



# House Talk

Kiwanis in Action at our Kiwanis Family House

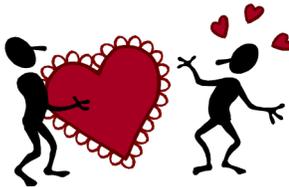
Volume XII Issue 8

February 2012

## Inside this issue:

Important dates	2
Not in my backyard!	3
Rose Float Ride	6
Support our KFH	7
Letters	9
Contact Editor	10

From our house, to your house:



Happy Valentine's Day!

## Sponsor a Family for a Night



Donations pay for those families who cannot afford it, or supplement families who can only make partial payments.

We never turn away deserving families for lack of payment.

Send in your donation. It is \$40@ night. Send check or your credit card number with expiration date (Visa, MasterCard, and American Express only). Mail to Kiwanis Family House, Inc. 2875 50th Street Sacramento, CA 95817-2308.

**It is the source that keeps us in operation! It is that important!**

## Ask Alan

**What should club presidents be focused on during their remaining months in office?**



One third of the way through the year and a club president is asked, "What are we going to do the rest of the year?"

A difficult question because most presidents have a clear plan which they have already outlined to their club. They have scheduled

club meetings with outstanding speakers, they have planned their board meetings, they have involved their service leadership programs with the club, they have performed lots of service with more to come, and they have added four new members.

*Why would a club member ask this question?*

I believe they just want to be reassured that the club is going to remain active and continue to perform the service they have planned for the year.

They want to be assured that the club will stay focused on having a lot of fun and

fellowship whenever they meet for meetings or service.

They want to make sure that they will have the opportunity to network with fellow Kiwanis members as they do what they do best, serve others.

What should club presidents be focused on the rest of the year? Making sure they continue to do the great service projects they have planned, add new members to have more hands of service, support projects like Kiwanis Family House, have a little fun, and make those meetings ones

(Continued on page 10)

## President's Message by Bill Hooper

**"...The new Strategic Plan is now in place, and we have started our search for a new House Director..."**

Happy New Year! What a great beginning to the year, to see long time KFH supporter



**Bob Tutton** and his wife **Carlene**, riding on the Kiwanis Rose Bowl float. Our Kiwanis Family House was able to support the Rose Bowl project by purchasing two tickets to ride on the float and then help raise money for the House by auctioning them off. This year's winner was a member of the Kiwanis Club of Auburn who has served several terms on the KFH Board of Directors.

Bob was so impressed not only with the over 800,000 who watch the parade in person, but with seeing how many members of the Kiwanis Sponsored Leadership Programs are involved in helping with assembly of

floats to raise funds for service projects. The KFH Board of Directors thanks all of you who step up to help raise funds in many creative ways to raise money for service projects including Kiwanis Family House.

The new Strategic Plan is now in place, and we have started our search for a new House Director. Interim House Director, **Gary Christensen** is currently overseeing our House as we seek the permanent Director. We are also in the process of looking outside the Board to Kiwanians and community members for people who possess special skills and a passion for our House to serve on any of our standing committees, or to help us organize a Blue Ribbon Commit-



tee which can be a resource to provide guidance and input to the Board. If you know of someone who might qualify please have them

contact **Gary Christensen** at the House.

With the help of the Kiwanis Club of Sacramento Suburban, KFH conducted its first See's Candy sale. Our profit was modest compared to what other clubs have done but it was a good start and we believe that we can improve next year.

The 20<sup>th</sup> Annual Red and White Ball will take place Feb 11<sup>th</sup>, at the Dante Club in Sacramento and chair, **Karen Borman**, has sent tickets out to most clubs in the area. Please contact her if you need tickets as we anticipate another sell out. We also hope each Club will donate a raffle item and a silent auction gift.

(Continued on page 10)

**Our Kiwanis Family House is a United Way Certified Partner Agency!**



www.kiwanisfamilyhouse.org



## Important Dates

**Kiwanis Family House  
Board meetings  
Kiwanis Family House  
2875 50th Street  
Sacramento, CA 95817  
Second Thursdays 7:00 pm**

### 2011

February 9

March 8

April 12

May 10

**June 9 (annual meeting)**

**Morning meeting lunch to be served  
Details TBA**



## Free money

There are still areas with Albertsons Supermarkets. Keep using your Albertson's Preferred Savings Card.

**Register your card by calling  
(800) 353-9002.**

**House Talk** is a monthly newsletter published by the Kiwanis Family House, Inc. 2875 50th Street, Sacramento, CA 95817-2308. (916) 736-0116.

website: [www.kiwanisfamilyhouse.org](http://www.kiwanisfamilyhouse.org)

The Kiwanis Family House is a 501 (c) 3 organization incorporated by in the State of California and recognized by the IRS.

### Board of Kiwanis Family House

President: **William (Bill) Hooper (2014)**  
Vice President.....**Calvin Hara (2014)**  
Secretary.....**Emily Chirk (2014)**  
Treasurer.....**Joyce A. Blonskij (2012)**  
Director.....**Karen Borman (2014)**  
Director.....**Bob Isaacs (2013)**  
Director.....**George MacMurphey(2013)**  
Director.....**Dan Saulisbury (2012)**  
Director.....**Neil Strain (2012)**  
Director.....**Rita Beall (2013)**  
Director..... **Matthew J. Wehner (2014)**

Past President.....**William "Rick" Dwyer**  
UCDMC Liaison..... **J.P. Eres III**  
Editor.....**John W. Seigal**

**House Talk** is published monthly and sent to supporters and owners of the Kiwanis Family House Inc.. The editor is solely responsible for the content. It is the intent to be 100% accurate. Articles labeled as Editorial represent the opinion of the editor and may not represent the opinion of the Kiwanis Family House, the board, or Kiwanis International. The address of the editor is P.O, Box 1131 Sloughhouse, CA 95683-1131 or email: [jwseigal@sbcglobal.net](mailto:jwseigal@sbcglobal.net)

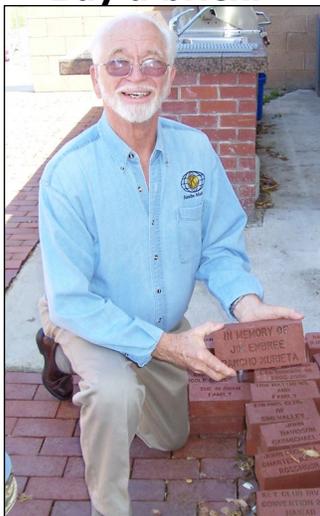
## Kiwanis Family House Mission Statement

*"The mission of the Kiwanis Family House is dedicated to providing housing and support to families of seriously ill children and adults being treated at University of California, Davis, Sacramento."*

## Subscription information about House Talk

- ♥ *House Talk* is the official publication of our KFH.
- ♥ Each Sponsor Club is emailed a copy to the designated Kiwanian.
- ♥ If you are interested in receiving the House Talk via email visit our website at: [www.kiwanisfamilyhouse.org](http://www.kiwanisfamilyhouse.org) and enter your email address on the lower left-hand corner where it says "Sign Up For Our Email Newsletter".
- ♥ If you wish to receive it by US Postal Service contact Editor on page 10.

## Buy a brick!



KFH Board Member, **Neil Strain**, is showing the bricks.

The bricks cost \$100@. The lettering grid is 15 spaces across and three rows deep.

Use them for birthdays, anniversaries, memorials, sponsored organizations, past presidents, honorary members, and more. They last longer than plaques.

For more information or a brick order contact editor.

See page 10.

## Would you donate 3% of your supermarket shopping to our Kiwanis Family House?

It is simple as 1-2-3

1. Do you shop at Save Mart, Smart, Food Maxx or Lucky Supermarkets?
2. If so scan your S.H.A.R.E.S. card and the house gets a percentage. You still get the great sale prices and the rest.



3. If you do not have a card contact editor (page 10) and send your name and USPS mailing address. Editor will send you a S.H.A.R.E.S. card by return mail!  
Scan the S.H.A.R.E.S. card each time you shop!



## See us at:

- ♦ **Feb 11th Cal-Nev-Ha District Mid-year Riverside, California**
- ♦ **Mar 3rd Cal-Nev-Ha District Mid-year Monterey, California**
- ♦ **June 28-30th Kiwanis International Convention New Orleans**



- ♦ **Aug 23-25th Cal-Nev-Ha District Convention Santa Clara, California**

## Kiwanis Family House, not in my backyard!

### Report #118

Since October 1, 2001 to December 31, 2011, (the effective dates of this report), **10,136** families have stayed one or more nights at our Kiwanis Family House while being treated at UCDMC.

This report covers over ten years. Previous to October 1, 2001 the reports were tabulated in a different format.

Our KFH has hosted **790** families from **outside Cal-Nev-Ha District** (California, Nevada, and Hawaii).

These **790** families come from:

Alabama	Montana
Alaska	Nebraska
Arizona	New Hampshire
Arkansas	New Jersey
Colorado	New Mexico
Connecticut	New York
Delaware	North Carolina
District of Columbia	Ohio
Florida	Oklahoma
Georgia	Oregon
Idaho	Pennsylvania
Illinois	South Carolina
Indiana	South Dakota
Iowa	Tennessee
Kansas	Texas
Kentucky	Utah
Louisiana	Vermont
Maryland	Virginia
Massachusetts	Washington
Michigan	West Virginia
Minnesota	Wisconsin
Mississippi	Wyoming
Missouri	

Also, there have been families from:

- Belgium
- Brazil
- Canada
- England
- Federated States of Micronesia
- Guatemala
- Haiti
- Israel
- Italy
- Mexico
- Netherlands
- New Zealand
- Pakistan
- People's Republic of China
- Republic of Palau
- Serbia
- Taiwan
- Uruguay
- Venezuela
- Wales

Division 7 and Division 44 are considered the "host" divisions. Families living within 35 miles of UCDMC are **not** eligible to stay at our KFH.

***Aren't you glad that there is your Kiwanis Family House at UC Davis Medical Center in Sacramento, California?***

Div.	Lt. Gov.	Families	%
39	Mower	2,731	26.94%
14	Dunning	1,128	11.13%
Out of	District	790	7.79%
27	Montalbo	758	7.48%
45	Pisiewski	668	6.59%
46	Smith	630	6.22%
44	Bowes-Jr.	619	6.11%
20	Smith	395	3.90%
23	Siminske	373	3.68%
8	Frazier	323	3.19%
32	Avants	271	2.67%
7	Kocsis	204	2.01%
5	Hillman	165	1.63%
26	Gilliam	138	1.36%
18	Roberts	109	1.08%
36	Tidler	106	1.05%
12	Imper	100	0.99%
34	Litteer	97	0.96%
2	Bowerman	91	0.90%
38	Rardon	57	0.56%
28	Yelinek	36	0.36%
43	Bowen	33	0.33%
29	TerBorch	27	0.27%
33	Johnson	27	0.27%
42	Gray	24	0.24%
41	Bonar	23	0.23%
11	Nakawatase	21	0.21%
22	Rugg	18	0.18%
6	Whatley	17	0.17%
15	Haendiges	17	0.17%
16	Hyland	16	0.16%
31	Higgins	16	0.16%
30	Fields	14	0.14%
47	Platzke	14	0.14%
10	Arnold	12	0.12%
24	Benitez	12	0.12%
1	Davis	11	0.11%
4	Brooks	11	0.11%
37	Sargent	11	0.11%
25	Montaño	9	0.09%
13	Graham	6	0.06%
35	Salgren	6	0.06%
19	McDannold	2	0.02%
	Totals	10,136	100.0%

## Neighborhoods... not numbers!



The column to the left mentions numbers, where are guests are from codified by Kiwanis Divisions.

This article defines our guests from their neighborhoods during the month of **December 2011**.

### California

- Alturas
- Anderson (3)
- Auburn
- Burney
- Castella
- Chico (4)
- Clearlake (2)
- Concord (1)
- Corning
- Corona (2)
- Cottonwood
- Crescent City
- Dunsmuir
- Farmersville
- Fiddletown
- Foresthill
- Fort Bragg
- Fremont
- Grass Valley (2)
- Gridley (2)
- Hayfork
- Hoopa (2)
- Hydesville
- Jackson (2)
- Jamestown
- Ladera Ranch
- Lower Lake
- Magalia
- Marysville
- McKinleyville
- Merced (2)
- Middletown
- Modesto
- Mount Shasta
- Mountain House
- Napa
- Novato
- Olivehurst
- Oneals
- Orland
- Oroville (7)
- Paradise (3)

(Continued on page 4)

	 <p><b>Joyce Blonskij</b> (916) 812-2378 Joyce@blonskij.com</p>	 <p><b>Rita Beall</b> (916) 549-1354 sacbealls@gmail.com</p>	 <p><b>Karen Borman</b> (916) 489-4476 bormank@aol.com</p>	 <p><b>Emily Chirk</b> (714) 213-0716 echirk@gmail.com</p>	 <p><b>Gary Christensen</b> (916) 215-1460 gjcsmc@aol.com</p>
 <p><b>Calvin Hara</b> (916) 812-5524 cmhara@comcast.net</p>	 <p><b>Bill Hooper</b> (916) 988-6880 bhooqk56@comcast.net</p>	 <p><b>Bob Isaacs</b> (916) 737-2831 kiwanisb@surewest.net</p>	 <p><b>Richard Kocher</b> (916) 991-1344 richkoch013@comcast.net</p>	 <p><b>George MacMurphey</b> (916) 483-9883 georgemac1@comcast.net</p>	 <p><b>Daniel Saulisbury</b> (209) 745-6838 dsaulisbury@the-brickyard.com</p>
 <p><b>Neil Strain</b> (916) 354-8895 Neilstrain@sbcglobal.net</p>	 <p><b>Matthew Wehner</b> (530) 758-8111 mwehner@carbahalcpa.com</p>	 <p><b>Kiwaniis Family House Ambassadors</b></p>	<ul style="list-style-type: none"> <li>♥ Communication is a two way street.</li> <li>♥ We are here to inform.</li> <li>♥ We are here to listen.</li> <li>♥ We are here to remind.</li> <li>♥ We are here to answer any questions.</li> <li>♥ We are here to offer suggestions.</li> </ul>		

**Neighborhoods... not numbers!**  
(Continued)

(Continued from page 3)

- Pasketa
- Penn Valley
- Placerville
- Red Bluff (3)
- Redding (6)
- Rough and Ready
- Sacramento
- Saint Helena
- San Bernardino
- San Jose (3)
- San Leandro
- Sanger
- Smith River
- South Lake Tahoe (3)
- Stockton
- Susanville
- Tahoe City
- Tracy
- Truckee
- Ukiah
- Venice
- Watsonville
- Weaverville
- West Point
- Westwood
- Yreka

- Yuba City  
**Idaho**
- Boise
- Oak Meridian  
**Nevada**
- Carson City
- Dayton Township
- Fallon
- Fernley
- Gardnerville (2)
- Reno (4)
- Spring Creek
- Winnemucca
- Yerington  
**North Carolina**
- Fayetteville  
**Oregon**
- Gresham
- McMinnville
- Stayton

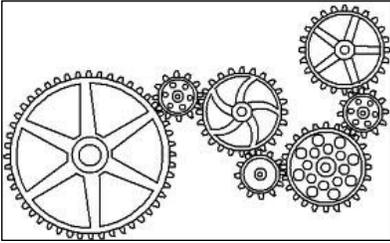


**Del Delivers**



Lt. Gov. **Del Avants** of Division 32, visited our KFH recently. He dropped off donated foods for our Food Closet, ordered some bricks, and donated some money also. Del lives in Petaluma. Division 32 includes the Kiwanis Clubs of: Clearlake; Cloverdale; Cotati-Rohnert Park; Fort Bragg; Geyserville; Healdsburg; Lakeport; Oakmont; Petaluma; Redwood Empire, Santa Rosa; Santa Rosa; Sebastopol; Sonoma Plaza; Ukiah; Willits; and Windsor.

**Thanks to one and all!**



The House Finance and Fundraising Committee is gearing up for action!

With several items on the Strategic Planning list designated for our area, we have a lot of work ahead. Luckily, we also have a great group of Kiwanians to help us get it done.

I am the committee chair, and our members include **Roni Stroud** (of course!), **Lorie Deering**, **Matthew Wehner**, **Joyce Blonskij**, **Gary Christensen**, **Neil Strain**, **George MacMurphey**, and **Jim Putnam**.

We will begin meeting regularly this month of February, and at the top of our list is to increase the number of sponsoring Kiwanis Clubs, as well as add more "Friends of the Kiwanis Family House".

Are you a "Friend" of KFH? For as little as \$100 a year, you can become a Friend and help to ensure that we continue to deliver temporary housing and supportive services to families in crisis and in need. Becoming a Friend is easy...just pickup a brochure and application at KFH, or go online to <http://www.kiwanisfamilyhouse.org/how-can-you-help/sponsorship/>.

You can pay for your membership by check, credit card, or through PayPal, all the while knowing that what you give goes directly to helping our guests in their time of greatest need.

Invoices have been mailed out to current friends to renew for the new year. If you did not get your renewal email, email me at: **sac-bealls@gmail.com**

Keep checking *House Talk* monthly for updates from our committee. If you have ideas or thoughts about new fundraising events to benefit the House, please contact me at **sac-bealls@gmail.com**

I'd love to hear from you!

## Creelman-Francisco Classic 2012



The Creelman-Francisco Classic is the **oldest charity gold tournament in Kiwanis**.

Shown above is the late **Bob Creelman** and the late **Wilford "Red" Francisco**. **Bob Creelman** first organized the event, and "**Red**" **Francisco** took it over when Bob passed away in 1977.

The 52<sup>nd</sup> annual will be held on the last Thursday in April, April 26<sup>th</sup> at the Davis Municipal Golf Course in Davis California.

All proceeds from that event support our Kiwanis Family House.

For 2012 Kiwanis Governor **Richard "Dick" G.**

**Olmstead Jr.** will be playing in the Creelman-Francisco Classic. Mark your calendars. For details contact: **Chris Creelman** (916) 709-1839.



The **20th Annual Red & White Ball** will be at the Dante Club February 11, 2012.

Set your GPS to 2330 Fair Oaks Boulevard, Sacramento, CA.

The Prime Rib promises to be even better this year for the same cost of \$40.00. There is a vegetarian option.

If you like to dress up: Semi-Formal is OK. If you don't have this dress, business attire is OK. What *not* is OK dress, are Zoris (flip-flops); shorts (including hot pants); and sweats.

Tickets will be available in December.

There will be a disk jockey **Jon Merker**, back by popular demand.

For more information contact: **Karen Borman** 916-489-4476 [bormank@aol.com](mailto:bormank@aol.com)

## Top ten!



If you want to watch **David Letterman's "Top Ten"**, you have to stay up late and watch TV.

If you want to see KFH Guest Relations Coordinator's **Mauda Butte's "Top Ten"** from the KFH Wish List, all you have to do is read it here!

If you cannot fit them in an envelope to mail, then gift cards from Sam's Club and Costco work just fine also.

#10	Variety of soups (not chicken noodle nor tomato)
# 9	Napkins
# 8	Airwick style plug in air fresheners
# 7	Coffee
# 6	Umbrellas
# 5	Aluminum foil for guest kitchens
# 4	Paper plates for guest kitchens
# 3	Powdered coffee creamer
# 2	HP 901 Black Ink
# 1	Brothers TN-450





## What's it like to ride a float?

Let's take a virtual tour, to find out how it would be to ride on a float in the Rose Bowl Parade in Pasadena, California. Let's clarify this to find out how it would be to ride the Kiwanis Rose Parade float. Chances are one in a million.

Those odds are probably what **Bob** and **Carlene Tutton** thought when they were called to be notified that their ticket was selected as the winning ticket for the Kiwanis Family House's *Rose Bowl Extravaganza* for 2012.

It is about 400 miles from their home in Auburn, California to Pasadena, California. They drove down and stayed in a motel in Burbank. This took about eight hours. They stayed five days (four nights).

They had a firsthand view watching the Kiwanis Float being decorated.

The Tutton's report: *"The dried flowers, ground seeds, etc. are applied several days before (late December). The Fresh flowers are applied a couple days before. The decorating is done by volunteers. On a TV show we had recorded while we were gone and which showed how the floats are built (they start planning right after the parade is over) they said that over 50% of the volunteers were from Kiwanis. Yea for us!!"*

The Rose Parade's Big Three Float Construction Companies are: *Phoenix Decorating Co.* in Pasadena (which built the Kiwanis Float); *Fiesta Parade Floats* in Irwindale; and *Artistic Entertainment Services* in Azusa.

Combined, the three companies built 38 floats for the parade. The other six floats were built independently for float sponsors including the cities of La Cañada-Flintridge, Downey and Burbank.

*"We were on the float two different days. Sunday, January 1<sup>st</sup> we were there for about an hour while the float was being judged. We were in the pavilion. On the Parade Day January 2<sup>nd</sup>, we were there for about four hours,*

*sitting and waiting for our turn to start and the actual parade itself."*

*"This parade has been happening since 1890. They have had many years to perfect it. Very well planned and lots of Porta-Potties on the side streets. (For bathroom needs: you go before you climb aboard- then potties lined up where we disembarked).*

*"At the end of the parade the floats are parked in a viewing area for several days. There is an admission charge (\$10@ for adults). Then they are disassembled and the steel flat beds are stored in one of the pavilions until they are chosen for another float bed for the following year."*

*"Here are the people that we remember who were on the float with us:*

- *Kiwanis International President: **Alan Penn** and his wife, **Jeri**;*
- *Circle K Governor, **Brett Butler**;*
- *Key Club Governor, **Erinn Wong**;*
- *KIWIN'S Governor, **Bernadette Lim**;*
- *Miss Latina Global;*
- *A 99 year old lady who had ridden on a float in 1930 when she was 17;*
- *Another lady, a school teacher, who I later found out, was a former Rose Parade Queen;*
- *A 13 year old boy sponsored by his Kiwanian Grandfather;*
- *A young woman whose longtime Kiwanian Father had passed away. I believe she was sponsored by his club;*
- *Another woman close to medically retiring whose co-workers sponsored her;*
- *A young man who was the president of his Aktion Club.*

*"We were blessed with good weather. We had to be at the church where the cars were parked at 4:30 a.m. Very cold. Left there to go to the float where it was parked in line at 5:30 a.m. The first half of the parade route was comfortable, and then got hotter. We sat on the side of the float near the asphalt which felt like 90 degrees.*

*"It takes more than one person to 'drive' each large float. The #1 individual walks approximately 20 to 30 feet in front of the float gives directions (stop, go, turn, etc.) to #2, who sits inside the float at the front and looks out a peep hole, and gets directions from #1, to # 3 (the driver with the steering wheel, gas, and brakes) who sits inside/under the float and drives blind.*

*"The driver sees nothing. He re-*

*ceives instructions from #2 who gets directions from #1. Smaller floats may have only two, the driver (who may be able to see somewhat) and the spotter.*

*"The parade is about 5½ miles in length. I read that there were more than 800,000 on the parade route. I fully believe that. I later read that it was closer to 900,000.*

*"Security is a prime concern. We were given badges to wear around our necks at all times in the pavilion/float area. We were told that this was the first time that was required. The day of the parade, all riders wore wrist bands. There were security personnel everywhere you looked.*

*"Here is what we did not expect: The closeness to the thousands of men, women, and children and the extreme excitement you get from waving your hands and arms for about four hours."*

**Bob Tutton** added: *"I'll never forget the total experience and honor I had to ride on the float with my wife, Carlene, at my side. What a grand way to start the New Year! The wonderful luncheon we shared on Sunday with the Kiwanis International president and first lady, **Alan and Jeri Penn** Cal-Nev-Ha Governor and First Lady, **Richard "Dick"** and **Cheryl Olmstead** and the other riders.*

*"I'll never forget the hand wave which became a full arm and hand wave to the thousands of men, women and children and when our eyes met (eyeball to eyeball) saying Happy New Year and the wave and point to them and getting a head nod and wave back to me and a Happy New Year. And the kids big smile when my wave and pointing to them was so beautifully directed back to me by their big smile. (Worth its weight in gold, so to speak)."*

**Carlene Tutton:** *"What else can be said? I have never seen so many happy, enthusiastic people. And that was just on our side of the float. The grandstands seemed to go up forever. They were higher than any I've ever seen. We were shown how to wave.*

*"My advice, pay attention, you get so caught up in the excitement that you can't help but wave with your whole arm. Mine is still sore. Bob mentioned the kids, they were so cute, some would shyly wave back while others would jump up and down with excitement. I will never forget the experience. It was much more than I expected. I'll treasure the memories forever."*

# Ways to support our Kiwanis Family House...



**SMUD**  
SACRAMENTO  
MUNICIPAL  
UTILITY DISTRICT

The Power To Do More.®

**You may not have an electric car but you can convert it to electricity, here is how.**

Our KFH has to pay for electricity each month. By donating your car you can provide the money to pay that electric bill.

If you have an old car, boat, or Recreational Vehicle (R/V) you can transform it into cash for our Kiwanis Family House.

Our KFH has partnered with **Car Program Inc.** to provide an easy-to-use tax deductible process to donate your car, boat, or R/V.

You are able to donate your vehicle, running or not, and it does not have to be registered.

Questions: Call Board Member **Calvin Hara** at (916) 812-5524 or **Car Program Inc. (800) 240-0160**. This agency can accept donations from most of our 50 states to benefit our KFH!



- ✓ Next day pick-up
- ✓ Non-runner ok
- ✓ No smog ok
- ✓ 100% tax deductible

**DONATE A CAR**  
**(800) 240-0160**

Kiwanian contact: Calvin Hara (916) 812-5524

## KFH Open House

Our Kiwanis Family House Open House for January will be the 3rd Thursday on February 16, 2012 from 10:00 a.m. to 5:00 p.m.

**Get your SHARES Card (on page2) so we get our "share".**



## Become a friend!

Want to feel good about yourself? The become a **Friend of our Kiwanis Family House**. It takes an annual donation of \$100 (or more). Information about memberships and ways to pay, is available at our website:

[www.kiwanisfamilyhouse.org](http://www.kiwanisfamilyhouse.org)

Want to feel better about yourself? Consider giving your friends and relatives the "gift" of becoming a **Friend of our Kiwanis Family House**.

These donations keep our KFH in operation and keeping our commitment of never having to turn any one away for lack of payment.

## Recycling makes cents!



Donate ink cartridges, LASER cartridges, toner cartridges etc. to our KFH.

It helps the environment, lessens the impact on land fills, and makes cents.

**If you work for a company, ask it if it will cooperate in giving you the items to take and donate.**

Our KFH gets money when we turn them in.

Besides the above there is a receptacle for plastic shopping bags.

Recycling money is "green" and spends the same way with a lessening on the KFH budget.



Anyone with a green thumb who could help us with the landscape maintenance or upgrading the landscape please call House Director

**Gary Christensen at (916) 736-0116 or [gjcsmc@aol.com](mailto:gjcsmc@aol.com)**



KFH Board member **Neil Strain** takes care of most of our maintenance needs at the House, but he could use some help from a Handyman.

**Neil Strain** can be reached at **(916) 354-8895 or [neilstrain@sbcglobal.net](mailto:neilstrain@sbcglobal.net)**

## Flag needed!

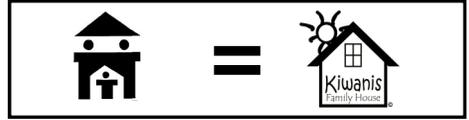


Long may it wave... with your help. Our California State Flag was recently retired. It had seen better days.

It was tattered and torn. Now our Kiwanis Family House needs a replacement.

Seeking help from a Kiwanis Club or individual to provide us with a new one (or used one in good shape).

If you wish to donate \$51.87, that would cover a well made in the USA flag.



**"Over the years"**

The current series of **House Talk** (Volume I Issue 1) is dated May 1, 2001.

Mice genetically programmed to develop prostate cancer had smaller, slower growing tumors if they consumed a diet containing walnuts, UC Davis researchers report in the current issue of the *British Journal of Nutrition*.

UC Davis researchers, with colleagues at the USDA Western Regional Research Center in Albany, Calif., assessed tumor size in mice fed different diets for nine, 18 and 24 weeks. They found that the mice that consumed the human equivalent of 2.8 ounces of whole walnuts daily, gained weight at the same rate as mice fed a soybean oil diet formulated to match the nutrients, fat levels and fatty acid profiles of the walnut diet. At 18 weeks, however, the tumor weight of the walnut-fed group was approximately half that of the mice consuming the soybean oil diet. Overall, the rate of tumor growth was 28 percent lower in the walnut-fed mice.

A low-fat diet is frequently recommended for reducing a man's risk for developing or slowing growth of existing prostate cancer, but the UC Davis study suggests that excluding walnuts, which are high in fat but rich in omega-3 polyunsaturated fats, antioxidants and other plant chemicals, may mean foregoing a protective effect of walnuts on tumor growth.



*"If additional research determines that walnuts have the same effect in men as they do in mice, adhering to a diet that excludes walnuts to lower fat would mean that prostate cancer patients could*

*miss out on the beneficial effects of walnuts,"* said lead author **Paul Davis**, a research nutritionist in the Department of Nutrition at UC Davis and researcher with the UC Davis Cancer Center.

Prostate cancer is the second most common cancer in American men. One in six men will be diagnosed with the cancer, most commonly in later life. But relatively few -- one in 36 --

will die from the disease because most tumors do not spread beyond the local site, according to the National Cancer Institute.

*"These characteristics of prostate cancer make adding walnuts to a diet attractive as part of prostate cancer prevention,"* Davis said.

Davis added that some studies have hinted that walnuts may prevent the actual formation of tumors. *"But more immediately, our findings suggest that eating a diet containing walnuts may slow prostate tumor growth so that the tumor remains inside the prostate capsule. If proven applicable in humans, men with prostate cancer could die of other causes -- hopefully old age."*

The researchers found no single constituent responsible for the beneficial effects of walnuts. For example, the study found effects on multiple signaling and metabolic pathways related to tumor growth and metabolism and that walnut-fed mice had lower blood insulin-like growth factor (IGF-1), a protein strongly associated with prostate cancer.

Walnut-fed mice also had lower LDL cholesterol (the bad cholesterol). High LDL is an established heart disease risk factor, and has more recently been linked to tumor growth, suggesting that the same food that promotes a healthy heart can be helpful to patients with prostate cancer. Finally, distinct differences were noted in the way the liver, a major source of IGF-1 and cholesterol, metabolized the walnut diet compared with the soybean oil diet, despite the diets' nutritional similarities.

The research was funded by the California Walnut Board. Together with the American Institute for Cancer Research, the board is currently funding a follow-up mouse study to validate the findings and further explore the possible reasons for the beneficial effects of walnuts.

UC Davis Cancer Center is the only National Cancer Institute- designated center serving the Central Valley and inland Northern California, a region of more than 6 million people.

For more information, visit:  
[www.ucdmc.ucdavis.edu/cancer](http://www.ucdmc.ucdavis.edu/cancer)

**Nine years ago  
Volume III Issue 8  
February 2003**

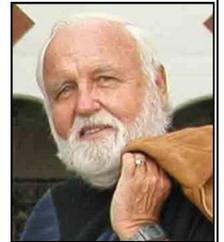


An article about **Max Strawser**, explain how *House Talk* began. *"House Talk started out as a letter, then it evolved into a newsletter."*

*'House Talk' was chosen as the name since it was the 'talk of the house'. It started when I was the president (of KFH) and was published until 1993 or so. It was in a standard 8 1/2 by 11 format and for a brief time 8 1/2 by 14 format. I was the first editor. House Talk stopped when I left the board to travel and because of other commitments."*

**Six years ago  
Volume V Issue 8  
February 2005**

**Glenn Yarbrough** concert netted \$7,500... thank you all!

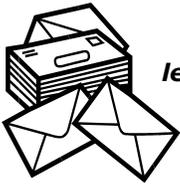


**Two years ago  
Volume X Issue 8  
February 2010**



Picture above is **Lynne Robinson**, who volunteers every Friday. She checked in the very first guest in our original KFH, and the very first guest of our new KFH.

Where was she on Friday January 1, 2010? Right where you see here, on duty!



**"Letters, we get letters, we get stacks and stacks of letters..."**

**These letters are left at our KFH addressed to you.** They are published to show our readers of the impact made by the staff and services of our Kiwanis Family House and UC Davis Medical Center. The letters are published as originally written and punctuated. This is to preserve the sincerity and spontaneity of the writer.

*"Dear Friends at the Kiwanis House-*

*"My mother, children, and I recently enjoyed our first stay with you and we thank you for your hospitality and generosity.*

*"We appreciate your friendliness and attention to details to meet our needs.*

*"Each of my children left with a new stuffed toy and the youngest also received at quilt.*

*"Thank you so much!"*

*"Just a note of gratitude for all yo do for so many.*

*"Our stay eased our minds and made us feel at home!!*

*"I'm sure we'll need the services again and looking forward to seeing all of you.*

*Thanks so much for the 'home away from home'".*

*"You folks are OUTSTANDING.*

*"We were here last in 2007."*

*"To one and all,*

*"I cannot begin to say how wonderful everyone has been to us and how they made our stay,, each and everyone made things bearable.*

*"It is with great joy that we have you but you will always be in our hearts."*



*"Dear Staff at Kiwanis House  
"It has been a real pleasure staying here. The staff was just wonderful.*

*"Mauda you are one of the best cooks, 3 thumbs up.*

*"Terry took very good care of my spouse and I guess at Kiwanis. Jody was my body guard.*

*"But truly in all this wonderful groups of people, hats off to all!*

*"Our stay was most enjoyable.*

*"Thanks to all the staff".*

*"Thank you for the hospitality.*

*"The rooms were very comfortable and inviting.*

*"Every employee as kind and thoughtful.*

*"Thank you!"*

*"Thanks so much for being here, with these great homey accommodations and very friendly staff.*

*"It was such a nice respite to be able to have a comfy bed, a cup of tea, and a nice living from to take a break in.*

*"I can't tell you how much this has meant to my family and I!*

*"Thanks very much for being here!"*

*"Dear House Staff,*

*"This place is so great.*

*"You have made our stay here as easy as possible and we love you all for that, thank you.*

*"It is so great to know there's a place like this one when one is in their most need.*

*"Thank you from the (xxxxx) Family".*

*"Wonderful Staff!*

*"Beautiful Place!*

*"Keep up the Great Work*

*"Thank you*

*"God Bless you!"*

*"Thanks so much for my stay here at Kiwanis Family House.*

*"It makes an unpleasant stay away from home due to sickness, a more comfortable stay.*

*"It is very clean.*

*"I feel safe and everyone is so nice.*

*"Again I thank everyone involved in the family house.*

*"This is my second stay*

*"Once again, Everyone of you , we wish you the best.*

*"We all love you.*

*"It gives me great joy to know we will always have a family in you.*

*"Love always"*



**A note from Karen:  
Lend a helping hand!**

The Kiwanis Club of Greater Sacramento is adopting the Kiwanis Family House Clothes Closet.

It is in the process of organizing the clothes to best meet the needs of the guests at the Family House. The goal is to have several options in each size available for emergencies.

**Needed:** Person(s) with carpenter skills who likes heights. The fascia board (board around the top of our KFH building) needs to be secured.

REMEMBER TO THINK RED AND WHITE BALL!

Questions: Contact me:

**Karen Borman** 916-489-4476  
bormank@aol.com



## President's Message

By Bill Hooper (Cont'd)

(Continued from page 1)

We hope all of you have April 26<sup>th</sup> for the Creelman –Francisco Golf Tournament reserved on your calendar.

These events should be lots of fun, provide a great chance to socialize with fellow Kiwanians, including Governor **Richard "Dick" Olmstead**, and raise funds for KFH. Speaking of Governor Dick be sure to attend his official governor's visit in your divisions/regions.

At our last board meeting, the date for the annual meeting for our Kiwanis Family House was set. Sponsor Clubs please note. The date is **Saturday June 9<sup>th</sup>**, at our Kiwanis Family House. It will be similar to the format of last year. We have a morning meeting to elect the directors and accept reports, followed by a lunch, and then a board meeting to elect the officers. UCDavis Medical Center is hosting the lunch and we are grateful for that. More details in future editions. We need a quorum so sponsor clubs be prepared.

We continue to have many different groups from the Kiwanis family show up each weekend to provide volunteer help at the House. If you need information on volunteering contact Volunteer coordinator **Karen Borman** or House Director **Gary Christensen** and they will help you find the job you want. Gary and Karen also have volunteer jobs listed on a white board in the main lobby and have set up a volunteer closet with the supplies and equipment needed for most jobs.

The Kiwanis Club of Greater Sacramento has just adopted the House clothes closet and will keep it well organized. Thank you to every one of you who volunteer, what a difference you make.

The numbers are in: for 2011 we served 1,239 families from the California-Nevada-Hawaii District, 25 from other states, one from the District of Columbia and six from foreign countries for a total of 1,373 families.

The six foreign countries include: Canada; Guatemala; Mexico; Pakistan, People's Republic of China; and Republic of Palau.

The usual holiday slowdown did not take place as we served 124 families in December.

We had predicted that with a traditional slow down during December it would be a good time to do some "deep cleaning" of our guest rooms.

**Calvin Hara** handled this project.

Well the slow down did not happen, but the deep cleaning was still a necessity. Thanks to **John Davidson**, from the Kiwanis Club of Carmichael, who rallied the resources and got the jobs done, when a vacant room became available.

Our KFH is needed more than ever, so with your help we are working harder than ever to make sure each family has a place to stay while their love one is in the hospital.

We are the Carrier of Service.

Thank You for making this happen!

Till Next Time, Yours in Kiwanis Service,  
Bill



## Ask Alan (Continued)

(Continued from page 1)

that will attract members each time they meet.

What should club presidents be focused on the rest of the year?

An interesting question with a simple answer, **"their club and their community...."**

Editor's note: **Alan Penn** is the President of Kiwanis International. We are grateful that he takes time to answer questions posed to him by *House Talk*.

## ELIMINATE

Kiwanis eliminating maternal/neonatal tetanus



With The Eliminate Project, Kiwanis International and UNICEF have joined forces to *eliminate maternal and neonatal tetanus*. This deadly disease steals the lives of nearly 60,000 innocent babies and a significant number of women each year. The effects of the disease are excruciating — tiny newborns suffer repeated, painful convulsions and extreme sensitivity to light and touch.

To eliminate MNT from the Earth, more than 100 million mothers and their future babies must be immunized. This requires vaccines, syringes, safe storage, transportation, thousands of skilled staff and more. It will take US\$110 million — and the dedicated work of UNICEF and every member of the Kiwanis family.



Now you can help support the Kiwanis Family House by using Facebook. If you are on Facebook (or are planning on joining) you should **"Like"** the Kiwanis Family House page.

You can also click **"Share"** on any posting and this will share our stories with your Friends. It appears on their wall and news feed for Friends to see and spreads the message of Kiwanis Family House!

You can also **"Suggest"** a page to all your friends via a message. Just click on **"Suggest to Friends"** (the fourth link down from the logo) and choose the friends to whom you want to send an invitation to the Page.

You can post any comments, stories, or suggestions for other Fans to see, and it will also appear on your walls for your Friends to see.

If you want to reference something that is on the website, you should include a link to the Kiwanis Family House page along with your posting.

## House Talk Contact the Editor

Quick Facts about **House Talk**

1. **House Talk** is a monthly newsletter published by the Kiwanis Family House, Inc. 
2. The editor is solely responsible for the content of **House Talk**.
3. Deadline 5:00 pm on the second Thursday of the month.
4. Items are solicited. Items submitted will not be returned unless noted by the sender.
5. Errors in the **House Talk** are to be brought to the attention of the editor. Egregious errors will be corrected in a future edition.
6. Responses to the articles and authors unless indicated otherwise can be sent to the editor for forwarding.
7. Editor is **John W. Seigal**.
8. Email address is: [jwseigal@sbcglobal.net](mailto:jwseigal@sbcglobal.net)
9. US Postal Service address is: P.O. Box 1131 Sloughhouse, CA 95683-1131