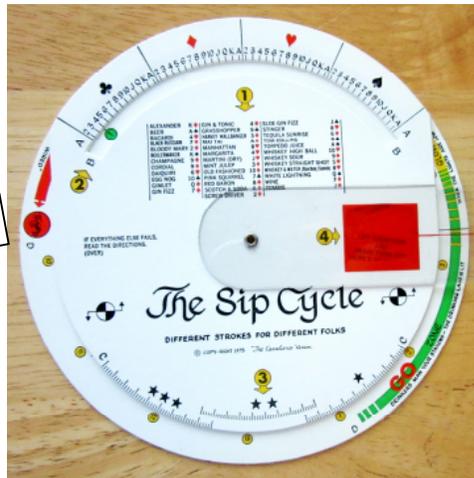
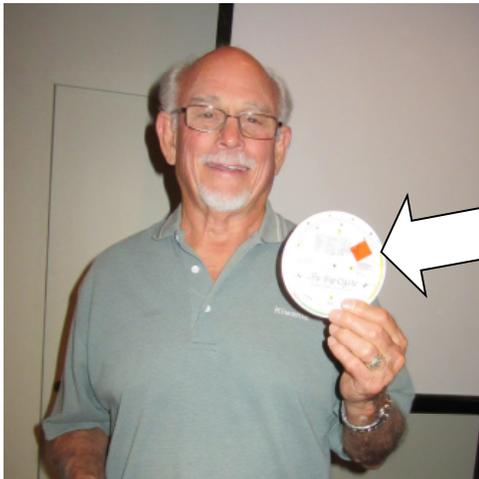




August 2014

Volume 90 No. 11

Wonderful World of the SIP Cycle, Part II



Sip Cycle Inventer Jerry Strong Shows His Invention

Jerry Strong once again introduced us to the "Wonderful World of the SIP Cycle" at the July 22 evening meeting, held appropriately at John & Zekes. This revolutionary invention was developed between 1968 and 1975 by Jerry and two of his teaching colleagues, "The Cavaliers", in search of an easy way to supplement their income. The lengthy development process was due to the need for extensive testing and trial and error experimentation.

As described in the owner's manual: "The principal use of the SIP-CYCLE is as a personal, individualized guide to the accurate consumption of alcoholic beverages. We recognize that all drinkers are not alike. Now there is a "scientific" way to determine if three martinis leaves one drinker feeling a rosy glow, while the same three may cause the person on the next stool to begin conversing with the spirit of his long deceased coon hound."

Jerry had Sip Cycles available for us and further elucidated us on its many and valuable uses. The instructions for use, printed on the back of the Sip-Cycle are as follows:

1. Select drink symbol from list of drinks
2. Set the number of drinks you've had (green circles) on "B" scale at drink symbol on the "A" scale.
3. Determine your drinking tolerance level from one of the following Scales
 - * low tolerance drinker
 - ** average drinker
 - *** high tolerance drinker

Use the center of each scale under normal conditions
Set hairline of cursor at your tolerance level on "C" scale
Determine your load factor by reading the corresponding zone under hairline on the "D" scale.
4. To further your enjoyment, move the hairline to the nearest yellow number on the "D" scale.
Turn top disc until window is directly under hairline: "Toast your Friends".

The Cavaliers' motto was "Different Strokes for Different Folks". As stated in their instruction manual: "To have been honored with such a splendid gift is indeed a tribute to your sagacity and outstanding sophistication."

Calendar

Meeting Dates:

- Aug. 5:** Regular Meeting 12 noon at Villa Annex.
- Aug. 12:** Regular Meeting 12 noon at Villa Annex.
- Aug. 19:** Regular Meeting 12 noon at Villa Annex.
- Aug 21:** Board of Directors meeting, 6 p.m. Round Table Pizza
- Aug. 23:** Brant's Beach BBQ
- Aug. 26:** No Evening Meeting
- Other August Dates**
- Aug. 14-16:** 2014 Kiwanis District Convention – San Diego.

Future Dates:

- Sept. 9 – Regular Meeting to be held at Bear Republic Brewery in Cloverdale.
- Sept. 17 Golf tournament at Tayman Park
- Sept. 23 - (Evening Meeting) Installation of New Officers and Board Members.

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

The official Publication of the
Healdsburg Kiwanis Club
Box 1156, Healdsburg, CA 95448

OFFICERS 2013 – 2014

President, Richard Bugarske
Co-Presidents Elect, Dan Gianni/
Jan Gianni
Phil Luks, Secretary
Brian Wells, Admin. Treasurer
David Sharer, Project Treasurer
Loretta Strong, Immediate Past
President

Board of Directors

Dan Gianni
George Clough
Jerry Strong
Mark Zimmerman
Susan Sheehy
Judy Everett
David Sharer
Steve Jones

Memorial Scholarship Board of Directors

Dan Mariviglia, Chair
John (Jack) Brandt
Hunt Conrad
Guy French
Charles Reichel
Ken Scharer
Dennis Stead

The Builder

Harry Jackson, Editor
Arnold Santucci, Sr. Advisor
Richard Iverson, Member
June Smith, Member

Happy Birthday

Phil Luks – August 3
Don Marshall – August 3
Ron Doble – August 3
Judith Everett – August 4
James Lucchesi – August 4
Kurt Hahn – August 5
Ken Scharer – August 6
Susan Sheehy – August 17
Jesse Whitely - August 19
Rick Anixter - August 19

Kiwanis Anniversaries

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

Jeff DeZurik - 8-4-09
Diana Blakeley – 8-6-13
Chase Conley – 8-6-13
David Jones - 8-8-06
Vince Ciolino - 8-27-02
Lockie Gillies - 8-28-12 (5-14-02)

The President's Message

By Dick Bugarske

10 Great Reasons to be a Healdsburg Kiwanian

#10: It's good for you.

Being a Healdsburg Kiwanian provides physical and mental rewards. It:

- Reduces stress: Experts report that when you focus on someone other than yourself, it interrupts usual tension-producing patterns.
- Makes you healthier: Moods and emotions, like optimism, joy, and control over one's fate, strengthen the immune system.

#9: It saves resources.

Being a Healdsburg Kiwanian provides valuable community services so more money can be spent on local improvements. The estimated value of a volunteer's time in California is over \$26 per hour.

#8: Healdsburg Kiwanians gain great experience.

You get to experience and even test out other careers and ways of doing things.

#7: You bring people together.

As a Healdsburg Kiwanian you assist in uniting people from diverse backgrounds to work toward a common goal and you are building camaraderie and teamwork.

#6: Being a Healdsburg Kiwanian promotes personal growth and self-esteem.

Understanding our community needs helps foster empathy and self-efficacy.

#5: Being a Healdsburg Kiwanian strengthens our community.

As a Healdsburg Kiwanian you help support families, improve schools, support our youth and beautify the community.

#4: You learn a lot.

Healdsburg Kiwanians learn things like these:

- Self: We discover hidden talents that may change our view on our self-worth.
- Healdsburg: We learn about the functions and operations of our City and schools.
- Community: We gain knowledge of the local resources available to solve our community needs.

#3: You get a chance to give back.

We all like to support community resources that we use ourselves or that benefit the people we care about.

#2: Volunteering encourages civic responsibility.

Community service and volunteerism are an investment in our community and the people who live in it.

#1: You make a difference.

Every person counts!



Board of Directors April Action

The following are actions taken and items discussed during the Board meeting on Thursday July 17, 2014:

No grant requests or other expenditures were approved in July.

In other action:

- Discussed the advisability of a Club membership drive. The sense of the Board was that additional marketing, media, and communication efforts should be made to get our story and our name out to the community.
- The President and Admin. Fund Treasurer noted that at the Brandt's Beach function, payment for auction items must occur at the end of the bidding. Credit cards, cash and checks will be acceptable.
- A memo from the Secretary was circulated outlining the effect of the new standard form Kiwanis club By-laws for our Club. The memo noted that the new By-laws will increase the Club's flexibility in a number of areas, but will not require any substantial changes in the Club's procedures.

Project Income Update

The following is a summary of the proceeds from our major fund raising projects provide by the Project and Administrative Treasurers:

- Pancake Breakfast - \$7917 (to date)
- FFA Fair - \$6,113 (final)
- Fitch Mountain Foot Race - \$4,000 (Estimate – awaiting on-line registration proceeds)



Loretta Strong Presents \$500 Check to Troop 21 Scoutmaster Doug Price

July Programs

July 1: Karissa Kruse- Sonoma County Wine Growers

Karissa Kruse, President of the Sonoma County Winegrowers, gave a very informative presentation at the July 1 meeting. After a short introduction, her discussion focused on the sustainability commitment of the group.



The Sonoma County Winegrape Commission, also known as Sonoma County Winegrowers, was established in 2006 as a marketing and educational organization dedicated to the promotion and preservation of Sonoma County as one of the world's premier grape growing regions. With more than 1,800 growers, SCWC's goal is to increase awareness and recognition of the quality and diversity of Sonoma County's grapes and wines through dynamic marketing and educational programs targeted to wine consumers around the world.

SCWC announced on January 15, 2014, that Sonoma County is committed to becoming the nation's first 100% sustainable wine region through a three-phased program to be completed within the next five years. Many of the region's multigenerational wine growers and winemakers have been practicing sustainable farming techniques and winemaking practices for decades, so this initiative demonstrates their seriousness and commitment to ensuring all vineyards and wineries across Sonoma County will soon be sustainable.

Sustainability is complex, but the results are simple - the land stays preserved in agriculture, people are trained, safe and treated with respect and the business endures.

President
Dick
Bugarske
Presents
Certificate of
Appreciation
for an
Excellent
Presentation
to Karissa
Kruse



July 8: Eric Drew – Ghost Buildings of Healdsburg

Eric Drew is a Healdsburg history buff whose particular interest is historic buildings. His interesting presentation on July 8 included photographs from the Healdsburg Museum collection of many historic buildings, many that no longer exist. He summarized the history of the various schools, churches, hotels and other private and commercial buildings that made up early Healdsburg. There were many interesting stories about the buildings and the people who built and occupied them – “the stories that buildings tell”.

The original Healdsburg City Hall was constructed at the corner of Center and Matheson Streets (the present location of Oakville Grocery) in 1886 at a cost of \$12,000. It housed all city facilities including the police and fire departments and the library. It was demolished in 1960 at a cost of \$1900 to make way for the new city hall that was replaced some 30 years later by the present building on Grove Street.



Eric is working with the Healdsburg Museum and Historical Society in a fund raising effort to digitize Healdsburg newspaper archives by creating an OCR electronic file integrating UC Riverside's CDNC (California Digital Newspaper Collection). Go to www.cdnc.ucr.edu and type Healdsburg in the search field box to get an idea of the power of the digital archive.

July 15: David Ament – Relationships

David Ament identifies himself on his web site as a Human Enthusiast, Writer, Lover, Teacher and Pupil. The web site contains the following introduction:



“Human Potential is the largest untapped resource that we possess in this home of ours that we call Earth. Our magic is made up of individuals, relationships and families tapping into our greatness within and beyond to flourish into peak performance. – We won't settle, for we don't have to!”

David's presentation at the July 15 meeting focused on relationships and the importance of being aware of and understanding how and why men and women view things differently. He noted that what we do in our relationships carries forward to the next four generations. Nationally the divorce rate is 50% and we as a society get better at it

because the rate for second marriage is 70% and 80% for the third.

David discussed the challenges of attraction suggesting that relationships should start with the intent of giving, not getting. The four “A's” in successful relationships are: acceptance, attention, appreciation, and affection.

July 22: Special Evening Meeting at John & Zeke's

The July 22 evening meeting was held in the back room of John & Zeke's at the invitation of David Sharer, a part time employee. John & Zeke's was a most appropriate venue for Jerry Strong's presentation describing his revolutionary invention, the Sip-Cycle (See front page).



Members and Guests Enjoy Refreshments Before Meeting at John & Zeke's

July 29: Betsy Fischer – SRJC Culinary Arts Department



Betsy Fischer has been teaching in SRJC's Culinary Arts Department since 2000 and is the coordinator of the SRJC Culinary Career Center and Front House Manager of the SRJC Culinary Café. Having worked in the hospitality industry for thirty years her specialties include front house operations, wine education and restaurant management.

Santa Rosa Junior College's Culinary Arts Program provides an intensive course of study leading to certificates of completion in five exciting areas:

- Culinary Arts
- Baking and Pastry
- Dining Room Services

- Front House Operations
- Restaurant Management

Two associate degrees are offered: Culinary Arts and Restaurant Management.

Rigorous and comprehensive, these programs prepare students for entry into the professional food industry. The curriculum integrates classical and modern culinary techniques with strong kitchen management skills. Classes are scheduled in 8-week blocks, allowing more frequent entry into the program. Many of the Culinary Arts faculty are professional chefs with extensive backgrounds in the food business. Several are graduates of professional culinary academies.

All Culinary Arts courses are held at the B. Robert Burdo Culinary Arts Center at 1670 Mendocino Avenue across from the Santa Rosa campus. This 22,000 square foot facility is also the location of the SRJC Culinary Café and Bakery where students receive practical, hands-on experience working in a commercial kitchen, retail bakery, and restaurant open to the public. The café and bakery are opened every Wednesday through Friday when school is in session.

Interclub "Round Robin" Nearly Complete

With interclub visits to the Redwood Empire and the Sebastopol Clubs in July, the "Round Robin" of visits to clubs in the District will be completed in August with a visit to Clear Lake on August 5.

Interclub to Santa Rosa Redwood Empire Club at Coco's Restaurant - July 10



Susan Sheehy, Patti Robarts, Redwood Empire President Ed Christensen, Kelly Keller and Chase Conley

Interclub to Sebastopol - July 18



Ron Puccioni, Jan Gianni, Sebastopol President Patti Stack, Dee Whitehall, and Susan Sheehy

Raffle Items Requested

Members are urged to look around their garages, closets or other hiding places to find items to donate to the silent auction at the Brandt's Beach BBQ. Contact Dennis Stead. Additional Live Auction items are also welcome. A sampling of items available so far for the Live Auction is shown on the back page.

\$\$ Happy/Sad \$\$

Marty Silge happy to see Arnold Santucci is on the mend.

Susan Sheehy happy for the successful family camping trip attend by all generations of her father's, descendants.

Judy Everett happy to have attended the Raven theater performance of *Les Miserables*. The performance was every bit as good as those she had attended in LA and SF theaters.

Patti Robarts happy that her son has been hired for a special education teaching job.

Don Marshall happy to celebrate aunt's 99th birthday and that he won a tri-tip competition.

Randy Collins happy for a four weeks' vacation in the Pacific Northwest.

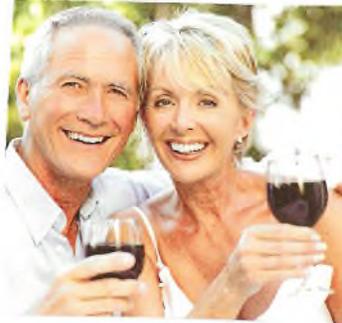
Healdsburg Kiwanis Steak Barbeque 2014

August 23 - Saturday Night, 6:00 p.m.

At Brandt's Beach - \$25 per person



Live Auction
"A SAMPLING"



Take me out to the Ballpark. 4 giants tickets



Pig Roast Dinner for 20



**Classic South Carolina
Shrimp Boil for 20**

Crystal Clear Windows

Your Entire Home
Windows and Screens



At Denny Stead's House
18 People



3 Cases of Wine



Martini Party for
20 Couples

Prime Rib Dinner
for 14

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

TO: