

# Tillicum Tabloid

Kiwanis Club of Snohomish Tillicum



Volume 7, Issue 1

Page 1

Winter 2011

## Two New Members For Tillicum

John Bruce, October 30, 2010

The Tillicum Kiwanis inducted two new members into the club on October 11th 2010. President Gary Maxfield introduced retiring Lt. Governor Wally Walsh who led us through the ceremony inducting Paul and Nola Schaus with Art Langdon as the sponsor of our two newest members . Welcome to Tillicum, Paul and Nola!



## Christmas Luncheon 2010

John Bruce, December 20, 2010

After staging a successful Sweetheart's Luncheon earlier on in the year, Collectors Choice restaurant was the site this time for our Christmas Luncheon on Dec 19th 2010. Again it was felt that most of us enjoyed the food and the friendly atmosphere and especially, the Christmas ornament exchange.



## Annual Book Sale

John Bruce, January 24, 2011

Our Annual Book sale was held again at the Waltz Building. The books were unloaded and set up on Thursday January 20th, then on sale Friday and Saturday, loaded and hauled off after close on Saturday. The effort netted \$1200+ for the Doris Wentworth Memorial fund and we have purchased jackets for the children in need for this year.



## Senior Center Computer Upgrade

John Bruce, February 22, 2011

A group of us led by our president invaded the Snohomish Senior Center on the January 18th and installed three new computers replacing the outdated ones that were older and slower than most of our members. The project cost \$1992 and was funded jointly by Tillicum (\$600), Senior Center (\$692) and a private donation. Word is that the new gear is really appreciated by the seniors



### Partnerships at the SCFB

With a big thank you to our sponsors ~ the two local Kiwanis Clubs~ who help us to offer infant needs to our clients at the Snohomish Community Food Bank (SCFB). The Tillicum Kiwanis purchases baby food on an as needed basis and the Downtown Club pays into the account that covers diapers. We also offer formula, baby cereal, juice and wipes, when available.

Whenever the shelves get low, Paul Howe and Gary Maxfield go shopping for our young families. Their time and attention to detail is greatly appreciated, as they bring in exactly what is needed. The generosity of the Tillicum makes this happen and it is this partnership that makes a difference for so many.

The Food Bank is also fortunate to share the energy of Kiwanis members who volunteer with us weekly: John Bruce, Pat Luesada, Melody Beckdolt and Dave Pesznecker. They assist in serving clients, food pickup etc and are great additions to a very efficient team.

Another partnership worth mentioning is the School Supplies in the Backpack Program. For the students in our district attending grades K through 8, we will be continuing this program for the sixth year. We are beginning our 2011 planning now and looking for sponsors and good deals for the supplies.

The funding and supplies are needed for the growing number of students who will come for a free backpack in late summer. Last year, we were expecting 400 kids, but were pleased to have been able to provide for 525. This program is headed up by Little Cedars teacher and food bank volunteer, Sue Koch.

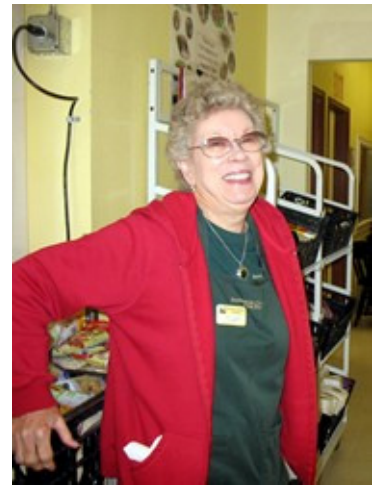
Thank you all for the many blessings you send our way!

~Elizabeth Grant, Director

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**A follow up on the above article -**

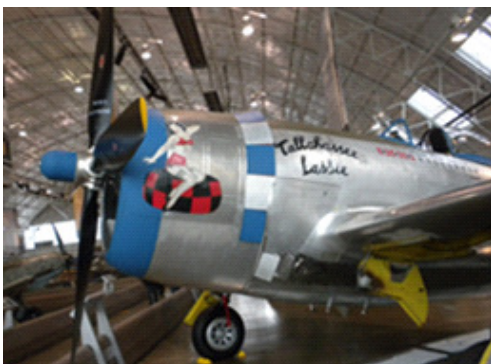
Over 100+ volunteers were invited by the Food Bank Board to a Volunteer Appreciation Lunch held at the Senior Center on Saturday February 26, 2010 as seen in the photo on the right. We were treated to a free lunch, a Certificate of Appreciation and a gift our choice handed out with loads of thanks. There was also a slide show showing the volunteers in action.

John Bruce



### A Visit to the Flying Heritage Collection at Paine Field on February 12th

Photos by Jim Rahm



## 14 Simple Secrets For Keeping Yourself “Heart-Healthy”

The statistics are staggering. Last year almost 1 million people died of cardiovascular disease - that's almost 40 percent of all deaths in the United States! And it's estimated that nearly 62 million Americans now live with some type of cardiovascular disease. Last year heart disease claimed more lives than the seven most common causes of death combined. Yet avoiding these deadly statistics is easier than you might think. Here are some simple tips for improving your heart's health:

**Exercise** at least 30 minutes each day. Don't push it; a brisk walk is all you need. And remember, it's cumulative time that counts.

**Reduce Your Fat Intake.** Your total amount of daily fat should not exceed 30 percent of your daily caloric intake.

**Use Mono-unsaturated Fats** such as olive or canola oil. Buy cold pressed oils to take advantage of higher antioxidant levels.

**Eat Fish.** Omega-3 fats are good for you. You can also get omega-3 fats from ground flaxseed. Adding two tablespoons per day to your diet can give you a good amount of omega-3 fats.

**Take a Daily Multivitamin** containing B-6, B-12, and folic acid.

**Eat nuts** when you need a snack. They contain “good” fat.

**Drink Green or Black Tea** to stock up on antioxidants. Some experts suggest you drink an occasional alcoholic beverage, such as a glass of red wine, to improve your heart health.

**Add Fiber** to your diet. Eat more fruits, vegetables, and grains. Eating fruits and vegetables also gives your body needed antioxidants.

**Eat Soy.** Soybeans, tofu, and soy milk all help to reduce “bad” cholesterol.

**Use substitutes** such as low cholesterol “butter” to help keep your fat and cholesterol levels in check.

**Stop Smoking.** Need I say more?

**Find Ways to Reduce Stress in Your Daily Life.** Find a good activity, such as yoga or a hobby to help you keep calm and maintain a positive attitude.

**Release Anger.** Instead, nurture healthy, loving relationships. Studies show individuals who have strong connections with others tend to be healthier overall.

**Get Regular Physical Check-Ups** that include cholesterol and blood pressure checks.

Most of these suggestions are fairly simple to follow. If you would like more specifics on heart disease, [www.americanheart.org](http://www.americanheart.org) is full of great information or you can call them at 1-800-242-8721. Don't become one of the statistics, start on the road to a healthier heart today!

Thanks to Steve Dana

## Kiwanis Club of Snohomish Tillicum

### OFFICERS

#### President

Gary Maxfield 425-397-9733

#### Immediate Past President

Frank Spaetig 360-668-3980

#### President Elect

Paul Howe 425-397-2714

#### VicePresident

Jim Rahm 360-568-3590

#### Secretary

Laurel Elmer 360-568-6976

#### Treasurer

Wally Walsh 360-568-5936

### BOARD OF DIRECTORS

#### 2010-2011

Laurel Elmer 360-568-6976

Bob Fisher 425-334-1683

Marilyn Jones 425-359-7291

#### 2010-2012

John Bruce 425-280-9579

John Diel 425-397-8283

Pat Luesada

#### 2010-2013

Bonnie Blake 360-568-7810

Stuart Snyder 425-334-1620

Sam Twibell 360-568-3650

### KIWANIS INTERNATIONAL

#### International President

Sylvester Neal

### PACIFIC NORTHWEST DISTRICT

#### Governor

Frank Morehouse

### DIVISION 22 Lt. Governor

Gloria Smith






**We meet on Mondays at 10am**

St. Michael's Catholic Church  
1512 Pine Ave Snohomish, WA

Flower: Daffodil

# March 2010




Birthstone: Aquamarine

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 Joined 2003 <i>Marilyn Jones</i>	4 ●	5
6 Birthday  <i>Art Poier</i> ▶▶	7 10 am Club meeting	8	9	10 Birthday  <i>Jim Rahm</i>	11	12 ●◐ Zone Conference Abbotsford BC
13 Daylight Savings Time begins	14 10 am Club meeting	15	16	17  St Patrick's Day	18  Birthday <i>Stuart Snyder</i>	19 ○
20 Spring Begins	21 8:30 am Board meeting 10 am Club meeting	22	23	24	25	26 ●◐
27	28 10 am Club meeting	29	30	31  Birthday <i>Pat Luesada</i>		

Flower: Daisy

# April 2010

Birthstone: Diamond

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 April Fools Day	2  Birthday <i>Gary Maxfield</i>
3 ●	4 10 am Club meeting	5	6	7	8	9
10	11 ●◐ 10 am Club meeting	12	13 Joined 1996 <i>Gary Maxfield</i>	14	15	16
17	18 8:30 am ○ Board meeting 10 am Club meeting	19	20	21	22 Good Friday	23
24  Birthday <i>Richard Jarratt</i> Easter	25 ●◐ 10 am Club meeting	26	27  Birthday <i>Irv Seaver</i>	28	29	30

## Making a Dollar, Step by Step.

In the late forties and fifties, the Seattle Times newspaper system for getting their papers into the homes of the populace was through the physical efforts of the "Paper Boy", young boys who were hired to deliver papers seven days a week. The Times was an evening paper delivered week days after school and on Saturdays around four p.m. The Sunday paper was delivered in the morning around seven a.m. The daily papers were somewhat consistent in weight. Saturdays paper was the lightest, however Sundays paper though lesser in number weighed thirty pounds more. This was due to advertisements.

Each month the paper boy collected payment for the papers delivered. This required the boys to go out to the subscribers home to get paid. Evenings were the best time to collect as people were normally at home, however not all were, so often more than one collection trip was necessary. On collection nights the paper boy would often times be carrying eighty to one hundred dollars in his pockets. You would not dare to do that today. The Times billed the boys for the papers received. You paid the bill and what was left over was your wages for the month, normally between ten to fifteen dollars. The variance was due to "skips", people who moved and forgot to pay. As far as the Times was concerned that was the problem of the paper boy, his loss. The paper cost one dollar and fifty cents a month, daily and Sunday. Another factor was a charge by the Times, should a customer complain about a wet, damaged, or missing paper, the paper boy was charged a dollar fifty for having to send a paper out via a carrier. Oh and you also received a smack on your back side by the station manager, (another boy). This was applied with a large wooden paddle (it stung). Of course all your buddies would gather to cheer on the occasion. Ouch! The paper was delivered in the rain, sun or snow! Summer was the worst time to have a paper route for the mandated delivery of the paper each day cut into vacations and daily summer activities. These had to be scheduled around the paper route. In the winter, should the Times delivery van be held up and not arrive at the regular time, the paper boy had to wait. On one occasion due to snow the truck was three hours late which meant the delivery of the papers to the customers would also be late, Customers called the Times with their complaints and chastised the paper boy for being dilatory. No tip this month. One Christmas I got an idea, I thought that I would give all my customers a Christmas card, hoping to get a monetary award in return. WRONG! I paid around fifteen dollars for the cards, delivered them in the rolled up newspaper a few weeks before Christmas. Their names I took from a list provided to me by the Times. A large number of the people living at the addresses provided were incorrect. I started to have customers stop me and give me back the card they had received due to a wrong name. I apologized and told them to keep the card as it was meant for them, (their address). I netted around six dollars in Christmas tips, not a profitable adventure. In spite of the problems we had fun. But what does a thirteen year old boy know?

FRANK SPAETIG

## FROM THE ARCHIVES



## The Eliminate Project

from Kiwanis International website

With The Eliminate Project, Kiwanis International and UNICEF have joined forces to eliminate **maternal and neonatal tetanus (MNT)**. This deadly disease steals the lives of nearly 60,000 innocent babies and a significant number of women 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.

### What is MNT?

In 39 countries around the world, maternal and neonatal tetanus (MNT) can quickly turn the joy of child-birth into tragedy. MNT kills one baby every nine minutes. Its effects are excruciating - tiny newborns suffer repeated, painful convulsions and extreme sensitivity to light and touch. There is little hope of survival. And tetanus kills mothers too.

### Who suffers from MNT?

MNT is caused when tetanus spores, found in soil everywhere, come into contact with open cuts during childbirth. The disease strikes the poorest of the poor, the geographically hard to reach and those without health care.

### Can MNT be stopped?

Yes! MNT is highly preventable. Just three doses of a 60-cent immunization protect mothers, who then pass on the immunity to their future babies. Together, Kiwanis and UNICEF can stop this disease.

### Why hasn't MNT been eliminated already?

UNICEF *has* helped to successfully eliminate MNT in many countries. But in 39 countries in Africa, Asia, Europe and North America, it still strikes babies and mothers who have little or no access to health care — either because they are poor, live in remote areas or are caught in humanitarian emergencies. More funds and resources are needed to reach all babies and mothers at risk.

### What will it take to eliminate MNT from the Earth?

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.

### Why focus on this issue?

It is unacceptable that innocent newborns and their mothers suffer and die from MNT when it can be prevented so easily. This is also an amazing opportunity to reach the poorest, most neglected mothers and babies with lifesaving health care. Developing delivery systems for MNT vaccines will blaze a trail to provide additional desperately needed services to these marginalized families.

### What is the Eliminate partnership?

Hand in hand, Kiwanis and UNICEF will eliminate MNT and change the world. Kiwanis' commitment, vision and strength in reaching communities and leaders will help wipe out this cruel, centuries-old disease and pave the way for other interventions. UNICEF has staff working in the most isolated corners of the globe and an unbeatable supply chain.