



June 2024

Volume 100 No. 9

Students of the Month

On May 21st we welcomed our 2024 Students of the Month, twenty outstanding Seniors, many of whom are also Kiwanis Scholarship recipients.



Leo Nieto



Victoria Gartner*



John Willmore



Roberto Torres*



Tomas Flores



Alexis Lopez



Brenna Scott*



Leslie Garcia*



Amelia Swicegood



Milly Olch



Jordan Holland*



Lucas York



Thomas Petersen



Wyatt Dugan*



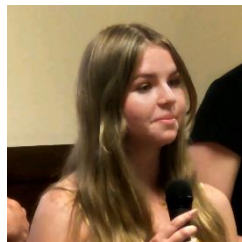
Miguel Naranjo



Hadley Rueter



Alex Fitzpatrick



Sasha Turic*



Kaley Efram*



Vanessa Rea

Regular Tuesday meetings at the Villa.

Meeting Dates:

Jun 4: Regular Meeting at 12 noon, Loretta Strong, Traveling the Mighty Mississippi.

Jun 11: Regular Meeting at 12 noon, Patty Dahl, Healdsburg Food Pantry.

Jun 18: Regular Meeting at 12 noon. Elena Nelson, Development Coordinator at Food For Thought.

Jun 20: Board Meeting, Round Table Pizza.

Jun 25: Monthly evening meeting social. Winery event hosted by Lucy Lewand.

June Events

Jun 2: 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 Co-President Susan Sheehy (707-326-2712) or Secretary Liz Bippart (707-227-4314).



More on page 3.

* HHS Scholarship Winners

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

Healdsburg Kiwanis Club Officers 2023-2024

Co-Presidents – Loretta Strong (Q1)
Richard Bugarske (Q2),
Susan Sheehy (Q3),
Jan Gianni (Q4)

President Elect – Eric Frost
Secretary – Liz Bippart
Admin. Treasurer- Richard Bugarske
Project Treasurer - Ron Doble
Past President – Dennis Stead

Board of Directors

One Year Term

Barbara Erickson Susan Sheehy
Joanne Kolinski Jan Gianni
Brian Wells

Two Year Term

Debby Dormire

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

Diana Blakeley – June 2
John Bippart – June 22
James Schmidt – June 22

Kiwanis Anniversaries

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

Tim Tuscany - 6-3-97
Tom Rackerby - 6-16-92
Corrine Salazar-Rose 6-19-18
Robert Taylor - 6-24-86
Carol Feldner – 6-29-21



The President's Message to the Troops

To my Comrades in Arms:

Thank you to everyone who helped get the float together, rode in the parade and worked the four days of the fair. No one worked harder than Denny. We made a lot of money for scholarships and many friends with our low prices. Yes, we will have to discuss what we do with the trailer...again! How about a big bonfire! With that said, we have survived the 90th Day of May.

But wait, we still have the first two weeks of June before we can cruise through the long days of Summer. As of this writing we have 60 confirmed players signed up for Texas Hold'em next Sunday on June 2nd. I suspect that we may get 20 or more last-minute players. Maybe we sell out! Anything is possible. Please remind people that this is for fun, and they don't have to know too much about the game to play. They can sign up online, see all the fabulous prizes. Encourage people to invite their friends and do this as a group. Players should check in at 10:00, grab some apps and a drink and find their tables. The game begins at 11:00 with a lunch break at 12:30.

Then on Thursday, June 6th we will be serving a Pancake Breakfast for the 8th grade graduates. We will need volunteers and a sign-up sheet will be posted online. It only takes a few hours.

Carry On!
Susan

John Bippart

With extreme sadness we report that 30-year Healdsburg Kiwanis member John Bippart passed away on May 5.

John was our President in 1999-2000, ushering in the new century. He was a tireless advocate for our Club and just a few years ago, spearheaded a major fundraising effort to expand our Scholarship offerings to Vocational focused Seniors. John's legacy to our Club will forever be linked to the many young Healdsburg High Grads who will benefit from receiving one of our Club's Scholarships. *Dick Bugarske*



Students of the Month



A huge round of applause for the Students of the Month

This year marks the 99th annual tradition of honoring Healdsburg High School Students. Kiwanis members welcomed the 2023-2024 Kiwanis Students of the Month to our May 21 lunch meeting. A male and female student is honored for each month of the school year for a total of 20 students. Some of the students were accompanied by parents or other family members making for a large crowd. Each student was asked to introduce themselves and accompanying family, and tell us about highlights of their HHS career, most influential teacher(s), internship assignments, and plans for next year. They were also asked to tell us where they would like a time machine to take them.

Annual FFA Fair, May 23-25

Our dilapidated old food trailer limped to the fairgrounds for another year after a crew did their best to clean it up to be ready for service. The weather was pleasant, and sales were brisk. Under the direction of our "impresario", Denny Stead, our 2024 FFA Fair ended about 6:37 pm when we sold the last boat of fries. Polish Dogs, Hot Dogs and Corn Dogs were completely sold out.

Thanks to all the hard-working club members and Key Clubbers who logged in many hours performing all the necessary tasks, including setup,

shopping, cooking, running food between cooks and sales staff, sales, and cleanup.

Gross sales were:

\$4,125 Thursday night
\$6,438 Friday
\$4,420 Saturday
\$14,983 Total gross

Estimated expenses were \$4,849, for a net profit of \$10,134. We also received \$286 in our Scholarship Jug.

We kept our prices at last year's level to offer some of the most economical food at the Fair. Being able to give back to our local families is a privilege for us all.

Healdsburg Kiwanis at the Parade





The Thursday pm crowd lines up for food



Brian in charge of dogs



Impresario, Denny also a fry cook



Debby, Judy & Steve take their turn



Nancy & Susan selling



Trying her first garlic fry.
She made a face of surprise and then ate 10!
We have a new customer for life.



Anna stirs things up



Board of Directors Meeting

There was no Board meeting in May 2024.

Welcome back to our Club, Ken Rochioli! Ken joined Healdsburg Kiwanis on 2-28-06 but took a few years off to attend to business.

Meetings

May 7: Dick Bugarske, "Blue Zones, Breaking the Age Code, & Dr. Bob, What's Going On?"

Dan Buettner, author of *"The Blue Zones: Lessons for Living Longer from the People Who've Lived the Longest"* discovered the five places in the world – dubbed blue zones – where people live the longest, healthiest lives.

Blue Zones were identified throughout the world in the following locations:

- A community of Seventh Day Adventists around Loma Linda CA where people live 10 years longer than their American counterparts.
- Nicoya Peninsula, Costa Rica – World's lowest rates of middle age mortality, second highest concentration of male centenarians.
- Okinawa – Females over 70 are the longest-lived population in the world.
- Mountainous highlands of inner Sardinia with the world's highest concentration of male centenarians.
- Ikaria, in the Aegean Islands, with one of the lowest rates of middle age mortality and the lowest rates of dementia.

A team of medical researchers, anthropologists, demographers, and epidemiologists was established to study people in the Blue Zones to search for evidence-based common denominators among the populations. Most of the answers lied withing lifestyle and environment. Nine were found:

- Move Naturally – People live in environments that constantly nudge them into moving without thinking about it. They grow gardens and don't have mechanical conveniences for house and yard work.
- Purpose – "Why I wake up in the morning." Having a sense of purpose is worth up to seven years of extra life expectancy.

"How old are you, Clint?"

"I turn 88 on Monday."

"What are you going to do?"

"I am going to start a new movie."

"What keeps you going?"

"I get up every day and don't let the old man in."

- Downshift – The world's longest-lived people have routines to shed stress. Okinawans take a few moments each day to remember their ancestors, Adventists pray, Ikarians take a nap and Sardinians do happy hour.
- The 80% rule - The 20% gap between not being hungry and feeling full could be the difference between losing weight or gaining it. People in blue zones eat their smallest meal in the late afternoon or early evening and then they don't eat any more the rest of the day.
- Plant Slant – Beans, including fava, black, soy and lentils, are the cornerstone of most centenarian diets. Meat – mostly pork – is eaten on average only five times per month in small portions.
- Wine @ 5 – People in all blue zones (except Adventists) drink alcohol moderately and regularly. 1-2 glasses per day with friends and/or food.
- Belong – Older adults often work or volunteer in positions that make meaningful contributions and engage in spiritual endeavors.
- Loved Ones First - Keeping the family first, parents and grandparents nearby or in the home, commit to a live partner and invest in children with time and love.

May14: Dick Bugarske, filling in for a no show – To EV or not to EV

Is now the time to buy an all-electric car?

The appeal is clear, with reduced energy costs, lower emissions, convenient home charging, and the promise of reduced maintenance costs. More than a third of Americans would "definitely" or "seriously" consider buying or leasing an electric only vehicle if they were to buy a vehicle today, according to Consumers Reports largest-ever nationally representative survey of 8,027 U. S. adults.

Among their reasons: More than 3 in 10 U. S. adults say that it costs less to charge an EV than to refuel a gas car, overall lifetime costs are lower, and maintenance costs are lower.

May 28: Monthly evening social.

Tuesday's Club meeting found about 20 of us joining the Spring Event at the Senior Center at the invitation of our own Anna Grant. Many regular Senior Center members also joined us. Patti made sure we were well fed with a meal of sliders, charcutier plates and other goodies. Live music and fellowship for all.

Key Club Happenings

On Saturday 5/11, our group filled 880 Boxes of food for Seniors at the Food Bank and we were told that we set a new record. (Now, one might surmise that the good folks at the Food Bank tell that to every Saturday crew, but we are still taking it as the truth!)

Healdsburg High



75 Years



Susan Sheehy, Anna Grant, Frances Schierenbeck, Anna's husband Mike Smotherman, Fred Leoni

\$\$Happy/Sad and other stories\$\$

Susan Sheehy happy that Lorretta answered her Phone call while on the beach on Santa Lucia.

Loretta Strong happy for the great time on Santa Lucia Beach. Sad to be sunburned so badly that her hair hurt.

Dick Bugarske happy to attend his grandson's graduation in Lincoln Nebraska, a 3500-mile round trip. Reported chaotic weather with tornados all around and a hectic drive home including dodging tornados and snow on Donner pass.

Susan Sheehy happy that Harry has sold 7 Texas Hold'em tickets, including 1 to himself.



A tip of the cap to Gina Domenichelli and Hannah Sellards, two of our Key Clubbers who were part of the crew.

Cemetery Cleanup

A small but mighty crew showed up to help clean up at the Oak Mound Cemetery on Saturday morning, May 11. We filled one of the big debris boxes. If you want to help next time, just let Susan know. There's still plenty left.

Susan Sheehy



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