



May 2025

Volume 101 No. 8

## Pancake Day 2025



**The Flipping crew  
Wine Country Computer guys Gavin & Ronaldo (front),  
Lockie Gillies & Andy Smith (back)**

The 70<sup>th</sup> annual Healdsburg Kiwanis Pancake Breakfast was held on Sunday, April 6 at the Villa Chanticleer. About 350 hungry people enjoyed all-you-can-eat pancakes (plain, chocolate chip or blueberry) with real maple syrup, sausage, scrambled eggs, pineapple, juice and coffee.

This year's event was chaired by Jan Gianni and many co-chairs who did a wonderful job of putting it all together. They were assisted by an army of hard-working crew of many mixers, cooks and servers working in two shifts. Also, pitching in were members of HHS Key Club, Warm Springs 4-H, and Scout Troop 21.

Major donations of supplies were furnished by Starbucks (coffee), Big John's Market (eggs, sausage, pancake mix, orange juice), and Anna and Michael Grant (pineapple). Bob's Signs again donated their expertise in updating our advertising banners that were placed at Bell's Ambulance, Garrett ACE Hardware, and at Rec Park. The flower arrangements were donated by Rhonda Andrade! Mimosas were prepared and served by expert bartenders Kelly Keller and Loretta Strong.

A gift basket raffle was again arranged by Darlene Prigmore. Darlene made and donated a beautiful raffle basket, and Lucy Lewand contributed 2. Raffle tickets were sold at the door for total proceeds of \$403.

Total net proceeds from the event are about \$2800.

Wendell the Rabbit, portrayed by a Key Club volunteer sat on a bench underneath a white flowered arch for photos with the kids.

Regular Tuesday meetings at the Villa Chanticleer Annex.

### Meeting Dates:

**May 6:** Regular Meeting at 12 noon, Healdsburg Scout Troop 21.

**May 13:** Regular Meeting at 12 noon, Students of the Month.

**May 15:** Board Meeting, Round Table Pizza 5:30 pm gather, 6:00 pm Call to order.

**May 20:** Regular Meeting at 12, noon – FFA Prep and Club Business.

**May 27:** Evening Meeting – Canceled (moved to Music in the Plaza)

### Other May Dates

**May 22:** Twilight Parade

**May 22-24:** FFA Fair Booth at Rec Park

### Save the Date

**Jun 1:** 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.

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



## Healdsburg Kiwanis Club Officers 2024-2025

President Elect – Eric Frost  
President Elect (open)  
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

Brian Wells- May 2  
Jason Boaz – May 2  
Joandell Hahn – May 7  
Jim Silveira – May 10

### Kiwanis Anniversaries

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

Anna Grant: 5-1-18  
Cody Thompson 5-14-18  
Lindsay Wurlitzer: 5-15-79  
George Diebold: 5-25-04  
Loretta Strong: 5-16-06  
Eric Smith: 5-25-10



## The President's Message

Another month has passed, and a new one is beginning.

Tuesday night was a highlight for our club: 40 Healdsburg seniors received scholarships from us. Hats off to Loretta and her scholarship committee for their hard work in selecting the recipients. This year also marked the first time we awarded three memorial scholarships in honor of Edgar Deas, Roger Dormire, and Jordan Strong. Edgar and Roger were notable Kiwanians from our club, and Jordan is the son of Loretta and Jerry. Additionally, 10 scholarships—each for \$1,000—went to our Key Club members.



Regarding next year's pancake breakfast: The American Legion has graciously agreed to let us use the Villa Chanticleer as one of their free days. Having the venue at no cost makes a significant difference as we aim to raise funds and bring our community together.

Looking ahead, Susan Sheehy is busy preparing for our Texas Hold'em Fundraiser on June 1—our second year hosting this event. Finally, this month's big event will be the FFA Fair, including a parade float—great opportunities to showcase our club's spirit and dedication.

And now, a thought to ponder: One day, a young boy was walking along the beach, gently tossing stranded starfish back into the ocean. As he carefully freed each one, a man approached and said, "You can't save them all. It doesn't make a difference." The boy paused, looked at the starfish in his hand, and then gently threw it back into the water. Turning to the man, he replied, "It made a difference to that one."

Eric

## \$\$Happy/Sad & other Stories

**Cindi Brown** happy to have her rental unit completed and to be a landlord.

**Loretta Strong** happy to discover that someone had attached a chain and lock to Jordie's bench.

**Joanne Kolinski** happy Denny is doing well and that she could bring him to the meeting.

**Denny Stead** – Thank you for the cards and support.

**Jan Gianni** sad to be missing the favorite meeting day (Students of the month).

**Debby Dormire** sad her Facebook was hacked.

**Jim Schmidt** happy he completed the new member id tag box. The old one is available.



## Board of Director's Meeting – 4-17-25

*Summarized from minutes by Babara Erickson*

The following is a summary of actions taken and items discussed during the April 2025 Board meeting:

### Administration Management

#### Financials

- The Administrative Treasurer's Report was approved. The Fund assets are about \$18,000.

#### Other Business

- FFA Twilight Parade Planning

Pennylee of North Bay Kiwanis contacted Susan and asked if their club members could join us in the parade. North Bay will provide a truck, driver, flatbed, hay bales, decorations and a classic car convertible for the occasion.

The board approved the plan

- FFA Food Booth

It has been decided to no longer use our tired old trailer and replace it with 3 or more popup tents and tables. Dick will test the fryers he found at Costco for the fries.

Food served will include Hot dogs, French fries, chili, mac & cheese, and tamales. Corrizon will make the tamales, and we will give them 50 cents for each one we sell.

- Boosters

A motion requesting \$150 for Tayman Park Golf Tournament was approved.

- Students of the Month meeting – May 13

Mugs have been ordered with different inspiring quotes.

- Dick proposed purchasing smaller flyers from Amazon and will learn more about the features compared to the large fryers we've been using.

### Healdsburg Kiwanis Foundation

#### Financials

- The financial report was approved.

The \$15K 6-month CD was moved into the Money Market on April 17.

The Endowment Fund contains \$25,000 to spend. A total of 43 scholarships are being awarded.

#### Event Planning

- Texas Hold'em Susan's Report as of April 17

- Dealers are needed for 13 tables, 6-7 have committed.
- Nancy is doing banners to be hung at Garretts and Rec park.
- Raffle Prizes so far include Lucy – Aqua Hotel, Mill Valley, Liz – Home in Bodega Bay, and Jim's Hold'em drinking glasses.
- Supplies needed: Liz's Cowboy Cookies, More raffle prizes.
- Catering by Agave
- House Rules

If there are too many chips, they can be exchanged for higher value

If you're out, you can buy \$50 more chips before 12:30 PM.

- Pancake Breakfast evaluation

- Jan said the follow was good and help was well split up
- We need more customers!
- Dick will check with Frank T. of the American Legion, to see if they can sponsor us next year at the Villa.

- Steelhead Festival

- Are we going to do it again? Dick's comments: we're in competition with our small business community; doesn't seem right; the visitors are from all over the Bay area

- Book on Healdsburg

- The woman writing it will be speaking in May. Find a recipe they might like to print.

- Jr. High Pancake Breakfast

- Prepare and serve breakfast for 120 students - Sausages, pancakes, juice boxes, fruit.
- Be there at 7:00 AM

- Scout Troop 21
  - They may be speaking at a May meeting.
  - Requesting \$1,000

## Meeting Summaries

**Apr 1:** Harry Jackson – Nepal, Khimpti Hydroelectric Project.



Harry’s presentation was scheduled for the February 11 meeting, but there was only time for a short introduction because of the Key Club baked goodie auction.

Many Nepal visitors go on long guided treks through the Himalayan foothills. The treks are graded for the scenic quality, the altitude and difficulty of the terrain. Harry talked about his trek that he was paid to go on for inspection of the Khimti I hydroelectric Project in the Himalayan foothills.

The \$137 million Project was funded by a group of European banks. As a condition of the loan, the lenders required that the developer retain a team of hydrologists, geologists and engineers to monitor the design and construction process and monitor management of construction contracts. During the 2 ½ year construction process one of the team members would perform an onsite inspection each quarter. Harry’s turn came in February 1998 when the project was about 20% complete.

The project is located on the Tama Koshi (river) about 90 miles east of Kathmandu and 50 miles south of Mt. Everest. The Khimpti Kola is a smaller steeply sloping tributary which is the source of water to operate the turbine/generators. There was no vehicle access to the Khimti headworks, so the only access was by an ancient footpath., hence the 7-mile trek for the inspection.

The trek route was located on the side of the mountain where the 5-mile tunnel was being excavated. Project logistics were challenging. Large heavy equipment (machinery) too heavy to carry was by helicopter air lift.

The air transport was very expensive, but abundant cheap labor was available. Anything small enough to carry was delivered by several hundred porters who were paid \$8 per trip, which was considered an excellent wage compared to the Per Capita income of \$279/year. These hard-working people carried 50 kilo bags of cement, sand and rebar and other construction supplies,

They also carried all the necessary food for themselves and the several construction crews that were working on tunnel excavation and the intake works development.

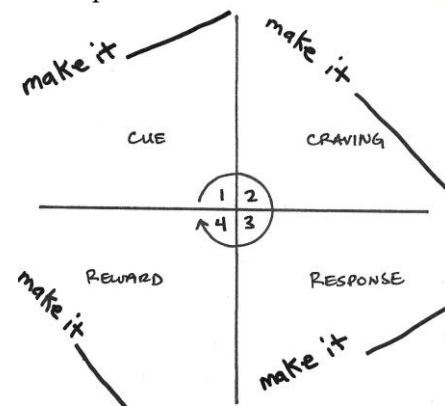
**Apr 8:** Lucy Lewand – Easy & Proven Way to Build Good Habits & Break Bad Ones

In a fascinating and inspirational presentation Lucy talked about dealing with good and bad habits.

**ATOMIC HABITS**

SMALL CHANGES, BIG RESULTS.

### The Habit Loop



The four stages of habit are best described as a feedback loop. They form an endless cycle that is running every moment you are alive. This "habit loop" is continually scanning the environment, predicting what will happen next, trying out different responses, and learning from the results. In summary, the cue triggers a craving, which motivates a response, which provides a reward, which satisfies the craving and, ultimately, becomes associated with the cue.

<u>Quadrant</u>	<u>Make It</u>
1 Cue	Obvious
2 Craving	Attractive
3 Responses	Easy
4 Reward	Satisfying

Lucy explained the process with a personal example. She was eating her husband’s potato chips

while they were watching TV, and although he didn't mind she wanted to limit her junk food diet. Her reward was the satisfaction of reducing junk food and maybe losing some weight.

**Apr 15: Nicole White** - "Honey/Mead Tasting".

Our beekeeper member Cindi Brown introduced her friend Nicole who has recently opened a new business in town. La Ruche ("The Hive" in French), offers a unique array of local and global flavors, crafted with care from the finest nectar sources around the world. Each jar tells a story of quality and craftsmanship, bringing together the essence of local beekeeping traditions and the rich diversity of global honey varieties for a truly exceptional tasting experience.



We learned some interesting information about bees and their honey making business. Did you know that there were no native honeybees in the western hemisphere, although there were many varieties of pollinating bees? European honeybees were introduced by early settlers.

We enjoyed a "Honey/Mead Tasting" of Nicole's honey and mead inventory. She brought samples of four honey varieties with different tastes and textures and two samples of mead. One of the meads was a "wine style" and the other "beer style". Little resemblance to real wine and beer could be discerned.

**Apr 22: Jane Farkas** – Fashion Show in China.

Our own Jane Farkas shared her quilt and textile experience in China.

As a seasoned textiles artisan, Jane embarked on more than 10 years of journeys to Bali seeking the highest quality craftsmen to assist in creating the finest quality jewelry. She also creates unique dying of velvets, silks and chiffons.



**One of Jane's creations**

The white fabric material imported from China is stretched on an 8 by 10-foot frame that Jane described as a trampoline. The dye is then carefully applied with an air brush. The finished product is trimmed and cut

into a clothing pattern and beautiful gowns, dresses and other apparel is created.

Many years ago, Jane traveled to China on a cultural exchange program, bringing some of her gowns for an International Fabric Fair. She shared a video with us of her show that included models showing 36 stunning gowns. It was interesting that all the models were elegant Mongolian women over 6 feet tall, much taller than their average Chinese neighbors.



**Screen shot of the award ceremony**

**Apr 29: Scholarship Night** at the Raven

Our April 29 Club meeting was at the Raven Theater to attend Healdsburg High School's Annual Scholarship Night. Over 90% of HHS graduating Seniors received scholarships and nearly 75% received more than one.

Loretta, Eric and Dick presented over 40 of these scholarships. This year's group is the 100<sup>th</sup> Healdsburg High Senior Class that is being honored and celebrated by our Kiwanis Club.



**Loretta, Dick and Eric (hidden by flag) present the awards**

With so many (67) worthy student applications, our scholarship committee arose to the challenge and carefully evaluated each application. A total of \$27,000 was awarded to 43 Healdsburg High School 2026 graduates including 4 special memorials. See the following page for a list of Scholarship recipients.

**Healdsburg Kiwanis 2025 Scholarship Awards  
to local High School Graduates**

A total of \$27,000 was awarded to 43 Healdsburg High School 2026 graduates including 4 special memorials.

Sierra Anderson	Cristal Angel Rincon	Ashley Behrens
Austin Boaz	Alivia Browning	Marin Canelis
Melissa Casas Gatica	Sarah Cavallo	Gianna Domenichelli
Alexandria Espinoza	Alondra Flores Zamudio	Esteban Guzman Gonzalez
Arlo Herrod	Julian Johannsen Giuffre	Dylan Kandarian
Leo Kluse	Joie Kozubal	Ruby Leffew
Yeshua Lemus	Isabel Lickey	Kimberly Lopez
CibrianThea Meyer	Madeleine Munselle	Lisette Navarro Chavez
Eric Nielsen	Kira Nielsen	Ryan Nielsen
Ariana Nuno	Nadia Pelayo Garcia	Perla Perez Gopar
Lincoln Rueter	Sophia Saini	Hannah Sellards
Alisa Strykowski	Abhik Thapa	Sophia Turic
Celia Vallotton	Declan Whitlock	Cristian Zavala Sandoval

**Special Recognition**

Yaretzy Marquez Tepayotl  
Erin McLoughlin  
Tehya Mitchell  
Abigail Wetzell

**Scholarship Designation**

Corazon 1st Gen  
Roger Dormire Memorial  
Edgar Deas Memorial  
Jordan Strong Memorial

**Healdsburg Kiwanis Club  
2025 Events Schedule**

Twilight Parade	May 22
FFA Fair Booth at Rec Park	May 22-24
Texas Hold'em at Longboard	Jun. 1
Brandt's Beach BBQ	Aug. 23
Other events to be determined	