

THE BUILDER KIWANIS CLUB of Healdsburg



FOUNDED NOVEMBER 3, 1923

March 2014

Volume 90 No. 6

Carl Elze Says Farewell



**President Dick Bugarske and Jan Gianni
Present Farewell Plaque and Gift to Carl Elze**

With many sad dollars the club bid farewell to Carl Elze on February 18. Carl and Mary Jean are moving to Santa Rosa soon to be closer to family. Carl has been a Healdsburg Kiwanis club member since 1987 and has been very active in many of our projects.

Carl had a long and interesting career with Pan American Airways, first serving 8 years as a mechanic. When Pan Am expanded operations, he applied for a Flight Engineer job, qualified and became an Assistant Flight Engineer. He was transferred to Honolulu where 3 times a month he served as second Engineer on a 4 day trip to Guam or Sydney. "It was tough duty but someone had to do it".

Following the Honolulu assignment he transferred back to SF and flew the Pacific trips and European Polar trips on the Boeing 707 and also flew the all cargo DC-7C. He served a tour in Germany serving the isolated city of Berlin for a few years and then returned to SF, flying the Boeing 707 and later the Boeing 747.

Carl especially enjoyed flying the "Around the World" flights - "flying west until we got home - - - An interesting thing about the 'Around the World' trips is the fact that each time we crossed the international dateline, we skipped a day ahead. I flew that trip so many times that when I turned 51, my logbook indicated I was 60. So I retired and moved to Healdsburg."

Carl's contributions and services to the club are too numerous to list. He was always a fixture at the FFA fair food booth and spent many hours at the Christmas tree lot. One of his personal projects was collecting and painting coffee cans for use as table-top Christmas tree holders.

Following retirement, Carl took up music and has been playing the tuba in several local groups including the Healdsburg Community Band.

Calendar

Mar. 4: Regular Meeting 12 noon at Villa Annex. Frances Caballo - Hey, Everyone, We're on Facebook. (Now What Do We Do?)

Mar. 11: Regular Meeting 12 noon at Villa Annex. Richard Norgrove - Bear Republic

Mar. 18: Regular Meeting 12 noon at Villa Annex Whit McLeod – Dot Spaet - Nutrition Guidelines for a Pain-free Body and Vibrant Health.

Mar. 20: Board of Directors meeting, 7 p.m. Location to be determined.

Mar. 25: Evening Meeting 6:30 p.m. social time, 7 p.m. meeting at Villa Annex.

Future Dates:
K1 Day – Apr. 5
Pancake Breakfast – Apr. 13
Fitch Mt. Foot Race – June 8

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**



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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, Administrative
Treasurer
David Sharer, Project Treasurer
Loretta Strong, Immediate Past
President**

Board of Directors

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

Memorial Scholarship

Board of Directors

**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

**Kelly Keller – March 4
Lockie Gillies – March 12
Dorothy Colloran – March 15
Keith Scharer: March 17
Carl Elze – March 20
Laura Mack – March 22**

Kiwanis Anniversaries

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

**Jack Brandt -3-6-79
Harry Jackson - 3-16-04
Michael Laird - 3-16-10
Patti Robarts - 3-16-10
Cynthia Brown - 3-23-10
Judith Everett - 3-23-10
Lucy Lewand - 3-23-10
Susan Sheehy - 3-23-10
Deborah Dobley - 3-27-12**

The President's Message

There are many great reasons to be a member of our Club but sometimes we forget how often we have excellent speakers who entertain, inform, and even inspire us. Looking at our speaker list since I have been President reveals some familiar names, some return speakers and some new folks who had a great story to tell.

In early October, Hunt Conrad and Dan Maraviglia asked us to consider Legacy donations as part of our personal future planning. Having a robust and growing Scholarship Fund that will extend into a secure future is something to be proud of and be a part of long after we are gone.

During the rest of October and November, we heard from our Healdsburg Schools folks starting with Shelly Anderson on the HHS Intern Program. Supt. Jeff Harding and Curriculum Director Annie Millar gave us a glimpse into the future of our School District and how we are preparing our students for success. Pamela Swan showed us how far the Healdsburg Education Foundation has come from its small, modest beginning to its very robust present form that includes many exciting new programs. They were followed by HJH Principal Deb Hall talking about the anti-bullying program we support and Joe Norton walking us through the past 5 years of PSST which includes a number of our members who still volunteer in classrooms.

Local attorney Gail Jonas let us know about her new neighbors helping neighbors group that is ready to become a new way for us to support each other in this community. In December, City Manager, Marge Pettus and our own City Council Member, Gary Plass, let us know Healdsburg is in good hands and is primed for the next 5 years and beyond. To finish off the year, Chris Phipps walked us through the "Straight Skinny" of solar energy. And of course we can't forget that Santa gave us a memorable visit. Thanks Denny.

January brought us the Scouts from Troop 21 and Conor McKay's Eagle Scout glasses project for Guatemala. Loretta Strong shared some writing from her upcoming book and Lucy Lewand gave us our annual Robert Burns fix with a special taste of the Haggis expertly prepared by Patti Robarts.

This past month Steven Campbell returned with his power of positive thinking message, Tara Smith returned and talked passionately about the challenges of making a farm-to-table business survive and she graciously waited until our Key Club members received over \$500 for their Valentine's treats helped by budding auctioneer, Hunt Conrad. We finished the month with two local businesses. Whit McLeod's furniture is amazing and his design to product is inspiring. And finally this past Tuesday night, Cy Olney walked us through the creation of a chocolate bar from a field of cacao trees to the amazing tastes that each of us experienced on our tongues that night. An amazing and tasty evening that has certainly elevated my normal craving for chocolate.

So March is upon us and Loretta and crew have more great speakers lined up. I can't wait.

Dick B. Pres.



Board of Directors February Action

The following are actions taken and items discussed during the Board meeting on Wednesday February 20, 2014:

The following grant requests were acted upon:

- Healdsburg Science Fair - \$500 approved.
- Boy Scout Troop 21 - \$4000 approved. The request for new annual support of \$6,000 from current \$3,500 was denied. It was suggested that we will request a more definitive explanation showing exactly where these funds will be used
- Lt Governor Greg Carter expenses - \$1,000 approved.
- Healdsburg Junior High School - \$5000 approved for a matching grant for 35 laptop Chamberbooks. The grant is contingent upon some other group matching the figure. As part of this grant HEF will label the laptops with Healdsburg Kiwanis logo.
- Salvation Army ARC - \$3500 approved for material costs for the construction of a Memorial Stone Barbeque with an attached plaque honoring Joe Engler. The Salvation Army will cover the labor costs for construction.
- The request from the Cloverdale Adventist Church for the Pathfinder Program was denied.
- The Boys and Girls Club request for indoor folding tables for the Power Hour activities was tabled pending receipt of information from the supplier.

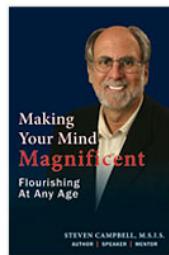
In other action:

- Authorized moving Beer Fest Proceeds to Project Fund.
- Authorized moving Tree Lot Reserve of \$605 to the Key Club Fund.
- Approved an upcoming meeting, at the invitation of new member Joe Alvarez, to be held at the Salvation Army Lytton ARC facility on either May 6 or 13. This event will allow our members a first hand tour of the facility, lunch with the Salvation Army people and enjoy a speaker of their selection.
- Confirmed June 8, 2014 date for the Fitch Mountain Foot Race.

February Programs

February 4 - Steve Campbell – New Ways of Thinking

Award winning author of the book, *Making Your Mind Magnificent*, Steven Campbell was the guest speaker at the February 4 meeting. Steve teaches audiences how to flip negative thinking, embrace change, and realize their dreams simply by understanding how our brains function. It is an inescapable fact that your brain



believes what you tell it... without question!

Steven addressed the premise that everything we tell ourselves (our 'self-talk') is recorded by our brain...and it is this self-talk that determines how we see ourselves. These self-images then determine how much we can still learn and grow, and change. Or not! When we ruminate on the negative things we have done, the brain records those thoughts too...as if they are brand new!

February 11 - Tara Smith – Tara Firma Farms

Tara Firma Farms is a family owned, beyond organic farm founded by Tara and Craig Smith in 2009. The farm grows all veggies bio-intensively and grazes animals on pasture. Goals are to educate the community regarding REAL food, provide that food and build a training center for future farmers.



The farm focuses on core values that they believe are critically important to the environment and to the future of food:

- Provide the animals, plants and soil a happy, stress-free, healthy lifestyle.
- Grazing animals in a way that revives grassland to sequester carbon from the atmosphere.
- Allowing animals access to a plethora of greens transferring that nutrition to you.
- Offer an environment where people can comfortably learn about where their food comes from and interact with those processes.
- No chemicals or drugs of any kind in/on land or animals.

During her talk to the club on February 11, Tara Smith discussed the recent recall of beef processed at the Rancho Feeding Corp. in Petaluma. The recall and possible closure of Rancho could have a devastating effect on local farmers.

Key Club Bake Sale.

Several members of the Healdsburg High School Key Club attended the February 11 meeting with cakes, cookies and other home baked creations for sale at their annual fund raising auction. Hunt Conrad acted as the auctioneer and the bidding was brisk. Winning bids ranged from \$35 to \$60 and the total amount raised from the sale was \$510. Some of the Key Club's money raising proceeds are applied to administrative costs, but the club has also spent money on beneficial projects and donations to such entities as the Food Pantry.



**Table of Home Baked Creations
by Key Club Members**

The Auction money will probably go to the park project at the corner of Fitch and Mason. Planning is in process to expand the project into a K-One Day on April 5th of this year, working with David Jones, the City, and the Boy Scout Troop 21. Benches, tables and other park needs will be purchased and installed.



**Key Club Member Coral Godinez
With One of the Creations for Sale**

February 18 - Whit McLeod – Making Beautiful Furniture from Wine Industry Scrap

In a workshop on Grove Street, Whit McLeod collects oak and redwood wine tank staves, oak barrel staves and tops and other wine industry waste material and turns it into beautiful custom designed furniture. Products include folding chairs, stools and end tables with legs made from bent metal bands.

The source of material has been changing. In the past large redwood tanks provided large staves, but this source is now rare. Most material has recently

come from oak barrels. The wine industry has been moving toward oak lined steel tanks and the salvaged oak lath is now available. Whit uses the latter to make laminated table tops.

"The essence underlying Whit McLeod Furniture is the philosophy of adding something beautiful to the world without taking anything away. We salvage materials that are devalued or discarded, and strive to utilize them in a way that expresses their beauty, strength, and provenance.

"Good form is a pleasure to see and, when born from something that's been left behind, it's even better." *Whit McLeod*

Two of Whit's creations are shown below:



**Two of Whit's Products Fashioned from
Barrel Staves and Top**

February 25 Evening Meeting – Cy Olney, Scharffen Berger Chocolate Maker - Cacao bean sourcing and making artisan chocolate

Chocolate does not grow on trees. Cacao pods that contain the beans from which chocolate is made grow on trees. That was the first lesson in Cy Olney's presentation at the February 25 meeting. A very interesting description of the chocolate making process from harvest to the final product followed. Each cacao pod contains 20 to 30 beans which are covered with a white paste like substance that tastes like lemon yogurt. The unprocessed beans are inedible.



**Cy Olney Shows a
Cacao Pod**

A fermentation process takes place that enhances the cocoa's flavor and intensity. Beans for

high quality chocolate are fermented for at least 6 days. Beans for lower quality chocolate are fermented very little or not at all. Following fermentation and drying at the plantation, the beans are sent to the factory where they are pasteurized and husked. The product of this process is cacao "nibs" that are 50% solids and 50% cacao butter (fats). The cacao butter is retained for making quality chocolate, but is sold to the cosmetics industry and substituted with other fats for making lesser quality chocolate. A heating process turns the nibs into a paste or chocolate liqueur and sugar is added along with an emulsifier and vanilla bean extract for a flavor enhancer.



Scharffen Berger Chocolate Fine Artisan Chocolate

Test Your Chocolate History IQ!

Answers Below¹

1. Evidence of the existence of chocolate has been found as far back as this civilization:
a. Inca, b. Aztec, c. Maya, d. Olmec
2. The word "chocolate" derives from the Aztec word "xocolatl" and means:
a. cocoa bean, b. bitter water, c. sweet seed,
d. food of the gods
3. Chocolate was first consumed as a beverage made with:
a. chilies, b. honey, c. pimiento, d. all of the above
4. Besides consuming cocoa beans as chocolate, the Aztec also used them as:
a. perfume, b. currency, c. mulch, d. jewelry
5. Which explorer first discovered cocoa beans?
a. Magellan, b. Cortez, c. Columbus, d. Cousteau
6. Seventeenth-century Spanish society ladies consumed chocolate beverage:
a. at breakfast, b. at bull fights, c. during Mass,
d. during bathing
7. The first "milk chocolate" was successfully created using milk that was:
a. condensed, b. whole, c. powdered, d. creamer
8. In 1894 the first Hershey bar cost:
a. penny, b. nickel, c. dime, d. quarter

¹ 1-d, 2-b, 3-a, 4-b, 5-b, 6-d, 7-a, 8-a, 9-c

9. Chocolate consumption in America increased dramatically after this war:
a. Spanish-American, b. Civil War, c. WWI, d. WW

Two Interclub Visits Completed in February

Geyserville Pancake Breakfast, February 2

A number of Healdsburg Kiwanians including Denny Stead, Todd Brandt, Jack Brandt and Susan Sheehy attended the Geyserville Pancake Breakfast on February 2.



The Crowd Enjoying the Pancakes

Windsor February 5

Randy Collins, Susan Sheehy, Dee Whitehall, and Jan Gianni attended the Windsor Kiwanis Club meeting on February 5.



Susan, Dee and Jan with Windsor Club Members

Judy Everett Draws the Red Checker

With only two checkers left in the bag, Judy Everett drew the red one at the February 11 meeting. The jackpot was \$800 which she shares 50/50 with the admin fund.

The Builder -- KIWANIS CLUB OF HEALDSBURG

Special February Birthdays



The Women Sing a Special Happy Birthday to Randy Collins

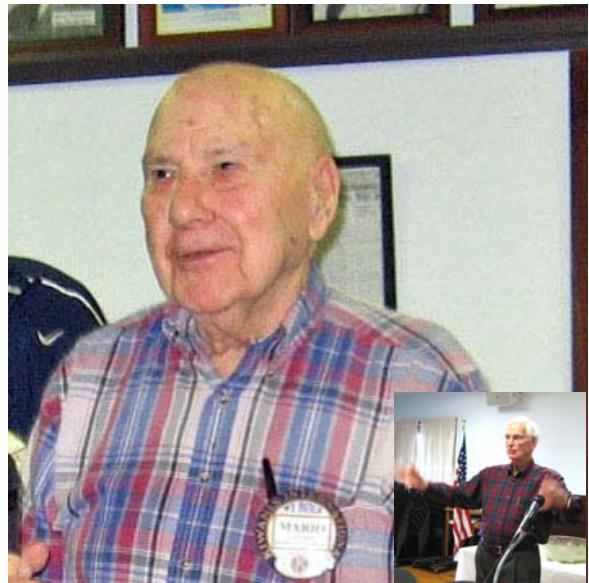


Everyone Under 65 Sing a Special Happy Birthday to George Clough



George Clough Celebrates 80th

George first joined Kiwanis in 1975 in Campbell and served as president there in 1980. He joined the Healdsburg club in 1998.



Mario Lucchesi Celebrates 96th

Mario asked John Bipart to lead everyone younger than 96 in singing happy birthday him. Coincidentally, Mario joined the club on his birthday and has been a member for 14 years.

\$\$ Happy/Sad \$\$

Dan Gianni happy to have a new car.

LeRoy Steck happy to be feeling much better after a bout with pneumonia.

Chris Metrulas sad about Carl Elze's departure and expressed thanks to Carl for work at the FFA Fair food booth. Chris called him "Carl the Iron Man" because he was always there pitching in.

Many other sad dollars for Carl's departure.

**HEALDSBURG KIWANIS CLUB
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TO: