



EDMONDS KIWANIS

"TIDAL TALES"

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

November, 2010

FOOD DRIVE: FINAL REPORT

The final phase of our fall food drive was completed the weekend of Oct. 8th. The Grand Totals are \$2,416.64 cash and 1,885 lbs of food collected for the Edmonds Food Bank

Thanks to all our club and Key Club volunteers and drive coordinators *Seamus Dooley and Ted Morris* for this effort. Here are the Key Clubbers that helped the last weekend:

Meadowdale Key Club: Diana Cho, Michelle Cho, June Woo, Rachel Lee, Kelsey Barnes, Ashley Luberts, and Emily Stetson

E-W Key Club: Kerry Lee, Tim Gardner, Kelli Kenna, Jenna Toney, Trevor Bradley, Anders Gould, and Markos M.



Remembering George: A man of great intellect, humor, and an enthusiastic love of life. A man who loved sharing his knowledge and passions, from stories of his Merchant Marine service during World War II, to nuclear power and stamp collections. George will always be remembered for his dapper attire and gentlemanly ways, his Buffalo Bill Cody look and jovial demeanor. But most of all, we fondly remember his kindness and consideration of all. We miss you "Georgie Boy"; our very own ancient mariner, not gone but on another voyage!!!



**George Bardsley -
Merchant Marine**
(1942-45)

Note: George joined Kiwanis in March 2004.

Weekly Kiwanis Meeting:

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

VISITORS ALWAYS WELCOME.

NOVEMBER PROGRAMS:

Nov. 2: Rod Vroman, PNW Kiwanis,
"Youth Services... What's Happening???"

Nov. 9: Ken Gaydos, Rescue 7,
"and now, The Rest of the Story"...

Nov. 16: Phebe Wall, Snohomish Health Dept.
"Recycling and What to do About Hazardous Waste"

Nov. 23: Dong Lee, Tae Kwon Do Master
"What we do for Children"

Nov. 30: Todd Cloutier
"Sustainable Edmonds"

DEC. Program Captain:

Harold Huston: 425-776-2892
Jacobson, Leitner
Lunstrom

GREETERS:

2nd: Roe 9th: Rutledge
16th: Rutter 23rd: Suhara
30th: Taylor
9:30 Duty - time!!!

CELEBRATIONS

- 01 John Rutter
- 01 Scott Phariss
- 04 Virginia Cassutt
- 09 Ray Ault
- 16 Virginia and Dick Cassutt
- 17 Joyce and Matty Martin
- 25 Mike Medalia
- 26 Elwin Wright
- 27 Janet Morris

MARK YOUR CALENDAR: JAN. 15th, CRAB FEED!!!!



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NOVEMBER 11th :

A Day to Honor Veterans

Veteran’s Day gives Americans the opportunity to celebrate the bravery and sacrifice of all U.S. veterans. However, most Americans confuse this holiday with **Memorial Day**, reports the Department of Veterans Affairs.

What’s more, some Americans don’t know why we commemorate our Veterans on November 11. It’s imperative that all Americans know the history of Veterans Day so that we can honor our former service members properly.

On the 11th hour of the 11th day of the 11th month of 1918, an armistice, or temporary cessation of hostilities, was declared between the Allied nations and Germany in the First World War, then known as "the Great War." Commemorated as Armistice Day beginning the following year, November 11th became a legal federal holiday in the United States in 1938.

But eventually after WWII, citizens felt that the veterans of all wars should be recognized, not just those of WWI. So in 1954 Congress changed the name from Armistice Day to Veterans Day. In America, the holiday now celebrates the approximate 2.9 million U.S. veterans with parades and ceremonies among other events. (Excerpted from web)

“It may be laid down as a primary position, and the basis of our system, that every Citizen who enjoys the protection of a Free Government, owes not only a proportion of his property, but even of his personal services to the defense of it”.

George Washington

November 11th is a time to remember and to honor the veterans who have served our country. It is a time to say “thank you” for their service. But lest we forget, there is a vast host of men and women currently serving and protecting our country...and it is our duty, no our privilege, to uphold them in our daily prayers.

Our freedom, and the life we enjoy now, was bought by the blood of our veterans. These same freedoms remain secured by the continuing, patriotism, selflessness and sacrifice of our military service personnel.

Be sure you THANK them too!!!



Thanksgiving Day is set aside to give thanks for that which has been afforded us...a time to count our many blessings.



Army Air Corps



Army



National Guard



Air Force



Navy



Coast Guard



Marines

Club Veterans:

Buck Weaver - Army Air Corps /
(1938-75) Air Force

Dexter Miller - Navy
(1941-46)

George Frankovich -Army Air Corps
(1942-64) (POW) / Air Force

Bob Ahlbeck - Navy
(1943- 63)

Matty Martin - Navy
(1943-65)

Jim Buchanan - Navy
(1943-46 & 48-49)

Homer Cardle - Navy
(1943-46)

Dick Lunstrum - Army Air Corps
(1943-45)

Harold Huston - Navy
(1944-46)

Mike Medalia - Marine Corps
(1947-52)

Ray Roe - Navy Reserve
(1947-50)

Frank Suhara - Army
(1948-52)

Duane Penning - Army
(1951-53)

Elwin Wright - National Guard
(1951-52)

Dick Cassutt - Air Force
(1952-56)

John Rutter - Army
(1952-54)

Paul Jacobson - Marine Corps
(1962-66)

Ray Ault - Army
(1963-66)

Clayne Leitner - Army
(1967-69)

Scott Phariss - Coast Guard
(1979-84)



Healthy Maple Syrup:

Here’s a sappy story about a sweet breakfast treat that you don’t have to feel guilty about enjoying (unless you have diabetes) -- maple syrup, which I love to drizzle onto my morning oatmeal. With a few nuts and some raisins or dried cranberries sprinkled on top, it’s my go-to breakfast for weekday mornings in cool weather. I called nutritionist Jane Kirby, RD, CD, CCP, author of *Eat Great, Lose Weight* and founder of Vermont Grain Mills in Charlotte, Vermont, for both the details on the health benefits of maple syrup and to get some ideas on different ways to enjoy it.

Unlike the many processed products that try to imitate it, real maple syrup contains significant amounts of both zinc (1.6 mg per ounce), an immune supporter and helpful to male reproductive health, and manganese (1.2 mg per ounce), which is good for bone health.

Also, Kirby points out that maple syrup is a healthier sweetener than table sugar for a variety of reasons...

- The sugars in maple syrup are absorbed more slowly by the body than refined sugar.
- There is no chemical processing involved, so it’s completely natural.
- Maple syrup has some nutrients, while sugar has none.

Buy the “real thing”

Most of what you’ll find in the "syrup" section of your supermarket contains exactly 0% real maple syrup. Therefore you have to check the package carefully to find "pure maple syrup," which is USDA-graded according to color and intensity of flavor. *Here’s how real maple syrups differ from each other...*

- Grade A Light Amber or Vermont Fancy usually is made early in the season and has a mild, delicate flavor. It’s often used for maple candies.
- Grade A Medium Amber is darker and has a more robust maple flavor. It’s typically used for pancakes and waffles.
- Grade A Dark Amber, darker still, has strong maple and caramel-like flavors. It can be used for pancakes if you like a more intense flavor, as well as for cooking.
- Grade B is very dark and has the strongest flavor, mostly maple but also with hints of caramel. It’s the best choice for cooking.
- The differences among these grades relate to variances in weather, growing conditions and time of harvest, but all grades are nutritionally equal.

Now You’re Cooking! (With Maple Syrup)

Kirby told me that she often substitutes maple syrup for sugar in recipes -- she recommends a one-to-one replacement, using Grade B (or cooking grade) syrup because it works best. *Note:* Decrease the amount of other liquid in your recipes by three tablespoons per cup since the syrup adds liquid. She shared some of her favorite easy ways to use maple syrup in the kitchen...

- **Fizzy maple.** Drizzle maple syrup in a glass of carbonated water, with a lime wedge squeezed and dropped in.
- **Maple carrots.** Shred carrots in a food processor, pile on a plate, drizzle with a bit of olive oil and maple syrup, sprinkle with salt, pepper and grated fresh ginger. Microwave, covered, two to three minutes until carrots begin to soften.
- **Maple glaze.** Grade B (cooking-grade) maple syrup is thick, like molasses, and serves as a delicious glaze to be slathered on before roasting a chicken or ham. (continued next column)

And let’s not forget about the classic -- maple syrup on pancakes! Kirby suggests warming Grade A Light or Dark Amber syrup slightly before pouring it onto a fresh, hot stack. This, by the way, is what we enjoy at my house on the more leisurely weekend mornings -- with a swallow of fresh-squeezed orange juice to counter the sweetness, I can’t think of a better way to start the day!

Source(s):

Jane Kirby, RD, CD, CCP, author of *Eat Great, Lose Weight: Tried and True Recipes from Real Weight-Loss Winners* (Rodale) and founder of Vermont Grain Mills in Charlotte, Vermont. www.vermontgrainmill.com

DICTIONARY DISTRIBUTION :



An “Awesome” Book

October and November are dictionary distribution months for our club. Last month we handed out dictionaries, book marks and pens to the students at Maplewood, Westgate and Madrona elementary schools.



Dexter, Ruth, Dick, Marylou, Clayne, Elwin, and Ted at Madrona

This month we will be visiting Chase Lake, Sherwood, Seaview, and Edmonds elementary schools.

This project is one of the fun times in our club. We get to see the kids and experience their joy and excitement in receiving their very own dictionary. Be sure to join in and help Elwin out. He puts on a real show with the kids.



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New Officers and Board Installed:

Lt. Governor Gloria Smith, assisted by President Mary Lou Kantor, installed the new officers and board members for the coming year at our September 28th meeting. The proceeding were followed by a delightful surprise lunch provided by Mary Lou (now “Past President” ☺)



Gloria installing new President Elwin Wright
Past President Mary Lou Kantor looking on ☺



Billy Joe Roberts taking on the Treasurer's job
For yet another year!!!



New Secretary, Paul Jacobson, smiling.
Obviously he doesn't understand the job.



Gloria reading rights and duties
to President Elect Clayne Leitner.



New “2 year” Board Members,
Duane Penning, Harold Huston, and Susan Henry.
Ready to swing into action and get involved.



New Vice President John Rutter listening intently.
This is really serious business!!!

Thanks to these members for stepping up and taking on the responsibility to help manage and direct our club's activities in the coming year. We also want to thank those members who “retired” this year; **Dexter Miller** and **Seamus Dooley**, for their hard work and service. Kudo's to Mary Lou Kantor for a job well done as President. Of course, we offer special recognition and thanks to our retiring “Distinguished Secretary”, **Shirley Elliot**, for her long and faithful service. Shirley has been club secretary for an astounding 11+ yrs.



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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

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



At “Volunteer Night”, Meadowdale Key Clubbers helped guide parents on Curriculum Night to and from their students’ classes. They were a big help to parents who felt like they were freshmen on the first day of high school finding their way.



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
 Sec’y(Honorable): Shirley Elliot (425)-778-0756

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 :

Nov. 7: Daylights savings ends

Nov. 11: Veterans Day

Nov. 16: Kiwanis Board Meeting
8:30-ESC Library

Nov. 18: Division Council Meeting
7pm -Edmonds SC Library

Nov. 25: Thanksgiving

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

“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 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

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"

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 3rd 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 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

Juliana Van Buskirk
Alan E. Lawrence
107 5th Ave North,
Edmonds, 670-1988
"Making Sense of Investing"

The Bank of Washington

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

BECK'S FUNERAL HOME

405 5th 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

