



House Talk

Kiwanis in Action at our Kiwanis Family House

Volume XII Issue 9

March 2012

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From our house, to your house:



May the luck of the
Irish be always
with us!

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!



Annual Meeting Set

The Annual Meeting for our Kiwanis Family House, will be held at the KFH on Saturday, June 9, 2012 at 11:00 a.m. If you want to set your GPS or computer mapping directions set in: 2875 50th Street, Sacramento, CA 95817-2308. (916) 736-0116. We are on the campus of the UCDavis Medical Center in Sacramento.

A light lunch will be served to the attendees. Each sponsor club is entitled to one vote. Be sure your annual dues of \$100 are paid.

Instructions will be mailed

to each Sponsor Club in April.

We need a quorum to conduct business and to elect board members: If your club cannot attend, then mail in your proxy vote. Information will be provided as to who those proxy voters will be.

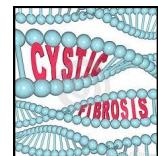
There are three director positions available. These positions are for a two year term (maximum of two terms).

The qualifications and duties: Support the Kiwanis Family House mission and vision. Attend board and committee meetings. Serve as an

(Continued on page 9)

Cystic Fibrosis

Cystic fibrosis is a disease passed down through families that causes thick, sticky mucus to build up in the lungs, digestive tract, and other areas of the body. It is one of the most common chronic lung diseases in children and young adults. It is a life-threatening disorder.



Cystic fibrosis (CF) is caused by a defective gene which causes the body to produce abnormally thick and sticky fluid, called mu-

(Continued on page 9)

President's Message by Bill Hooper

We have overcome many challenges this year and each day seems to be more rewarding than the last.

The 20th Annual Red and White Ball was held at the Dante Club in Sacramento, it is a fund raiser for our House put on by various Kiwanis Clubs in the area. Board Member **Karen Borman** was the chair.

As our special guest for the night shared his story with us I think we all felt a great sense of pride and satisfaction because of how our guests feel about what we do for them at Kiwanis Family House (KFH) and the fact that we are doing it better than ever. This happens because so many of you step up and help us in many different ways.



"...I don't think there was a dry eye in the crowd as a young man told us about his house exploding...."

I don't think there was a dry eye in the crowd of 149 last night as a young man told us about his house exploding a week ago because of a natural gas leak with him and his wife in it.

They lost everything they owned and still do not understand how they survived the blast that leveled their home. He explained how his wife now faces about five to six months of treatment and then two years of rehabilitation in the UC Davis Regional Burn Center.

When he arrived at the Family House with his son, the staff immediately found food and clothes for them and provided them with a room.

He said it was the first time he had been able to sleep since the explosion a week ago and he was so thankful for the attention he and his son were being given by the staff.

Every day it is another person that needs our help and it

looks like we may serve over 1,600 families in 2012. Each story is touching and we find a way to help each family even if they cannot pay the \$40 daily room rent.

At the Red & White Ball the Kiwanis Club of Lincoln presented us with a \$6,000 check for our KFH as its first installment of the \$25,000 pledged to sponsor a bedroom at the House. Room 122 has been nicknamed: "The Lincoln Bedroom."

President **Dyann Branch** and club project chairman **Ted Widing** challenged the other clubs in the room to sponsor one of the nine remaining bedrooms that have not been sponsored.

(Continued on page 8)

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





Important Dates

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

2012
March 8
April 12
May 10

June 9 (annual meeting)

Details in this issue!

July 12
Aug 9



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

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)
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Treasurer.....	Joyce A. Blonskij (2012)
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Director.....	Dan Saulisbury (2012)
Director.....	Neil Strain (2012)
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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

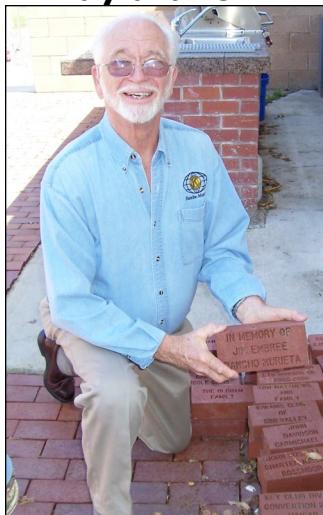
Kiwanis Family House Mission Statement

"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 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:

- ♦ Mar 3rd Cal-Nev-Ha District Mid-year Monterey, California
- ♦ Apr 21st Kiwanis One Day plan a project at our KFH.
- ♦ 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 #119

Since October 1, 2001 to January 31, 2012, (*the effective dates of this report*), **10,271** 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 **799** families from **outside Cal-Nev-Ha District** (California, Nevada, and Hawaii).

These **799** 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	2,764	26.91%
14	Dunning	1,140	11.10%
Out of	District	799	7.78%
27	Montalbo	768	7.48%
45	Pisiewski	682	6.64%
46	Smith	637	6.20%
44	Bowes-Jr.	628	6.11%
20	Smith	401	3.90%
23	Siminske	381	3.71%
8	Frazier	326	3.17%
32	Avants	275	2.68%
7	Kocsis	206	2.01%
5	Hillman	166	1.62%
26	Gilliam	141	1.37%
18	Roberts	112	1.09%
36	Tidler	106	1.03%
12	Imper	104	1.01%
34	Litteer	99	0.96%
2	Bowerman	91	0.89%
38	Rardon	57	0.55%
28	Yelinek	36	0.35%
43	Bowen	33	0.32%
33	Johnson	28	0.27%
29	TerBorch	27	0.26%
42	Gray	24	0.23%
41	Bonar	23	0.22%
11	Nakawatase	22	0.21%
15	Haendiges	18	0.18%
22	Rugg	18	0.18%
6	Whatley	17	0.17%
16	Hyland	16	0.16%
31	Higgins	16	0.16%
30	Fields	14	0.14%
47	Platzke	14	0.14%
1	Davis	12	0.12%
10	Arnold	12	0.12%
24	Benitez	12	0.12%
37	Sargent	12	0.12%
4	Brooks	11	0.11%
25	Montaño	9	0.09%
13	Graham	6	0.06%
35	Salgren	6	0.06%
19	McDannold	2	0.02%
	Totals	10,271	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 **January 2012**.

California

- Alturas (2)
- Anderson (3)
- Bakersfield
- Biggs
- Burney
- Campbell
- Cedarville
- Chico (4)
- Clearlake
- Clio (2)
- Colusa
- Concord
- Crescent City (3)
- Dunsmuir
- Durham
- Fairfield (2)
- Farmersville
- Forest Ranch
- Forestville
- Fresno
- Grass Valley (4)
- Happy Camp
- Hayfork
- Hoopa
- Ione
- Jamestown
- King City (3)
- Live Oak
- Lower Lake
- Marysville
- McCloud (2)
- McKinleyville (2)
- Modesto (3)
- Montague (4)
- Oakdale (2)
- Oceanside
- Oroville (5)
- Paradise

(Continued on page 4)

Neighborhoods... not numbers! (Cont'd)

(Continued from page 3)

- Penn Valley (3)
- Porterville (2)
- Portola
- Red Bluff (2)
- Redding (4)
- Roseville
- Rough and Ready
- Sacramento
- San Diego
- San Francisco
- San Ramon (2)
- Seiad Valley
- Shasta Lake
- Smith River
- Soulsbyville
- South Lake Tahoe (5)
- Stockton (8)
- Studio City
- Sunnyvale
- Susanville
- Sutter
- Tracy
- Ukiah
- Upland
- Vacaville
- Valley Springs
- Williams
- Yreka

Colorado

- Colorado Springs
- Florida

- Bonita Springs (2)
- Cocoa Beach

Mississippi

- Richmond (2)

Nevada

- Carson City (2)
- Incline Village
- Reno (5)
- Sparks
- Spring Creek
- Sun Valley
- Yerington (2)

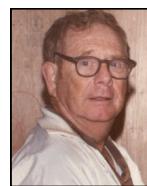
Oregon

- Albany
- Portland

Texas

- Von Ormy

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 52nd annual will be held on the last Thursday in April, April 26th 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.



Volunteer Needs: A list of people willing to clean guest rooms on short notice. I was at the KFH last week when the housekeeper called in sick and the substitute housekeeper was unable to work that day.

Five guests were checking out and more than five were on the waiting list to check in. Duties include, changing the beds, dusting and cleaning the bathroom. About 30 minutes per room. This situation does not occur often, but is a real need when it does.

Karen Borman 916-489-4476
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	Airwick style plug in air fresheners
# 9	Napkins
# 8	Coffee
# 7	HP 901 Black Ink
# 6	Card stock (for car parking passes)
# 5	Wrapped candy
# 4	Paper plates for guest kitchens
# 3	Coin envelopers (2½ -4¼) 250 to a box)
# 2	Receipt book (3 part-4 to a page)
# 1	California State Flag 3'x5'



Savings Made Simple



www.kiwanisfamilyhouse.org

Chaplain's Corner "More Sunshine"



The date was December 21st, 2011. I was leaving to visit the parents of a young lady by the name of **Beverly Johnson** who

died in December 1983. My mission was to give them the oak leaf plaque from a door at the original Kiwanis Family House. The plaque reads:

"Beverly Johnson, Sunshine".

As I went to open the door Mauda stopped me to introduce me to a man who was just checking in. His name was **Frederick Bradley Hagen**. People called him "Brad".

Brad and his wife lived at Clear Lake in Lake County, in California. Clear Lake is approximately 100 miles north of San Francisco.

He was a barber. Like **Beverly Johnson**, Brad had lived his life with Cystic Fibrosis (CF). But CF wasn't why he needed immediate medical treatment. He also had Merkel Cell Carcinoma (MCC), a very rare form of cancer affecting about 1500 people a year. MCC is also known as a *Cutaneous apudoma*.

The exact causes of MCC are unknown. Factors strongly associated with the development of MCC include fair skin, a history of extensive sun exposure, chronic immune suppression (organ transplants or HIV), and over age 50.

In Brad's case the diagnosis was related to chronic immune suppression. He had received extensive drug therapy to prevent rejection of transplanted lungs he had received some years earlier. Needless to say, his condition was serious.

With that background, imagine my surprise when Brad stood up, announced that he was 56 years old (Beverly was 23 when she died and, at the time, that was considered a long life for someone with CF). And, like Beverly he announced with a smile that he was going to live forever. If **Beverly Johnson** was known as *Sunshine*, I could see I had just met someone who was another ray of warm sun-



shine.

Over the next couple weeks Brad and I had some casual conversations. Then came the day when I asked if I could interview him for the Kiwanis Family House newsletter (*House Talk*). He readily agreed.

The first thing I learned about him had to do with his childhood in Southern California. He grew up in a very abusive environment. While he gave me permission to give some examples (and they are dreadful) I prefer to let you know why he shared these unpleasant memories. He was doing some reflecting.

He was thankful for a loving grandmother who often intervened for his wellbeing. But he also thought the experiences of his early years served to teach him self-sufficiency and independence, characteristics which have served him well in his later years. He would never exhibit a "*Woe is me*" attitude. And he insisted I say this about the lessons he had learned. He said if he had one thing to say to families and to the medical field pertaining to children with special needs, it would be: "*Don't do for them. Instead, love them! Provide for them! But don't coddle them. Teach them to be as independent as their circumstances permit.*"

It was the gradual deterioration of his lungs, a common effect of Cystic Fibrosis, which brought Brad and his wife to Clear Lake. There the air quality was better for breathing. As the years passed the time came when he needed a lung transplant. After enjoying better quality of life for a few years he now faced the foreboding diagnosis of Merkel Cell Carcinoma. The needed radiation treatment caused no small amount of facial discomfort.

Another thing I learned about Brad was he had a strong Christian faith. He was well versed in the Scriptures. He had no reservations about expressing his convictions. What's more he wasn't reluctant when it came to using harsh words to describe what he called "*make believe*" Christianity present in organized churches and in some church goers today.

A summary of his extended commentary might sound like this: He trusted the love and mercy of God he saw in **Jesus**.

He knew his life and eternal future

was secure in Him.

However, he didn't trust the church. As a pastor it was good for me to become a listener. I'm still digesting his comments because he wasn't speaking in generalities. And even when he sounded like a harsh "*tell it like it is*" Old Testament prophet, even then he sported that contagious smile.

Brad's nature was outgoing. He loved to visit with people. As you might imagine, he quickly became a favorite of the staff. During my interview I ventured this question. "*How would you evaluate your stay at the Kiwanis Family House?*"

Here's what he said. "*I couldn't ask for more. The people are so accommodating. I have here everything I need. Satisfaction depends on me and my attitude.*" Then he added. "*Tell all who provide these accommodations how grateful I am.*"

During his stay at the Kiwanis Family House Brad commuted on weekends to his home in Clear Lake. The last week of January his condition worsened and his discomfort increased. Instead of returning to our KFH, the medical team had him check into the UC Davis Medical Center.

Each day Brad grew weaker until his death early Friday, February 3, 2012.

I know the staff misses him. I miss his readiness to "*tell it like it is*".

But, most of all, I'll miss that engaging smile. Like **Beverly Johnson** referenced earlier, Brad will be remembered as another ray of sunshine.

Walter C. Tietjen

House Chaplain, Counselor

(**Editor's Note:** The **Beverly Johnson** story was in the January 2012 of *House Talk*.)

Kiwanis One Day



Each year, Kiwanis clubs around the world join in a day of service. In 2012, Kiwanis One Day is April 21.

It's a global effort, but it's made of personal commitments.

Clubs planning their *One Day of Service*, should consider using our Kiwanis Family House as the site.

We have projects that we could suggest. Contact **Bill Hooper** or **Calvin Hara**. (See page 10.)

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".

**SAVE MART
SUPERMARKETS**

PAY
TO THE
ORDER OF

SHARES Participants

\$4,500,000

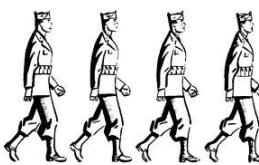
Four Million Five Hundred Thousand

DOLLARS

SaveMart

:1022 :123456789 111000222444

March for the house!



Join us for the Third Annual "March in March for the House".

It is a walkathon for all Kiwanians, friends, Circle K members, Key Clubbers and more.

It is on Saturday March 31st from 9:00 a.m. to noon. The minimum pledge is \$15.00.

All participants come early for a free Pancake Breakfast , \$5@ for others.

There will also be basketball and soccer games for SLP'ers.

Prizes for the most pledges, most laps completed and more.

Checks are to be made payable to Kiwanis Family House. [(FEIN) 68-0016996, 501 (c) 3]

The walk is sponsored by the Kiwanis Club of KFH, Sacramento.

**HELP
WANTED**

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**



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

Calvin Hara can be reached at
**(916) 812-5524
cmhara@comcast.net**

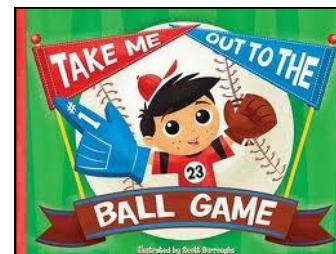
Become a friend!

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

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.



Sacramento River Cats (AAA baseball) are offering a special deal to our KFH. **Lt. Gov. Bernie Bowes** bbowesjr@ranchomuriet.org is coordinating this project.

It is a money raiser for our KFH. Key Club and Circle K members go to www.rivercats.com/fundraisers, scroll to Key Clubs, enter **Kiwanis** and order tickets at \$15@ Kiwanis members and friends email Bernie to order tickets at \$24@.

The date is Sat. April 28th at 7:05 p.m. If you can't make that date, the tickets can be used at other dates Sunday-Thursday regular games.

Or you could donate the tickets to be used by guests of our Kiwanis Family House.

Directing stem cells to increase bone formation and bone strength

A research team led by UC Davis Health System scientists has developed a novel technique to enhance bone growth by using a molecule which, when injected into the bloodstream, directs the body's stem cells to travel to the surface of bones.

Once these cells are guided to the bone surface by this molecule, the stem cells differentiate into bone-forming cells and synthesize proteins to enhance bone growth. The study, which was published online today in *Nature Medicine*, used a mouse model of osteoporosis to demonstrate a unique treatment approach that increases bone density and prevents bone loss associated with aging and estrogen deficiency.

"There are many stem cells, even in elderly people, but they do not readily migrate to bone," said Wei Yao, the principal investigator and lead author of the study. "Finding a molecule that attaches to stem cells and guides them to the targets we need is a real breakthrough."

Researchers are exploring stem cells as possible treatments for a wide variety of conditions and injuries, ranging from peripheral artery disease and macular degeneration to blood disorders, skin wounds and diseased organs. Directing stem cells to travel and adhere to the surface of bone for bone formation has been among the elusive goals in regenerative medicine.

"Our study confirms that stem-cell-binding molecules can be exploited to direct stem cells to therapeutic sites inside an animal," said Professor Kit Lam, who also is an author of the article. "It represents a very important step in making this type of stem cell therapy a reality."

Twelve weeks after the hybrid molecule was injected into mice, bone mass in the femur (thigh bone) and vertebrae (in the spine) increased and bone strength improved compared to control mice who did not receive the hybrid molecule. Treated mice that were normally of an age when bone loss would occur also had improved bone formation, as did those that were models for menopause.

Alendronate, also known by the brand name *Fosamax*, is commonly taken by women with osteoporosis to

reduce the risk of fracture.

The research team incorporated alendronate into the hybrid molecules because once in the bloodstream, it goes directly to the bone surface, where it slows the rate of bone breakdown.

According to **Nancy Lane**, a co-investigator on the study and director of the UC Davis Musculoskeletal Diseases of Aging Research Group, the dose of alendronate in the hybrid compound was low and unlikely to have inhibited the compound's therapeutic effect.

"For the first time, we may have potentially found a way to direct a person's own stem cells to the bone surface where they can regenerate bone," said Lane, who is an Endowed Professor of Medicine and Rheumatology and an expert on osteoporosis. "This technique could become a revolutionary new therapy for osteoporosis as well as for other conditions that require new bone formation."

Osteoporosis is a major public health problem for 44 million Americans. One in two women will suffer a fracture due to osteoporosis in their lifetime. Although effective medications are available to help prevent fracture risk, including alendronate, their use is limited by potential harmful effects of long-term use.

The major causes for osteoporosis in women include estrogen deficiency, aging and steroid excess from treatment of chronic inflammatory conditions such as rheumatoid arthritis. Generally, the osteoporosis generated by these metabolic conditions results from change in the bone remodeling cycle that weakens the bone's architecture and increases fracture risk.

UC Davis is playing a leading role in regenerative medicine, with nearly 150 scientists working on a variety of stem cell-related research projects at campus locations in both Davis and Sacramento.

The UC Davis Institute for Regenerative Cures, a facility supported by the California Institute for Regenerative Medicine (CIRM), opened in 2010. This \$62 million facility is the university's hub for stem cell science.

For more information, visit www.ucdmc.ucdavis.edu/stemcellresearch.



"Over the years"

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

Ten years ago **Volume II Issue 9** **March 2002**



Kiwanian **Rick Dominick** called it to say one of his clients had to dispose of useable bed spreads used in a school that trains people in hotel/motel management

But they were all queen and king sizes. Rick picked them up and trucked them to Kiwanian **Art Sims** who altered them to our KFH's twin size.

Six years ago **Volume III Issue 9** **March 2003**



Architect **Darrell Ragland**, of Elk Grove, California has prepared renderings and a construction estimate.

Kiwanian **Darrell Ragland's** design incorporated all of the needs being met at our current house and expanded them.

Six years ago **Volume V Issue 9** **March 2006**

Construction of our new KFH as of February 23, 2006



President's Message by Bill Hooper

(Continued from page 1)

The Kiwanis Club of Citrus Heights announced that they will be receiving a \$10,000 grant from Kiwanis International Foundation for the House and challenged other clubs to think about writing grants for the House.

Samantha Bottari from the River Cats Baseball team also attended the Ball. She urged Kiwanians, guests, Circle K Members and Key Clubbers to attend the official visit of Kiwanis Governor **Richard G. "Dick" Olmstead, Jr.** on April 28th and then stay for the ball game (River Cats vs. Tucson Padres Padres).

The River Cats will refund up to \$13 of each adult ticket and \$5 of each (Circle K and Key Club tickets to KFH as well as allowing us to have Kiwanis, SLP, and KFH information booths.

Jon Merker of East Sacramento Midtown Club donated his service as disc jockey. Rancho Murieta ran the raffle. Greater Sacramento ran the silent auction.

Rancho Cordova arranged for the decorations with wonderful balloon arches and sculptures being donated by *Balloon Creations by Carolyn* in Sacramento.



Clubs from Divisions 7, 27, and 44 were represented as well as the Lt Governor **Tony Montalbo** from Division 27 and Lt. Governor **Bernie Bowes** from Division 44.

Trustee from Region 15, **Rich Fuller** was present.

Past Lt. Governor and past chair of many Red & White Balls, (who probably has attended all of them) **Dale Ingvardsen** commented, "The food was great, the music was easy to listen to and to dance to, but the best thing about all Red & White Balls is the camaraderie and fellowship of the evening."

Thank you to all who attended and we will see you next year.



In January we announced we were looking for a new House Director and I am happy to say over 25 very qualified people applied for the job.

After going through all the applications we interviewed the top three candidates and the selected **Dan Germain** of the Kiwanis Club of East Sacramento-Midtown as the new House Director.

He started his Kiwanis career in Circle K and served as the Circle K District Governor of Cal-Nev-Ha as well as a Circle K International VP.

His management job responsibilities include the California Highway Patrol over 20 years. His leadership as an executive for a non-profit in Kansas City, combined with his involvement with Kiwanis, and his understanding of the House and how it works makes him the ideal candidate.

One of his former CHP colleagues told us this about Dan: "Dan was a great person and a valuable asset to the department. As I remember he was a 'can do' person who could get the job done. Have not seen him in years, but based on what I know, I bet he has not changed his work ethic. Sounds like the organization made a great choice." We think so too and look forward to seeing Dan take over April 1, 2012 which will allow **Gary Christensen** to return to his volunteer position of House Development Director.

You have an outstanding KFH Board of Directors working for you. If you would like to be more involved please give them a call.

Board member **Rita Beall** is looking for assistance in fund raising and running the clothes closet. **Karen Borman** coordinates volunteers at the House. **Bob Isaacs** is looking for help with food closet. **Calvin Hara** supervises weekend cleanup and maintenance projects. The contact information is on page 6.

I am about to take a vacation, so Vice President **Calvin Hara** will write this column next month and oversee the Board till I return March 20th.

Don't forget to read this issue of *House Talk*, for information about the annual meeting and election of board members for the New Year.

Till next time, Yours in Kiwanis

Service

Bill

Rocklin delivers!



Photo Credit: Tom McClelland

Every week **Catherine "Cathi" Meyers**, from the Kiwanis Club of Rocklin, delivers items to our KFH from the wish list.

Let's ask her about this.

Cathi how did you find out about our Kiwanis Family House?

Cathi: "I've been a member of the Rocklin Kiwanis Club for 4 years and found out about the house early on in my membership.

I pull the wish list from the website every week (or the 'Top Ten' in *House Talk*) and take it to our weekly meetings, which are every Thursday at noon, at Wood'y's in Rocklin.

"The donations come primarily club members, but I tell everyone I know about the house and let them know how they can help out.

"I try to go down weekly or every other week."

Why do you do this?

Cathi: "It's the least that I can do. I am very busy with a full time job and a small consulting business and this is a way that I can help the families that need the help of Kiwanis.

"It's easy and I know the difference Kiwanis makes in the lives of these families.

Anything else that I should have asked? "Encourage people to go to the house and take a tour. Get to know what is happening in our own back yard and how easy it is to help others."

Thank you!

Annual Meeting (continued)

(Continued from page 1)

Ambassador to Sponsor Clubs, participate in fund raising activities, and participate in the decision make governance as a board member.

The board meetings are once a month, currently in the evening of the second Thursday at our KFH.

The by-laws state that at least three (3) directors must be Kiwanis club members from Division 7, three (3) from Division 44 and five (5) at large members. At large directors do not necessarily have to be Kiwanians.

The April notice will ask if there is a member in your club who is interested in running for a KFH board position. The club is to send a signed letter by the club President or Secretary to our KFH Nominating Committee Chair, nominating that individual.

The individual interested in running is to submit a short biography with his/her nomination letter, so voting members have more information to help them make a decision.

Desire to serve and participate in service are followed by your greatest satisfaction, providing care, comfort and wellness to those families whose children are in greatest need. This statement is backed up by the commitment made by earlier Kiwanis volunteers, in the past 26 years who have served leadership positions as Board Officers and Director Members.

Being a board member of our Kiwanis Family House, is not the easiest job you will ever have, but it is undoubtedly the most rewarding job you will ever have, paid or unpaid.

Any of you who have served as club officers know that strong leadership in your club is tantamount to your clubs well being, health and longevity.

The same goes for our **Kiwanis Family House**. Your leaders today and yesterday came from the ranks of your clubs leadership. Serving **KFH** is a continuation of your club leadership. We need to continue this Kiwanis legacy. "Serving the World One Child at a Time"

We need your club leaders, out there, to "step up to the plate" and serve again, lead your community in service by providing the talent and know how you did as club leaders. All parties who could have an interest in



Cystic Fibrosis (continued)

(Continued from page 1)

cus. This mucus builds up in the breathing passages of the lungs and in the pancreas, the organ that helps to break down and absorb food.

This collection of sticky mucus results in life-threatening lung infections and serious digestion problems. The disease may also affect the sweat glands and a man's reproductive system.

Millions of Americans carry the defective CF gene, but do not have any symptoms. That's because a person with CF must inherit two defective CF genes -- one from each parent. An estimated 1 in 29 Caucasian Americans have the CF gene. The disease is the most common, deadly, inherited disorder affecting Caucasians in the United States. It's more common among those of Northern or Central European descent.

In the January 2012 issue of *House Talk*, our Chaplain, **Walt Tietjen**, wrote a touching article about: **Sunshine Beverly Johnson**. For this issue look for the article on page 5 "Another Sunshine".

Our Kiwanis Family House began its service and mission with victims of Cystic Fibrosis. These children were coming from afar for treatment for the dreaded disease. The families had no place to stay.

It was then when co-founder **Leona Bright**, with her withering stare, turned to her husband Kiwanian **Vern Bright**, and asked: "You Kiwanians support children, the families need a place to stay, why don't you Kiwanians, do something about this?"



running for the board are encouraged to attend at least one Board Meeting prior to the Annual Meeting and Election. Remaining Board Meetings before the Election are March 8th, April 12th and May 10th.

We need your participation and commitment. Please continue the legacy; **our 100+ families we serve each month, are counting on your service.**

Ripped from the Headlines



One only has to watch television or read the news papers to learn about terrible accidents in Northern California. There have been explosions due to natural gas, in Rancho Cordova, San Bruno and other places.

Where are the victims taken for treatment? There are seven burn centers in



California verified by a joint program of the American Burn Association and the American College of Surgeons. Two are in Sacramento:

Shriners Hospital for Children- Northern

California Burn Center and the UC Davis

Regional Burn Center.

Others are in Los Angeles, Orange, San Diego, San Jose, and San Francisco.

Where do the family members stay if the victims are in Sacramento? Our Kiwanis Family House is on the same campus as Shriners Hospital and UD Davis Burn Center.

Sacramento is on two major Interstates: I-5 and I-80. These are sites of major accidents caused in part by the Sacramento Valley Fog and the snow and icy conditions of the Sierra Nevada.

Visualize if you would, how the family members come when a member is being treated.

Some only have their clothes on their backs. Our Kiwanis Family House (KFH) has a clothes closet to fill that need (at no charge).

Some come hungry because they don't eat until their family members are in the hospital and are being treated. Then comes the realization they have not eaten for some hours. Our KFH has a food closet, refrigeration, and stoves (again at no charge).

These services are offered year around 365 days a year and 366 days during this leap year. Families are entitled to say as long as there is a need.

Kiwanians, sponsor clubs, and other benefactors make all of this possible.

So when you read about these horrible accidents, you can rest assured if they come to Shriners or UCDavis they will be treated well and likewise family members at our KFH.

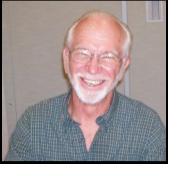
As **Gary Christensen** says, the hospitals save lives, our KFH saves families.

	Kiwanis Family House Ambassadors	 Joyce Blonskij (916) 812-2378 Joyce@blonskij.com
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 Rita Beall (916) 549-1354 sacbealls@gmail.com	 Karen Borman (916) 489-4476 bormank@aol.com	 Emily Chirk (714) 213-0716 echirk@gmail.com
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 Gary Christensen (916) 215-1460 gjcsmc@aol.com	 Calvin Hara (916) 812-5524 cmhara@comcast.net	 Bill Hooper (916) 988-6880 bhoopklg56@comcast.net
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 Bob Isaacs (916) 737-2831 kiwanisb@surewest.net	 Richard Kocher (916) 991-1344 richkoch013@comcast.net	 George MacMurphy (916) 483-9883 georgemac@comcast.net
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 Daniel Saulisberry (209) 745-6838 dsaulisberry@the-brickyard.com	 Neil Strain (916) 354-8895 Neilstrain@sbcglobal.net	 Matthew Wehner (530) 758-8111 mwehner@carbahalcpa.com
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- ♥ Communication is a two way street.
- ♥ We are here to inform.
- ♥ We are here to listen.
- ♥ We are here to remind.
- ♥ We are here to answer any questions.
- ♥ We are here to offer suggestions.
- ♥ Contact information is listed above.
- ♥ If you are unsure which one to call, give anyone a call and you will be directed to the right ambassador.



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
9. US Postal Service address is: P.O. Box 1131 Sloughhouse, CA 95683-1131

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.