



December 2024

Volume 101 No. 3

Club Welcomes new member Jane Farkas



**Sponsor Cindi Brown, Jane Farkas,
Membership Chair Loretta Strong**

Cindi met Jane at the Senior Center during COVID, and they became fast friends. Jane moved from Cloverdale to Healdsburg about 8 years ago to be in a better place. She is very glad to join Kiwanis and will be grateful to be of help.

Dick's Weather Report 11/18/24

On Tuesday, low pressure will undergo what meteorologists call bombogenesis over the northern Pacific, which is where the term "bomb cyclone" originates from. That means its pressure will have dropped by 24 or more millibars in 24 hours or less, indicative of a storm that is intensifying quickly, which can result in more significant impacts than what a weaker storm would produce.



In this case, the storm will also haul in a long-lasting atmospheric river moisture plume that is packed with copious amounts of rain and mountain snow, especially in Northern California and parts of Oregon. Peak impacts from this soaking pattern will unfold Tuesday through Friday, possibly lingering into Saturday.

So, the rainy season is upon us. Time to "Batten Down the Hatches" so the ship stays afloat.

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

Regular Tuesday meetings at the Villa Chanticleer Annex.

Meeting Dates:

Dec 3: Regular Meeting at 12 noon, Marcy Flores, Executive Director, Corazón Healdsburg.

Dec 3: Postponed November Board Meeting following lunch meeting. (No December Board meeting)

Dec 10: Regular Meeting at 12 noon, speaker TBD.

Dec 17: Regular Meeting at 12 noon, Annual Christmas celebration. White elephant gift exchange.

Dec 24 & 31: No meetings.

Other December Dates

Dec 6: Merry Healdsburg Tree Lighting.

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

Save the Date

Jan 18, 2025: Div 32 DCM, Salvation Army, Santa Rosa, 9:00am-2:00pm.

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.

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

Anna Grant - Dec.6
Terry Kemp - Dec. 9
Eric Frost – Dec. 18
Vern Losh - Dec. 22
Richard Yates - Dec. 24

Kiwanis Anniversaries

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

Nancy Arsenault – 12-19-17
Darlene Prigmore – 12-9-14

The President’s Message

Dear Kiwanis Club Members,

As we embrace the spirit of this season, let us remember the words of Charles Dickens in "A Christmas Carol": “No one is useless in this world who lightens the burdens of another.”

In the true spirit of giving, I encourage each of you to reflect on how we can come together to uplift our community. Every act of kindness, no matter how small, makes a significant difference. Let’s work hand in hand to spread joy and support to those in need this holiday season.

In less than a week, we have an opportunity to support our community at Merry Healdsburg. We can also rally around Denny’s efforts in Toys for Tots. And I am sure that someone we know can use a little kindness from each of us.

Together, we can light the way for others and inspire a brighter tomorrow.

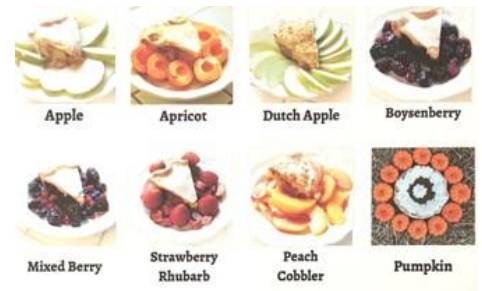
Warm wishes,

Eric Frost



Pies – Pies- Pies - Pies

On Pie Day November 12, a truck from Ripon arrived during our meeting to deliver 178 pies. The delivery man piled the labeled boxes containing the pies on tables in front of the room for the purchasers to pick up as they left to take home and enjoy. The total amount raised from the pie sale was about \$1,500, enough to cover 1-½ \$1,000 scholarships.



Key Club Happenings

By Dick Bugarske

With no school the following week, our Key Clubbers spent their lunch on November 18 writing 62 Thank You cards to every person who works for the High School. President Eric printed the cards, and the students did a great job filling them out. A wonderful way to spend a Monday lunch!

Thank You!

Raul Bonilla,
Custodian

From:
HHS Key Club, Celebrating 75 Years



Board of Directors Meeting

With 4 of our Board members out of town the November Board meeting was postponed until Tuesday, Dec. 3rd, immediately following our lunch meeting.

Meeting Summaries

Nov 5: Ken Dalton, Author "Polio and Me"

Ken has recently written a book about his journey through life as a childhood polio victim – "Polio and Me".

Polio victims' lives were forever changed due to their paralysis – a remnant of the battle against polio.

Ken contacted polio at the age of 5 in 1943 and began an eleven-year journey of surgeries, rehabilitation and therapy that enabled him to walk unaided across the stage to receive his high school diploma.

During the annual polio epidemic season, the polio virus would infect many, just like the flu, but for an unlucky one or two percent, for reasons that remain a mystery, the virus breaks through the blood-brain barrier, and travels into the central nervous system and damages the motor neurons that control the muscles of limbs. In the super unlucky, the virus could move on to destroy the motor neurons that control the breathing muscles. If that happens, the victim spends the remainder of life in an iron lung or dies.

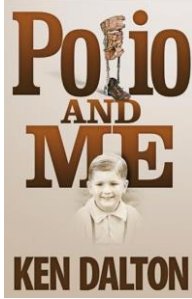
Sister Kenny, an Australian nurse developed an approach that was totally contrary to the accepted medical treatment of the time in the US, which involved long-term splinting and plaster body casts to immobilize the limbs combined with prolonged bed rest. Ken's mom adopted Sister Kenny's approach, and she recalled:

"We had a washer with a wringer. I kept the machine going with hot water for the wool strips. The strips were about a foot wide and five feet long. I would toss the wool strips into the washer, and I would use a long wooden spoon to pull it out, then run it through the wringer. As the strip came through the wringer I'd catch it with the wooden spoon, carry it into your room and wrap it around your leg or arm. I learned to ignore your cries because I knew if you were going to get better, I had to follow the doctor's instructions and wrap your leg and arm four times a day."

Thanks to his mom's intense efforts and devotion, Ken went on to lead a near normal life,

meeting and marrying the girl of his dreams, raising a family and playing golf.

"But wait: I have one more polio item to consider. It is called Post-Polio Syndrome. The syndrome causes symptoms that look and feel like polio has returned to people like me. Over the past five years I have worked diligently to find a doctor who has ever seen a patient with polio, much less find one who knows how to treat my Post-Polio Syndrome."



Ken receives certificate of appreciation for his excellent presentation from his son-in-law President Eric Frost

Nov 12: **Kimberlyn Moffet** Director of Program & Training and **Maximilian Buschman**, Development Manager, Community Matters

Community Matters is a 501(c)(3) non-profit organization founded in Sebastopol in 1996, now headquartered in Santa Rosa. It serves schools/communities in 43 states Puerto Rico and Guam and 3 other countries: Canada, Japan and Paraguay.

Programs and services include:

- Safe School Buddies (k-3)
- Waking Up Courage Assemblies
- **Safe School Ambassadors (4-12)**

Safe School Ambassadors is an evidence-based, field-tested program to engage, equip and empower student bystanders to reduce bullying and other forms of harmful behaviors that lead to more serious issues such as harmful behaviors, suicide and threats to schools. In years past the Healdsburg Kiwanis Club has supported the Safe School Ambassadors at Healdsburg Junior High School.

Student ambassadors

- See, hear and know things adults don't
- Are first to arrive on scenes of mistreatment

- Can effectively intervene and support in ways adults can't.
- Are first to detect changes in their friends.
- Set the tone and social norms on campus.

It's easier, more effective, and less costly to build strong children than to repair broken adults, - *Frederick Douglass*

Nov 19: Jennifer Utsch and Mona Ashbaugh, Heartizens



President Pro-Tem Jan Gianni, Dick Bugarske, Jennifer Utsch, Mona Ashbaugh

Heartizen, is a local non-profit that fosters well-being, community connection, and self-expression by providing inclusive, adaptable creative spaces —both physical and virtual—where people of all ages can explore the arts and thrive from the heart.



The physical space is 1500 square feet in Jennifer's former art studio, conveniently located at 400 Moore Lane behind City Hall.

Heartizens's programs Include:

- Summer art camps tailored to youth, fostering creativity and self-expression. We nurture self esteem and values, develop their authenticity through finding their voice, and expand their imagination.
- Sparkle Time is Heartizens' vibrant after-school program designed for children ages 5-11 held for 15 Wednesday afternoons from 2-5pm. This art centered initiative offers a safe, nurturing space where kids from our community can explore their creativity while building meaningful connections.
- Through a diverse range of activities like singing, dancing, and hands on art projects, we encourage self-expression and teamwork.

Heartizens is asking for our support, financial and/or donations of equipment and supplies such as art supplies, games, electronics and furniture.

Nov 26: With many members out of town or having other holiday activities, the 11/26 meeting was cancelled.

Birthdays



Dan and Patti asked everyone to stand and dance the Hula while singing Happy Birthday



Jan asked Jerry to sing Happy Birthday ala Frank Sinatra



Jerry asked all ladies under 91 to sing Happy Birthday

The Builder - - KIWANIS CLUB OF HEALDSBURG



**Saturday
Dec. 7th**

22ND ANNUAL CLOVERDALE KIWANIS
CRAB & PASTA FEED

ALL-YOU-CAN-EAT COLD CRACKED CRAB, PASTA, SALAD & DESERT
WINE AND BEER INCLUDED



DOORS OPEN 5:30 P.M. DINNER SERVED 6:15 P.M.

\$75

CITRUS FAIRGROUNDS AUDITORIUM, CLOVERDALE

LIVE & SILENT AUCTIONS

Tickets available from any Kiwanis Member

FOR CREDIT CARD PAYMENT, CALL LAURIE AT (707) 328-2147
CASH, CHECKS, VISA OR MASTERCARD ACCEPTED

No ticket sales at the door

KIWANIS CLUB OF CLOVERDALE FOUNDATION, A 501 (C)(3)(5) ORGANIZATION



KIWANIS CLUB OF SANTA ROSA IN HONOR
OF OUR 100TH ANNIVERSARY
PRESENTS THE PREVIEW SHOWING OF



Thursday, January 30, 2025
At the 6th Street Playhouse G.K. Hardt Theatre
52 West 6th Street Santa Rosa, CA 95401

Phil Connors, a sarcastic and self-centered TV weatherman from Pittsburgh, dreads his trip to Punxsutawney, Pennsylvania, every year, where he is forced to report on the annual Groundhog Day festivities. Unfortunately for him, he is stuck overnight due to a blizzard. When he wakes up on February 3rd, though, there's a worse problem on his hands—it isn't February 3rd, but February 2nd, the same day he just lived. In a bizarre twist of fate, Phil is forced to relive the same day over and over again. Set to a hilarious and heartfelt score by Tim Minchin, *Groundhog Day* is an uproarious tale of a man who finds himself with all the time (he never wanted) in the world.

Doors open at 6:30 Play at 7:30 \$35.00 per ticket

Complimentary Dessert Bites, Drinks for Purchase and Silent Auction Items

Fundraiser for Kiwanis Club of Santa Rosa's local youth programs

Check out our website at www.kiwanisofsantarosa.org



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

Cindi Brown happy her best friend Jane has joined our club. Happy her granddaughter (born 11/11/22) spent the night. She was an angel!

Jim Lucchesi happy his ADU project was finally approved 2 years after submittal.

Eric Frost happy to announce that the Healdsburg Chorus "Joy Shall Be Yours" performance will be presented On December 14 & 15.

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	