

THE BUILDER

KIWANIS CLUB

of Healdsburg



FOUNDED NOVEMBER 3, 1923

October 2013

Volume 90 No.1

Calendar

Richard Bugarske, 2013-2014 Newly Installed President



Outgoing President Loretta Strong Hands Over the Gavel to Incoming President Richard Bugarske

In a festive Hawaiian themed bash, officers for the new year, 2013-2014 were installed by Lt. Governor Greg Carter of Cloverdale on September 24 at the Villa Annex.

Taking over the gavel from outgoing president Loretta Strong was Richard (Dick) Bugarske who is starting his second term as president, having previously served as president in 2010-2011. Serving with Dick will be Jan and Dan Gianni presidents-elect; Phil Luks, secretary (returning); treasurer Albert (Pete) Peterson (returning); assistant treasurer Brian Wells and Loretta Strong, immediate past president.

Completing two years of service were retiring board members Jan Gianni, Ron Puccioni, Dee Whitehall and Richard Yates. New Board of Directors members installed for a two year term were Susan Sheehy, Judy Everett, David Scharer, and Steve Jones. Current members remaining on the Board for a one year term are Dan Gianni, Jerry Strong, George Clough and Mark Zimmerman

Outgoing president Loretta in her final remarks summarized the accomplishments and goals met during the past year: increasing membership by 12 members to a total of 88, starting the seeds of a Builders Club at Healdsburg Jr. High School, and raising over \$3000 for Kiwanis International's Project Eliminate to eradicate maternal neo-natal tetanus world wide.

In his acceptance speech, Dick presented a small historical snapshot of the rich history of our Club. Dick's goal is to capture, share, and link the origins and traditions that are a part of our club with the present.

(For his complete message, please turn to page 2)

Oct 1: Regular Meeting 12 noon at Villa Annex. Gisela Zebroski - When Loss is Gain

Oct 8: Regular Meeting 12 noon at Villa Annex. Dan Maraviglia & Hunt Conrad - Healdsburg Kiwanis Legacy Program

Oct 15: Regular Meeting 12 noon at Villa Annex. Shelley Anderson - HHS Internship Program

Oct 17: Board of Directors meeting, 7 p.m. Location to be determined

Oct 22: Evening Meeting 6:30 p.m. social time, 7 p.m. meeting at Villa Annex. Pamela Swan, Healdsburg Education Foundation

Oct 29: Regular Meeting 12 noon at Villa Annex Jeff Harding, Superintendent of Schools

Other Events:

Oct 5: Cloverdale Beerfest at Cloverdale Plaza.

Oct 25: Spooktacular Dinner at Robert Young House.

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

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Box 1156, Healdsburg, CA 95448

OFFICERS 2013 – 2014

President, Richard Bugarske
Co-Presidents Elect, Dan Gianni/Jan
Gianni
Phil Luks, Secretary
Albert (Pete) Peterson, Treasurer
Brian Wells, Assistant Treasurer
Loretta Strong, Immediate Past
President

Board of Directors

Dan Gianni
George Clough
Jerry Strong
Mark Zimmerman
Dan Gianni
Jerry Strong
George Clough
Mark Zimmerman

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

Happy Birthday

Dennis Stead – Oct. 7
Tim Tuscany – Oct. 11
Lucy Lewand – Oct. 21
Sharon Gallagher – Oct.22
Vince Ciolino – Oct. 27
Dan Gianni – Oct. 27
Patti Robarts – Oct. 27
Lee Gunnerson – Oct. 30

Kiwanis Anniversaries

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

Charles Reichel - 10-24-74
Dana Burwell - 10-20-92
Hugo Bauer - 10-15-96
Dolores Whitehall - 10-5-99:
James Lucchesi - 10-30-01
Phil Luks - 10-31-06
Jim Colgan - 10-9-07
Jan Gianni - 10-27-09
Jesse Whitely - 10-16-10
Rick Wood - 10-23-12
Sher Tice - 10-23-12
Steve Tice - 10-23-12

The President's Message

By Richard Bugarske

Once again I am honored to be the Healdsburg Kiwanis Club President. One of my favorite movies is Groundhog Day where Bill Murray keeps repeating Feb. 2nd over and over again. So I am lucky to get a second chance.

Before I go any further, I must congratulate Loretta Strong, our outgoing President. She showed that the second time is definitely the charm and her passion for our Club is unrivaled. Double digit new members, setting the foundation for a Builder's Club at the Junior High and helping us all save lives through Project Eliminate is unrivaled. Thank you Loretta.

Three years ago I asked the question below and I think it bears repeating:

Why Am I a Healdsburg Kiwanian?

- Kiwanis is a verb. It's something you do. Many of us do it a couple of hours each week—some a lot more. But in all of the doing, there is a single purpose in Kiwanis—service to our community, especially to benefit the most needy members of our community, our children.
- We Healdsburg Kiwanians have high expectations of our club and of ourselves.
- We believe in working hard but having fun while we work
- We believe in investing for the future. We continue to give back thousands of hours and dollars to our community each year.

Goals for the Year

At the installation dinner the other night, I presented a small historical snapshot of the rich history of our Club. The origins and traditions that are a part of our club are a driving interest for me and I plan on capturing, sharing, and linking them with the present. If you have some Club archives that you would like to share and have me capture, let me know. My plan is to digitize all that I can so that it can be viewed by all now and into the future. Our Club is part of the fabric of Healdsburg and should be appreciated, celebrated and used to inform our bright future.

So Once Again, Why Am I a Healdsburg Kiwanian?

- I am proud that our members strive to be an excellent club.
- I don't mind if we care more than others think is wise.
- I believe we should be willing to risk more than others think is safe.
- I hope that we always dream more than others think is practical.
- And let us strive to expect more than others think is possible.

LeRoy's Limericks

Looking back on the year I find little wrong
It seemed to be in tune like a really nice song
Loretta can really celebrate
Her victory with Project Eliminate
So a Salute to Loretta, a leader who is Strong

To rhyme with Bugarske I wasted precious time
I finally gave up, it's an impossible climb
But when he takes Kiwanis helm
All problems he will overcome
Then his year, like my limerick will fall into rhyme

Club Welcomes Another New Member and One Returning



Photo by Dick Bugarske

Susan Sheehy (Sponsor), Kelly Keller (Returning Member), David Keller (New Member), President Loretta Strong, and Jan Gianni (Membership Chair)

The membership roster again increased by two in September with Kelly Sheehy Keller returning and her husband, David joining as an associate member.

Dave and Kelly met through [Match.com](#) and were married in June 2011. They both attended Chico State with Dave receiving both his BS in Marketing and MIS degree, while Kelly earned a BA in English and also a Teaching Credential. Following their marriage, they soon moved to Virginia because Dave was offered a Job with IBM as a Consultant. Their daughter Lily was soon born in July 2012 and they wanted to raise her around family, so they recently returned to Sonoma County. Dave works remotely for IBM from home. Kelly is currently a stay-at-home mommy and has just started up a "Mothers of Preschoolers" support group.

Kelly and Dave's daughter Lily, age 1 has been attending meetings with grandmother Susan and has been declared an honorary member. She is the great granddaughter of longtime Kiwanian, the late Robert Young.

Club Loses a Good Joe

Club members are deeply saddened by the news that fellow Kiwanian, Joe Engler passed away on September 5 after a brief illness resulting from complications following surgery. Joe was a native of San Francisco and served for 31 years on the San Francisco Police Department, retiring in 2000. He joined the Healdsburg Kiwanis in August 2001 and was an active participant in our many projects. He will be greatly missed, particularly at the tree lot. During his career with the SFPD he served for 11 years as a member of the stress unit acting as a counselor to those under various stress disorders. Following retirement and moving to Healdsburg he continued this service by

acting as a counselor at the Lytton Springs Salvation Army Adult Rehabilitation Center.



Joseph Engler 1943 - 2013

Board of Directors August Action

Provided by Treasurer Pete Peterson

The following are actions taken and items discussed during the Board meeting on Thursday September 19, 2013.

No grant requests were approved in September.

The Healdsburg Regional Library - Children's Library made a verbal grant request of \$2,000 for the Children's Library. The request was tabled pending receiving a written request. A letter will be sent to the librarian explaining our requirement for written grant requests.

An in depth discussion was held as to how large a donation should be made by the Club in memory of Joe Engler as well as to what organization this donation should be made. The item was tabled pending further discussion; but the Salvation Army - Lytton Springs seems to be the focus of our donation.

Three Club Members remain in arrears for their March 24, 2013 \$70 Pancake Breakfast Tickets obligation. Treasurer Pete stated that he would no longer send them invoices for this \$70 as they know who they owe this money to the Club. No further discussion ensued.

The Club Membership Roster is now available on-line to all Club Members with internet access. A hard copy will be mailed to those who do not have internet access. This item will be brought to the attention of Club Members at one or more Club meetings. No action is needed by the Board.

The Scholarship Fund will make a presentation at an upcoming Club meeting regarding a Planned Giving program whereby individuals are encouraged to

provide a charitable bequest within their estate planning to the Kiwanis Club Of Healdsburg Memorial Scholarship Fund. A representative of the Memorial Scholarship Fund made a second appearance before the Club Board regarding this new program.

Several Club Board members expressed concerns about the apparent lack of communicating Memorial Scholarship Fund financial reports. Treasurer Pete read aloud part of a letter to our then Club President from the then Scholarship Fund Secretary which reads:

On March 20, 2009 Chuck and I met with Phil Luks and Pete Peterson in an effort to improve the communication between the Scholarship Fund Board and the Kiwanis Board. It was a productive meeting. This is a recap of what was agreed:

1. The Scholarship Fund will provide a copy to the Kiwanis Board of the Fund's financial statement by November of each calendar year. (The Fund's fiscal year runs through September 30).
2. Decisions regarding what amount the Scholarship Fund can be made in terms of an annual distribution will be made to the Kiwanis Board in the future no later than the January Board meeting.

Point one above does not seem to have been adequately dealt with as Treasurer Pete noted the most recent Memorial Scholarship Fund annual financial statements he has received are for the fiscal years ending Sept. 30, 2010 and Sept. 30, 2011. He also noted that, in his opinion, Memorial Scholarship Fund annual financial reports should automatically be provided to Club Members and Memorial Scholarship Fund Members as part of the Scholarship Fund's fiduciary duty.

Point Two above seems to have been dealt with by the Scholarship Fund's adoption of a Three Year Average Net Asset Computation Schedule Of Healdsburg Kiwanis Memorial Scholarship Fund. The first presentation of this formula was given to our Club Board by letter dated September 14, 2012 with an allocation scheduled attached thereto.

September Programs

Shy Sayar, Yoga Instructor & Movement Therapist

Shy Sayar, owner of Yoga One with studios in Petaluma gave an interesting and informative presentation on September 3 on some of the basics of Yoga. Shy is a yoga therapist who tailors yoga programs specific for each individual. He described the "Top Five Easiest Ways to Improve Your Health" using basic yoga techniques:



5. Breath into the belly – allows better expansion of the lungs and less pressure on the heart and blood circulation.

4. Stand with weight on the heels (as opposed to "on your toes") – better distribution of weight, easier relaxation.
3. Change up (change body positions frequently such as crossing the legs in opposite direction) – allows more active brain activity and improves balance.
2. Use it or lose it – retain range of motion by movement of all body parts.
1. Feel more – meditate.

Jeff Stoffer, - Emotions and Money.

Our speaker on September 10 was Jeff Stoffer CFA, CFP®, a principal at Stoffer Wealth Advisors, a financial planning and investment advisory firm in Marin County.



To be a better investor one has to understand themselves and how emotions influence decisions to buy and sell. Emotions and how we feel about money permeates so many of our day to day decisions and even how we view ourselves. Paying attention to feelings around money is a first step toward making more conscious choices with it. While women may gravitate more toward this type of inquiry, it will benefit men as well. Jeff says "Don't ask me how I know this, I just do."

Frances Caballo, - Using Social Media to Communicate

Frances Caballo, the owner of ACT Communications and Social Media Trainer spoke at the September 17 meeting about the use of Social Media to communicate with younger generations and for serving business.



The millennial generation of about 80 million individuals is the most connected generation in history. About 75 percent use social media exclusively to communicate, eschewing traditional communication methods such as newspapers, radio and TV. Currently the most used social media applications are Facebook, Twitter and Linked In.

Social media has become very useful in business and non-profit applications. Business applications include:

- Posting special deals or discounts
- Respond to customer queries/concerns immediately
- Run polls and track metrics
- Post schedules
- Use videos
- Give and ask for recommendations
- Join industry groups



**Healdsburg Kiwanis 2013-2014 Board of Directors:
Jerry Strong, Steve Jones, George Clough, Judy Everett, Susan Sheehy,
Jan Gianni (retiring member) and Dan Gianni. Not present, David Scharer and Mark Zimmerman**



Presidents Elect Jan and Dan Gianni, Assistant Treasurer Brian Wells, Incoming President Dick Bugarske and Outgoing President Loretta Strong



Hunt Conrad, Retiring Past President, Retiring Board Members Richard Yates, Ron Puccioni and Jan Gianni



Presidents Elect Jan and Dan Gianni



**Outgoing President Loretta Strong
Plaque Presented for Outstanding Leadership**

Special Birthdays



Susan Sheehy Special Birthday

Susan asked all who had attended an interclub to sing happy birthday

Happy/Sad

Many sad dollars for the passing of Joe Engler.

Jan and Dan Gianni gave happy dollars and discussed their trip to Alaska.

Harry Jackson happy to have three paintings accepted into the annual Coddington watercolor exhibition and to win a prize for one of them.

George Clough happy for the enjoyable time he and Mary Lou had on a cruise around the San Juan Islands.

Ken Scharer happy that son David and his wife have a new daughter.



Recent Photo of Kiwanis Family House in Sacramento

(Courtesy George Clough obtained during recent visit to Sacramento)

The Kiwanis Family House is 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. Guests at the Kiwanis Family House have immediate access to their loved one's bedside, free shuttle service to the hospital, and a staff of caring volunteers available 24 hours a day, seven days a week.

Boy Scout Troop 21 Activities

Troop 21 hosted their Fall Court of Honor on September 25 at Clary Hall. Scouts were recognized for their achievements over the last 6 months and especially for all the hard work they did at Camp Wolfboro.

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

TO: