



# "TIDAL TALES"

"Changing the world, one child and community at a time."

**APRIL, 2012**

## WELCOME NEW MEMBER



**John, Lloyd, Clayne, and Mary Lou  
"Pinning Lloyd"**

John Rutter is "practicing what he has been preaching" by his active pursuit of new members. His first catch is long time friend, Lloyd Keiley. Lloyd attended several meetings with John, to get a feel for the club, what our mission was and what kind of members we have. Well, Lloyd liked what he saw and heard, so he made the commitment to join.

Lloyd was inducted at our March 20<sup>th</sup> meeting....with the induction process completed by his sponsor John. President Clayne welcomed Lloyd and Past President Mary Lou did the honors of pinning Lloyd with the Kiwanis International pin.

Lloyd is a retired educator of more years than one can imagine; bearing credence to his life dedicated to helping children not only succeed but excel. We are so glad to have Lloyd join us and support the Kiwanis mission of helping the children of our community.

Members, remember your duty....to meet and sign off on Lloyd's apron. Then it is time to work on food drives and our helmet program.

## ANNUAL BUSINESS MEETING:



**VP job comes with perks.**

Our annual business meeting will be held on April 17<sup>th</sup>. At this meeting we will be electing 3 board members and a V.P. The nominating committee is currently soliciting nominations. More to follow on the people that are stepping up to help set the direction for our club in the coming year. (Sorry for the shameless use of pix with VP Ray and his staff...☺)

## Kiwanis Meeting(s):

Every Tuesday at 10 a.m.  
Edmonds Senior Center  
220 Railroad Ave. Edmonds

OR

First Tuesday at 6:30 p.m.  
Shoreline Windermere\*\*  
900 N 185th St, Shoreline

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

Susan Henry (206)-755-1231  
Scott Phariss (206)-542-9818  
Juliana Van Buskirk (425)-776-2870

## Tuesday Programs:

- 03: Gloria Smith - Eliminate (tetanus) Project.
- 10: Cruising the Holland America way!!!
- 17: Bruce Raine - Economic forecast for the next decade.
- 24: John Sessions - Historic Flight Foundation

## GREETERS:

- 03: Penning
- 10: Phariss
- 17: Rutter
- 24: Rutledge

## CALENDAR of EVENTS:

- 17: Board Meeting  
8:30 - SCC Library
- 17: ANNUAL BUSINESS MEETING
- 22: Kiwanis ONE DAY....Members volunteer on projects of choice this day.
- 26: Kiwanis Citizen of the Year - Chamber of Commerce Banquet
- 28: Lynnwood Kiwanis Fund Raiser & Spaghetti dinner at N Shore Senior Center.

## CELEBRATIONS:

- 03: Karl Lundberg
- 05: Duane Penning
- 17: Frank Suhara
- 22: Juliana Van Buskirk

## MAY PROGRAM TEAM:

Captain: George Murray  
Suhara, Ault, Taylor, Rutledge

Have a program in mind?  
contact George.

## What are Empty Calories?

### Think twice before filling up on sugar and unhealthy fat.

You probably already know that large amounts of soda and sweets can wreak havoc on your health, but do you know one of the main reasons why? Empty calories. According to the United States Department of Agriculture (USDA), empty calories are calories from solid fats and/or added sugars. These ingredients add calories to food, but few or no nutrients. By learning about empty calories, you can make better food and drink choices.

The USDA **defines solid fats** as fats that are solid at room temperature such as butter, beef fat and shortening (unlike the more healthy fats like olive and canola oils, which are liquid at room temperature). Solid fats can be found naturally in foods or added when foods are processed or prepared. **Added sugars** can take many forms (sucrose, dextrose, fructose, corn syrup, for example) and are added when foods or beverages are processed or prepared.

Robert D. Sheeler, MD, medical editor of the Mayo Clinic Health Letter, points out that empty calories are, unfortunately, a major part of many people's diets in America. "Americans tend to eat vast quantities of empty calories. While we run from soccer games to basketball practices with our children, or work long hours at the office, we often grab whatever is at hand in the machines or at convenience stores and fast-food restaurants." According to Sheeler, foods and drinks containing large amounts of empty calories keep us from getting valuable vitamins, minerals and micronutrients. These nutrients, such as iodine and iron, help maximize human growth and development. Here are some foods and drinks that Dr. Sheeler recommends avoiding:

\* White bread and most pasta: Most of the nutrients and fiber are processed out of these products, or sometimes artificially added back in. Opt instead for whole-wheat pasta and whole-grain bread (with at least two to fourgrams of fiber per slice)

\* Hard candy: Usually pure sugar with zero nutrients

\* Cookies and ice cream: High sugar, high fat – very little nutrition

\* Soda (regular): Very high sugar content, zero nutrients

\* Fried potatoes: Baked and roasted potatoes are good in moderation, thanks to their potassium content, but potatoes fried in oil are bad news for your body

The USDA also suggests avoiding these foods, as well as products like sausages, hot dogs, bacon and ribs (due to high volumes of solid fat). The good news, however, is that many of these items come in varieties with little or no solid fat and/or added sugar. Try chicken or turkey sausage, or low-fat hot dogs, for a healthier indulgence.

**Bon Appetite!!!**

## Parting Thoughts re Dick "Swede" Lunstrum

(Thanks to members sharing memories of Dick)

I was born in Boise and when we went to visit my mom who still lived their, we would stay in a hotel that was located almost on the spot where the Dick grew up on their family farm. We also went to the same grade school, although quite a few years apart. I am on the set-up committee for the Tue meetings and when I got their at the set up time, Dick had already set up the tables and chairs. Ray, Dick and I would then visit until he left to continue is morning walk before the meeting started. We would talk about everything from the war to his place in Mexico to how his vision was going. He always enjoyed our picnic in July and our breakfasts at the Pancake Haus. Ray or I would read the menu to him as that was easier than him trying to read it in that back room. He always seemed to appreciate that. I'm really glad he got to our Crab Feed last Jan and it was nice meeting one of his son's and daughters-in-law.

I will miss him.

CLAYNE

Dick was pilot with over 40 missions over Germany (P-38 or P-39s) during WW!! As a Kiwanian he came early and set up tables and chairs for meetings for a long time. He also provided buckets of KFC chicken for our annual spring picnics. For the last couple of years he rode weekly with Bob Brown to the Northwest Harvest to get produce for the Food Bank each week. He was also a member of VFW although I did not see him at the meetings for a year or two. When he could no longer drive due to blindness he readily took to public transportation and went many places independently. Dick was very special person and I admired him for many reasons.

DEXTER

I found him to be a generous and interesting man. Although he didn't always attend the meetings he still arrived early in the morning to help set up for the meetings. He also was willing to provide space in his home for all the signs and goodies for our projects Please convey my sympathies to his family.

TED

Frank said that what he recalls is that Dick was always helpful in a quiet way; for example, he helped Ray Roe with the pre-meeting set-up; he never seemed to expect recognition for that...he just did it.

Every Tuesday morning after Dick was through setting up the chairs and tables for the Kiwanis meeting, he and I would draw up a couple of chairs facing the window and look out at the Sound. There we would talk about our experiences in WWII, and airplanes in general.

One day I asked Dick how it felt about flying the P-51. I will never forget his reply. "You take a young farm boy used to driving around in Model "A" and put him in a plane with all that power, point it up to the sky and climb to the heavens, the feeling was just fantastic!!

MATTY

Dick was always a willing worker...usually he would do the job and then mysteriously disappear. He was not one for much small talk BUT he sure loved chatting about his experiences. Because of our common Scandinavian heritage, I loved to hear his tales and adventures growing up and while a pilot...his story of flying P-51's to Sweden, meeting the king, and dining in the hall where the Noble Prizes are awarded was of special interest. I always got the sense that while he appeared to be a no nonsense old Swede...he had a good heart, coupled with dark Scandinavian humor, and a desire to help those less fortunate. I will miss seeing Dick walking around Edmonds...at a quick pace, always tan and fit. Must have been the herring or lutefisk☺. He was a good man to have known. His life was well lived and we will not soon forget the "Flying Swede."

PAUL



**KEY CLUB NEWS:**

**MEADOWDALE HIGH SCHOOL:**

Advisor: Elizabeth Cano  
Kiwanis Contact: Rachel Bell  
Meeting Time: **7:15 am, Wednesdays**

**Club Officers:**

President: Racheal Lee  
Vice President: June Woo  
Treasurer: Sami Piercy  
Secretary: Kelsey Barnes  
Bulletin Board: Andrea Kang

**FUND RAISING PROJECT:**

**WORDS TO LIVE BY**

“Fame is a vapor,  
popularity an accident,  
and riches take wings.  
Only one thing endures,  
and that is character.”  
Horace Greeley

**EDMONDS - WOODWAY HIGH SCHOOL:**

Advisor: Wendy Priest  
Kiwanis Contact: Dick Cassutt  
Meeting Time: **7:00 pm, Tuesdays**

**Club Officers:**

President - Hao Nguyen  
Treasurer - Aly Adams  
Secretary - Andrea Gonzalez  
Historian - Stephanie Iam  
Vice Pres. - Caroline Phillips  
Vice Pres. - Nayeli Pena  
Vice Pres. - Morgan Hopper  
Vice Pres. - Kamryn Hinrichs

**Key Club Coming Events:**

**April 7** - Easter in the Park (5th year)  
Members will play the Easter Bunny and help distribute candy, etc.  
**April 14** - Seattle Center Japanese Cherry Blossom Festival. Key Club will help with the children's activities.  
**June 10** - "Relay for Life" (support cancer research) at the Edmonds Stadium.

**DID YOU KNOW???**

The first Kiwanis clubs were organized to promote the exchange of business among the members. However the members were distributing Christmas baskets to the poor.

A lively debate ensued between those who supported community service as the Kiwanis mission and those who supported the exchange of business. By 1919, the service advocates won the debate.

**SERVICE to the Community:** Something to be proud about as we carry on the tradition and mission of KIWANIS.



**Edmonds Kiwanis Officers:**

President: Clayne Leitner (206)-542-6351  
Pres. Elect: John Rutter (425)-778-6502  
V.Pres.: Ray Ault (425)-771-3886  
Secretary: Paul Jacobson (425)-771-8949  
Treasurer: Billy Joe Roberts (425)-778-1843  
Past Pres.: Mary Lou Kantor (425)-712-8085

**Edmonds Kiwanis Board:**

Susan Henry (206)-755-1231  
George Murray (425)-672-9004  
Scott Phariss (206)-542-9818  
Duane Penning (206)-715-8837  
Shirley Elliot (425)-778-0756  
Dick Cassutt (425)-967-5345  
Juliana Van Buskirk (425)-776-2870

**PNW Division 22:**

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

**THINK ABOUT IT**

“Worry is like a rocking chair:  
It gives you something to do but  
never gets you anywhere.”  
Erma Bombeck

**KIWANIS CITIZEN OF THE YEAR:**

Juliana reported that the process for acquiring nominations for 2012 Kiwanis Citizen of the Year is well underway. Nominating forms are being handed out at various service clubs and ads will be run for several weeks soliciting community input. The cutoff date is April 15th. The selection committee will make their selection and make needed preparations for the April 26th award luncheon.

Do you want to recognize someone that has made significant contributions to the Edmonds community?

**Submit your form now.**

**Being “REAL” in Life:  
The Key to Your Success.**

**Relationships:**

The greatest skill needed for success is the ability to get along with other people. It impacts every aspect of a person's life. Your relationships will make or break you.

**Equipping:**

One of the most significant lessons I have learned is that those closest to you determine the level of your success. If your dreams are great, you achieve them only with a team.

**Attitude:**

People's attitudes determine how they approach life day to day. You attitude, more than your aptitude, will determine your altitude.

**Leadership:**

Everything rises and falls on leadership. If you desire to lift the lid on your personal effectiveness, the only way to do it is to increase your leadership skills.

John Maxwell

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



**We need your help to  
make our community a better place!!!**

Kiwanis is made-up of service-minded men and women who are interested in doing volunteer work to improve their communities.

We are young people, Generation X and Baby Boomers alike. To become a Kiwanian is to become an active volunteer, a member of a respected international organization, a leader in your community and a friend to people in need.

There are many reasons to become a member. As a Kiwanian, you'll:

- Help your community and gain valuable skills
- Make an impact on people's lives – children locally and internationally
- Learn to be a leader – and lead a respected organization
- Network with business people in your community and around the world
- Energize your life and have fun
- Share your Passion with others

You'll grow personally and professionally. And you'll know that the community volunteer work you perform is worthwhile and appreciated. Right now we are launching a children cancer program with a vision to have the world free of childhood cancer. **We need your help to make a difference.**

For more info contact John Rutter at (425)-778-6502, Paul Jacobson (425)-771-8949 or Scott Phariss (206)-542-9818 for the **"Tuesday Night Crew"**.

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**Juliana Van Buskirk**  
Financial Advisor  
313 Main Street  
Edmonds, 776-2870

and  
**Alan E. Lawrence**  
Financial Advisor  
107 5<sup>th</sup> Ave North,  
Edmonds, 670-1988

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**Shepherd & Shepherd  
Attorneys**

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Edmonds, 776-1155

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