### Important dates
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### From our house, to your house:

#### Happy New Year 2013

We wish you a Happy and a Prosperous New Year!

#### Martin Luther King, Jr. Day
January 21st 2013

"...We hold these truths to be self-evident, that all men are created Equal...."

#### At the Lincoln Memorial, August 28, 1963

"...I have a dream"

---

**President’s Message**

**Happy New Year!**

We begin 2013 excited about the progress we have made and the support we have received from the Kiwanis Family at our Kiwanis Family House in the last year.

We also have energetic plans to continue to improve our operation and keep the positive momentum going. We have a building that is six years old and repairs and replacements are being taken care of and planned for so as costs continue to increase we are working with member clubs on many different fund raising events to make sure we continue to have sufficient revenue to run our operation.

We see possibilities to improve services by reorganizing some of our procedures and we are looking at several different options. Sometimes, as we finish a project or a fundraiser it is tempting to sit back and relax but then we remember that this a project that keeps providing services to people in need so we must continue our efforts.

In November 2012, we served 156 families who came from each state in the Cal-Nev-Ha District, as well as Maryland, Mississippi, New Mexico, Tennessee, Texas, South Dakota, Canada, and Mexico.

The next big event for the house will be the 21st annual Red & White Ball on Feb. 16th at the Dante Club in Sacramento.

The March in March is being planned for March 2nd at KFH. This is a walkathon around the house sponsored by the KFH Kiwanis Club. It is a great event for Kiwanians and SLP’s to enjoy together.

In April, the Creelman Golf Classic will be held on the 25th and the Kiwanis Cal-Nev-Ha Governors’ visit is again planned at the Sacramento River Cats game on April 27th.

Watch for announcements on a miniature golf tournament, a night golf tournament, and other exciting events being planned.

(Continued on page 4)

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**House Talk**

Kiwanis in Action at our Kiwanis Family House

Volume XIII Issue 7  January 2013

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**Janus... as in January**

In Roman mythology, Janus was the god of gates, doors, doorways, beginnings, and endings. His most apparent remnant in modern culture is his namesake, the month of January.

To assist Janus, with his backward and forward-looking abilities annually (since 2005) a brain trust was established and polled. The brain trust could be considered the movers and shakers of our Kiwanis Family House.

The Brain Trust was asked: “Please each of you write as to the thing or couple of things that worked well for our KFH in 2012 and then what you would be your goal in 2013”

**Bill Hooper (Board president):** As I reflect back on 2012, I am in awe at all that has happened at our Kiwanis Family House this year. Developing and then successfully implementing so much of our new Strategic Plan was the highlight!

“The new leadership team has done more in a short time than we believed possible, new Human Resource procedures, updated technology and accounting procedures and a solid plan to continue to improve services to our clients. Support from the Kiwanis Family has also been terrific.

(Continued on page 6)

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**Dear Editor:**

Dear Editor and Staff, I continue to be delighted to remain on your mailing list.

The Family House supporters are to be commended on their continued service to families while they deal with hospital stays. You are

(Continued on page 4)
Important Dates

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

2013
Jan 10
Feb 13 (Wednesday)
Mar 14
Apr 11
May 9
June (annual meeting) TBA
July 11
Aug 8

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.

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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........Matthew J. Wehner (2014)
Director................Rita Beall (2013)
Director................Karen Borman (2014)
Director..............William (Rick) Dwyer (2015)
Director...............Bob Isaacs (2013)
Director..............George MacMurphey (2013)
Director...............Dan 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

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 9.

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!

Buy a brick!
The memorial bricks cost $100 each. 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.

See us at:
• Feb. 9, 2013 Cal-Nev-Ha Mid-Year Conference North, Modesto, CA DoubleTree by Hilton, Modesto
• March 2, 2013 Cal-Nev-Ha Mid-Year Conference South, Burbank, CA Los Angeles Marriott Burbank Airport
Kiwanis Family House, not in my backyard!

Report #128
Since October 1, 2001 to November 30, 2012, (the effective dates of this report), \textbf{11,716} 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 11 years. Previous to October 1, 2001 the reports were tabulated in a different format.

Our KFH has hosted \textbf{909} families from outside Cal-Nev-Ha District (California, Nevada, and Hawaii). These \textbf{909} families come from:

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

Also, there have been families from:
- Belgium
- Brazil
- Canada
- England
- Federated States of Micronesia
- Guatemala
- Haiti
- Israel
- Italy
- Mexico
- Netherlands
- New Zealand
- Pakistan
- People’s Republic of China
- Republic of Palau
- Serbia
- Taiwan
- Uruguay
- Venezuela
- Wales

Division 7 and Division 44 are considered the ”host” divisions. Families living within 35 miles of UCDMC are \textbf{not} eligible to stay at our KFH.

\textbf{Aren’t you glad that there is your Kiwanis Family House in Sacramento, California?}

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<th>Lt. Gov.</th>
<th>Families</th>
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<td>Thompson</td>
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<tr>
<td>14</td>
<td>Ghag</td>
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<td>Out of District</td>
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<tr>
<td>27</td>
<td>Goad</td>
<td>838</td>
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<tr>
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<td>McGrath</td>
<td>717</td>
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<tr>
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<td>Kocher</td>
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<tr>
<td>20</td>
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<tr>
<td>23</td>
<td>Andrews</td>
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<tr>
<td>8</td>
<td>Preston</td>
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<tr>
<td>32</td>
<td>Braik</td>
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<td>McIntire</td>
<td>219</td>
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<tr>
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<td>Fedrico</td>
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<td>Gilliam</td>
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</tr>
<tr>
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<tr>
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<td>verBurg</td>
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</tr>
<tr>
<td>36</td>
<td>Orosco</td>
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<td>Dahliquist</td>
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<td>Zitterkopf</td>
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<td>Ross</td>
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<td>Bloemen</td>
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<tr>
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<td>Dopf</td>
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<td>37</td>
<td>Cunning</td>
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</tr>
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<td>Lagunas, Jr.</td>
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<tr>
<td>25</td>
<td>Montaño</td>
<td>9</td>
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<tr>
<td>35</td>
<td>Manning</td>
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<td>Wait</td>
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<td>19</td>
<td>Waronek</td>
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<td>0.02%</td>
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<tr>
<td>Totals</td>
<td></td>
<td>11,716</td>
<td>100.0%</td>
</tr>
</tbody>
</table>

(Continued on page 4)

Neighborhoods... not numbers!

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

This article defines our guests from their neighborhoods during the month of October 2012.

- **Canada**
  - Williams Lake (British Columbia)
- **Mexico**
  - Hermosillo (Sonora)
- **United States of America**
  - California
    - Anderson (5)
    - Bayside
    - Burney (2)
    - Canby
    - Cedarville
    - Ceres (2)
    - Chico (2)
    - Chowchilla
    - Clovis (2)
    - Corning
    - Cottonwood (5)
    - Crescent City (2)
    - El Dorado Hills
    - Forest Ranch
    - Hamilton City
    - Hayfork
    - Hesperia
    - Hoopa
    - Janesville
    - Keyes
    - King City (2)
    - Lathrop
    - Laton
    - Lincoln
    - Live Oak
    - Lodi (6)
    - Loma Rica
    - Lookout
    - Madera (2)
    - Magalia

www.kiwanisfamilyhouse.org
(Continued from page 3)
- Martinez
- Marysville
- McArthur
- McCloud
- Mendocino
- Merced
- Modesto
- Nevada City
- Oakdale
- Olivehurst
- Orland
- Oroville (8)
- Palo Cedro
- Paradise (2)
- Pittsburg
- Pleasanton (2)
- Porterville (2)
- Portola
- Quincy (2)
- Red Bluff (2)
- Redding (5)
- Roseville
- San Miguel (2)
- Shasta Lake
- Smith River (3)
- Sonora (4)
- South Lake Tahoe (10)
- Stockton (2)
- Suisun City
- Sunny Brae
- Susanville
- Tahoe City
- Truckee
- Tuolumne
- Turlock (6)
- Vacaville
- Weaverville
- Williams
- Winton (2)
- Yreka (2)
- Yuba City (4)
- Hawaii
- Ewa Beach
- Maryland
- Gaithersburg
- Mississippi
- Carrollton
- New Mexico
- Albuquerque
- Nevada
- Carson City (3)

(Continued from page 1)
by clubs in the district. Visit our web site (kiwanisfamilyhouse.org) so you can sign up and enjoy these events so the doors of Kiwanis Family House are always open for families in need. Thanks for your support.

Till next time,
Yours in Kiwanis service, Bill
bhoopklg56@comcast.net

(Continued from page 1)

Dear Editor:

(Continued)

115 Days
Until Creelman-Francisco Classic
(as of January 1st)
Impressions
The monthly column
by Dan Germain
KFH House Director

Hear me now, all of my Kiwanis family partners. We will enjoy our most successful year of fundraising in 2013, the result of broader marketing, creative new project ideas, effective pursuit of strategic plan action items, and our tireless commitment to the families who depend on our open doors. I can already see the stars aligning.

As we catapult into the new calendar year, let’s hope that “Build It and They Will Come” will prove as true for our Kiwanis Family House as it did for Kevin Costner in the movie classic Field of Dreams.

Among the new and creative 2013 fundraising projects being planned by our KFH board of directors is a miniature golf tournament that we just might end up calling the Course of Dreams. In this case, those who step up to sponsor a hole – be they Kiwanis clubs, Service Leadership Program clubs, businesses, or individuals - will have the exciting challenge of designing it and building it. The event will be held on our Family House grounds June 22-23, 2013. We are initially planning for 18 holes but would love to end up with 36.

You will hear much more about this project in the coming months but I encourage all of you to place this on your calendars now. It is not too early for your club to let me know of your potential interest in sponsoring a hole in this inaugural tournament. Kiwanis clubs will sponsor a hole for $100 while SLP clubs will do so for $50.

I know all too well about the exceedingly worthy competition for our limited fundraising dollars and am equally as passionate about Kiwanis’ ongoing efforts for the Eliminate Project and Kiwanis Service Leadership programs. However, I ask that your clubs continue to support and participate as fully as you can in our other Family House fundraising efforts.

We have always depended heavily on the annual Red & White Ball, which will be held this year on February 16. Also, the Kiwanis Club of the KFH will once again host its March in March, an event in which participants knock out laps around the Family House to earn pledge money. Another important event, the Creelman-Francisco Golf Classic, will be held on Thursday April 25th.

The rest of the 2013 calendar lists crab feeds, car shows, Key Club Awake-a-thons, chili cook offs, and more. We need and value every dollar your hard work generates. It is my impression that our team’s enthusiasm level is as high as ever.

Bring on 2013!
Dan Germain
dangermain@kiwanisfamilyhouse.org

KFH CalSAE’s Charity of Choice 2012
By Rita Beall

The California Society of Association Executives (CalSAE) chose our KFH as its 2012 Charity of Choice for the recent Seasonal Spectacular event and tradeshow held at the Sacramento Convention Center on December 5, 2012.

Nominated by Bethany Getz of Marriott Hotels and Resorts, our KFH was the recipient of a truckload of donations from the current Wish List. These items were donated by both exhibitors and attendees throughout the event.

One exhibitor, the Monterey County Convention and Visitors Bureau, was recognized by CalSAE for going “above and beyond” in gathering donations for KFH by naming them the “Charity Rock Star” for the event. Led by Lauren Siring, the team at MCCVB collected numerous donations and incentivized attendees to book follow-up conversations that will result in additional donations of Best Buy gift cards to the House.

CalSAE has nearly 1,200 members, and is the third largest local Society of Association Executives in the nation. They serve association professionals at all levels, and promote strong peer and business

January Priority
Please consider donating DVD movies to replace our VHS movies.

Office Supplies:
• Multi-purpose copier/printer paper
• Yellow card stock, 8 ½ x 11, 67 lb.
• Individually wrapped candy for the reception desk

Cleaning Supplies:
• Formula 409
• disinfecting wipes
• disinfectant spray
• Lysol blue toilet bowl cleaner
• Swiffer All-Purpose Cleaning Solution
• Swiffer pads (wet)
• latex gloves (powder free) – small; large; XL

Personal Care Items:
• hand sanitizer
• deodorants
• personal travel-size shampoo, conditioner, and soap
• Kleenex or comparable tissues

Kitchen Supplies
• coffee
• cookies

Kiwanis Family House
2875 50th Street
Sacramento, CA 95817

Donate, or if more convenient, mail in gift cards.
“The commitment our Kiwanis Family has made to providing temporary housing to the families of UCD and Shriners’ Hospital patients and the network we have all built together to make that happen, 2013 will be even more exciting.”

Matthew Wehner (Board member and Treasurer): “Systems and procedures were updated, improved or implemented to help improve the Kiwanis Family House in 2012. My goal for 2013 is to have positive cash flow and continue to pay down debt.”

Emily Chirk (Board member and Secretary): “With the increase of guests at our Kiwanis Family House, I hope to increase awareness of our Kiwanis Family House’s mission in the community to generate additional support.

“At the same time, I hope to continue reminding our current supporters of the impact that they have on our families and guests as well as recognize all our supporters for their contributions. I hope that we will be able to accomplish both tasks through the continued success of our presentations at club programs and district workshops. To expand on the success of the presentations, I add the goal of updated literature and brochures about the Kiwanis Family House to our list of goals. The updated literature will provide information on the impact our Kiwanis Family House has and provide information on more ways to help.”

Dan Saulisberry (Board member): “The year 2012 saw the end of my first term on the Board and the beginning of my second.

“While my main focus the past several years has been on the survival of my business, I am hoping to devote more attention to my duties as a Board Member this term—beginning with the completion of my project by the playground out back.”

Rita Beall (Board member): “2012 Highlights: The highlight of the year for me was attending my first Kiwanis International Convention representing our Kiwanis Family House. There, we made important connections, and I met the 2011-2012 International President, Alan Penn, as well as the current KI President-Elect, Gunter Gasser. Any opportunity for us to spread our KFH story to a larger audience is precious.

“2013 Goals: I am looking forward to reaching out to more Kiwanians and non-Kiwanians, locally, within the Cal-Nev-Ha District, and within Kiwanis International, to build partnerships that can continue to sustain the House. We have done a very good job of working with clubs in our local area to build support, and now we would like to extend our reach to better support what really has become a global project.”

Bernie Bowes (Board member): “Being a new comer to the Kiwanis Family House Board, I have learned a lot about the house in 2012. I can honestly say our house is in a great shape... The board and volunteers have made numerous changes for the future. In 2013 we are all working to promote the needs for the KFH throughout Kiwanis.”

Gary Christensen (Volunteer Development Manager): "In 2012, the Kiwanis Family House saw the transition to a new House Director which resulted in fresh ideas to better serve the guest families, along with a determination to improve the many facets of the operation. The improvements already implemented have helped the Family House serve 20% more families in the past year then were served in 2011.

“2013 should prove to be an even better year for the Family House. It’s hoped to expand our bedroom count from the 24 in use now to the original 32 bedrooms which. Fewer families would need to be turned away for a lack of rooms. And with the Cal-Nev-Ha District considering adopting the Family House as an official District Project, more resources will be available to ensure continuing service to all of the guest families needing temporary accommodations.

Calvin Hara (Board member): “The 2012 accomplishment is in the intrinsic mission of Kiwanis Family House—for Kiwanians and the community-at-large to provide the remarkable gift of life, the love of family and friends to all of those who come to our Kiwanis Family House.

“In the year 2013, whether in Kiwanis Family House meetings, service projects or fund-raising projects throughout the K Family, we will continue with our mission and vision. Happy New Year!”

Karen Borman (Board member): “During 2012, I have been amazed at the number of volunteers who are willing to do what our Kiwanis Family House needs done. Pulling weeds, cleaning sap off the patio tables, and washing windows are good examples. I have had the opportunity to work with volunteers from the UCD Medical Center and so many hard working Key Club members.

“My goal for 2013 is to develop a more formal recognition program. Just being there and making it more pleasant for our ‘guests’ to be there is a reward in itself, but we need to recognize the volunteers.”

Dan Germain (House Director): “As I look back over 2012, I am impressed with the passionate K-family members at all levels who believe so much in our Kiwanis Family House. They helped welcome more than 1,500 families through our doors and into our homes. I am also impressed with the new ways we found to tell our story and extend our reach across Kiwanis International.

I look forward in the coming year to standing alongside Kiwanians, Key Clubbers, Circle K’ers, and Action Club members as we care for more families.”

George MacMurphey (Board member): “It seems like every time I am at the House I hear a poignant story regarding one of our families, producing a lump in the throat or a tear to the eye. It is such a rewarding feeling to know that day in and day out we are able to help in so many ways.

“2012 has been a year of many changes, positive changes, and a year during which we have laid a new foundation for greater service in 2013 and for many years, perhaps even generations, to come.”

Rick Dwyer (Board member): “High point in 2012 for me was our bank account exceeded $100,000 for the first time. My 2013 goal would be to see we expand our KFH to provide more guests rooms.”

Heraclitus was an ancient Greek philosopher who lived about 100 years before Plato. He held “Nothing is permanent except change. The only constant is change”. There will be changes for 2013, some foreseen and some not.
**TV for KFH**

Our Kiwanis Family House (KFH) guests watch TV in their rooms. But the TV’s in their rooms are wearing out.

Donate $300 so our KFH may purchase replacements. We are targeting Best Buy Store’s Insignia model which has a DVD player.

Families need diversions while worrying about family members.
Televisions allow them to catch up on the news.

**Recycling makes cents!**

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

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 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 KFH budget.

**Become a friend!**

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

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

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

There is a plan to redo the walkway in front of the Kiwanis Family House.

**Needed:** A person with experience working with concrete to pour a walkway in front of the house.
Also needed: People to move the bricks currently there and help with framing for the walkway.

Anyone with a green thumb who could help us with the landscape maintenance or upgrading the landscape please call House Director Dan Germain at (916) 736-0116 or dangermain@kiwanisfamilyhouse.org

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

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

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**Ways to support our Kiwanis Family House...**

**Please donate your old car, boat, or R/V**

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

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

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

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

DONATE A CAR

(800) 240-0160

Kiwanian contact: Calvin Hara (916) 812-5524

**KFH... 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 page2) so we get our “share”.**
UC Davis study shows that treadmill testing can predict heart disease in women

Although there is a widespread belief among physicians that the exercise treadmill test (ETT) is not reliable in evaluating the heart health of women, UC Davis researchers have found that the test can accurately predict coronary artery disease in women over the age of 65. They also found that two specific electrocardiogram (EKG) indicators of heart stress during an ETT further enhanced its predictive power.

Published in the December issue of The American Journal of Cardiology, the study can help guide cardiologists in making the treadmill test -- an accessible, economic and easy-to-administer evaluation of patients with heart disease symptoms -- more useful in clinical practice.

"Newer cardiac imaging technologies are more accurate in identifying the presence of heart disease, but those tests are considerably more expensive than ETT and in many cases unnecessary" said Ezra Amsterdam, senior author of the study and UC Davis professor of cardiovascular medicine. "Our study found that the test is a very valuable tool for identifying coronary artery disease in women older than 65, and that it can be used to help select those who may require higher-tech diagnostics."

During ETT, a patient exercises on a treadmill at gradually increasing speed and elevation while undergoing blood pressure monitoring and an EKG to gauge exercise-induced changes in the heart's electrical activity. If signs of heart disease are present, more definitive and invasive evaluations such as coronary angiography may be conducted to determine if any blood vessels are narrowed or blocked by plaque. Coronary angiography, which produces a series of X-rays of the interior of the arteries by injecting dye into them to make them visible, may be recommended when there is evidence of heart disease.

The current study analyzed 111 women who had seen their doctors at UC Davis Medical Center because of chest pain and whose exercise treadmill tests were "positive," indicating they should have further cardiovascular testing. Coronary angiography was performed on each patient, and the researchers analyzed how often the results showed definite evidence of arterial narrowing.

They found that overall only half of the women with positive treadmill tests had coronary artery disease as determined by coronary angiography. But when test results were evaluated by age, the predictive value of ETT rose. While the treadmill test predicted arterial disease in only 36 percent of the youngest group (aged 35 to 50 years) of study participants, it successfully identified the condition in 68 percent of those aged 65 years and older, when the prevalence of coronary artery disease rises sharply for women.

The investigators also found that two EKG parameters of heart stress due to poor blood flow -- an ST-segment depression greater than 2.0 mm or ST-segment recovery time longer than three minutes -- added to the diagnostic value of ETT. Longer ST-segment recovery time was in fact the best predictor across all age groups of whether a positive treadmill test result was "true" or "false" and accurately identified coronary artery disease in eight out of 10 women older than 65.

"Our results provide physicians with a way to make an old heart disease screening tool more reliable for women," said Amsterdam. "The study also supports the guidelines of the American Heart Association and American College of Cardiology, which recommend that exercise treadmill testing should remain the initial test for both women and men who require evaluation for chest pain."

Additional authors of the study were Jeffrey Lewisman and Karen Aspry, who conducted the research during their cardiology fellowships at UC Davis. The study received no external funding.

A copy of "Improving the Positive Predictive Value of Exercise Testing in Women for Coronary Artery Disease" can be downloaded at http://www.ajconline.org/

UC Davis Health System is improving lives and transforming health care by providing excellent patient care, conducting groundbreaking research, fostering innovative, interprofessional education and creating dynamic, productive community partnerships. For more information, visit healthsystem.ucdavis.edu.

"Over the years"
The current series of House Talk (Volume I Issue 1) is dated May 1, 2001.

Nine years ago
Volume III Issue 7
January 2003

Kiwanian Roni Stroud, from the Kiwanis Club of Folsom, California was selected as Computer Associate’s Western Region Distinguished Corporate Citizen for the second quarter of Fiscal Year 03 (July-September 2002).

Seven years ago
Volume V Issue 7
January 2005

Kiwanian Jack Francis was the top bidder in the Kiwanis Club of Sacramento Suburban’s annual Food Auction.

Each year Kiwanian John Bristow amasses a wonderful assortment of holiday food treats and decorative items. The bidding is competitive among club members and guests.

The money raised at the auction is used to stock the pantry at our KFH.

Four years ago
Volume VIII Issue 7
January 2008

Pete Arney wed Betty Kaeding.

Betty Kaeding is the sister to Russell Pullmann, shown to the right.

Russell has been a volunteer at Arco for some time for our KFH. Betty had been caring for an ailing husband when Russell began to bring her to the KFH Arco concession stand events where Betty volunteered as a cashier. There she met Pete Arney.

After Betty’s husband died sometime later Peter and Betty married. Russell Pullman became Cupid!
Dear Kiwanians,

“My daughter recently had a terrible auto accident involving multiple internal injuries, and a broken back, shoulders, legs, arms, knees, hands and ankles.

“When we stayed at the Kiwanis Family House, the volunteers and staff created a tremendous atmosphere of love and support.

“As my elderly mother and I visited my daughter, we took that feeling of love and support with us. I am sure that helped my daughter gain the will to fight to live and get better.

“My daughter is going to live, and probably walk again. Thank you for helping make that possible.

“I hope many people will I put the Kiwanis Family House on their list of Favorite Charities for Donation.

“I know I will.

“Thank you so much.

“Sincerely, ’Mom’ and “Grandma

“We have truly been blessed! Your hospitality has been more than we could ask for.

“Your staff has been very helpful to us. I am glad to say that our son is doing much better and on his way to recovery.

“I will now do all I can to repay the hospitality to Kiwanis and I will be submitting a proposal to the our company (where employed).

“Hopefully, we can help you at some level to help with your endeavor in rebuilding a new complex.

“With love and thanks”

To all Kiwanis Family and the volunteers of Kiwanis Family House:

“We stayed here for two weeks including Christmas.

“If it were not for the Kiwanis Family House, we would not have maintained our sanity.

“Thank you thank you for this place and the many volunteers who keep it going. This is an amazing place.”

“Thank you, everyone, thanks for your kindness, and help.

“It made our stay pleasing in this time. God Bless all of you.”

“We thank Kiwanis House so much for the gracious hospitality that was extended to our family during a very stressful and worrisome time.

“Staying here has been a great help in allowing us to be near to our son when he needed our support the most.

“Thanks again and God Bless!”

“Dear Staff:

“A whole garden of thanks would not be too much for you!

“Thank you for being there when we needed you the most.

“What your provide is so appreciated by us!

“Sincerely, Kevin and Cathy

“Kiwanis House:

“You thank you so much for your hospitality while my son had surgery at Shriner’s.

“When we left Sacramento, we realized we had forgotten our medications in one of the drawers.

“Your staff promptly called us to let us know what had happened and mailed the medications back to us the same day and overnight delivery.

“We greatly appreciate the gesture and we included a money order to cover the cost (no need to return change).

“Thank you again”

“To the staff at Kiwanis Family House:

“A heartfelt thank you to the entire staff for welcoming my family. We didn’t know what to expect and were so incredibly and pleasantly surprised.

“The rooms were very lovely, the amenities were very convenient and the staff went out of their way to make us as comfortable as possible.

“Attending MIND institute to participate in studies for 3 days straight, Kiwanis provided us with a warm respite that made us right at home.

“Thank you again and thank you for making us feel like family. Kudos to Kiwanis for this wonderful place!

“Warm Regards

“Thank you, everyone, thanks for your kindness, and help.

“It made our stay pleasing in this time. God Bless all of you.”
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 newsfeed 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

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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

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.