From our house, to your house:

Memorial Day
Remember those who died in service to our country.

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President’s Message
by Bill Hooper

Can we go viral? I hope so!
If we can get the message out to all our friends that Tuesday, May 6th, 2014 is the BIG Day of Giving, then yes, we can!

Kiwani One Day at our Kiwanis Family House

On Saturday, April 5th, the Kiwanis International One Day came alive with hours of community service. The community service was provided by the family of Kiwanis International programs in适合对支持 to our Kiwanis Family House.

When asked about the leadership of this event, the answer was:
• We did not have a chair (one person)
• We did not have co-chairs (two people)
• We did not have a troika (three people),
• We had a quartet (four people).
A quartet indeed, and this quartet provided great harmonious music.
The goal was to bring together as many parts of the K-Family as possible for a day at our Family House. Another important goal was to get the inside and outside of our Family House in good shape for spring.

• Brian Davin (of Greater Sacramento Kiwanis Club) planned the landscaping work.

• Rita Germain (of Greater Sacramento) handled the publicity, Facebook posts, and media releases.

• Charlie Bussey and Dan Germain came up with the project lists (To-Do Items) for the exterior and interior of our Family House.

The projects were broken down and assigned to Kiwanians, to direct the work groups toward completion.

• Ann Isaacs (Clothes Closet);

(Continued on page 7)

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 $50@ 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 or call us.

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

“...Can we go viral? I hope so!...”

Can we go viral? I hope so!
If we can get the message out to all our friends that Tuesday, May 6th, 2014 is the BIG Day of Giving, then we can!

Kiwanis Family House is one of 400 charities in the Sacramento region participating in the BIG Day of Giving, whose goal is to raise $1 million in ONE DAY for local charities. Here’s how it works: on Tuesday, May 6th, any online donation made to Kiwanis Family House through the givelocalnow.org website is leveraged by donations of “matching funds” made by larger donors.

So, lots of small donations will be eligible for matching funds, so that altogether, these add up to big money for our Kiwanis Family House.

A similar program was sponsored in the New York area last year, and one charity we know of raised over $75,000 in one day!

Just think—that amount would provide funds for 1,500 nights of housing at Kiwanis Family House! Check out our website and Facebook page for details and notify your club members.

As you see emails and messages about the BIG Day of Giving over the next few weeks, please forward them to your Facebook and email contacts. Service Leadership Programs could also help in getting the word out, so please pass this information on to them.

If all our contacts each gave just a little to KFH on the BIG Day, we could raise a tremendous amount in just one day. Please Help Us Go Viral By Sharing Our Message About The Big Day Of Giving!

The Creelman/ Francis-Golf Classic and the annual Kiwanis Night at the River Cats will be completed when you read this but I am so happy that signups for both events are up.

Thank you Chris Creelman of the Sacramento Suburban Club for again doing an excellent (Continued on page 6)
Important Dates

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

2014  2014
May 8  Annual Meeting
        June 28th
        11:00 a.m.
        Lunch will be served

MARK YOUR CALENDAR!

These benefit our Family House:
• June 21st Evening with the Stars of our Family House
• June 28th Annual Meeting of our Kiwanis Family House
• Creelman-Francisco Golf Classic Thursday April 30, 2015

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)
V.P. ...............George MacMurphey (2016)
Secretary..............Rita Germain (2016)
Treasurer.........Matthew J. Wehner (2014)
Director...............Del Avants (2014)
Director...............Karen Borman (2014)
Director.............Emily Chirk (2014)
Director..............William (Rick) Dwyer (2015)
Director...............Bob Isaacs (2016)
Director..............Daniel Saulisberry (2015)

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

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Donate a brick!

Be a Part of Tomorrow.....Today!
Buy a Brick!

IN MEMORY
WILFORD “RED” FRANCISCO

The memorial bricks cost $100 each. The lettering grid is 15 spaces across and three rows deep.
Donate them for birthdays, anniversaries, memorials, sponsored organizations, past presidents, honorary members, and more.
They are memorials and last longer than plaques and are seen by more people.
The bricks are installed in the courtyard of our Kiwanis Family House.
For more information see website or contact editor. See page 12.

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, S-Mart, 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 12) 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!

Visit us at:
 ▪ Aug. 14-16 Kiwanis Cal-Nev-Ha District Convention, San Diego, California Town and Country Resort & Convention Center

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.
In 30 years, we have endured the consecutive 400-meter hurdles race. Edwin Moses won his 100th consecutive 400-meter hurdles race. I never thought I would pair Leona Bright and Edwin Moses in a common thought. But, consider this. In the world of hurdle races, 400 meters is a marathon. Participants are tested enough without the hurdles, but the numerous barriers increase the physical burn as well as the mental and emotional commitment.

Since Leona Bright first fired the starter’s pistol in 1984, Kiwanis has returned to the starting line over and over in order to serve families dealing with medical crisis. In 30 years, we have endured the marathon and negotiated numerous operational and financial hurdles. We mark our anniversary with as much energy and passion as we have ever had.

Sustained performance in nonprofit management is to be celebrated. Kiwanis Family clubs and members who support us year in and year out ensure not only our survival, but indeed our excellence.

Board, staff, and volunteers demonstrate the leadership necessary to both serve families today and guarantee that we are around to serve tomorrow.

With regard to the latter, our board of directors has clear fund development expectations of me and I am focused on delivering.

Since last summer, we have written and submitted more than 20 grant applications. These requests have pursued additional funding for our Sponsor a Family program, our food closet, construction of a new laundry facility, and special event sponsorship.

While we have had a modest level of success, we compete with hundreds of other nonprofits for very limited resources. However, we remain committed to dusting ourselves off after each unsuccessful outcome and taking the next hurdle at a run.

The hurdles remain formidable. Some philanthropic advisors state that if 20 percent of your nonprofit’s operating budget is not coming from your endowment by 2025, your organization will be in trouble.

Listening to this message, we will prioritize the development and implementation of a Legacy Gift Plan for our Kiwanis Family House. We are at the starting line once again and the challenges lie ahead. Once our new plan is in place, you will often here us say: The Brights’ vision and legacy live. With your planned gift to the Kiwanis Family House, you can ensure that our home always provides a place of peace and respite for families dealing with medical crisis. Please remember us in your estate planning.

Again, we remain committed to taking every hurdle that comes our way. There’s the beef, Clara. There’s the beef.

Dan Germain (916) 736-0116 dgermain@kiwanisfamilyhouse.org

Leona Bright urged husband Vern and his Kiwanis brethren “to do something about this,” referring to the number of adults and children sleeping in cars or in hospital lobbies so that they could be near hospitalized loved ones.

The year was 1984. That same year

- Clara Peller asked, “Where’s the beef?”
- Apple introduced its revolutionary Macintosh computer.
- Challenger astronauts performed the first in-space satellite repair.
- Nelson Mandela saw his wife for the first time in 22 years.
- Prince Charles called a proposed addition to London’s National Gallery a "monstrous carbuncle on the face of a much-loved and elegant friend."
- Edwin Moses won his 100th consecutive 400-meter hurdles race.

I never thought I would pair Leona Bright and Edwin Moses in a common thought.

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Kiwanis Family House, not in my backyard!

Report #143
Since October 1, 2001 to March 31, 2014, (the effective dates of this report), 14,021 families have stayed one or more nights at our Kiwanis Family House while being treated at UCDMC and Shriners Hospital for Children®.

This report covers over 12+ years. Previous to October 1, 2001 the reports were tabulated in a different format.

Our KFH has hosted 1,065 families from outside Cal-Nev-Ha District (California, Nevada, and Hawaii). These 1,073 families come from:

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

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
- République du Sénéga
- 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 in Sacramento, California?

### Table: Neighborhoods

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<thead>
<tr>
<th>Div.</th>
<th>Lt. Gov.</th>
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<td>Cantu</td>
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<td>Blair</td>
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<td>8</td>
<td>Lewis</td>
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<td>32</td>
<td>Carter</td>
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<tr>
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<td>Federico</td>
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<tr>
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<td>Jaquez</td>
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<tr>
<td>26</td>
<td>Davila-Luevano</td>
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<td>Lucas</td>
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<td>Burns</td>
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<td>Bowen</td>
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<td>Huseth</td>
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<td>Lewis</td>
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<td>Jackson</td>
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<td>Lim</td>
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</tr>
<tr>
<td>16</td>
<td>Hyland</td>
<td>19</td>
<td>0.14%</td>
</tr>
<tr>
<td>4</td>
<td>Ferguson</td>
<td>16</td>
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</tr>
<tr>
<td>37</td>
<td>Bell</td>
<td>15</td>
<td>0.11%</td>
</tr>
<tr>
<td>30</td>
<td>Barry</td>
<td>14</td>
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<tr>
<td>10</td>
<td>Arnold</td>
<td>12</td>
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<tr>
<td>25</td>
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<tr>
<td>35</td>
<td>Davis</td>
<td>9</td>
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<tr>
<td>13</td>
<td>Cierpiszewski</td>
<td>8</td>
<td>0.06%</td>
</tr>
<tr>
<td>19</td>
<td>Love</td>
<td>2</td>
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<tr>
<td>Totals</td>
<td></td>
<td>14,021</td>
<td>100.0%</td>
</tr>
</tbody>
</table>

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

This article defines our guests from their neighborhoods during the month of March 2014. The number in parentheses is the number of families.

### Arizona
- Sierra Vista
- Alameda
- Alturas
- Anderson (4)
- Arcata
- Arnold
- Atwater
- Bishop
- Burney
- Ceres
- Chico (3)
- Citrus Heights
- Clearlake
- Clovis
- Columbia
- Corning
- Cottonwood
- Covel
- Danville
- Dinuba
- Dixon
- El Cajon
- Etna
- Fremont
- Fresno
- Gerber
- Grass Valley (3)
- Gridley
- Happy Camp
- Hayfork
- Hoopa (2)
- Janesville
- Kelseyville
- Leggett
- Lemoore
- Loyalton

(Continued on page 5)

www.kiwanisfamilyhouse.org
Kiwanis Family House
May Wish List
Charlie Bussey, our Operations Manager always has a Wish List of items that are needed. Perhaps you might want to add an item for our Family House when you are shopping. You might find it more convenient to mail us a check so we can do the shopping for you. The check fits easily in an envelope.

Indicate on the memo line as to what wish list item the check is intended for.

Mail to:
Kiwanis Family House
2875 50th Street,
Sacramento, CA 95817
You also deliver the items to us or call us at (916) 736-0116 to arrange for a pick up.

May Priorities
For Guest Rooms:
- 22 Shower Curtains (Pastel Colors)
- 22 Shower Curtain Liners
- 35 Pillows (Standard Size, Hypoallergenic, no feathers)

For our Food Closet:
- Ramen Noodles
- Hamburg Helper
- Tuna Helper
- Canned Tuna
- Soups
- Canned vegetables
- Macaroni and Cheese
- SPAM
- Canned chicken

Other Needs: Cash Donations for:
- Rent Relief
- Laundry Room for House Laundry Needs Capital Campaign
- Unbudgeted expense to replace and repair the telephone system.

What is this all about?
Read about this in "March in March" on page 8.
Since May of 2013, it has been my absolute honor to serve as chaplain and family support counselor for our Kiwanis Family House. With my first anniversary coming up, I thought I would share some thoughts on the many facets of what this entails.

When I step through the front doors of our Family House, most of the time I have no clue as to what may happen that morning.

Many times within minutes I’m in a conversation with a young couple who just had a baby who is now in the ICU in the UC Davis Medical Center. They found out shortly after the birth of the child that there is a major heart defect or brain related issue. The couple is in deep distress and may or may not have a positive family support system.

Other scenarios include adults who are being treated for a cancerous condition and there may or may not be a positive outlook for the patient. So where does this put my chaplain posture in the picture for those who have deep concerns for their loved one.

I realized many years ago as I was developing my skills in hospice ministry, that the most important gift I can give to anyone going through some kind of life change or calamity or crises is to listen.

In the Book of James (New Testament) one of my favorite verses is “be quick to listen and slow to speak.” Individuals need to know that someone has their undivided attention. Another famous caregiver quote is “people don’t care about how much you know, they want to know how much you care.”

Life at our Family House isn’t always on the downside. Many leave after days, weeks or months following surgery or some form of treatment with a new outlook and are very thankful their prayers were answered.

President’s Message
by Bill Hooper (Cont’d.)

(Continued from page 1)

job of organizing a golf fund raising event we all enjoy in participating in. Thanks also to Bernie Bowes of the Rancho Murrieta Club for organizing the River Cats game.

What a great idea it was to have the Carmichael Kiwanis Swing Band perform prior to the game. Also, a big “thank you” to the band members not only for this performance but for all the enjoyment your music provides us and the great publicity it provides for Kiwanis! KFH Executive Director Dan Germain was in the broadcast booth with play-by-play announcer Johnny Doskow and representatives of our Family House were on the field for the first pitch and to receive the large donation check for Kiwanis Family House.

Finally, thank you once again to the River Cats for their support of our local community charities.

These events bring our Kiwanis Family together and allow the community to see what Kiwanis is all about, in addition to providing needed funds for KFH.

On June 28th at 11:00 AM we will hold our 29th annual meeting in the conference room at KFH. Please have a member of your club attend or send in your club’s proxy.

Many times I try to explain to those who do not see the outcome going their way that answered prayers come in many different ways. I’m convinced that God does not abandon us when we suffer but rather asks us to trust as never before. In trusting and supporting each other in the family, something very special can happen that may bring healing in different and surprising ways.

Indeed, life as a chaplain at our Family House is challenging but I never tire from listening and my daily prayer is “please dear God, enable me to be a light shining in someone’s dark world today.”

We will elect new Board members and provide you with our annual report.

We are currently seeking new Board members and hope you will help us to find qualified people inside or out of Kiwanis to serve on the Board. Applications are available on our website under the menu “Who We Are – Board of Directors”, and completed applications should be mailed or emailed to Board Secretary Rita Germain at the House by June 15th.

The meeting should adjourn by noon and UC Davis Medical Center will provide lunch. Tours of the House will also be available after the meeting.

Happy 30th Birthday, Kiwanis Family House! The party is scheduled for June 21st at CSUS Alumni Center and promises to be a very special Evening with the Stars! Guest emcee, former Sacramento County Sherriff and radio personality John McGinness, will host a fun-filled evening of special memories.

You will not want to miss this night of fine food, good wine, and terrific fellowship! Watch for your invitation and RSVP early as space is limited.

Till Next Time, Yours in Kiwanis Service, Bill William Hooper, President bhoopklg56@comcast.net
(Continued from page 1)

- **Mauda Butte** (Kitchens);
- **Charlie Bussey and Gary Christensen** (inside maintenance);
- **John Winn and Gary Christensen** (sanding/washing of storage containers);
- **Jon Merker, Dan Germain, and Matthew Germain** (organizing storage containers)

The turnout was fabulous, approximately 150 people. They were served about 230 “tube steaks” (hot dogs) for lunch.

Seen were representatives from the **Kiwani's Clubs of**:
- Citrus Heights
- East Sacramento-Midtown
- Greater Sacramento
- Kiwanis Family House
- Rancho Murieta
- Sacramento Suburban
- Sacramento West
- Woodland

**Key Clubs**:
- Cordova High School
- Cosumnes Oaks High School
- Franklin High School
- Mesa Verde High School
- Mira Loma High School
- Pleasant Grove High School
- West Campus High School

**Circle K**:
- California State University- Sacramento
- University of California-Davis

A random unscientific survey was conducted of the workers. It consisted of two questions:
1. What are you doing?
2. Why are you doing it?

The answers to the first question were the obvious: weeding, cleaning, raking, etc.

The answers to the second question were enlightening:
- I am here to be a part of an international service project.
- I am here to make this place like a home for the people who stay here.
- I am here as a volunteer to get rid of volunteers. [Translation: I am a Circle K volunteer to get rid of the weeds and (the volunteer) plants what come up even though they were not planted here on purpose.]
- I am here because I want this place to be as clean as my home.

We were pleased when KXTV (Channel 10), Reporter **Patrick Walker**, came and shot two live remotes. The first was an interview with Executive Director **Dan Germain**, and for the second interview: **Seleena Chiang**, President of Circle K at California State University Sacramento, and **Giovanna Lomanto**, a member of the Franklin High School Key Club.

After the event the quartet who organized this Kiwanis One Day said: "We feel good, oh we feel fine, all of the time. Our Family House is in much better shape than it was a few days ago.

---

**“Total K” to “Kiwanis One Day”**

Think back to 1999-2000, when **Terri A. Neumann**, was the Cal-Nev-Ha District Governor. She instituted a program that was labeled “Total K”.

It would be a one day of service uniting all the programs in the K-Family (of Cal-Nev-Ha District): K-Kids, Builders Club; Aktion Club; Key Club; Kiwins; Circle K; and Kiwanis Clubs. This united day of service would show the general public what we do and what we are all about.

When **Nelson Tucker** from Cal-Nev-Ha District was elected Kiwanis International President, he instituted the Total K Day concept which was adapted as “Kiwanis One Day”.

This year, **Terri A. Neumann** was asked by this reporter how she felt about the program.

She responded: "I'm very proud to have created the original Total K and stand a bit taller now that it's expanded to the Kiwanis world as Kiwanis One Day. "While I knew it was a good idea to get Kiwanians and our Service Leadership Program members working together on a day of service, never did I think it would grow to this truly international day of service. "The impact we're making on our communities has increased tremendously thanks to the thousands of enthusiastic Kiwanians who have embraced this 'holiday' of service. "Next year, Kiwanis One Day is April 11th (not the first Saturday as usual, due to Passover and Easter)."

Terri practices what she preaches, as she continues: "My club had a terrific day (this year) -- 20 members and 54 Key Clubbers doing horticulture work for the Oakland Zoo. It was awesome."
Procter & Gamble may have Mr. Clean®. But our Kiwanis Family House, has Ms. Clean, and does P&G one better. There is no doubt that Mr. Clean is a terrific cleaner. But you have to get the correct Mr. Clean product to do the cleaning job.

You see there are:

- A Mr. Clean® Eraser in three different forms.
- There are many liquid formulas of Mr. Clean®.
- There are many forms of spray Mr. Clean®.
- That is but the beginning.

That is why our Family House’s Ms. Clean is so much better. She can handle the toughest cleaning jobs such as scrubbing the floor of a shower, and even the gentlest job, such as cleaning the screen on a television.

She has the energy of the Energizer Bunny.

Her name is Terri Lynn Ganz.

On April 1st she marked her 9th Anniversary as a family house staff member.

She is a weekly full-time housekeeper.

Terri told House Talk the she came to work here as a result of talking with Kiwanian (now retired House Director) Mauda Butte. Because of her computer skills, she worked the desk.

But when former Kiwanis Family House President Gary Christensen and Mauda Butte learned of her cleaning skills, she was quickly promoted to House Keeper.

Terri learned her cleaning skills from her dad and mother. It was a family tradition to keep the home neat, tidy, and clean.

She was the youngest child. When she learned to read and write, it was her job to prepare the “To Do List” for her older siblings.

The list including cleaning and yard work. This made them a bit angry because that had to accomplish these chores on the weekends, before going out socializing with their peers.

Even when the family grew older and moved out, one of the siblings had a task to go to mom’s house to clean.

Now the guests at our Family House are expected to keep their rooms clean. But once in every two or so months, a guest would check out and leave the room a mess.

But Terri has a gentle and caring nature. If the current guest is aged or unable to clean, Terri assists the guest during the guest’s stay.

When asked what she felt about working at our Family House, she replied, “I could do what I do here elsewhere, but here I meet people from all over the world. I find out there are so many injuries to young and old alike, and I can help these people in their time of need.”

With no implied or stated endorsement she was asked for her favorite cleaners.

Without hesitation she mentioned two:

- The Works (Tub and Shower Cleaner) available at the Dollar Store.
- Lysol Toilet Bowl Cleaner, available in most grocery stores.

Thank you for being in the Spotlight this month. It is most deserving for you.
Ways to support our Kiwanis Family House...

Got a car with problems? Solve your problems! Donate to our Kiwanis Family House. We will both feel better.

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

Our Family House 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.

Go to: http://www.donateacar.com/affiliate-Kiwanis-Family-House.php

Questions: Call Executive Director Dan Germain at (916) 736-0116 or Car Program Inc. (800) 240-0160. This agency can accept donations from most of our 50 states to benefit our Kiwanis Family House.

MaryKiwanis

DONATE A CAR
(800) 240-0160

Kiwanis Family House, visit us!
If you are in the neighborhood and want to stop by for a visit, please do. If you want to arrange a special tour in advance, call us at (916) 736-0116.

Hold a club meeting here!

Get your SHARES Card (on page 2) so we get our “share”.

Become a friend!

Want to feel good about yourself? Then become a Friend of our Kiwanis Family House. It takes an annual donation of $100 (or more). Monthly payment options are available. 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.

You will receive either a copper, silver, gold, or platinum-colored pin to wear proudly to correspond with your level of giving.

These donations are vital to our ability to keep our commitment to be there for families in crisis, regardless of their ability to pay.

Recycling makes cents!

Donate ink cartridges, LASER cartridges, toner cartridges etc. to our Family House.

We even have a container for used plastic bags to be recycled.

It helps the environment, lessens the impact on landfills, 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 for recycling.

Recycling money is “green” and spends the same way with a lessening on the budget.

Gifts of Appreciated Securities

If you have marketable securities that have grown substantially in value, the tax laws make it possible for you to make an important gift at a remarkably low after-tax cost.

A gift of appreciated securities generally qualifies you for an income tax charitable deduction equal to the value of the gifted securities, and it may also avoid the long-term capital gain tax on your unrealized capital gain.

You can deduct up to 30% of your adjusted gross income in the year of your gift. Any amount given in excess of 30% can be carried over and deducted for up to five subsequent years.

Usually a sale of appreciated securities results in a tax on your full gain – in other words, you keep only part of the profit. But if you donate those same appreciated securities to our Kiwanis Family House, there is no tax on your gain, even though your “profit” is counted as part of your charitable deduction.

Check with your Tax Advisor or IRS.

www.kiwanisfamilyhouse.org
Two days after the event, Porter said the experience was a bit exciting and made him feel a bit like Jack Ryan, the covert CIA analyst who uncovers a terrorist plot in the movie “Shadow Recruit.”

But, Porter admitted, “In the midst of it, it was terrifying.”

In the end, he was glad his instincts kicked in.

“My immediate reaction was to go back there and do something,” he said. “It’s part of what we do as doctors. To me, it all felt very natural.”

Porter graduates from his residency in June, and has accepted a position in orthopedic surgery at Sutter Davis Hospital.

Spring Health tip!
From UC Davis Health Management and Education

Spring is a time when families gather and celebrate, typically with lots of food.

With so much fresh produce now available, it’s also a good time to celebrate healthy eating, according to Marie Barone, a dietitian with the UC Davis Health Management and Education Program.

Here are a few suggestions:
- Serve a salad with a variety of greens and add extra color with radishes, carrots and tomatoes.
- Turn salads into complete meals by adding fresh fruit and lean grilled meat.
- Consider serving parfaits with berries and low-fat Greek yogurt for dessert.
- If you are planning a brunch, prepare a vegetable frittata with asparagus and green onions.

A favorite springtime recipe is spinach salad, which can be easily altered to accommodate different variations of fruits and vegetables. In addition to salads, Barone says it is a good time to take advantage of special vegetables that are just now coming into season.

“Be on the lookout for asparagus, artichokes and fava beans, along with fun recipes that incorporate them,” she said. “They contain many nutrients and add a lot of interesting flavor and texture to meals.”

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Delicious food and delectable wine and spirits await at An Evening with the Stars of the Kiwanis Family House. 30th Anniversary Gala. Celebrate with the Board and Staff of the Kiwanis Family House and officials from UC Davis Medical Center and Shriners Hospital as we honor those who have made our mission possible for the past 30 years!

| When:      | Saturday, June 21, 2014 |
| Where:     | CSUS Alumni Center     |
|            | 4000 J Street, Sacramento |
| Time:      | 6:00 pm Social Hour/Champagne Reception |
|            | 7:30 pm Program       |
|            | 9:00 pm Silent Auction Reveal |
|            | 10:00 pm Close of Event |
| Attire:    | Semi-Formal or Formal |
| Cost:      | $60 per ticket or 2 for $100 |

For tickets or information, go to: www.kiwanisfamilyhouse.org
Contact: Rita Germain | 916.549.1354
or ritagermain@gmail.com
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.

Our Founders:
The late Vern and Leona Bright!

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

Our Kiwanis Family House has an Ambassador Program. The dictionary defines “ambassador as an official envoy; an authorized representative or messenger.”

To be a Sponsor Club is one thing, but communication is a two way street.

Because Ambassadors serve several clubs, they know the latest, and perhaps the best in fund-raising programs.

Because Ambassadors meet with other Ambassadors, they can find solutions and best ways to solve problems.

Ambassadors are here to inform.
Ambassadors are here to listen.
Ambassadors are here to remind.
Ambassadors are here to answer any questions.
Ambassadors are here to offer suggestions.
To confirm your Ambassador, email Rita Germain, see above.