



"TIDAL TALES"

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

***A MONTH OF OPPORTUNITIES
...TO SERVE!!!***

YMCA - Kiwanis Club of Edmonds

(June 8th)

"Bike Rodeo and Bike-A-Thon"



The Dale Turner Family YMCA and the Kiwanis Club of Edmonds are sponsoring an event, to promote bicycle safety and raise funds for helmets, via a bike rodeo and bike-a-thon. The event will be held at the Edmonds Civic Center Playfield at 6th N. and Bell. This will be a fun-filled time of entertainment, carnival games, face painting, crafts, prizes AND biking!!!

The Rodeo events will begin at 10:00am and the Bike-A-Thon will kick off at 11:00 and all participants will have a designated time to ride based on their age groups. All funds raised by pledges will be used to buy new helmets for local students.

Let's be sure that we have a good number of "Blue Coats", out there assisting on this wonderful opportunity, to show the community Kiwanis is action....serving the children of our community. (NOTE: This event is another project from the Tuesday PM Crew©)

For more information on how you can help,
 contact Maura at mparkhurst@seattleyymca.org
 OR Susan at susan.henry@wafd.com

EDMONDS CITIZEN OF THE YEAR:



Bill Brayer

This year's Citizen of the Year is Bill Brayer, founder of MS Helping Hands Donor Closet. This seat of the pants and most effective non profit organization, founded by Mr. Brayer in 1999, was established to assist folks suffering from MS in Washington state. Services have grown every year since inception and serves not only MS sufferers but those that special needs that the Closet can assist. Bill has talked to our group on a couple of occasions and his story, how he has dealt with MS, is one that inspires us to do what we can do in our community...with great passion.

Congratulations Mr. Brayer!!!

Kiwanis Meeting(s):

Every Tuesday at NOON

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

OR

JUNE 4th 6:30 pm

Shoreline Windermere**

900 N 185th St, Shoreline

****For additional information contact:**

Scott Phariss (206)-542-9818

Susan Henry (206)-755-1231

TUESDAY PROGRAMS:

- 04: Kathy Clift: Principal, Scriber Lake
"Just What is Scriber Lake High"**
- 11: Carrie Hite: Director Parks, Recreation
and Cultural Services Dept.**
- 18: Jenni Lamarca, Snohomish PUD
Educational programs for children**
- 25: Michele Reitan: Cedar Valley
Opportunities to help childrer.**

CALENDAR of EVENTS:

May 31 - June 2: Waterfront Festival

04: Foundation Annual Meeting

08: YMCA-Kiwanis Bike Rodeo

10 am - 1 pm

Edmonds Civic Field

08: Lynnwood 50th Anniversary Party

10 am, Embassy Suites

08: CLE Training, Burlington

18: Board Meeting, Pancake Haus

10:30 am.

26: Strawberry Pickup / Distribution

Upcoming Events of Note:

July 16: Picnic in the Park

July 30: Edmonds Night Out

Aug. 9-11: Taste of Edmonds

Oct. 5: Installation/Founder's Banquet

CELEBRATIONS:

01: Tom Hawley

03: Lloyd Keiley

12: Dick Cassutt

22: Ann and John Rutter

JUNE PROGRAM TEAM:

Captain: John Rutter

(425-778-6502)

Elliot, Kantor, Roberts

“Some Thinking on Doing”

“It is one of the most beautiful compensations of life, that no man can sincerely try to help another without helping himself.”

Ralph Waldo Emerson

“To do more for the world than the world does for you - that is success.”

Henry Ford

“Do all the good you can, and make as little fuss about it as possible.”

Charles Dickens

NEW MEMBERS

Added to the Kiwanis Team.



Recently Tom Hawley transferred to our club from Mukilteo. Tom was formally voted into the club along with two brand new members, Chris Williams and John Jacobson. Tom and Chris both have long histories with Kiwanis...and we are glad to have them join us. John has been a long time “visitor” and “helper” with the Tuesday Night Crew and has finally decided to formally join Kiwanis.

We welcome our new team mates and look forward to working with them as we strive to help the children in our community.

TEAMWORK?



All Pulling Together
Moving ahead Together

Talking about “team“...brings to mind “teamwork” or how the work of the Kiwanis team is best accomplished.

“TEAMWORK is the ability to work together toward a common vision.

The ability to direct individual accomplishments toward organizational objects.

It is the fuel that allows common people to attain uncommon results.”

Remember...”There is no “I” in Team.”

Health Benefits of Strawberries:

Strawberries boost immunity

“Strawberries are an excellent source of vitamin C,” says Toronto-based registered dietitian Madeleine Edwards. Most mammals—except for humans—have the ability to produce vitamin C naturally, which is why it’s so important to get your daily requirement. “One serving of strawberries contains 51.5 mg of vitamin C—about half of your daily requirement,” Edwards says. “Double a serving to one cup and get 100 percent.” Vitamin C is a well-known immunity booster, as well as a powerful, fast-working antioxidant. A 2010 UCLA study discovered that the antioxidant power in strawberries becomes “bioavailable” or “ready to work in the blood” after eating the fruit for just a few weeks.

Strawberries promote eye health

The antioxidant properties in strawberries may also help to prevent cataracts—the clouding over of the eye lens—which can lead to blindness in older age. Our eyes require vitamin C to protect them from exposure to free-radicals from the sun’s harsh UV rays, which can damage the protein in the lens. Vitamin C also plays an important role in strengthening the eye’s cornea and retina. While high doses of vitamin C have been found to increase the risk of cataracts in women over 65, researchers from the Karolinska Institutet in Stockholm note that the risk pertains to vitamin C obtained from supplements, not the vitamin C from fruits and vegetables.

Strawberries help fight cancer

Vitamin C is one of the antioxidants that can help with cancer prevention, since a healthy immune system is the body’s best defense. A phytochemical called ellagic acid—also found in strawberries—is another. “Ellagic acid has been shown to yield anti-cancer properties like suppressing cancer cell growth,” says Edwards. “Strawberries [also] contain antioxidants lutein and zeaxanthins. Antioxidants are scavengers to free-radicals and neutralize the potentially negative effect they can have on our cells,” she says.

Strawberries keep wrinkles at bay

The power of vitamin C in strawberries continues, as it is vital to the production of collagen, which helps to improve skin’s elasticity and resilience. Since we lose collagen as we age, eating foods rich in vitamin C may result in healthier, younger-looking skin. But vitamin C isn’t the only naturally-occurring wrinkle fighter found in strawberries. Researchers at Hallym University in the Republic of Korea concluded that ellagic acid visibly prevented collagen destruction and inflammatory response—two major factors in the development of wrinkles—in human skin cells, after continued exposure to skin-damaging UV-B rays.

Strawberries reduce inflammation

The antioxidants and phytochemicals found in strawberries may also help to reduce inflammation of the joints, which may cause arthritis and can also lead to heart disease. A study conducted by the Harvard School of Public Health shows that women who eat 16 or more strawberries per week are 14 percent less likely to have elevated levels of C-reactive protein (CRP)—an indication of inflammation in the body.

Strawberries regulate blood pressure

Potassium is yet another heart healthy nutrient, and with 134 mg per serving, strawberries are considered a “medium source,” according to Alberta Health Services. Potassium can help regulate blood pressure and may even help to lower high blood pressure by acting as a buffer against the negative effects of sodium. With their impact on the reduction of LDL, inflammation and high blood pressure, strawberries have earned the title of one of the most heart-healthy fruits you can eat.

(Extracted from BEST HEALTH web site.....<http://www.besthealthmag.ca>)



KEY CLUB NEWS:

MEADOWDALE HIGH SCHOOL:

Advisor: Bill Hummel
Kiwanis Contact: Elwin Wright
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

KIWANIS SCHOLARSHIPS UPDATE:

Scholarship application packages have been distributed to Edmonds-Woodway, Meadowdale, and Scriber Lake high schools. Students at each school have the opportunity for 2-\$500 scholarships. The scholarship committee, George Murray, Dick Cassutt and Elwin Wright will be reviewing applications and announcing awards next month.

Edmonds Waterfront Festival
May 31 - June 2



When the tall ships arrive, you know it is that time of year once again; time for the Edmonds Waterfront Festival where we are afforded the opportunity to assist and bolster our project funds.

Already, we have a team of Kiwanians that have taken the challenge to once again assist with parking and traffic control at the festival.

PLEASE mark your calendar with days/times
YOU will be working.
Thanks for your support.....



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)-778-2870
Mary Lou Kantor (425)-712-8085

PNW Division 22:

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

THE "A" IN KIWANIS :



"A" stands for ACTION ..."

Kiwanis members get involved with their communities. When they see a need they take action. Working together, Kiwanis members achieve what one person cannot accomplish alone. We believe that helping a child helps the world. When you give a child a chance to learn, experience, dream and succeed great things happen!

ANNUAL MEETING RESULTS:

Our annual business meeting was held May 7th to fill out the slots that were open for V.P. and 4 board members. Here are the officers and board members for the 2013-14 year.

Edmonds Kiwanis Officers:

President: Ray Ault
Pres. Elect: Harold Huston
V.Pres.: George Murray
Secretary: Paul Jacobson
Treasurer: Billy Joe Roberts
Past Pres.: John Rutter

Edmonds Kiwanis Board:

Juliana Van Buskirk
Mary Lou Kantor
Duane Penning
Dick Cassutt *
Shirley Elliot *
Clayne Leitner *
Maura Parkhurst *
(* Two year term)

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

**Kiwanis Club of Edmonds
Charitable Foundation News**
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

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.

BERRY SALES



Strawberries in June!!!

Berry Order Forms are now available from Clayne
Leitner (206-542-6351) or on the Kiwanis Club of
Edmonds web site.

(Remember, all berries are pre-ordered and paid in advance.)

Fresh Strawberries are sliced and packaged in their
own juice, w/no sugar added,
in a 15 pound pail.

Cost is \$33.00/pail

**Berries will be delivered to the Senior Ctr. Parking
lot on June 26th from 2-5:30 pm.**

Strawberries aid in weight management

Maintaining a healthy weight is one of the best
defenses against type 2 diabetes and heart disease,
not to mention just plain good for your overall well-
being. "Strawberries are naturally low calorie
(around 28 kCal per serving), fat-free and low in both
sodium and sugar," says Edwards. "Strawberries do
contain natural sugars—though total sugars are fairly
low with 4 grams per serving—and the total
carbohydrate content is equivalent to less than a half
slice of bread. Triple your serving to 1.5 cups and
you'll have a snack that's less than 100 calories—and
much healthier than those pre-packaged 100-calorie
snacks!"

See page 2 for more health benefits.

Kiwanis Club of Edmonds: Tidal Tales

**ARISTA WINE
CELLARS**

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

**ADVANCED HEARING
SYSTEMS**

Ray Ault
104 5th Ave N
Edmonds, 771-3886

DAYTON DENTAL

Dr. Matthew Flugstad
555 Dayton St.,
Edmonds, 672-7272
"A beautiful smile,
a beautiful life"

**EDWARD JONES
INVESTMENT**

"Making Sense of Investing"

Juliana Van Buskirk
Financial Advisor
313 Main Street
Edmonds, 776-2870
Alan E. Lawrence
Financial Advisor
107 5th Ave North,
Edmonds, 670-1988

**WINDERMERE
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(206-931-9027)
900 N 185th St.
Shoreline,
206-546-5731

"Creating thriving communities"

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Lynnwood, 775-2424
"The Solution for all your Collision
Repair Needs"

"In helping others, we
shall help ourselves, for
whatever good we give out
completes the circle and
comes back to us."

Flora Edwards

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**

405 5th Ave South
Edmonds, 771-1234
"Restlawn Memorial Park"

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WASHINGTON**

202 5th Ave South,
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COVERING**

542 Main St.,
Edmonds, 778-1121

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"Are you in good hands?"