



House Talk

Kiwani's in Action at our Kiwanis Family House

Volume XII Issue 3

September 2011

Inside this issue:

Important dates	2
Not in my backyard!	3
Ambassadors	4
Mauda's Top Ten	6
Support our KFH	7
Letters	9
Contact Editor	10

From our house,
to your house:
Happy Labor Day

LABOR DAY



Annual national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

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!



Ambassadors



Merriam-Webster defines an ambassador as: "an authorized representative or messenger."

Our Kiwanis Family House also has ambassadors.

A Kiwanis Family House Ambassador is a volunteer who is dedicated in service to enable a Sponsor Club to be successful in its mission.

This method of service is based on open and frequent communication with the sponsor club president either by email and/or telephone calls. The sponsor club president may designate another member of that club to be

the point of contact.

Ambassadors may arrange special guest speakers as a program for a Sponsor Club. Ambassadors might suggest successful service projects that other Sponsor Clubs have used in the past. Ambassadors serve as a point of contact to answer any questions about our Kiwanis Family House.

Ambassadors specifically inform presidents about:

- ♥ *The mission of our Kiwanis Family House;*
- ♥ *The requirement to pay the annual dues of \$100.00;*
- ♥ *The need to include in the*

Sponsor Club's service fund (or foundation account) the need for an annual fund raiser for our Kiwanis Family House; and most importantly

- ♥ *The requirement to vote (either in person or by proxy), at the annual meeting of our Kiwanis Family House in June of each year.*

Refer to pages 4 and 5 To find the Ambassadors' name and contact information.

There is a listing of clubs and which ambassador is assigned to what clubs.

President's Message by Bill Hooper

"...At the August board meeting, Buddy Howard, inspired all of us..."

I have been involved with our Kiwanis Family House, since we started the project



in 1984. I knew a great deal about our operation, but with each trip I make to our House, I learn so much more about how many touching stories there are, about the people we are serving, and the many people who are helping us keep the House operating efficiently.

As I walked into our House Sunday morning for a planning meeting with a Kiwanian, who had driven from South Lake Tahoe to see how he might help us. I said *thank you* to Key Clubbers from Elk Grove who were doing cleaning, sweeping, and other yard work tasks at the House.

To improve communications with our sponsor clubs, and under the leadership of board member, **George MacMurphey** and **Gary Christensen**, new ambassadors have been recruited. Read more about that on page 1.

At the August board meeting, **Buddy Howard**, inspired all of us. He is from Yerington, Nevada. (Yerington is about 80 miles southeast of Reno, Nevada). Buddy is a frequent guest of our KFH because he is fighting cancer since 2005. He has stayed in both the new and old House. He stopped by to say *thank you!* "I would not be alive without you guys" he told us, "You people are life savers".

His thank you goes to every member of the 88 Sponsor Clubs that help us. We could not provide the service to the 100 plus families every month without each of your help. As the new club presidents take over for the 2011-2012 admin-

istrative year **please** remember to build in the \$100 yearly dues to belong to KFH in your budget and plan one substantial fund raiser to benefit Kiwanis Family House.

This is the only way we can we can continue to offer quality service to families from all geographic areas (so far 48 states, the District of Columbia, and 19 foreign countries) in desperate need of a place to stay as a love one fights for their life at UC Davis Medical Center or at the Shriners Hospital of **Northern California (in Sacramento)**. **You are making a difference every day by supporting our Kiwanis Family House.**
(Continued on page 10)

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



www.kiwanisfamilyhouse.org



Important Dates

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

2011
September 8
October 13
November 10
December 8
January 12
February 9
March 8
April 12



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)**
Secretary.....**Emily Chirk (2014)**
Treasurer.....**Joyce A. Blonskij (2012)**
Director.....**Karen Borman (2014)**
Director.....**Bob Isaacs (2013)**
Director.....**George MacMurphey(2013)**
Director.....**Dan Saulisberry (2012)**
Director.....**Neil Strain (2012)**
Director.....**Rita Beall (2013)**
Director..... **Matthew J. Wehner (2014)**

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

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

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!

Serving on the KFH board.. is career broadening



Karen Borman is a KFH Board member. She is a retired school administrator.

Recently she commented: *"I have a BA and MA in Administration. "But I have something new to add to my resume.*

"I learned to twirl the paper cone so the cotton candy would look all beautiful and fluffy."

She worked at the Cache Creek Employee Appreciation day to sup-

Kiwanis Family House, not in my backyard!

Report #114

Since October 1, 2001 to July 31, 2011, (*the effective dates of this report*), **9,549** families have stayed one or more nights at our Kiwanis Family House while being treated at UCDCM.

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

Our KFH has hosted **740** families from **outside Cal-Nev-Ha District** (California, Nevada, and Hawaii).

These **740** 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
- Republic of Palau
- 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	2,565	26.86%
14	Johl	1,067	11.17%
Out of	District	740	7.75%
27	Diaz	736	7.71%
45	Maxhimer	618	6.47%
46	Smith	601	6.29%
44	Webb	582	6.09%
20	Arimoto	375	3.93%
23	Tout	345	3.61%
8	Lewis	312	3.27%
32	Wheaton	251	2.63%
7	Isaacs	202	2.12%
5	Wayne	150	1.57%
26	Ontis	125	1.31%
36	Coley	102	1.07%
18	Bañuelos	101	1.06%
12	Fukasawa	93	0.97%
34	Stern	91	0.95%
2	Bowerman	86	0.90%
38	Coltin	53	0.56%
28	Dwyer	32	0.34%
43	Woodruff	31	0.32%
33	Orrin	24	0.25%
29	Miller	23	0.24%
42	Medley	23	0.24%
41	Bonar	22	0.23%
11	Teagle	20	0.21%
15	Cridland	17	0.18%
22	Smith	16	0.17%
6	Wilkinson	15	0.16%
16	Kessler	15	0.16%
31	Mills	15	0.16%
47	Laughlin	14	0.15%
10	Peng	12	0.13%
30	Scheibel	12	0.13%
4	Laub	11	0.12%
24	Fisher	11	0.12%
1	Guske	10	0.10%
37	Kerley	10	0.10%
25	Montaño	9	0.09%
13	Smith	6	0.06%
35	Deal	4	0.04%
19	Ackerman	2	0.02%
	Totals	9,549	100.0%

Visit us at New Orleans!



New Orleans, jazz fills the streets, mingling with the aroma of hot beignets. Pralines stick in your teeth as you watch the riverboats paddle by. It's sensory overload in this little corner of the American South that's big on European flavor.

It's a place like no other.

Our Kiwanis Family House will be in the exhibition area.

Also, and more importantly, we have been invited to participate in the workshops.

It's a place like no other.

Experience the workshops, entertainment, business and celebration of 25 years of women in Kiwanis. Stimulate your senses in New Orleans, June 28-July 1

The convention will take place at the **New Orleans Ernest N. Morial Convention Center**



Registration opens October 3, 2011.

For more information about registration, district hotels, and signing up for email updates go to this website:








www.kiwanisone.org

Then click on:

**CONVENTION 2012
NEW ORLEANS**



www.kiwanisfamilyhouse.org

	 Joyce Blonskij (916) 812-2378 Joyce@blonskij.com	 Rita Beall (916) 549-1354 sacbealls@gmail.com	 Karen Borman (916) 489-4476 bormank@aol.com	 Emily Chirk (714) 213-0716 echirk@gmail.com	 Gary Christensen (916) 215-1460 gjcsmc@aol.com
 Calvin Hara (916) 812-5524 cmhara@comcast.net	 Bill Hooper (916) 988-6880 bhooptlg56@comcast.net	 Bob Isaacs (916) 737-2831 kiwanisb@surewest.net	 Richard Kocher (916) 991-1344 richkoch013@comcast.net	 George MacMurphey (916) 483-9883 georgemac1@comcast.net	 Daniel Saulisberry (209) 745-6838 dsaulisberry@thebrickyard.com
 Neil Strain (916) 354-8895 Neilstrain@sbcglobal.net	 Matthew Wehner (530) 758-8111 mwehner@carbahalcpa.com	 Kiwanis Family House Ambassadors	<ul style="list-style-type: none"> ♥ 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. 		

Kiwanis Club	Ambassador
Amador County	Dan Saulisberry
Arcata	Rich Kocher
Auburn	Bob Isaacs
Benicia	Emily Chirk
Brentwood	Emily Chirk
Carmichael	Dan Saulisberry
Carson City	Gary Christensen
Carson Valley	Dan Saulisberry
Citrus Heights	Bill Hooper
Clearlake	Bill Hooper
Cloverdale	Bill Hooper
Crescent City	Matthew Wehner
Davis	Matthew Wehner
Dayton Township	Dan Saulisberry
Delta Antioch	Emily Chirk
Downtown Sparks	Joyce Blonskij
Eagle Rock	Gary Christensen
Early Risers Yuba City	Neil Strain
East Sac-Midtown	Calvin Hara
El Dorado	Neil Strain
Elk Grove	Gary Christensen
Escalon	George MacMurphey
Eureka – Humboldt Bay	Matthew Wehner
Fairfield	Calvin Hara
Fallon	Dan Saulisberry
Folsom Lake	Calvin Hara
Fort Bragg	Bill Hooper

Kiwanis Club	Ambassador
Galt	Dan Saulisberry
Geyserville	Bill Hooper
Gold Country	Matthew Wehner
Granite Bay	Bill Hooper
Greater Chico	Karen Borman
Greater Lodi	George MacMurphey
Greater Merced	Calvin Hara
Greater Modesto	Calvin Hara
Greater Sacramento	Rita Beall
Greater Sonora	Bob Isaacs
Greater Turlock	Bob Isaacs
Groveland	George MacMurphey
KFH, Sacramento	Rita Beall
La Canada – A.M.	Joyce Blonskij
Lake Tahoe	Matthew Wehner
Lake Tahoe Sunrisers	Rita Beall
Lakeport	Rich Kocher
Lincoln	George MacMurphey
Manteca	Gary Christensen
Manteca Sunrisers	George MacMurphey
Mariposa	George MacMurphey
Martinez	Emily Chirk
Marysville	Bill Hooper
McKinleyville	Matthew Wehner
Modesto	Calvin Hara

List concludes on page 5.

Kiwanis Club	Ambassador
Moraga Valley	Emily Chirk
Napa	George MacMurphey
Natomas	Bob Isaacs
North Lake Tahoe	Neil Strain
North Reno	Neil Strain
North Valleys – Reno	Joyce Blonskij
Oakmont	Rich Kocher
Oroville	Rich Kocher
Petaluma	Rich Kocher
Placerville	Joyce Blonskij
Rancho Cordova	Rich Kocher
Rancho Murietta	Neil Strain
Red Bluff	Gary Christensen
Redwood Empire	Karen Borman
Reno	Joyce Blonskij
Reno Sunrisers	Joyce Blonskij
Rocklin	Bob Isaacs
Roseville	Joyce Blonskij
Sacramento Suburban	Emily Chirk
Sacramento West	Karen Borman
San Carlos	Rich Kocher
Santa Rosa	Karen Borman
Sierra Nevada	Gary Christensen
Sonoma	Karen Borman
Sonoma Plaza	Karen Borman
Sonora	Bob Isaacs
Stockton	Gary Christensen
Tahoe Sierra	Neil Strain
Turlock	Bob Isaacs
Turlock Key Club	Bob Isaacs
Ukiah	Calvin Hara
Willows	Karen Borman
Windsor	Rita Beall
Woodland	Matthew Wehner
Yountville	Rita Beall
Yuba City	Rita Beall

Rust Florist does it again!



Picture above, standing in the back row: **Dennis Rust, George Rust, and Greg Rust.** In the front are: **Marty Rust, Julia Hamshar, and Dee Reymann.**



including the *Big Box Stores* are in the floral business.

It must be stated for over two decades, Rust Florist has delivered at *no cost*, a floral arrangement to our Kiwanis Family House on a weekly basis. That is over 1,000+ deliveries, both to the old house and our new one.

It brightens the atmosphere and makes us more home like. Keep them in mind when you need flowers.

Rust Florist
5215 Folsom Boulevard
Sacramento, CA 95819
(916) 452-4527
www.rustflorist.com

Each is showing the annual certificates proving that Rust Florist was voted top of the A-List for the past five years.

This is unprecedented. Each year voters vote who is the top business in various segments.

Rust Florist was voted the **Top Florist** in the greater Sacramento, California area.

To be Number 1 for a year speaks well for that business. But to win in five years in a row speaks volumes.

It must be based on the quality of the arrangements and the great customer service.

It would seem that everyone

Sponsor Club Fund raising idea



Have a "Wine Toss". Have each club member donate a couple of bottles of wine.

At the event sell small hoops or canning jar lids say for example, three for \$5.00.

If the hoop makes it the winner gets the bottle of wine.

Raffle off the remaining bottles of wine to club members as a cheap price.

Sponsor Club Fund raising idea

It is called: "*Pamela's Raffle in a Box*".

Line up all of the raffle prizes on a table.

Place an empty box in front of each prize.

Sell tickets.

Each buyer puts the tickets in the prizes they want to win.

At the end, draw a one winning ticket to see who gets the prize.



Speaking of scouts....



Pictured above are Brownie Girl Scouts, (a program for 2nd and 3rd grade girls.) They are from Brownie Troop 1050, Rio Linda, California. They are a part of the Heart of Central California Girl Scout Council.

The girl, third from the left (see red arrow), is **Kaitly Miller**. She is the great granddaughter of **Mauda Butte**, our KFH House Director.

The Brownies donated boxes of stuffed animals for us at our Kiwanis Family House.

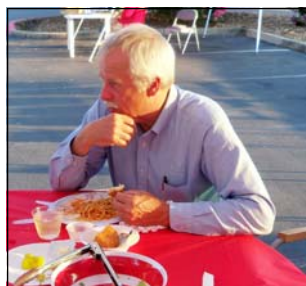
Sponsor Club Fund raising idea "Spaghetti Dinner"

Eating is what most people do.
Having a dinner is how many
Sponsor Clubs raise money.
But what do you serve when the
traditional "Crab Feeds" are out of
season.

The Kiwanis Club of KFH Sacra-
mento had a "Spaghetti Dinner".
It incorporated a "Wine Toss" and
a "Raffle in a Box", see page 5.
It was held outside at our Kiwanis
Family House, and referred to as
"Spaghetti under Streetlights".

The meal consisted of an anti-
pasta, salad, spaghetti, and cup
cakes for dessert.

The chef was **Larry Montna**.
Doug Braik (right), Kiwanis Club
of Santa Rosa (Division 32) got the
recognition for coming the furthest.



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 House Director'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 **Personal size toiletries especially shampoo**
- #9 **Individually wrapped candy**
- #8 **Liquid soap for hand washing**
- #7 **Paper Napkins**
- #6 **Air Wick Fresheners plug-ins**
- #5 **Paper plates**
- #4 **Business Card Stock Avery #8871**
- #3 **Ink for HP 5610 Printer #22 Color & #56 Black**
- #2 **Coffee**
- #1 **Paper towels**



www.kiwanisfamilyhouse.org

Ways to support our Kiwanis Family House...

Recycle your car into cash! Donate it!



- ✓ 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

Our Kiwanis House needs your car, to turn them into a place for families to rest, while family members are in UC Davis Medical Center or Shriners Hospital for Children® - Northern California.

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 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!

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

- ♥ Silver \$300.00
- ♥ Gold: \$500.00
- ♥ Platinum: \$1,000.00 or higher

For more information contact editor: Page .

Help Wanted

Anyone with a green thumb who could help us with the landscape maintenance or upgrading the landscape please call House Director **Mauda Butte at (916) 736-0116** or maudabutte@aol.com



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

Neil Strain can be reached at **(916) 354-8895** or Neilstrain@sbcglobal.net



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 September 15, 2011.

Also, if you are looking for a meeting place for your club or organization, check out our Kiwanis Family House.

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



Bonnie is showing two caps, one black and one blue.

For sale \$15.00 **post paid** for one, or \$25.00 for two **post paid**.

If you are at the KFH, the price is \$10.00@.

High blood pressure, diabetes, obesity and smoking in middle age can cause vascular damage, decrease brain volume and cause cognitive decline later in life, a study led by researchers at UC Davis has found.

"This study provides evidence that identifying these risk factors early in middle age could be useful in screening people at risk of dementia and in encouraging them to make changes in their lifestyles before it's too late,"



said **Charles DeCarli**, a professor of neurology in the UC Davis School of Medicine and director of the UC Davis Alzheimer's Disease Center.

The study examined the relationships between midlife vascular risk factors and markers for brain aging based on magnetic resonance imaging (MRI). The indicators are associated with cognitive decline and dementia later in life.

The current study was conducted with data from participants in the Framingham Offspring Cohort Study, a multi-site, prospective cohort study comprised of three generations of the offspring and spouses of participants in the Framingham Heart Study.

Some 1,352 of the study participants were included in the current research. The study subjects had an average age of 54.

Study participants have been followed since 1978 to identify vascular disease risk factors, and were repeatedly assessed for those risk factors, which included an elevated body mass index, hypertension, obesity, diabetes and smoking.

Beginning in 1999, the researchers obtained measures of vascular disease such as the volume of white matter hyperintensities, or areas on MRI that appear bright white that are associated with increased vascular damage. Other measurements

included changes in total brain volume and changes in cognitive tests of verbal and spatial memory and decision-making capabilities.

The study found that people with high blood pressure developed white matter hyperintensities at a faster rate than those with normal blood pressure and had a more rapid decline in scores on tests of executive function, or planning and decision making. Participants who were obese were more likely to be in the top 25 percent of people with a greater rate of decline in scores on tests of executive functioning abilities later in life.

The study also found that participants with diabetes in mid-life had lost brain volume in the hippocampus brain region at a faster rate than those without diabetes when they were older. Study subjects who smoked lost overall brain volume faster than non-smokers and also were more likely to have a rapid increase in white matter hyperintensities.

"These factors appeared to cause the brain to lose volume, to develop lesions secondary to presumed vascular injury, and also appeared to affect the brain's ability to plan and make decisions as quickly as it had 10 years earlier," said DeCarli, who is a fellow of the American Academy of Neurology.

Other study authors include **Stephanie Debette, Sudha Seshadri, Alexa Besier, Jayandra Jung Himali, Carole Palumbo and Philip A. Wolf**, all of Boston University.

The UC Davis Alzheimer's Disease Center is one of only 29 research centers designated by the National Institutes of Health's National Institute on Aging.

The center's goal is to translate research advances into improved diagnosis and treatment for patients while focusing on the long-term goal of finding a way to prevent or cure Alzheimer's disease. Also funded by the state of California, the center allows researchers to study the effects of the disease on a uniquely diverse population. For more information, visit alzheimer.ucdavis.edu.



"Over the years"

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

Eight years ago
Volume IV Issue 3
September 2003



E. Parker Smith was presented with his 60 Year Legion of Honor.

He was also responsible for obtaining the first \$1,000 grant to build the first KFH.

Six years ago
Volume VI Issue 3
September 2005



The new building construction loan was funded by Mt. Diablo Bank. Pictured are **Margaret Lowell**, and **Henry Chow**.

One year ago
Volume XI Issue 3
September 2010

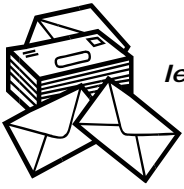


John Alden Bristow passed away peacefully in his home at the age of 87. He was preceded in death by his wife of 61 years, **Betty**. He is survived by daughter **Susan Bristow**, sons **Richard** (Sue Joy), **Jim** (Dagmar), and **John** (Kathi), nine grandchildren and 10 great-grandchildren.

He survived the *Bataan Death March* during 1942.

Because of that memory he dedicated himself to a mission of providing food to others.

Our KFH Food Closet and St. Matthew Church's Food Closet was faithfully stocked because of his dedicated efforts.



"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.

A moment with Buddy Howard:

You may have read President **Bill Hooper's** column on page 1, on how a KFH guest **Buddy Howard**, inspired everyone as he visited the monthly board meeting. Here is more to the story.



After the board meeting, Buddy took me to the portrait of the late **Vern Bright** and **Leona Bright** that is displayed in the lobby.

"We owe so much to these two people. I have been coming to our KFH for some time. I was in the old KFH and now in the new."

"I have flown 'Angel Flight' 86 times to be treated for cancer in the UC Davis Medical Center."

"I live in Yerington, Nevada."

Editor's note: This is about 80 south east of Reno, and about 215 miles east of Sacramento. Angel Flight is a group of pilots/aircraft owners, who give patients a free ride to hospitals and medical facilities.



"I encourage other guests to sign the 'Thank You' book in the lobby when they don't know how to thank Kiwanis for being able so stay here."

"Some think this is like a hotel. But I tell them to treat it like you would treat your mother's house."

"I have even had the opportunity to sell a brick to our KFH to someone who wanted to leave a gift."

"I would not be alive without you guys" he told us, "You people are life savers".

"What a wonderful oasis of peace and love."

"We gratefully thank you for being here for us and the many others who have come before us and will in the future."

"Loving Blessings!"

"Thank you."

"I am so Grateful for this opportunity to spend some days close to my Grand Daughter."

"Sad of how I had to learn about the Kiwanis Family House, but Grateful I will encourage Friends to donate money for this to continue to provide for other families"

"Its being nice staying here."

"I appreciate it so much and thanks a lot you guys"

"It has been such a blessing to stay here! I felt very special being in an unfamiliar place!"

"This is a wonderful thing that they all do."

"Thanks for everything. Staff is A++"

"God Bless!"

"Bless you all for the loving care you provided for my family in such difficult times."

"It has been an absolute pleasure to stay here."

"Thank you all for all the help and support you provided us with in this difficult time."

"Much love!"

We are so grateful that in our time of need this place welcomes us with loving arms.

"Thank you to everyone here for their generosity and their kind words."

"It has made this ordeal a little easier to live through"

"You're someone who's appreciated."

"This is a wish just for you- a wish that appreciates you for all your are, a wish that thanks you for everything you've done..."

"A wish that hopes joy and good things come your way- a wish that is felt deep in the heart all year long."

"Thank you for just being you."

"With much love and appreciation"



**What would happen if each Sponsor Club covered one day a month?
Lend a helping hand!**

- 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.
 - 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 maudabutte@aol.com

President's Message

By Bill Hooper (Cont'd)



(Continued from page 1)

ily House.

All the members of your Board of Directors of KFH are also actively involved in fund raising.

KFH is a certified partner of United Way and several of us have taken the United Way speakers training and are attending as many United Way events as possible.



If you wish to join us at a United Way event contact House Development Director **Gary Christensen** to volunteer. If your company participates in United Way or you know people who would like to give to KFH through United Way all they do is indicate on their form that they would like to give to KFH # 5028.

Want to have some fun with your fellow Kiwanians? We will have a no host tailgate party at California State University, Sacramento's Hornet Field on Saturday Sept 17th, starting at 4:30 p.m. prior to the *Sacramento Mountain Lions* Football Game at 7:30 p.m. The pro-foot ball team Sacramento Mountain Lions will be playing the *Las Vegas Locomotives*. **Note new date and times.** If you have tickets for the previously scheduled game on September 10th, you need to exchange them. Contact **Bill Hooper** (916) 988-6880 or **Donna Miller** (916) 944-2137 for tickets which are only \$20, and the Mountain Lions will give \$10 of every ticket to our KFH.



Former Board member **Roni Stroud**, who donated her hair to raise money for KFH last year, is now organizing a *Rose Bowl Extravaganza*. You can purchase a chance to ride on the Kiwanis Rose Bowl Float and attend the game for \$10.

Grant writer **Mary Thomson** continues to research and write grants to aid us. If you know of a grant that we may qualify for, or you could help us attain a grant, please contact Mary at (916) 501-4969.

Board members, **Neil Strain** and **George MacMurphey**, are looking into a See's Candy sale in the KFH area. **Gary Christensen** and **Pete Arney** are again planning to work the conces-

sion stand at *Power Balance Pavilion* if the *Sacramento Kings* and the NBA have a season.

So much to do, thank goodness for so many members of the K- Family willing to step up and help make sure there is a bed to sleep in for family members of the critically ill and injured. Thanks to all who are helping. Till next time.

Yours in Kiwanis Service,
Bill Hooper

Creelman-Francisco Classic 2012



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

The 52nd annual will be held on the last Thursday in April, April 26th at the Davis Municipal Golf Course in Davis California. Chairman Chris Creelman reports that as of October 1st, it is only 209 days away.



Second generation **Chris Creelman** and third generation **Cody Creelman**, are shown above.

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.

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 Sloughouse, CA 95683-1131