



House Talk

Kiwanis in Action at our Kiwanis Family House

Volume XI Issue 8

February 2011

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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.

Gift it to the person who has everything.

It is the source that keeps us in operation!

A Kiwanis moment...

Hair today... gone tomorrow!

by Cal McKittrick

"Truly, a Kiwanian moment" is how **Roni Stroud**, president of Folsom Kiwanis, described the day when Kiwanis members from several area clubs joined together in support of Roni's efforts to raise money for the Kiwanis Family House. Roni's pledge to have her head shaved came due, as approximately 60 Kiwanians and members of the public looked on, as Professional hair stylist **Lori Dever** clipped away until the hair was gone. The Gold



Country Kiwanis was "given the honor" to shave Roni's head by having collected the largest single amount of \$2500 for the event.

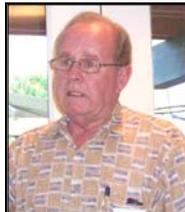
In the end, after all money

was accounted for, Gold Country Kiwanis was responsible for collecting \$3,000 for KFH.

It took on a life of it's own. I didn't know for sure how many people would attend. Our clubs normal luncheon attendance is around 20 members. The night before the hair cutting event, I received a couple of emails letting me know how many people were going to attend from various clubs.

I figured it would be about
(Continued on page 6)

President's Message by Rick Dwyer



Restating our Kiwanis Family House Mission Statement is a "Play" of words and their meaning. **"Dedicated to providing temporary housing and support to families of seriously ill family members being treated at University of California at Davis Medical Center".**

This "Mission Statement" has changed very little in the past 26 years. Last year we changed the wording slightly to be inclusive of adults. Before it said "seriously ill children", was changed to "seriously ill family members".

During the latter years we have found there are quite a number of adults contracting

seriously illness such as cancer, then ever before.

Many of these folks have the same needs as children. Our admission policy has changed to accommodate more of this adult need. Children's admittance is still the priority, but when we have room we admit seriously ill adults.

Have you ever really thought of these words and compared their meaning to **"The Objects of Kiwanis International"?**

The meaning of these six objects are embedded within our Mission Statement.

1. To give primacy to the human and spiritual.
2. To encourage living by the Golden Rule.
3. To promote, adopt and apply higher social, business and professional standards.

...Before it said "seriously ill children", was changed to "seriously ill family members"...

4. To develop by example.
5. To provide through Kiwanis Clubs a practical means to render altruistic service and build better communities.
6. To create and maintain sound public opinion and high idealism, increase justice, patriotism and good will.

What other definitions could be more fitting to our cause and the meaning of our Mission Statement. I can think of no other.

What an opportunity we have to live out the Objects of Kiwanis Interna-

(Continued on page 10)

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**

2011

February 10

March 10

April 14

May 12

June Annual Meeting TBA

July 14

August 11

September 8

Kiwanis Family House Mission Statement

"Dedicated to providing temporary housing and support to families of seriously ill family members being treated at University of California at Davis Medical Center"

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 "Rick" Dwyer (2011)**
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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



Visit us at:

- ♥ Feb. 5 Saturday for Mid-Year North in Sacramento at the DoubleTree Hotel
- ♥ Feb. 19 Saturday for Mid-Year South in San Diego at the Town and Country Resort & Convention Center
- ♥ Aug. 18-20 for 91st Annual District Convention in San Diego - also at the 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.

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.**



For personal reasons, Board Member **Tom Morrissey** has submitted his resignation.

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!



Our Kiwanis Family House earns a portion of your purchases of the above supermarket cards, **if your cards are registered.**

You still get the same bargains and savings that the cards entitle you to.

But our Kiwanis Family House earns a percentage of the sale.

Swipe and we earn. It is as simple as that.

If you need help registering your cards contact the editor (page 8).

The supermarket cards are the shoppers cards. Call (800) 254-5404 or go to www.escrip.com

- ♥ **Our Group Number is 51297.**
- ♥ **Our Group Name is: Kiwanis Family House.**

Kiwanis Family House, not in my backyard!

Report #107

Since October 1, 2001 to December 31, (the effective dates of this report), **8,764** families have stayed one or more nights at our Kiwanis Family House while being treated at UCDCM.

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

Our KFH has hosted **657** families from **outside Cal-Nev-Ha District** (California, Nevada, and Hawaii).

These **657** 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	Rhode Island
Indiana	South Carolina
Iowa	South Dakota
Kansas	Tennessee
Kentucky	Texas
Louisiana	Utah
Maryland	Vermont
Massachusetts	Virginia
Michigan	Washington
Minnesota	West Virginia
Mississippi	Wisconsin
Missouri	Wyoming

Also, there have been families from:

- Belgium
- Brazil
- Canada
- England
- Federated States of Micronesia
- Guatemala
- Haiti
- Israel
- Italy
- Mexico
- Netherlands
- New Zealand
- Pakistan
- Serbia
- Taiwan
- Uruguay
- Venezuela
- Wales

Division 7 and Division 44 are considered the "host" divisions. Families living within 35 miles of UCDCM 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	2,325	26.53%
14	Johl	1,009	11.51%
27	Diaz	693	7.91%
Out of	District	657	7.50%
45	Maxhimer	564	6.44%
46	Smith	560	6.39%
44	Webb	554	6.32%
20	Arimoto	354	4.04%
23	Tout	295	3.37%
8	Lewis	294	3.35%
32	Wheaton	237	2.70%
7	Isaacs	192	2.19%
5	Wayne	120	1.37%
26	Ontis	116	1.32%
36	Coley	99	1.13%
18	Bañuelos	89	1.02%
12	Fukasawa	86	0.98%
34	Stern	81	0.92%
2	Bowerman	78	0.89%
38	Coltin	44	0.50%
28	Dwyer	27	0.31%
43	Woodruff	25	0.29%
33	Orrin	21	0.24%
42	Medley	21	0.24%
41	Bonar	20	0.23%
11	Teagle	19	0.22%
29	Miller	19	0.22%
15	Cridland	16	0.18%
22	Smith	16	0.18%
16	Kessler	15	0.17%
31	Mills	14	0.16%
6	Wilkinson	12	0.14%
4	Laub	11	0.13%
10	Peng	11	0.13%
24	Fisher	11	0.13%
30	Scheibel	11	0.13%
1	Guske	10	0.11%
37	Kerley	10	0.11%
25	Montaño	9	0.10%
47	Laughlin	9	0.10%
13	Smith	5	0.06%
35	Deal	3	0.03%
19	Ackerman	2	0.02%
	Totals	8,764	100.0%

Ask Alan

What steps should be taken to have delegates at the Kiwanis International?

I am often asked "why should we pay all that money to attend a Kiwanis International Convention?"



I try to answer this question by telling the following story.

In 1983 my Kiwanis club sent my wife and me to the International convention in Vienna, Austria. We have always budgeted the money to send our two delegates to the convention and as president-elect of the club it was my duty to go.

I was not sure we should spend the money but the club leadership said it was tradition to send our leaders to convention. It was the club's opportunity to have a voice on matters of governance and to help elect our leadership at the House of Delegates. They also let me know that it was my chance to meet Kiwanis leaders from all over the world who were just like Kiwanians in Medina, Ohio.

Jeri and I attended the convention. My club leaders were right. We did meet Kiwanians from all over the world who were just like us, dedicated to serving the children of the world and helping those in need in our communities.

We shared projects and activities. We attended workshops and learned new ideas which could be used in our clubs. We made friendships that have lasted a lifetime.

We had the opportunity to vote on by-laws and elect new officers. Our little club of 35 members had a voice the same as any other club in the world. The votes of our two delegates would make a difference because we were there.

Most importantly Jeri and I were there when they introduced the new KI Foundation and International Boards. To see these leaders on stage in their tuxedos on a world stage, under the bright lights and in front of so many clubs from around the world was awesome. I still remember this experience like it was

(Continued on page 10)

"AJ" rides!

Airyanna "AJ" Cain, 18, of Anderson, California rode on *"Children's Dreams"* - the Kiwanis International float - in the 122nd Tournament of Roses Parade on Jan. 1, 2011, in Pasadena.

Cain is a 2010 graduate of Anderson Union High School and, while working at Round Table Pizza, is also attending DeVry University as a freshman.

Cain was chosen to ride on the Kiwanis International Float because she has become the face of hope for the Kiwanis Family House.

Eight years ago, at age 10, Cain and her family stayed at the Kiwanis Family House while she was receiving treatment for leukemia at UC Davis' Children's Hospital.



As a former Kiwanis Family House guest, Cain understands, firsthand, the importance of places like the Kiwanis Family House that provide temporary, yet comfortable, homes away from home during an emergency medical crisis, a spokeswoman for Kiwanis said.

In 2009, 111 families from Shasta County stayed at the Kiwanis Family House - more than any other county in California or the United States.

Tehama County was fourth on the list with 40 families staying at the facility in 2009. Most of these families stayed either at a reduced rate (\$20 or less/night) or weren't able to pay anything at all, noted **Roni Stroud**, a spokesperson for the organization.

Kiwanis Family House is dedicated to providing temporary housing and support to families of seriously ill family members being treated at UC Davis Medical Center and Shriners' hospital in Sacramento.

By providing a place to stay, clothing to wear and food to eat, the Kiwanis Family House, a 501(c)(3) charity, allows families to focus on what's truly important: the health and well-being of the child.



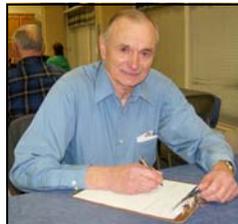
(Courtesy of Anderson Valley Post)

Bricks!

The oldest discovered bricks, originally made from shaped mud and dating to 7500 B.C., were found in an area now known as modern day Turkey.

When the new Kiwanis Family House was thought of the *first source of funds* was the selling of bricks. It still is a vital supportive income stream. See related article. Each brick is lettered as the purchaser desires to commemorate people and events. Some clubs use them to say thank you to outgoing officers. Bricks are more lasting and visible than a dusty plaque stuck off in a corner.

One of the glitches in the Kiwanis Family House brick recognition system was the lack of a directory.



But no longer! Kiwanian **Gene Rapp** has developed a directory so one can find the brick purchased.

Gene writes:

"Yes, this summer-fall I 'updated' the brick indexes rather completely using all of the brick orders and other past information, as well as of course, the actual placements.

"There had been many changes to the records over the years, missing bricks, spelling corrections and the like. Gary Christensen will soon receive the latest order of bricks, just a few. When these are placed I will update the indexes and all will be current. Well over 1,000 bricks have been placed.

"There is a blue binder at the front

Buy 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.

The bricks are used in the exterior walk-ways at our KFH as well as in the interior atriums.

What a fitting tribute to loved ones.

For more information or a brick order contact editor (page 10).

desk that identifies the six plots of bricks with a few photos, and most important, the index lists by 'plot and row' and by 'key words.'

"In most instances a visitor can review the alphabetized 'key words' to find a certain inscription and where the brick is placed, i.e. 'plot and row.' By counting rows, from the first row of an identified plot, the brick will be found in the specified row. Markers (buttons) have been placed at rows 20, 40, 60, 80, 100 to help with the counting of rows."



During the Christmas season, Kovar's Satori Academy of Martial Arts staged a large light show at their location.

People were invited to view the show and also drop over food donations to our Kiwanis Family House.

What a success!

Over two 55 gallon drums of food was collected. KFHV' **Evonne Crayne** is showing how the donations have



been stacked in the KFHV food closet for our guests!

Thank you all!

Ways to support our Kiwanis Family House...

Friends of KFH

The easiest way to feel a part of the Kiwanis Family House is to become a Friend of our Kiwanis Family House.

Even at the entry level of membership, you can reflect that every week you have contributed a couple dollars toward the operation of the house.

Our KFH invites you to join Friends of The Kiwanis Family House to show your support for the House and its services to patients and families in need of residential facilities. Cost: \$100 for the initial membership fee. Annual dues thereafter are \$100.

There are various levels of recognition.

♥ Copper: \$100.00 (entry level)

However if you upgrade your annual level of giving you know that your donation would in part support our Kiwanis Family House and partially fill the void caused by the loss of ARCO funding.

♥ Silver: \$300.00

♥ Gold: \$500.00

♥ Platinum: \$1,000.00 or higher

Contact Editor (page 10) for more details.

Do you have a trade-in? Donate your car to our Kiwanis Family House



You will sleep better knowing you did the right thing. Other families will sleep better in our KFH.

Our KFH is able to accept non-running vehicles and they don't have to be registered.

As a charitable contribution your donation can make a big difference.

Donations may be made country-wide. Call Car Program, Inc. at (800) 240-0160.

You may wish to contact KFH board member: **Calvin Hara** at (916) 812-5524 or cmhara@comcast.net

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. This supermarket corporation is so supportive of our KFH that it provided S.H.A.R.E.S. cards with our logo and mission statement. (Previously issued cards are still valid)
4. Our most recent quarterly check amount was over \$800.00
5. **We could triple that amount** if family members of K-Kids; Builders Club; Key Clubs; Aktion Clubs and Circle K Clubs obtained and used these cards.
6. If you do not have a card contact editor (page 10) and send your name and mailing address, and the number of cards requested. Scan the S.H.A.R.E.S. card each time you shop!

Wish list!

"I wish I may and I wish I might, have this wish, I wish tonight", might be the thoughts that House Director **Mauda Butte** might have when she prepares the Wish List for our Kiwanis Family House. The best way to find out her most urgent wish is to call her directly (916) 736-0116 or email her at: maudabutte@aol.com



That which you provides saves money in the budget.

How do you put such things as Paper Towels in an envelope? Answer: You don't. Send gift cards for Costco; Sam's Club; and/or Target. Mail to the KFH (see page 2)



**Urgent!
Must read!
Especially
Sponsor Club!
by Bill Hooper**

Our Kiwanis Family House has urgent needs. *Money is one of them.* Money is needed to spend for the expenses of maintaining our KFH to complete its mission.

Think of this, if our KFH could cut on expenses, we would not need as much money. Make sense doesn't it?

We all do not have the expertise that we need, but clubs (especially Sponsor Clubs) could have the **talent** that is needed.

Our KFH is trying to update its list of people who have special skills in any of the trades and would be willing to donate their expert advice to members of the Board as we decide how to solve various maintenance issues at the House.

Right now we need advice on how to deal with problems we are having with our H-VAC system.

As the house ages we need to fix more and more items, if you know of someone who will donate their time and expertise to help us with the maintenance concerns of the House please have them contact me.

Bill Hooper at 916-988-6880 or bhoopk1g56@comcast.net

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 cooperated in giving you the items for 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.

Green is the color of money!

Hair today (Continued)

(Continued from page 1)

double our normal attendance. The morning of the event, I got a couple more emails and before I knew it, we were looking at **more than triple** the amount of people we normally have.

I began to worry a bit about how this was going to play out. Kane's restaurant where we hold our meetings has room for 50 in the meeting room. Well we certainly took up all that and then some.

This was turning out to be a Kiwanian Event of memorable magnitude.

It was like a big family reunion. Everyone was having a great time. The lunch was served. Roni and I did a live radio broadcast encouraging the public to attend Roni's head shaving and most of all we publicized the need for support of the Kiwanis Family House to thousands of radio listeners.

We all know by now, Roni went on to ride in the Rose Parade with her bald head and the rest of us went home with remembrances of how we can come together and make a project work, not only within our own club but as part of a multi-club approach.

As president of the Gold Country Kiwanis Club, I want to thank each and every person who took time out to come to Grass Valley and support this event.

In supporting the children of the world, through Kiwanis, we have the ways and means to enrich not only the children's lives but our own.

A few words from Roni:



"This was one of the most amazing, most surreal things I've ever in done in life. I am so honored to have been able to represent Division 44 and our KFH on a floatride, and I've made it a trued endeavor on my part to share this with other Kiwanians.

"Sitting next to me is Mark. Mark is the secretary of the Aktion Club in Calabasas, California."

Rose Bowl Float 2010



Airyanna Cain (above): *"(At first) I wasn't too excited because I'd marched in parades before. I didn't know what to expect! (But) it was an experience and the Kiwanis Float was beautiful."*



Danny Ha, Circle K Governor



Kiwanis International President
Sylvester Neal



Our Kiwanis Family House is now on Facebook!

By Mary Thomson

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.



Sponsor Club Numbers

- ♥ **0** The number of miles from our closest Sponsor Club from our KFH. The KFH Sacramento and East Sacramento-Midtown both meet at our KFH.
- ♥ **39** The number of Sponsor Clubs who have not paid their annual dues of \$100 so far.
- ♥ **90** The number of Sponsor Clubs
- ♥ **\$100** The amount of annual dues
- ♥ **384** The number of miles from the furthest away: Eagle Rock!
- ♥ **\$46,000** The number of dollars raised in 2010 by our Top 10 Sponsor Clubs.
- ♥ **\$85,000** The number of dollars raised by all Sponsor Clubs for our KFH in 2010.

KFH Ambassadors



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Royalty visits our KFH... Twice!



Shim Lacy (center above) reports: "I am a new member of the Manteca Sunrise Kiwanis Club. I am the one in the photo without a crown. The other two young ladies are (from L to R) **Victoria Watson**, Miss Pumpkin Fair 2010 and **Robyn Glover**, Miss Teen Pumpkin Fair 2010.

"Victoria and Robyn represent the Manteca Sunrise Kiwanis Club and their annual Pumpkin Fair which is held during the first full weekend of October in Downtown Manteca.

"Victoria and Robyn earned their titles by participating in a scholarship competition which is sponsored by Manteca Youth Focus, a non-profit or-

ganization of which I am the co-founder. I wanted to have the girls learn more about the Kiwanis organization (their high schools don't have Key Clubs...yet).

"I received for permission to take them to visit the Kiwanis Family House.

"We had a great time touring the facility and learning about the important service that the Kiwanis Family House provides for families.

"We also each spent a bit of time answering phones. The girls are excited to come back again early next year and help again."

A King visits!



Sacramento Kings Player **Tyreke Evans** donated Premium Balcony Seats to Local Youth and Special Groups as Part of "Kings for the Community" Program

Tyreke Evans is the reigning NBA Rookie of the Year. Tyreke Evans has purchased 13 season tickets for local children and special groups, including Kiwanis Family House.

"I've been blessed to begin my NBA career in a great community like Sacramento," said Evans. "Kings fans have really supported me since I arrived here and I'm excited to give back to others."

Evans is shown here with KFH Staff member, **Scott Patterson**.

Elderly can also reap rewards of exercise, by Calvin H. Hirsch M.D.



Checkup on your health by **Calvin H. Hirsch, M.D.** an internal medicine and geriatrics specialist at UC Davis Medical Center.

While some loss of muscle mass and bone

strength does come with aging, this process can be slowed and even reversed with exercise.

Not long ago, few doubted conventional thinking about aging: that it involves an inevitable downward trend in strength and general physical abilities.

As seniors reach their 80s and 90s, more will have difficulty doing normal daily activities, such as rising from a chair, climbing stairs, walking the dog, and playing with grandchildren. And with the inevitable decline in strength and balance, the risk of falls increases and the ability to live independently is threatened.

But a decade of research has changed our thinking. While some loss of muscle mass and bone strength does come with aging, this process can be slowed and even reversed with exercise.

One of the most dramatic studies looked at 100 frail men and women in their 80s and 90s, almost all of whom took multiple medications and had at least one chronic illness such as arthritis or heart disease.

Most used walkers to get around. Participants were led through 45-minute sessions of intensive resistance training three times a week.

At the end of 10 weeks, those who exercised more than doubled their muscle strength. They could walk faster, climb stairs easier, and became more spontaneously physically active. Measurements of thigh muscle showed an increase of nearly 3% in the exercisers compared to a loss of almost 2% in the control group.

A study at UC Davis showed that even mild to moderate resistance and flexibility exercises can restore and maintain the ability to do everyday physical activities, like carrying groceries and rising from a chair. Regular exercises like these can help older people feel better both physically and mentally.

Incorporating exercise into daily activities such as gardening and house-

work can help maintain fitness. Do them vigorously for 10 minutes at a time for a total of 30 daily minutes, most days of the week.

In addition to resistance exercises, which keep the muscles working, moderate aerobic exercises, like walking, can help maintain cardiovascular fitness.

You don't need a gym or a fancy jogging suit to In addition to resistance exercises, which keep the muscles working, moderate aerobic exercises, like walking, can help maintain cardiovascular fitness. You don't need a gym or a fancy jogging suit to exercise.



The traditional recommendations include at least 20 minutes of vigorous exercise three times a week. But you can achieve the same benefits by incorporating exercise into daily activities, like gardening and housework. Just do them vigorously for 10 minutes at a time, for a total of 30 minutes over the course of the day, most days of the week.

Many people who have been sedentary for years and are not in optimum health worry that it may be dangerous for them to start exercising. They might be surprised to know that for many chronic conditions, including diabetes, heart disease and arthritis, exercise is considered therapeutic.

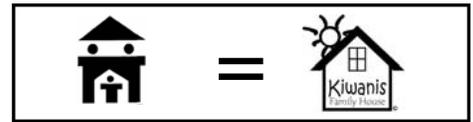
There are only a few grave conditions that might make exercise unsafe, *so standard advice is to see your doctor before starting an exercise program.*

But the vast majority of individuals of any age should really obtain their doctor's permission to stay sedentary rather than to gradually increase their activity level! Of course, anyone who experiences dizziness or chest pain or tightness, whether exercising or at rest, should consult a doctor promptly.

Most people can tolerate a daily, gentle walking program for cardiovascular fitness. Other good activities for older people are swimming or water exercise classes. In addition, weight training



(Continued on page 10)



"Over the years"

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

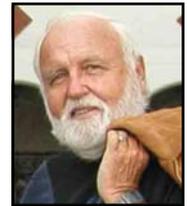
**Eight years ago
Volume III Issue 8
February 2003**



Edie Lambert was the Celebrity Guest Star and the 11th Annual Red & White Ball that was held on February 15, 2003 for our KFH.

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

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



**Five years ago
Volume VI Issue 8
February 2006**

Contractor reports that our new Kiwanis Family House is 50% complete.



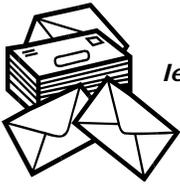
**Four years ago
Volume VII Issue 8
February 2007**

John Bristow was presented with the *Bright Award* and the *William A. Dunlap Fellowship*.

Sacramento Suburban Pres. **James McKelligon** commends **John Bristow** by saying: "He does the work of ten others."

"He is a tireless worker. He keeps food closets filled in two churches as well as our Kiwanis Family House."





"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.

"Thanks for your special kindness a kindness that sets you apart from the rest of the world."

"God bless your organization for your kindness and aid to (names) in their time of need."

"Thank you, the beautiful, quiet relaxing stays."

"When stressed by a child's medical needs, and lack of help, it's a wonderful blessing to know the Kiwanis are here to help."

Dear Kiwanis Club,

"My wife and I wish to express our deepest appreciation for the unbelievable hospitality extended to us by your organization. We were told that the costs for our stay here have been waived. In light of our present situation, this is truly a blessing. Thank you."

"Our son has been diagnosed as (cancer) and is presently beginning chemotherapy. We don't know, as of yet, the full extent of our predicament, but we do know for sure that we are in for a long battle."

"Our finances and resources are meager and we strive to remain optimistic. Thus, your charity is received with our utmost gratitude."

"Thank you and God Bless you!"

Kiwanis Family Open House

Our Kiwanis Family House holds an Open House on the 3rd Thursday of each month from 10:00 a.m. to 5:00 p.m. See you February 17, 2011.

"Dear Kiwanis House, Mauda, your kindness to (names) when visiting (KFH) is appreciated."

"It was nice to see her room and how it all worked out for them. That was my first time in one of your houses. What a great idea!"

"As you know (name) passed away on (date) and buried (date)."

"If not for the Kiwanis House, she may not have lived this long. With the help of the hospital, you, and Our Lord (the other family members) are holding up well, they are not complaining with all they have been through."

"My many thanks for the love that was shown to my loved ones."

"May all find peace in your houses as we did"

"My husband's doctor performed two heart procedures for him at UC Davis Hospital."

"It was so wonderful to have the shuttle. Our family and grand children were able to be at beside (at different times)."

"My husband is recovering nicely, Praise the Lord."

"Our family and friends like you, with loving support, help heal mind, body, and spirit."

"When God closes a door, He always opens a window. Love"

"Dear Kiwanis Family House Staff: For the way you have of making happy occasions from even the most ordinary of days."

"Thank you so much for the loving care you showed me while 2 days and nights stay with you. You gave me a room number (blank)"

"Did I leave a brown sock with dragon flies and flowers on it in the room?"

Hooper elected Trustee!



William "Bill" Hooper was recently elected as Trustee for Region 16 of the Cal-Nev-Ha District of Kiwanis International.

Region 16 consists of Division 7, Division 17, and Division 44.

He is a Past Lt. Governor of Division 44 and serves as Vice President of our Kiwanis Family House.

What would happen if each sponsor club covered one day at month?

- **With our larger KFH we need more volunteers.**
- **If you are a Sponsor Club consider having your members adopt one day each month and cover all of the shifts.**
- **Work for a shift or two each month.**
- **Flexible hours.**
- **You can "work the desk and telephones" to free up the staff to do other chores.**
- **You can do "handyman chores" if that is what you would like to do.**
- **If you have a green thumb, there are projects to assist.**
- **"Hands-on" community service hours.**
- **Wonderful atmosphere.**
- **Volunteer your time.**
- **Training is provided.**

Contact House Director Mauda Butte at: (916) 736-0116 or maudabtt@aol.com

President's Message

By Rick Dwyer (Cont'd)

(Continued from page 1)

tional through our service on behalf of our **Kiwanis Family House**, which provides temporary housing to seriously ill family members throughout the world.

Our new incoming International President, **Allan Penn**, has already stated the **Kiwanis Family House** will be one of Kiwanis International four major world wide projects in the 2011 – 2012 year. With this support from **K. I.** we have the opportunity to substantially increase our sponsoring clubs.

Let Kiwanians worldwide rally in spirit and service to all the suffering ill families we strive to care for each month and year.

There is a great need to support these families and we need all the resources we can muster with the help and sincere devotion from our fellow Kiwanians.

Our individual sponsorship program, **Friends of Family**, is moving into high gear.

In Division 44. **Lt. Gov. Andy Web**, is challenging all Division 44 clubs to increase their individual membership. The club that brings in the most new members this year will capture an indiscernible prize for their effort.

Each month results will be posted in *House Talk* and the Division 44 Newsletter: *Megaphone*.

Till next time.....



Don't forget your Valentine!

As you remember your Valentine, don't forget **Rust Florist of Sacramento**. For over two decades Rust has been delivering free flowers on a weekly basis to our KFH.

Julia (above) is showing just some of the gifts for that special day .

(916) 452-4527

Elderly ...Exercising

(Continued)

(Continued from page 8)

two or three times a week should be undertaken to target muscle and bone strength.

The benefits of strength training only are gained by doing the exercises correctly. Because doing them improperly can also cause injuries, persons new to strength training should start out with the assistance of an instructor trained in the needs of the elderly. Many fitness clubs and senior centers offer classes aimed at the older set. Resistance training can be done effectively with Nautilus-type machines, with inexpensive free weights or with giant elastic bands designed for strengthening.



Exercise can contribute to both their physical and mental well-being, and enable them to maintain and even improve their current lifestyle.

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



Ask Alan

(Continued)

(Continued from page 3)

yesterday. It was hard to believe that someone from a small club in Ohio would be in Vienna, Austria to see such a sight.

Right then and there I told my wife; someday I would be on that stage.

In Geneva, I will be on that stage.

I invite every Kiwanis club to be there to witness this grand experience of the passing of the torch from one leader to another.

I invite you to come to Geneva to vote on the many governance issues we will have to consider. I invite you to come to Geneva to make lifetime friendships with Kiwanis members from around the world.

I invite you to Geneva as we launch the fundraising campaign for our support of the elimination of Maternal and Neonatal Tetanus in 40 countries.

A small club in Medina, Ohio still budgets for two delegates to attend the International convention each year. They do this to make sure they are a part of the decision making process of our organization. Each club in our Kiwanis world needs to do the same.

We all seem to find money for vacations and trips, why not make Geneva your clubs vacation trip to help Kiwanis continue to be the greatest service organization in the world dedicated to improving the lives of children and families within our global communities.

Editor's Note: Alan Penn, is Kiwanis International's President-elect. This column is exclusive to Kiwanis Family House's *House Talk* and may be shared with permission (freely given) contact Editor on Page 10.

51st Annual Creelman-Francisco Classic

The 51st Annual Creelman-Francisco Classic will be held on the last Thursday of April, at Davis (CA) Municipal, April 28, 2011, benefitting our Kiwanis Family House.

**Details: Chris Creelman
(916-709-1839).**

