



**EDMONDS KIWANIS**

# “TIDAL TALES”

“Changing the world one child and community at a time.”

October, 2010

## “Kiwanis New Year”

With October comes a “new year” for Kiwanis; we have new officers and board members, a new lease on life, new opportunities to excel and new hope for a better tomorrow for the children of our community and the world. However, the constants in our Kiwanis’ life are the “Six Objects”, listed below.

- **To give** primacy to the human and spiritual rather than to the material values of life.
- **To encourage** the daily living of the Golden Rule in all human relationships.
- **To promote** the adoption and the application of higher social, business, and professional standards.
- **To develop**, by precept and example, a more intelligent, aggressive, and serviceable citizenship.
- **To provide**, through Kiwanis clubs, a practical means to form enduring friendships, to render altruistic service, and to build better communities.
- **To cooperate** in creating and maintaining that sound public opinion and high idealism which make possible the increase of righteousness, justice, patriotism, and goodwill.

Special thanks to Mary Lou Kantor for her leadership and vision over the past year. Now it is time to support Elwin Wright as he takes over club leadership.

“Let us not grow weary in well doing.”

## DICTIONARY DISTRIBUTION MONTH:

Distribution of dictionaries to elementary school children started in South Carolina about a decade ago. It has rapidly grown to a very well received service project throughout the United States. With the Kiwanis motto being “Serving The Children of The World”, this project is an ideal fit for our club!

“Mr. Dictionary”, Elwin Wright, advises that this year our club will be handing out around 370 dictionaries to each 3<sup>rd</sup> grader at the 7 elementary schools in Edmonds: Maplewood, Madrona, Chase Lake, Sherwood, Seaview, Edmonds, and Westgate. Students will also receive a “Kiwanis” pen and a bookmark.

The books are the student's "very own". Research found that third grade was an appropriate level for such a project. Though the children are developing their reading skills, they are also expanding their interest and curiosity about words. The dictionaries are presented as a "learning tool".

Elwin is currently making scheduling arrangements for distribution in October. He will need help from 2 or 3 club members at each site. So if you are interested in this service project, please contact Elwin.

## Weekly Kiwanis Meeting:

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

VISITORS ALWAYS WELCOME.

## OCTOBER PROGRAMS:

Oct. 5: Ken Gaydos - “International Chaplin’s Ministry”

Oct. 12: Joell Coltrane - “Mentoring Children of Promise”

Oct. 19: Todd Bishop - “TECHFLASH”-Seattle’s Technology News Source.

Oct. 26: Jeff Stilwell - “Edmonds Mural Society”  
(Painting on the wall is okay!!!)

## Nov. Program Captain:

Elwin Wright: 425-776-2892  
Buchanan, Kosola  
Phariss, Bell, Hinze

## GREETERS:

5th: Morris 12th: Murray  
19th: Penning 26th: Phariss  
9:30 Duty - time!!!

## CELEBRATIONS

08: Susan Henry  
28: Ruth Roberts

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“Success is the sum of small efforts, repeated day in and day out.”

Robert Collier  
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## FOOD DRIVE UPDATE:



**Helpers at work: Ray, Dick and Maddy**

Phase 2(of 3) of our fall food drive was completed the weekend of Sept. 24th. Volunteers, including Key Club members from Edmonds-Woodway High, collected 663 pounds of food and \$750 for the Edmonds Food Bank. **This brings our totals to 1,352 pounds and \$1,610.**



**Kristen, Erika and Juliana: On duty and having fun!!!**

The final weekend drive will be held on **Oct. 8, 9, 10** at TOP Foods. **See Ted to get your favorite shift.**

**“People who are unable to motivate themselves must be content with mediocrity, no matter how impressive their other talents.”**

Andrew Carnegie

## ALLSTATE INSURANCE RE-UPS:

Mike McGinness of Main Street Insurance, the downtown ALLSTATE office, has committed to another year of support of our club. We appreciate Mike’s continuing help for our mission in our community.

Remember, if you have any insurance questions, Mike and his friendly and knowledgeable staff (including member Rachel Bell) are standing ready to assist you.

## THE “ELIMINATE PROJECT”

(A project sponsored by Kiwanis International)



Kiwanis International and UNICEF have joined forces to eliminate maternal and neonatal tetanus (MNT). This deadly disease steals the lives of 60,000 innocent babies and 30,000 mothers each year. The effects of the disease are excruciating — tiny newborns suffer repeated, painful convulsions and extreme sensitivity to light and touch.

To eliminate MNT from the Earth by 2015, 129 million mothers and their future babies must be immunized. This requires vaccines, syringes, safe storage, transportation, thousands of skilled staff and more. It will take \$110 million — and the dedicated work of UNICEF and every member of the Kiwanis family.

Kiwanis and UNICEF joined forces to tackle iodine deficiency disorders, achieving one of the most significant public health successes of the 20th century. Now, they are eliminating MNT from the face of the Earth. And in doing so, the project will reach the poorest, most neglected mothers and babies with additional lifesaving health care. The end of this one disease means the beginning of better health for so many families.

Your contribution to Kiwanis International is a great way of helping fund a major health project that will significantly improve the well being of children around the world. **Please consider a “gift” to the foundation. You can make a difference.**

## Thoughts to Ponder as you Wander The byways of Everyday Life:

(Tips for a happier life???)

**“Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves.**

**Let each of you look not to your own interests, but to the interests of others.”**



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## **Is Your Chair Dangerous?**

(Or why working on the food drive is really good for you)

Here's a surprising item to add to our list of health hazards to beware -- chairs! A slew of research studies show that it's dangerous to spend too much time on your derriere - in fact, the newest study found a correlation between hours spent sitting and early death. On average, American adults spend more than half of their waking hours sitting. Can something so simple and commonplace really be so deadly?

Yes -- but the reason why isn't as simple as you might think. I spoke with James A. Levine, MD, PhD, professor of medicine and director of the Non-Exercise Activity Thermogenesis (NEAT) Laboratory at the Mayo Clinic in Rochester, Minnesota, and coauthor of *Move a Little, Lose a Lot*. He told me that doctors are becoming aware of "the magnitude of the health consequences of prolonged sitting, including not only the obvious -- obesity -- but also high cholesterol, diabetes, cardiovascular disease and even cancer."

### **Don't Sit Still!**

Put simply, the danger in prolonged sitting is that it "stalls the metabolic machinery," as Dr. Levine put it. "The body has an exquisitely designed system for trafficking fuels such as carbohydrates and fats. Serious consequences result when the muscular engine sits on 'idle.'"

According to Dr. Levine, this "physiology of inactivity" results in a variety of immediate, undesirable effects. For instance, inactivity impedes the ability to metabolize fat and sugar and it also elevates triglycerides, potentially raising the risk for cardiovascular disease. Prolonged sitting weakens muscles, which can lead to back pain, arthritis and joint problems. Previous research has demonstrated that sitting for long periods suppresses *lipase*, an enzyme involved in fat metabolism that is produced only when leg muscles flex -- low levels are associated with heart disease and other illnesses. Sex hormones, including estrogen and testosterone metabolism, also are affected, Dr. Levine noted, adding that "these impact all aspects of physical and emotional states."

The good news here is that just a little movement can accomplish a lot for your health. Even if you must sit for certain parts of your day, modest efforts to move your muscles -- such as taking the stairs instead of the elevator... rocking in a rocking chair when you read or watch TV... standing up and moving around while talking on the phone - are meaningful.

Studies have shown that even fidgeting while sitting is good for you -- anything to get the blood moving! One study showed that fidgeting increased energy expenditure by 10% compared with just sitting motionless.

*Dr. Levine suggests a simple way to be sure that you don't do damage to your body by sitting too long: For every hour you sit, get up and move around for 10 minutes -- stretch, pace, do some jumping jacks. While you are seated, flex and contract your muscles from time to time... stretch... and even just shift your weight from side to side.*

**Also good:** Turn movie and TV watching time into "moving" time -- you can walk on a treadmill during your favorite show... sit on an exercise ball and rock back and forth... or make a habit of standing up and sitting down 10 times in a row every half hour.

Dr. Levine told me there's not yet any data showing how much sitting is too much. But in his view, if you think you may be sitting too much, you probably are. If that sounds like you or anyone you know -- the solution is simple: Get a move on!

Source(s): James A. Levine, MD, PhD, professor of medicine and director, Non-Exercise Activity Thermogenesis (NEAT) Laboratory, Mayo Clinic, Rochester, Minnesota. He is author of *Move a Little, Lose a Lot* (Crown)

## **CRAB ALERT!!!**



As you know, the annual crab feed is our biggest single fund raiser, so it vital that we get the "planning wheels" going prior to the holiday season.

The crab feed project leaders (John, Duane, and Dick) are already hard at work firming up a new venue. The new location is the North Shore Senior Center near Bothell.

The date that we were able to get...in fact, the last slot available, is February 19<sup>th</sup>. PLEASE mark your calendar.

If you are willing to assist and take on preplanning tasks, the 'Alpha Crabs' will certainly appreciate the help. Planning coordination meetings will be held in the near future...**Stay Tuned!!!**



### Ninety Years Ago:



**Bomb Explosion on Wall Street, September**

Ninety years ago , September 15<sup>th</sup>, at one minute past noon, a bomb exploded on Wall Street which killed 38 people and wounded 143. Windows were shattered up to a half-mile away.

At noon, a wagon passed by lunchtime crowds on Wall Street in New York City and stopped across the street from the headquarters of the J.P. Morgan bank at 23 Wall Street, on the Financial District's busiest corner. Inside, 100 pounds (45 kg) of dynamite with 500 pounds (230 kg) of heavy, cast-iron sash weights exploded in a timer-set detonation, sending the slugs tearing through the air. The horse and wagon were blasted into small fragments.

The 38 victims, most of whom died within moments of the blast, were mostly young and worked as messengers, stenographers, clerks and brokers. Many of the wounded suffered severe injuries. The bomb caused over \$2 million in property damage and wrecked most of the interior spaces of the Morgan building. The perpetrators were never caught.

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**THREE THINGS:**

**Three things in life that, once gone, never come back;  
Time, Words, Opportunity**

**Three things in life that can destroy a person;  
Anger, Pride, Unforgiveness**

**Three things in life that you should never lose;  
Hope, Peace, Honesty**

**Three things in life that are most valuable;  
Love, Family, Kindness**

**Three Things in life that are never certain;  
Fortune, Success, Dreams**  
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### **“NONO, NONO”**



**Maddy and Buck welcoming the “New kid” Dexter, in the Nono Group**

So, we know that 90 years ago women were finally given the right to vote. Another noteworthy event, just in case you didn't hear...Dexter Miller was born 90 years ago and is now our latest “NONO”...that is “nonogenarian”.

Dexter joins the other 3 stalwarts of our club, George Frankovich, Matty Martin, and Buck Weaver. This is great company and we just have this sense that Dexter won't let this “number” slow him down one bit.

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**REMEMBER TO VOTE....  
YOUR BALLOT IS COMING**  
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**“The marvel of all history is the patience with which men and women submit to burdens unnecessarily laid upon them by their governments”.**

George Washington  
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**Wendy Priest and the E-W Key Club at Car Wash**

Thanks to all those club members that showed support of one of our Key Clubs at the recent car wash.  
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## KEY CLUB NEWS:



Ready for another exciting year of Key Club:  
Kristen, Kelli, Jenna, and Diana

### 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

### Meadowdale:

Advisor: Elizabeth Cano

Kiwanis Contact: Elwin Wright

Meeting Time: 7:15 am, Tuesdays

#### Club Officers:

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

The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack in will.

Vince Lombardi



### 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  
 Harold Huston (425)-771-8201  
 Scott Phariss (206)-542-9818  
 Duane Penning (206)-715-8837  
 Eleanor Taylor (425)-774-5376  
 Ray Roe (206)-542-2913

( One board vacancy to be filled?)

### PNW Division 22:

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

### Calendar of Events :

**Oct. 8: Dictionaries for Maplewood**

1:15 PM at 200th near 84th

**Oct. 8, 9, 10: Food Bank Drive**

TOP Food

**Oct. 19: Kiwanis Board Meeting**

8:30-ESC Library

**Feb. 19: CRAB FEED**

“Do more than belong: Participate.

Do more than care: Help.

Do more than believe: Practice.

Do more than be fair: Be kind.

Do more than forgive: Forget.

Do more than dream: Work”.

William Arthur Ward



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These are the local businesses that help 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 Service”  
Wine Tasting every Sat. 1 - 4:30

**ADVANCED HEARING SYSTEMS**

**Ray Ault**  
104 5<sup>th</sup> Ave N  
Edmonds, 771-3886

**Richmond Beach Rehab.**

*An AVAMERE community*  
19235 15<sup>th</sup> Ave. NW  
Shoreline  
206-546-2666

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

**ALDERCREST AUTO REBUILD**

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

**ARNIE’s Restaurant**

300 Admiral Way,  
Edmonds 771-5688

“Pacific Northwest Favorites”  
**Early Bird Specials**  
4-6 p.m. Saturday-Friday

**DAYTON DENTAL**

**Dr. Matthew Flugstad**  
555 Dayton St.,  
Edmonds, 672-7272

**RELIABLE FLOOR COVERING**

542 Main St.,  
Edmonds, 778-1121

**WALNUT ST. COFFEE**

410 Walnut St.,  
Edmonds 774-5962

*“Your neighborhood coffee shop”*

**Shepherd & Shepherd Attorneys**

112 3<sup>rd</sup> Ave South,  
Edmonds, 776-1155

**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 76<sup>th</sup> Ave. W.  
Suite 102  
Edmonds, 778-2500

**GARDEN COURT Retirement Community**

*“A Home With a Heart”*  
520 112<sup>th</sup> St. SW  
Everett, 438-9080

**EDWARD JONES INVESTMENT**

**Alan E. Lawrence**  
107 5<sup>th</sup> Ave North,  
Edmonds, 670-1988  
“Making Sense of Investing”

**The Bank of Washington**

202 5<sup>th</sup> Ave South,  
Edmonds, 776-2265  
“Quality Local Banking”

**BECK’S FUNERAL HOME**

405 5<sup>th</sup> Ave South  
Edmonds, 771-1234  
“Restlawn Memorial Park”

**OUR SERVICE, OUR COMMITMENT, OUR PROJECTS**

**Young Children: “Priority One”**

“Little Red School House”  
Activity Supplies, Meadowdale Pre-School  
“WithinReach” (aka, “Healthy Moms, Healthy Babies”)  
“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

