



November 2024

Volume 101 No. 2

Kiwaniis members enjoy a spooky Halloween Supper

At the invitation of Anna Grant, our October evening meeting was held at the Senior Center monthly dinner party on Wednesday October 30. We joined the usual Senior Center crowd to enjoy the Halloween Supper composed of some very spooky food and treats prepared by our own Patti and her friends.



Dick's Halloween history research: The origins of Halloween date back 2000 years to Ireland and Britain marking the end of summer and the beginning of winter when the Celtic peoples celebrated the new year on Nov. 1st. In AD 1000, the Christian Church declared Nov. 2 All-Souls day. Bonfires were lit and folks paraded around in costumes depicting saints, angels and the devil.



Our Hostess Anna



Our foodie genius Patti



Rick with the newest Senior Center Helper



Cindi the Queen Bee only member in costume

Regular Tuesday meetings at the Villa Chanticleer Annex.

Meeting Dates:

Nov 5: Regular Meeting at 12 noon, Ken Dalton, Author "Polio and Me".

Nov 12: Regular Meeting at 12 noon, Maximilian Buschman, Development Manager, Community Matters

Nov 19: Regular Meeting at 12 noon, Marcy Flores, Executive Director, Corazón Healdsburg.

Nov 21: Board Meeting, Round Table Pizza.

Nov 26: Evening meeting, Thanksgiving Themed Games/Activities.

Save the Date

Dec 7: Cloverdale Kiwanis Club Crab Feed. Doors open 5:30 p.m. dinner at 6:15 p.m.

Jun 1, 2025: Second annual Texas Hold'em Tournament.

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

For information about the Healdsburg Kiwanis Club Contact President Eric Frost (559-802-6297 or Secretary Liz Bippart (707-227-4314).

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Healdsburg Kiwanis Club Officers 2024-2025

President Elect – Eric Frost
President Elect (TBD)
Secretary – Liz Bippart
Admin. Treasurer- Richard Bugarske
Project Treasurer - Ron Doble
Past Co-Presidents – Loretta Strong,
Richard Bugarske, Susan Sheehy,
Jan Gianni

Board of Directors

Debby Dormire Barbara Erickson
Susan Sheehy Jan Gianni

Memorial Scholarship Board of Directors

Dan Maraviglia, Chair
John (Jack) Brandt Dennis Stead
Ron Doble Guy French
Dan Gianni Richard Yates

The Builder

Harry Jackson, Editor

Happy Birthday

Jack Brandt – Nov. 1
Richard Bugarske – Nov. 2
Jan Gianni – Nov. 7
Joanne Kolinski – Nov. 7
Jerry Strong – Nov. 10
Nancy Arsenaault – Nov. 17
Loretta Strong – Nov. 22
Dan Maraviglia – Nov. 28

Kiwanis Anniversaries

Congratulations to the following members who joined the Kiwanis Club during the month November:

Margie Koetznr 11-1-22
Joanne Kolinski 11-2-21
Ron Doble - 11-13-07
Lee Gunnerson -11-14-91
Dan Gianni - 11-26-96



The President's Message

There are many things we should be grateful for in November, not the least being that President Lincoln proclaimed the first official Thanksgiving during the trying times of the Civil War in 1863. His words to the nation were as follows:



"It has seemed to me fit and proper that they (the bounty of the earth, the gifts of God) should be solemnly, reverently, and gratefully acknowledged as with one heart and one voice by the whole American People. I do therefore invite my fellow citizens in every part of the United States, and also those who are at sea and those who are sojourning in foreign lands, to set apart and observe the last Thursday of November next as a Day of Thanksgiving and Praise to our beneficent Father who dwelleth in the Heavens."

We may not be able to influence world events like Abraham Lincoln, but we can reach out to our fellow Kiwanians and neighbors at this time of year, inviting someone to your Thanksgiving meal, seeking to give a kind word to a stranger, encouraging someone whose burden seems heavy with a gift of a pie or a kind word, all the while giving thanks for our many blessings. Happy Thanksgiving.

Eric

P.S. The last day to order pies for this year is November 5 to be delivered on November 12.

Pies – Pies- Pies - Pies

We have embarked on a very delightful fundraiser, selling frozen pies. Pies are ordered from The Pie Company and will be delivered to us at our Nov. 12th lunch meeting to take home and/or deliver to our friends and family. Pies cost us \$12 each and we are selling them for \$20 (\$18 for 3 or more). We must sell at least 100 pies for free delivery and if we sell about 130 pies, we will have raised \$1000, which is one scholarship for an HHS student.

As of November 2, 83 pies have been ordered. Pies can still be ordered up to Tuesday November 5. You can text Pres. Eric at 559-802-6297, email Dick Bugarske, or let us know at Tuesday's meeting. You can use cash, write a check and even use a credit card.



Board of Directors Meeting

Summarized from minutes by Liz Bippart

The following is a summary of actions taken and items discussed during the October 2024 Board meeting:

Administration Management

Financials

- The Administrative Treasurer’s Report was approved. The Admin account balance is in excess of \$35,840.

Healdsburg Kiwanis Foundation

Financials

The Foundation Financial Report was approved.

- Checking account \$58,000
- New 6 month CD \$15,000
- Available to spend on projects \$34,000

The Foundation meeting was adjourned due to extreme noise in the meeting area and continued on Tuesday, 10/22/23:

- Jane Farkas membership was approved.
- Eric reported on the meeting with Corazon and presented a page of five ideas for potential collaboration including scholarships, projects with seniors, baby shower gift baskets, event and corporate sponsorships.

Meeting Summaries

Oct 1: Chris Vanden Heuval, Superintendent – Healdsburg Unified School District.

In a very interesting and informative presentation, Superintendent of Healdsburg Unified School District **Chris Vanden Heuval**, discussed the HUSD vision and accomplishments

HUSD Vision:

Each school is an inspiring and challenging environment where all staff and students value and celebrate diversity. Every student and family is unconditionally respected. All students are thriving, collaborative, critical thinkers, developing a love of learning, and demonstrating kindness and compassion to all.



HUSD Highlights:

- HUSD has served our community for over 150 years
- 1220 total students in HUSD – 400 in elementary schools
- Elementary School average size in grades K-5 is 17
- Healdsburg Junior High School was named a CA Distinguished school of 2024
- Healdsburg High grads are top in Sonoma County High Schools with a 67% college going rate (Sonoma County avg is 61%)
- Healdsburg High grads consistently have the highest rate of college application/admissions of Sonoma County High Schools
- Quality CTE Offerings and HHS – Construction, Culinary Arts, Agriculture, Engineering, Media, Computer Science.
- Robust Elective/Enrichment offerings in grades IK-8 including Spanish, Art, Music, engineering, Nutrition/gardening, PE, Chess, Robotics.

Measure R

Measure R is a proposal to authorize \$49,500,000 in bonds to improve the quality of Healdsburg elementary schools.

Highlights:

- Taxes will not increase -just stay the same (replaces existing maturing bond)
- Will vastly improve educational experience for our students. Better schools = higher property values.
- No proceeds can be spent on salaries, only on facilities-related improvements
- The Citizens Bond Oversight Committee will review yearly audits to ensure bond proceeds are spent appropriately.

Improvement Projects:

- Repair or replace leaky roofs.
- Replace deteriorating plumbing systems
- Upgrading inadequate electrical systems
- Replacing energy-inefficient HVAC systems
- Reconstruction of HUSD Aquatics Center for school and community use, including offices, locker rooms etc.

- Recycled water infrastructure for future use, fields and landscaping.

Oct 8: Kiwanis International Youth protection Week Presentation.

Dick Bugarske presented a PowerPoint slide show and led the discussion, making this sometimes-dull topic informative and interesting.

Every Kiwanis club is expected to inform and educate its members on these policies, best practices and required actions for individuals who become aware of youth in potentially harmful situations.

- Criminal History Background Checks: KI requires clubs to have a clear criminal history background check for any club member serving as an advisor to any Service Leadership Programs club.

- Chaperones

All chaperones (club members and non-members) participating in any single-day event or overnight Service Leadership Programs event must have a clear criminal history background check and must have completed Kiwanis International youth protection training. Additionally, chaperones must follow all applicable policies and procedures.

- A complete description of KI Youth Protection Policies and Procedures is attached at the end of this newsletter.

Kiwanis Youth Protection Goals: Protect, educate, and engage all Kiwanis members – youth and adult

- Protect youth from predators
- Provide youth with skills and tools designed to inspire and engage future leaders to be their best.
- Empower and educate adult members with best practices when working with youth.

Why Youth Protection Matters - Experiencing sexual abuse and other forms of abuse can result in short- and long-term physical, mental, and emotional health consequences such as:

- Post-traumatic stress disorder (PTSD),
- Substance abuse
- Increased risk for suicide or suicide attempt.
- Increased risk of re-victimization, and
- Twice the risk of intimate partner violence later in life.

Our Obligations

- Identify concerning behaviors
- Monitor and supervise youth
- Report emergencies of red flag incidents
- Model safe appropriate behaviors

Oct 15: Mike Roa - The STEAM Showcase - "Restore, Revive, Empower, THRIVE!"



The 2025 Synopsys-Sonoma County STEAM Showcase will be held on March 4th, 2025, at the Sonoma County Fairgrounds. The event is free and open to all students TK-12th grade in the county.

Students are invited to show projects incorporating at least two areas of STEAM. During the full day Showcase, students will present their projects and engage in hands-on STEAM activities and challenges. Students may enter the showcase as individuals or groups, which can be as large as a whole class.

The theme for this year is "Restore, Revive, Empower, THRIVE!" All eco innovators and eco heroes are invited to design a project around this year's theme exploring ecological justice and human impact on the Earth! Students may choose to focus on a human caused and/or natural phenomena that in some way relates to ecological justice and human interconnection with ecosystems.

Possible Guiding Questions:

- How do humans interconnect with and impact ecosystems?
- How can we innovate and design solutions to make sure all people have access to clean and safe

environments regardless of race, class, gender and/or ability?

Oct 22: Anna Grant - The Joys of Backpacking in Yellowstone.

Who knew? Our own Kiwanian, Anna is an avid backpacker. In 2023 she joined a group of experienced women backpackers from all over the USA. So, a group of 8 of them were off to share adventures in Yellowstone. The total trip length was 60 miles, out and back, averaging 10 miles each day.

Backpacking means: If you want it, you carry it. All of it – In and out- All the way – No exceptions. Anna brought her full backpack to the meeting, removed and set up her tent and displayed the other backpack contents, demonstrating some of the items. The total carrying weight was 50 pounds.

What's inside the Pack?

- Sleep system: tent, foot, quilt inflate pad, pillow.
- Clothes: warm jacket, hat, pants, rain gear, mosquito net, sun hat, 1 extra shirt, 1 extra sox.
- Food/snacks – in bear can (8 days' worth).
- Toiletries -in bear can with the food.
- Fuel for jetboil.
- Headlamp.
- Misc electronics.
- Cup, spork.
- Medication = ChapStick, sunscreen.
- Bug spray (DEET).
- Hike poles.
- Bear spray!

What's not in the pack?

- Change of cloths
- Swimsuit, towel
- Any scented items (shampoo, soap, deodorant).
- Binoculars
- Camp slippers
- Any case that items come in
- Toothbrush and hairbrush handles
- Car keys, wallet, cash, purse.
- Camp kitchen stuff beyond the Jetboil.

Some Facts about Yellowstone

- America's first national park established March 1, 1892.
- 90% in Wyoming, 3% in Montana, 1% in Idaho.
 - 3,500 square miles, larger that Rhode Island and Delaware combined.
 - Only place bison have lived continuously since prehistoric times.
 - Yellowstone Lake – Largest high alpine lake at 7,733ft. elevation.
 - Majority of visitors only see 2% or less of the park. So, get on the back country trails!



No, we didn't see this on our trip

Key Club Happenings

By Dick Bugarske

On Saturday October 19, our Key Club attended the Fall Rally at 6 Flags in Vallejo. It was a great day with hundreds of Key Clubbers from all over Northern California and Nevada. The 8 high schools in Sonoma County are collectively Division 32 (One of 81 Divisions in CalNevHa) and our High School is one of 687 high schools in our District. Impressive.

The Fall Rally is one of the many events that bring our young students together. Fun day and we have a solid 25 students in our Healdsburg Club.



Here are the 10 of our members who were at the Fall Rally

Corazon Healdsburg

By Susan Sheehy

Eric Frost and I attended the Potluck at HHS Cafeteria on October 22 where some of the Next Gen students gave a report on their experiences this summer visiting and attending conferences in various schools back east. This was the first time each had traveled solo. Corazon Healdsburg pays for the experience, and we heard how it impacted their lives. They attended Colombia, Syracuse, Georgetown and a few others. Each was very articulate. One was planning to go into the medical field, but the experience helped her to change and decide on Psychology instead. One is interested in International Relations and got to meet people working at the United Nations.



The Corazon Students with their leaders

The two women attending (orange in center, black on right) work for Corazon and help direct the program. Sorry I didn't get all the names down.

\$\$ Happy/Sad & other stories \$\$

Melanie Taylor happy to visit Wichita Kansas for American Legion Convention. Visited Eisenhower Museum and other attractions. Celebrated Bob's 78th birthday.

Lockie Gillies Now a full-time caregiver for dad at home. Happy dad is doing well.

Susan Sheehy happy to be hosting "Dinner with the Dead" in the cemetery. The event was sold at the museum's History Lives Dinner auction twice for \$5,000.

Darlene Prigmore happy that granddaughter Tiarra was with her at the meeting. Had not seen her for a while.

Loretta Strong happy that Jim Schmidt has winterized Jordy's bench.

Healdsburg Kiwanis Club 2024-2025 Events Schedule

Merry Healdsburg on the Plaza	Dec. 6, 2024
Steelhead Festival at Lake Sonoma	Feb. 8, 2025
HHS Hall of Fame at Villa Annex	Feb 23, 2025
St. Patrick's Day on the Plaza	Mar. 17, 2025
Pancake Breakfast - Villa Chanticleer	Apr 13, 2025
Twilight Parade	May 22, 2025
FFA Fair Booth at Rec Park	May 22-24, 2025
Texas Hold'em at Longboard	Jun. 1, 2025
Brandt's Beach BBQ	Aug. 27, 2025
Other events to be determined	

YOUTH PROTECTION POLICIES & PROCEDURES

UPDATED OCTOBER 2022

These policies can be found in Kiwanis International Policies and Procedures as **Procedure 432**.

All adults working with youth under the age of 18 at any Kiwanis event are required to read/understand, agree to and abide by these policies.

EDUCATION: Every Kiwanis club is expected to inform and educate its members on these policies, best practices and required actions for individuals who become aware of youth in potentially harmful situations. This education must occur annually, including providing a copy of these policies to each club member. Every Kiwanis district is expected to provide an educational forum or workshop at every district-produced convention and conference regarding policies and best practices for adults working with youth, using materials provided by Kiwanis International.

CRIMINAL HISTORY BACKGROUND CHECKS: Kiwanis International requires clubs to have a clear criminal history background check for any club member serving as an advisor to any Service Leadership Programs club. The check must be conducted and verified by Kiwanis International. Any person without a clear criminal history background check may not serve as the advisor. Approved background checks shall be valid for no more than two years. Kiwanis advisors shall acquire a new criminal history background check upon their initial appointment to the position.

CHAPERONE: A chaperone is defined as a Kiwanis member, faculty member, parent, legal guardian or person who is in loco parentis, twenty-one (21) years of age or older, who has been approved by the school or agency and registered with the school or agency to accompany the youth members at the specific event. All chaperones (club members and non-members) participating in any single-day or overnight Service Leadership Programs event must have a clear criminal history background check and must have completed Kiwanis International youth protection training. Additionally, chaperones must follow all applicable policies and procedures.

CHAPERONES FOR OVERNIGHT EVENTS: A minimum of one adult per 10 students must be serving as chaperones during the entirety of an overnight event.

CHAPERONES FOR SINGLE-DAY EVENTS: A minimum of one adult per 50 students must be serving as chaperones during the entirety of a single-day event.

OVERNIGHT EVENTS: All adults (club members and non-members) registered for or staying overnight at any Service Leadership Programs event must have a clear criminal history background check and must have completed Kiwanis International annual youth protection training. However, parents/guardians of participating students who are not chaperones may attend the event for a maximum of one overnight stay without a criminal history background check.

OVERNIGHT STAYS: While attending a Kiwanis event that requires an overnight stay in a hotel or camp/ conference setting, adequate adult chaperoning is expected and must include no fewer than one adult male for each ten or part of ten youth males, and one adult female for each ten or part of ten youth females. Except for a parent sharing a sleeping room or other sleeping quarters (e.g., a tent) with his/her own child, no adult should share a hotel or dormitory sleeping room or other sleeping quarters with a youth. In the event that sleeping quarters consist of multiple beds (such as in a bunkhouse or camp cabin), adults may share the sleeping quarters with youth members of the same gender, provided that two or more adults are present.

DISTRICT ADMINISTRATORS FOR SERVICE

LEADERSHIP PROGRAMS: Kiwanis International requires all SLP district administrators to complete an application process, which includes submission of a completed application, having a clear background check conducted and verified by Kiwanis International, completion of Kiwanis International youth protection training and any other elements that may be required by Kiwanis International. After receipt of an individual's application and verification of all required elements, Kiwanis International will review the information and decide, in



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its sole and absolute discretion, whether the individual is accepted to become an SLP district administrator. Kiwanis has no obligation to allow an individual to become an SLP district administrator based solely on a “clear” background check. Denial may be appealed via the process outlined in Procedure 197.

ANNUAL MEETING WITH KEY CLUB AND CKI

ADMINISTRATORS: Each Key Club district administrator and CKI district administrator shall hold an annual meeting, either in person or virtually, with Kiwanis International staff and the district Youth Protection manager to discuss respective Key Club and CKI district events and activities and the status of the respective district Key Club and CKI programs.

TRANSPORTATION: When transporting youth, the best practice is the “rule of threes,” with at least three people in the vehicle at all times, along with documented approval from a parent or guardian for the transportation arrangements. When both of these conditions cannot be met, one of them should be. All transportation decisions should be made in accordance with local laws and school policies.

USE OF ALCOHOLIC BEVERAGES, TOBACCO, MARIJUANA AND OTHER SUBSTANCES: While attending any Kiwanis event that is produced primarily by or for the benefit of youth, adults are expected to refrain from using or being under the influence of alcoholic beverages, tobacco and/or marijuana products, even if prescribed for medicinal use. In addition, the use and/or possession of illegal drugs or the improper/illegal use of legal drugs is prohibited.

MEDICATIONS: The possession of prescription and non-prescription medications by youth at a Kiwanis event should be permitted only by the written permission of the parent/guardian.

REPORTING: If a Kiwanian observes troubling behavior involving a youth at a Kiwanis event or becomes aware of a situation that is illegal or potentially unsafe for a young person at a Kiwanis event, they must immediately contact the appropriate personnel at the event, as well as provide notification to law enforcement personnel as appropriate. All local, state, provisional and federal laws regarding reporting must be followed. If the Kiwanian becomes aware of the troubling behavior after the event, they must contact leaders of the event and provide notification to law enforcement personnel as appropriate. Kiwanis

International now offers a 24-hour, confidential helpline at 1-866-607-SAFE. The helpline can be used if you think a youth has been harmed or their safety and well-being are at risk.

PERSONAL INFORMATION: All documents bearing personal information of any youth attending a Kiwanis event, including registration forms, medical information forms, permission to treat forms, etc., should be treated as confidential. Processes that protect this information must be created, including minimizing the number of people who have access to any such documents. The documents shall be maintained a minimum of three years or longer, as may be required by applicable state/provincial laws and regulations. After the maintenance period has expired, the documents shall be destroyed in a way that maintains confidentiality, such as shredding. The disposal and destruction of all confidential information shall conform to applicable state/provincial laws and regulations.

YOUTH AND SOCIAL MEDIA: For any social networking site that involves requesting a connection (such as inviting someone to be a friend on Facebook), adults should never initiate such connections with youth. If a youth requests such a connection from a Kiwanian, the Kiwanian should use their best judgment in responding. Adults should treat their interaction with youth on social networking sites as though the interaction were occurring in public, in front of other adults and young people. In other words, if it would not be appropriate to say something to a young person in public, it should not be said as a comment on a social networking site, either. Kiwanians should refrain from interactions that can be seen as excessive (such as constantly “liking” or commenting on a person’s posts on Facebook). Prior to posting any media online, such as photographs, obtain permission from all individuals (or parents, for minors) who appear in that media; it could be illegal to do otherwise. See Kiwanis International Policy B for complete social media guidelines.

BEHAVIORAL OR HEALTH ISSUES: Kiwanians are often seen by a young person as adults to trust with personal and/or sensitive information. Kiwanians should refrain from counseling youth and should instead find, or assist the young person in finding, appropriate expert assistance.

CONFLICTS WITH OTHER RULES: Whenever these policies conflict with local school policies or rules, or local, state/ provincial or national laws or regulations, the highest applicable standards for conduct shall prevail.

