



"TIDAL TALES"

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

January, 2011

What Do We Resolve???

A new year traditionally has prompted some to make resolutions of change, frequently centering around "self improvement" such a diet, curtailing frivolous spending, reading more, watching TV less, or exercising.

Another area of "self improvement" to consider, as members of Kiwanis, is... "what can we improve upon in the coming year?" Are we satisfied with what we are doing or can we be more influential in our community service? A better question might be... "are you satisfied?"

If you have any suggestions on how we can be more effective, PLEASE bring it to the board. Let's make 2011 a year of re-energizing!!!

"Men do less than they ought,
unless they do all they can."
Thomas Carlyle

Christmas Brunch:



Our Christmas brunch was well attended and it sure sounded like every-one was having a good time connecting with our guests. We were surprised by officers of the Edmonds-Woodway Key Club and advisor Wendy Priest: they sang a number of fun and upbeat Christmas songs that certainly were enjoyed and helped to set the tone for this celebration brunch.



Oh yes, our **"Christmas Project"** was a great success, thanks to the generous members who brought bags of groceries and or made cash donations for the Edmonds Food Bank. **Bottom line: 275 pounds of food and \$195 to help the hungry in our community.**

Crab Feed :

Remember...the Crab Feed is coming up this month and we will need all the help, from members and volunteers, to make this another successful fund raiser. **Questions? Check with John Rutter now!!!**

Weekly Kiwanis Meeting:

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

Visitors Welcome!!!

JANUARY PROGRAMS:

January 4: **Lt. Governor Gloria Smith**
Official Red Coat visit.

January 11: **Teresa Wipple**, Pub/Editor
"myedmondsnews.com"

January 18: **Art Unruh**, WWII Historian
and flying specialist.

January 25: **Master Dong Lee**,
Philanthropy through Martial Arts

Feb. Program Captain:

Buck Weaver 425 - 774 - 3568
Suhara, Taylor, Rutledge, Ault

GREETERS:

4th: Cardle 11th: Cassutt

18th: Dooley 25th: Elliot

9:30 Duty - time!!!

CELEBRATIONS

2nd Mary Lou and Bill Kantor

5th Bonnie Phariss

30th Rachel Bell

"Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude."

Thomas Jefferson

Are You Cooking the Health Out of Your Food?

Richard E. Collins, MD, South Denver Cardiology Associates

Inflammation is the body's natural, temporary, healing response to infection or injury. But if the process fails to shut down when it should, inflammation becomes chronic -- and tissues are injured by excess white blood cells and DNA-damaging free radicals.

Result: Elevated risk for heart disease, cancer, diabetes, osteoporosis, arthritis and other diseases.

Bottom Line/Women's Health asked Richard E. Collins, MD, "the cooking cardiologist," how to prevent chronic inflammation.

His advice: Follow a diet that is rich in immune-strengthening nutrients... and use cooking techniques that neither destroy food's disease-fighting nutrients nor add inflammatory properties to it.

SMART WAYS WITH VEGETABLES

Deeply colored plant foods generally are rich in antioxidants that help combat inflammation by neutralizing free radicals.

Examples: Healthful flavonoids are prevalent in deep yellow to purple produce... carotenoids are found in yellow, orange, red and green vegetables.

Exceptions: Despite their light hue, garlic and onions are powerful antioxidants. Unfortunately, these nutrients are easily lost.

For instance: Boiling or poaching vegetables causes nutrients to leach into the cooking water -- and get tossed out when that potful of water is discarded. The high heat of frying causes a reaction between carbohydrates and amino acids, creating carcinogenic chemicals called *acrylamides*. And even when healthful food-preparation techniques are used, overcooking destroys nutrients. *Better...*

Microwave. This uses minimal water and preserves flavor (so you won't be tempted to add butter or salt). Slightly moisten vegetables with water, cover and microwave just until crisp-tender.

Stir-fry. In a preheated wok or sauté pan, cook vegetables over medium-high heat for a minute or two in a bit of low-sodium soy sauce.

Steam. This beats boiling, but because steam envelops the food, some nutrients leach out. To "recycle" them, pour that bit of water from the steamer into any soup or sauce.

Stew. Nutrients that leach from the vegetables aren't lost because they stay in the stew sauce.

Roast. Set your oven to 350°F or lower to protect vegetables' nutrients and minimize acrylamides.

BEST METHODS FOR MEAT

When beef, pork, poultry or fish is roasted at 400°F or higher, grilled, broiled or fried, it triggers a chemical reaction that creates inflammatory *heterocyclic amines* (HCAs) -- especially when food is exposed to direct flame and/or smoke. At least 17 HCAs are known carcinogens, linked to cancer of the breast, stomach, colon and/or pancreas. **Safest:** Roast meat, poultry and fish at 350°F. Avoid overcooking -- well-done meats may promote cancer. Also, be sure to avoid undercooking to prevent food poisoning.

If you love to grill: Buy a soapstone grilling stone, one-and-a-quarter inches thick and cut to half the size of your grill. (Stones are sold at kitchen-counter retail stores and at Dorado Soapstone, 888-500-1905, www.DoradoSoapstone.com). Place it on your grilling rack, then put your food on top of it. Soapstone heats well, doesn't dry out food and gives the flavor of grilling without exposing food to direct flames or smoke.

If you eat bacon: To minimize HCAs, cook bacon in the microwave and take care not to burn it.

THE RIGHT COOKING OILS

Do you cringe when the Food Network chefs sauté in unrefined extra-virgin olive oil? You should. This oil has a very low smoke point (the temperature at which a particular oil turns to smoke) of about 325°F -- and when oil smokes, nutrients degrade and free radicals form.

Best: Sauté or stir-fry with refined canola oil, which has a high smoke point. Or use tea seed cooking oil (not tea tree oil) -- its smoke point is about 485°F.

Try: Emerald Harvest (www.Emerald-Harvest.com) or Republic of Tea (800-298-4832, www.RepublicofTea.com).

Rule of thumb: If cooking oil starts to smoke, throw it out. Use a laser thermometer (sold at kitchenware stores) to instantly see oil temperature -- so you'll know when to turn down the heat.

Bottom Line/Women's Health interviewed Richard E. Collins, MD, director of wellness at South Denver Cardiology Associates in Littleton, Colorado. He is board-certified in cardiology and internal medicine, has performed more than 500 cooking demonstrations nationwide and is author of "The Cooking Cardiologist" (Advanced Research) and "Cooking with Heart" (South Denver Cardiology Associates). www.TheCookingCardiologist.com

Dictionary Distribution 2010:

Final Project Report

In November, Project Leader Elwin Wright and his "dictionary strike team" distributed 158 dictionaries at Seaview, Edmonds, and Chase Lake elementary schools. Assisting Elwin were Shirley, Ted, Clayne, and Dick.

December 15th, the team descended on Sherwood elementary and distributed the final 67 books. Elwin's helpers were John, Shirley, Dick, Dexter and Ruth, Buck, and Mary Lou.

This brings the project total to over 400 dictionaries distributed this year.... A "Great Job", thanks to the tireless efforts of Elwin and folks that took the time to assist.

Edward Jones Sponsorship:



Alan and Juliana

Participating in Edmonds Halloween

Alan Lawrence of Edward Jones, a long time supporter of our club, has teamed up with Kiwanis member and Edward Jones Financial Advisor Juliana Van Buskirk to help with yet another year promoting our mission via Tidal Tales.

Do you need financial consultation regarding your investments and retirement? Contact Alan and Juliana to help you in "Making Sense of Investing". Edward Jones is top rated by J.D. Powers and Associates. (see ad on page 4)



KEY CLUB NEWS:

Edmonds - Woodway:

Advisor: Wendy Priest

Kiwanis Contact: Dick Cassutt

Meeting Time: 7:00 pm, Tuesdays

Club Officers:

President: Jenna Toney
Vice President: Kristen Kendall
Vice President: Kaylee Park
Vice President: Ai Phuong Tong
Vice President: Khanh Phuong Tong
Secretary: Kelli Blechschmidt
Treasurer: Amy Maddox
Historian: Amanda Halverson
Historian: Gaya Nagendiran



Edmonds Kiwanis Officers:

President: Elwin Wright (425)-776-2892
Pres. Elect: Clayne Leitner (206)-542-6351
V.Pres.: John Rutter (425)-778-6502
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
Eleanor Taylor (425)-774-5376
Ray Roe (206)-542-2913
Juliana Van Buskirk (425)-670-1988

PNW Division 22:

Lt. Governor: Gloria Smith (425)-742-2152
 (JackandGloria@comcast.net)



Trauma Dolls Project:

Recently, the E-W Key Club created and handed out 100 "Trauma Dolls" at Children's Hospital. A thoughtful Holiday gift!

Participants: Kirsten Kendall, Jenna Toney, Kaylee Park, Amy Maddox, Ai Phuong Tong, Khanh Phuong Tong, advisor Wendy Priest and Dick Cassutt.

Meadowdale:

Advisor: Elizabeth Cano

Kiwanis Contact: Rachel Bell

Meeting Time: 7:15 am, every other Tuesday

Club Officers:

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

"CATCH-UP" NEWS

In October, Meadowdale Key Club raised over \$200 for Unicef in the "Trick or Treat" for Unicef campaign.

On the 30th, 4 Key Club members helped out at the Edmonds Log Cabin Event.

On November 19th, 3 Key Club members helped out at TOP Foods, collecting for the Edmonds Food Bank.

Calendar of Events :

Jan. 1: New Years

Jan. 15: 42nd Annual CRAB FEED
Northshore Senior Ctr. Bothell

Jan 18: Kiwanis Board Meeting
8:30-ESC Library

KIWANIS CLUB of EDMONDS

OUR SERVICE, OUR COMMITMENT,

OUR PROJECTS

Young Children: "Priority One"

"Little Red School House"

Activity Supplies, Meadowdale Pre-School

"WithinReach"

"Delta Foundation"

Youth Services

Edmonds-Woodway High School Key Club

Meadowdale High School Key Club

"Children's Hospital"

"Louis Braille School"

"Clothes for Kids"

Bicycle Safety Helmets

Student Dictionary Project

"Dale Turner" YMCA

Community Service

Edmonds Food Bank

South County Senior Center

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

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

**Richmond Beach
Rehab.**

An AVAMERE community
19235 15th Ave. NW
Shoreline
206-546-2666

*“To Enhance the life
of every person we serve.”*

**ALDERCREST AUTO
REBUILD**

2415 196th SW
Lynnwood, 775-2424
“The Solution for all your
Collision Repair Needs”

**RELIABLE FLOOR
COVERING**

542 Main St.,
Edmonds, 778-1121

**Shepherd &
Shepherd Attorneys**

112 3rd Ave South,
Edmonds, 776-1155

WALNUT ST. COFFEE

410 Walnut St.,
Edmonds 774-5962
“Your neighborhood coffee shop”



**KIWANIS CLUB OF EDMONDS Presents:
The 42nd ANNUAL CRAB and SPAGHETTI FEED**

When: January 15th, 2011
Where: Northshore Senior Center
10201 East Riverside Drive, Bothell, WA
Time: Doors open at 6:00 PM
Dinner: 7:00 PM (includes Garlic Bread, Salad,
Spaghetti, Dungeness Crab, Beer and Wine.)
Music: 8:00 PM (music by Carousel Revisited)
**Door Prizes
and Raffle:** Intermission Time
Cost: \$37.50 per person

For additional information / purchase of tickets, please contact:
John Rutter: 425-778-6502 or jrutterjr@frontier.com
Mary Lou Kantor: 425-712-8085 or marylouk@frontier.com

Proceeds go to the support of Kiwanis programs
for the children of the community and the world.



Kiwanis International is a global organization of volunteers dedicated to changing the world one child and one community at a time. Kiwanis and its youth-oriented Service Leadership Programs serve communities in more than 80 countries and geographic areas.

Founded in 1915 in Detroit, Michigan, Kiwanis International now comprises 600,000 members —

**BECK'S
FUNERAL HOME**

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

ARNIE's Restaurant

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

**ALLSTATE
INSURANCE**

Mike McGinness
Main Street Insurance
214 Main Street
Edmonds, 774-4488
“You're in good hands”

**SWEDBERG EYE
CARE**

Ophthalmology Clinic
Dr. Steven H. Swedberg,
MD
21827 76th Ave. W.
Suite 102
Edmonds, 778-2500

**GARDEN COURT
Retirement Community**

“A Home With a Heart”
520 112th St. SW
Everett, 438-9080

**EDWARD JONES
INVESTMENT**

“Making Sense of Investing”
Juliana Van Buskirk
Financial Advisor
313 Main Street
Edmonds, 776-2870

and
Alan E. Lawrence
Financial Advisor
107 5th Ave North,
Edmonds, 670-1988

**The Bank of
Washington**

202 5th Ave South,
Edmonds, 776-2265
“Quality Local Banking”