

THE BUILDER

# KIWANIS CLUB

of Healdsburg



FOUNDED NOVEMBER 3, 1923

April 2014

Volume 90 No. 7

## K-ONE Day Planned for April 5



“Before” View of Future Pocket Park

On the morning of April 5, hardy members of Kiwanis, Key Club and Boy Scout Troop 21 will meet at the corner of Fitch and Mason Streets with rakes, shovels and other tools in hand to complete Phase 2 in the creation of a small pocket park. Boy Scout Troop 21 Eagle Scout Candidate Cutler Price is spearheading the final two stages as his Eagle Scout Project. Last fall the Healdsburg High Key Club along with friends completed stage one at the park.

Local community members living near the corner of Fitch and Mason Streets in Healdsburg, lead by our own David Jones, worked out an agreement with the City and the property owners to make good use of the vacant property. Stage 1 consisting of clearing and spreading some wood chips was completed and Stage 2 is ready to go. Key Club and Kiwanis Club members will be spreading more wood chips working with Cutler Price and the Scouts who are also putting in concrete anchors for the benches, tables, and a bike rack. Phase 3 will consist of assembling and anchoring the tables, chairs and bike rack by the Scouts upon their arrival in May and June.

The Phase 2 crew will work from 9 to noon on Saturday April 5 with a tasty lunch provided.



Key Club Work Crew after Completion of Phase 1

## Calendar

### Meeting Dates:

**Apr. 1:** Regular Meeting 12 noon at Villa Annex. Richard Norgrove - Craft Brewing and the Bear Republic.

**Apr. 8:** Regular Meeting 12 noon at Villa Annex. Gary Johnson - Healdsburg Junior High Jazz Band.

**Apr 15:** Regular Meeting 12 noon at Villa Annex Gabriella Ambrosi - The Emerging Role of Caregivers in the Continuum of Care.

**Apr. 17:** Board of Directors meeting, 6 p.m. Round Table Pizza

**Apr. 22:** Evening Meeting 6:30 p.m. social time, 7 p.m. meeting at Villa Annex.

**Apr. 29:** Regular Meeting 12 noon at Villa Annex. Bette Perez - Exec. Director of Healdsburg Education Foundation.

### Other April Dates:

**Apr. 5:** K1 Day

**Apr. 13:** Pancake Breakfast

### Future Dates:

**June 1:** Kiwanis Governor's Visit, Location TBD.

**June 8:** Fitch Mt. Foot Race

**Aug. ?:** Mid Year Convention in San Diego

The Healdsburg Kiwanis Club meets Tuesday noon at the Villa Chanticleer Annex except the fourth Tuesday of the month is an evening meeting, 6:30PM Social, 7:00PM Meeting.

For information about the Healdsburg Kiwanis Club Contact Richard Bugarske, President at 433-1771, 540-1237 (cell) or Phil Luks, secretary at 433-8055

**Kiwanis -----Serving the Children of the world**

The official Publication of the  
Healdsburg Kiwanis Club  
Box 1156, Healdsburg, CA 95448

### OFFICERS 2013 – 2014

President, Richard Bugarske  
Co-Presidents Elect, Dan Gianni/Jan  
Gianni  
Phil Luks, Secretary  
Brian Wells, Admin. Treasurer  
David Sharer, Project Treasurer  
Loretta Strong, Immediate Past  
President

### Board of Directors

Dan Gianni  
George Clough  
Jerry Strong  
Mark Zimmerman  
Susan Sheehy  
David Sharer  
Steve Jones

### Memorial Scholarship Board of Directors

John (Jack) Brandt  
Hunt Conrad  
Guy French  
Charles Reichel  
Ken Scharer  
Dennis Stead

### The Builder

Harry Jackson, Editor  
Arnold Santucci, Sr. Advisor  
Richard Iverson, Member  
June Smith, Member

### Happy Birthday

Martin Silge – April 14  
Gary Plass – April 16  
Mark Zimmerman – April 21  
Guy French – April 24  
David Scharer – April 29

### Kiwanis Anniversaries

Congratulations to the following members  
who joined the Kiwanis Club during the  
month of April.

John Dayton: 4-2-91  
Mark Zimmerman: 4-5-11  
Todd Brandt: 4-7-01  
Richard Norgrove: 4-7-96  
Dan Maraviglia: 4-8-97  
Kurt Hahn: 4-11-78  
Guy French: 4-12-05  
Dennis Stead: 4-13-99  
Denise Paup: 4-14-09  
Chris Metrulas: 4-15-03  
Roger Dormire: 4-16-02  
Al Peterson: 4-19-88  
David Scharer: 4-20-10  
Brian Wells: 4-20-10  
Richard Yates: 4-20-10

## The President's Message

### Passing the Torch

Last year, Arnold Santucci gave me his collection of Healdsburg Kiwanis newsletters. This was very special in that he trusted me to take care of them and that they were his creations. (Of course he might have just wanted to clear off the shelf on which they were sitting.)

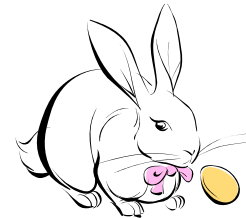
None-the-less, I have begun to look them over and have brought a few to our meetings, reading full articles and highlights. This past year, Arnold passed the torch of writing our newsletter to Harry Jackson and Harry has not missed a beat and our newsletter continues to flourish.

What is clear in reading about our Club's past is that so many of our members have worked hard, assumed leadership positions, created new programs and fund-raisers and added great value to what we do and who we are. They have then "Passed the Torch" to a new member (or a current member for the second and even third time.) We all take great pride in what we do and in what we accomplish yet I am struck by how much it also benefits the "Torch Bearers" themselves. Pete Peterson was at our Tuesday night meeting this week and we had a moment to once again thank Pete for the great job he has done as our single treasurer. He has shepherded us through many changes and wonderful Club growth and kept a firm hand on our Club's financial rudder. David Scharer and Brian Wells have taken Pete's "Torch" and we know they will do a great job. Both have expressed that being one of our Treasurers will be a great opportunity for them to not only help the Club but to grow and learn themselves. Of course, there will be that day down the road when they too will "Pass the Torch" to the next Treasurer and then again and again, etc.

I found this quote that speaks a bit to this process and how it enriches us all.

**"We cannot hold a torch to light another's path without brightening our own."**

So thanks to all you "Torch Bearers" and "Torch Passers" for making our Club pretty special.

A stylized graphic with the words "Happy Easter" in a bold, bubbly font. The letters are filled with a gradient of colors including purple, blue, green, and yellow, and have a dark purple outline.

**Board of Directors March Action**

The following are actions taken and items discussed during the Board meeting on Thursday March 20, 2014:

A representative of Kid’s Scoop Newspaper attended the meeting and gave a presentation to the Board. She explained which classes at our schools would benefit from our sponsorship.

The following grant requests and other expenditures were approved:

- AAUW Tech Trek - \$900 for two scholarships for HJH students.
- Scholarships – up to \$10,000 for expenditure by the scholarship committee for awards to Healdsburg High School Students.
- Lt. Governor - \$600 to support his services. This is in addition to the \$1000 approved for him by the Board last month.
- Kid Scoop newspaper - \$900 for distribution of the newspaper to three classrooms in the Healdsburg School District.

In other action:

- Discussed how to involve Healdsburg Kiwanis in the Chamber of Commerce activities. Suggestions included a mixer to be held at one of our meetings to showcase what we do. How could we coordinate our activities to further showcase Kiwanis with the Chamber?
- Committee reports were discussed. K 1 Day is on track. The Pancake breakfast is on track with discussions on sponsorships and donations of food. Fitch Mountain Footrace is on track. The DCM report included the importance of attending them for inspiration and updating on current and pending projects.
- Old Business: Discussion on the Boy’s and Girl’s Club and how we can interact with them for better coordination of funding or activities that we can support.
- New Business: How can community volunteers assist at the pancake breakfast? A reminder that the Salvation Army is going to propose a date for a luncheon at their facility.

**Treasurer’s Report**

Administrative Fund:

Cash available 2/28/2014 \$14,502

Project Fund:

Funds Available 2/28/2014 \$67,585

Grants and operating costs payable (16,429)

Cash reserves (tree lot and general) (35,000)

Cash available for project spending \$16,156

**March Programs**

**March 4 - Lisa Poncia - Estate Planning For All**

Lisa Poncia, who earned her J.D. from UC Hastings College of Law, is an attorney specializing in the areas of Estate Planning & Administration, Elder Law & Special Needs, and Employment Law. As our guest speaker at the March 4 meeting, she discussed estate planning and the various documents that make up a good plan.

Reasons for having an estate plan are avoiding probate, saving time and money, making it easier for family and loved ones upon death and avoiding conservatorship. A well thought out estate plan can provide peace of mind in the event you are incapacitated due to an accident or illness, and also for death. An estate plan should be made when one has the mental capacity to understand the process. Lisa recommends establishing a plan for 5 years, it can always be changed.

Foundation documents of a good estate plan are a revocable living trust, will, power of attorney and advance health care directive.

- A trust helps manage assets while living, gives powers to a Trustee if you become ill or incapacitated, identifies who receives property upon death and avoids probate at death. It is easy to amend or revoke.
- A power of attorney authorizes a designated person to act on your behalf should you become incapacitated or otherwise unable to manage you affairs.
- An advanced health care directive names an Agent to make health and medical decisions if you are ill, injured, or incapacitated. It states your desires for end-of-life decisions.

**March 11 - Leora Aquino and Hillary Carneal – Alliance Medical Center**

Leora Aquino and Hillary Carneal are certified enrollment counselors at Alliance Medical Center. They were guest speakers at our March 11 meeting along with Beatrice Bostick, CEO and Ray Holley, Community Relations.



Alliance Medical Center was founded in 1971 by a group of dedicated volunteers, community members who answered a need for a clinic that would serve farm workers and their families. As the years have gone by, Alliance has grown and prospered and continues to serve the community, now serving everyone from newborns to elders, offering medical and dental care and a wide range of specialty services. The staff of experts guide patients through the insurance process, and assist with applications for state and federal programs such as

Medi-Cal and CPSP. The staff and providers are friendly, caring and bilingual.

Alliance Medical Center is the safety net for community healthcare. More than half of the patients receive government assistance with their healthcare costs. Without Alliance, the only access to healthcare for thousands of families would be the emergency room at the local hospital, a costly alternative for both the family and the community. Primary medical care and dental services are provided within a broad array of services that help patients live healthier lives. Alliance recently broke ground for its Pediatric Dental Expansion Project that will allow accommodation for an additional 3000 patient visits per year.

**March 18 - Dot Spaet - Nutrition Guidelines for a Pain-free Body and Vibrant Health**

Dot Spaet is a Personal Trainer whose mission is to inspire, motivate and empower people to embrace fitness as part of their lives. Specializing in Back Care, she utilizes creative methods that may include Yoga, Yoga therapy, Pilates and Strength Training.



Good nutrition is of primary importance for maintaining good health and fitness. In her talk to the club on March 18, Dot discussed the effects of nutrition on the body and presented some guidelines for a pain free body and vibrant health.

The problem: Conflicting information and confusion about what to eat. The solution: Eat/drink more:

- Water: Most people do not drink enough water and hydration of the body is very important, particularly for maintaining good lubrication of discs in the spine. The guideline for daily water consumption is one half of the body weight in pounds in ounces of water. For example a 200 pound man should drink 100 ounces of water per day.
- Vegetables: The nutrients in a variety of vegetables are essential for good health. Green vegetables such as broccoli, kale, and spinach are at the top of the pile.
- Fats: Contrary to the trend for low or no fat diets, some good fats are necessary especially for the health of the brain.

The problem: Some foods cause inflammation and therefore pain and some people are allergic to certain foods. The solution: Eat less or avoid:

- The nightshades: tomatoes, white potatoes, peppers, egg plant.
- Allergens: Gluten (wheat, rye barley), corn, eggs, citrus, yeast, cow dairy, soy, shellfish, peanuts.

The problem: We try to be perfect (we aren't) and then we give up. The solution: Make a firm commitment

to your own well-being. Go for 80% compliance across the board, no exceptions.

**March 25 - Mo McElroy – Tourism Ambassador Program**

Mo McElroy is the Director of the Certified Tourism Ambassador program for Sonoma Co. In her presentation to the club on March 25, she emphasized the importance of tourism to the prosperity of Sonoma County. The County has about 7 million visitors a year who spend about \$1.3 billion. She posted the question: What do people most remember about an area they have visited? One of the most common answers is the people they meet. When visitors have a positive experience they are more likely to return in the future and also to share their experiences with others.



Tourism is big business not only to large cities, but also to small communities in the United States and around the world. Visitors spend money attending to business, touring attractions, or learning about the history of the area. This infusion of "new money" into the local economy often holds local tax increases at bay and gives Sonoma County extra money to enhance its infrastructure – making the destination more appealing over time. As a result, destinations spend lots of money courting convention and leisure travelers. But in reality, no amount of money will make up for the visitor having a bad experience, which negatively impacts the Sonoma County brand and overall image as a destination.

The Sonoma County Certified Tourism Ambassador Program teaches front-line employees and volunteers best practices and ensures that they understand their role in increasing tourism. SCTAP helps the front-line increase their knowledge of the region; provides answers to the variety of questions received from visitors; and gives front-line employees a chance to meet one another, learn from each other's experiences and celebrate together!

**Three Interclub Visits Completed in March**

Under the leadership of Susan Sheehy, we are well on our way in achieving another "round robin" of interclub visits. The underlined clubs in the list below were visited in March.

<b>Interclub Visits Completed</b>	<b>To Go</b>
<u>Willits</u>	Clearlake
<u>Ukiah</u>	Fort Bragg
<u>Petaluma</u>	Sonoma Plaza
Cloverdale	Cotati
Geyserville	Redwood Empire
Windsor	Oakmont
Lakeport	Santa Ross
San Francisco (Out of Division)	Sebastopol

**Willits Interclub - March 11**



**Willits Kiwanians Billy Arms and Matt Roundtree (president) with Healdsburgers Neal Bertrand, Susan Sheehy, Bob Santucci, Dee Whitehall**

**Petaluma Interclub - March 15, DCM and Oyster Feed**

Dennis Stead, Mark Zimmerman, Neal Bertrand and Michael Laird attended the DCM and Oyster feed in Petaluma on March 15.

Following are the highlights of the DCM as reported by Dennis Stead:

There were four guest speakers:

- Pete Edwards, CALNEVA Governor Candidate, a 42 year Kiwanian. He emphasized service and leadership and maintaining contact with the service leaders. "Let the people know who we (Kiwanians) are, be more visible.
- Charise Gilliam, CALNEVA Governor Candidate. A very dynamic speaker, Director of Project Eliminate for all of Northern California.
- Rocky Barsotti, Director of Project Eliminate for CALNEVA. He discussed the successes of Project Eliminate. \$49 million have been raised to combat neonatal tetanus. The disease has been eliminated in 34 of the 59 vulnerable countries. The Healdsburg Club raised a total of \$6600.
- Dan Germain, Kiwanis Family House. Dan discussed the services of Kiwanis Family House, a non-profit organization that assists families whose loved ones are being treated for a serious illness or injury at UC Davis Medical Center in Sacramento by providing temporary housing near the hospital. In the 30 years of its existence, 25,000 families have been served. The average stay is 3 to 4 nights and the cost to the families is \$50 per night or whatever the family can afford.

The Petaluma club has signed up 9 new members. The club has adopted the evening meeting format similar to Healdsburg.

The Cloverdale club has signed up 11 new members plus 6 Key Club members.

Loretta Strong received the Zeller Award for her Project Eliminate money raising efforts.

A new Lt. Governor was elected at the DCM. She is Marsha Janchez of the Santa Rosa Club.

Doug Braek, Lt. Governor for 2012-2014 received the Distinguished Lt. Governor Award.

Lakeport, Healdsburg and Oakmont are Distinguished Clubs for 2012-2013. Cloverdale is "Under review".

**Ukiah Interclub - March 25**



**Ukiah Kiwanis President Jordis Hallman, Healdsburgers Dee Whitehall, Susan Sheehy, Jerry Strong and Neal Bertrand**

**Special March Birthdays**

There were no special birthday requests in March.



**Here Is Kelly Keller Hearing a Regular Birthday Song**

**Sonoma County Trivia Quiz**

Answers Below

1. Name the 3 top employers in Sonoma County (by number of employees).
2. Name the top 4 major industries in the County.
3. Name 3 movies made in the County
4. What is the approximate population of the County?
5. What was the first winery in the County?
6. How many state parks in the County?  
a. 3, b. 7, c. 11, d. 35
7. What was the first principal crop in the County?
8. What is the number of non-profit art organizations in the County?  
a. 25, b. 100, c. 5, d. 130
9. What is the number of individual artists of all disciplines in the county?  
a. 1,000, b. 27,000, c. 5,700, d. 10,000
10. Who was known as the "Father of the Golden Gate Bridge?"

Answers:

1. Kaiser, St. Josephs, Sutter.
2. Agriculture, Technology, Tourism, Health Care.
3. The Birds, American Graffiti, Shadow of a Doubt (and others).
4. 500,000.
5. Buena Vista.
6. 11.
7. Potatoes.
8. 130.
9. 27,000.
10. Frank Doyle

**\$\$ Happy/Sad \$\$**

Jim Silveira happy to be retired and having enjoyed extended stays in Hawaii, Mexico and Palm Springs. Also happy that his daughter is getting married in June in York, Maine.

Roger Dormire happy to still be using a cart donated to the food pantry by Kiwanis several years ago.

George Clough happy to see Dana Burwell at the meeting after a long absence.

Chris Metrulas happy to have a new dog and sad for the loss of 17 year old Norman.

Several happy dollars to see Pete Peterson at the evening meeting after a long absence.

Pete Peterson happy to sit back and relax after retiring as club treasurer. Also happy for his wife not having to listen to ringing telephone.

Dick Bugarske happy to be celebrating 42<sup>nd</sup> anniversary. Dick was presiding at the evening meeting while Claudia was out hooking (rugs).

Dan Gianni happy for enjoying the 30<sup>th</sup> annual Kiwanis men's ski trip. The only casualty was Phil Luks who is "a little sore".

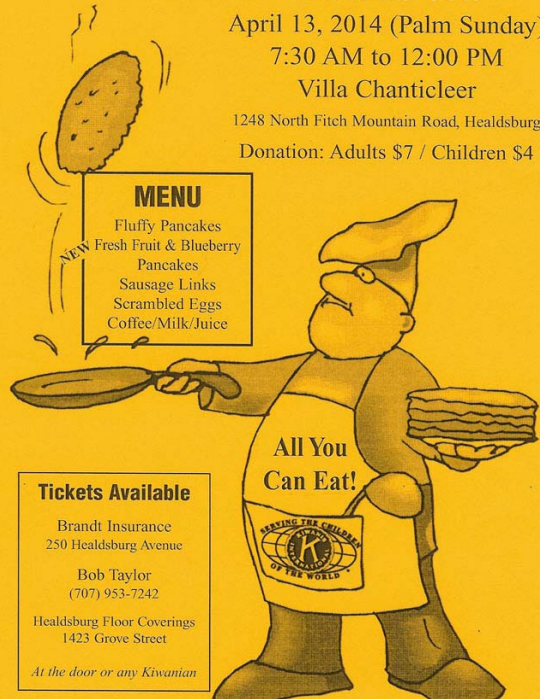
Jerry Strong sad to miss the ski trip and jealous that son Jordy took his place having fun with Jerry's friends..

**58th ANNUAL HEALDSBURG KIWANIS PANCAKE DAY**  
April 13, 2014 (Palm Sunday)  
7:30 AM to 12:00 PM  
Villa Chanticleer  
1248 North Fitch Mountain Road, Healdsburg  
Donation: Adults \$7 / Children \$4

**MENU**  
Fluffy Pancakes  
New Fresh Fruit & Blueberry Pancakes  
Sausage Links  
Scrambled Eggs  
Coffee/Milk/Juice

**Tickets Available**  
Brandt Insurance  
250 Healdsburg Avenue  
Bob Taylor  
(707) 953-7242  
Healdsburg Floor Coverings  
1423 Grove Street  
At the door or any Kiwanian

**All You Can Eat!**



*All proceeds go for projects which improve our community: Serving the community since 1923*

**HEALDSBURG KIWANIS CLUB**  
P.O. Box 1156  
Healdsburg, CA 95448

TO: