-inch pieces
- 1/2 head Savoy cabbage, cut into wedges
- 1/3 cup horseradish, drained
- 1/3 cup creme fraiche or sour cream

Directions

Place the corned beef in a large slow cooker and scatter the pickling spices on top. Layer the rutabaga, carrots, potatoes and leek in the cooker (in this order for even cooking). Add enough hot water (4 to 5 cups) to cover the meat by at least 1 inch, put the lid on the slow cooker and cook on high, 7 to 8 hours.

Remove the meat and vegetables from the slow cooker and keep warm. Put the cabbage in a microwave-safe dish with 2 cups cooking liquid from the slow cooker, cover and microwave until tender, 7 to 10 minutes. Meanwhile, boil another cup of cooking liquid in a small skillet until reduced by half, about 10 minutes. Mix with the horseradish and creme fraiche in a small bowl.

Slice the corned beef and serve with the slow-cooked vegetables, cabbage and sauce; reserve about a quarter each of the meat and vegetables and 1 1/2 cups cooking liquid for Corned Beef Hash.

Photograph by Antonis Achilleos



Edmonds Kiwanis Officers:

President: Ray Ault (425)-771-3886
Pres. Elect: Harold Huston (425)-771-8201
V.Pres.: George Murray (425)-672-9004
Secretary: Paul Jacobson (425)-771-8949
Treasurer: Billy Joe Roberts (425)-778-1843
Past Pres.: John Rutter (425)-778-6502

Edmonds Kiwanis Board:

Juliana Van Buskirk (425)-776-2870
Mary Lou Kantor (425)-712-8085
Duane Penning (206)-715-8837
Dick Cassutt (425)-967-5345 *
Clayne Leitner (206)-542-6351 *
Shirley Elliot (425)-778-0756 *
Maura Parkhurst (206)-569-7015 *
(* = two year term)

PNW Division 22:

Lt. Governor: Gary Wolfe garyl.wolfe@comcast.net

Daffodils

(Lonely as a Cloud)



I wandered lonely as a Cloud
That floats on high o'er Vales and Hills,
When all at once I saw a crowd
A host of dancing Daffodils;
Along the Lake, beneath the trees,
Ten thousand dancing in the breeze.

The waves beside them danced, but they
Outdid the sparkling waves in glee: –
A poet could not but be gay
In such a laughing company:
I gaz'd – and gaz'd – but little thought
What wealth the shew to me had brought:

For oft when on my couch I lie
In vacant or in pensive mood,
They flash upon that inward eye
Which is the bliss of solitude,
And then my heart with pleasure fills,
And dances with the Daffodils.

William Wordsworth



EDMONDS - WOODWAY HIGH KEY CLUB NEWS:

Advisor: Wendy Priest
Kiwanis Contact: Dick Cassutt
Meeting Time: Tuesday, 7:00 pm
Club Officers:
Co-President: Marlee Tillman, Okie Kim
Vice-Presidents: Kaveena Ranaweera, Courtney Gu
Secretary: Naomi Kim
Treasurer: Christelle Silve
Bulletin Editor: Olivia Carrigan

PNW Key Club Division 21:

Lt. Gov. Chester Pham chesterpham@yahoo.com



MEADOWDALE HIGH KEY CLUB NEWS:

Advisor: Anne Stewart
Kiwanis Contact: Elwin Wright
Meeting Time: Bi-Weekly, Wednesday, 7:10 am
Club Officers:
President: Grace Kim
Vice President: Eunice Jung
Treasurer: Zaynab Muhalhal
Secretary: Catherine Pham
Bulletin Editor: Makensie Jones

CRAB FEED RESULTS:

Attendees: 291
(down from average ~330)

Net Proceeds: ~\$6,354
(PLUS \$500 expected from Kohl's
and \$500 from Northshore)

Thanks to all those that helped
To make this funding possible.

ANNUAL BUSINESS MEETING INFO:

Date: TBD
Must be held between April 1st and the 2nd week of May

Purpose:
Elections of new officers and board members
Other club business requiring club vote.

Leaving Office:
John Rutter, Juliana Van Buskirk, Duane Penning,
Mary Lou Kantor

Remember to patronize our loyal supporters!!!
Local businesses supporting the Kiwanis mission...

ARNIE's Restaurant

300 Admiral Way,
Edmonds 771-5688
"Pacific Northwest Favorites"
Early Bird Specials
4-6 p.m. Saturday-Friday

BECK's FUNERAL HOME

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"Great Finds with Vintage Service"
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Financial Advisor
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Edmonds, 776-2870
Alan E. Lawrence
Financial Advisor
107 5th Ave North,
Edmonds, 670-1988

FAIRWINDS-BRIGHTON COURT Retirement Community

6520 196th St. SW, Lynnwood
425-775-4440
"It's more than retirement.
It's Five-Star Fun"

SPACE AVAILABLE

Kiwanis Club of Edmonds Charitable Foundation

(a 501 (C) 3 organization)

"Changing the World, one Child and Community at a Time."

PROJECT SUPPORT NEEDED FOR:

Kiwanis Children's Cancer Project (KCCP), Dictionary Project for all Edmonds 3rd 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 Schools.

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