Good bye Buddy

Wish list

Not in my backyard!

Important dates

Street Sacramento, CA

House, Inc. 2875 50th

and American Express
date (Visa, MasterCard,
number with expiration
check or your credit card
It is $40@ night. Send
lack of payment.

deserving families for
make partial payments.
ford it, or supplement
families who cannot af-

Inside this issue:

Second in a series...

Faces behind the numbers

When you read House Talk, you see the numbers of guests, you see where they come from, and occasionally you read thank you letters from our guests.

As the late broadcast journalist, Paul Harvey, would say, now it is time, “For the rest of the Story.”

House Director, Dan Germain, prepared the following story about one of our family guests. The photos were made available from the family.

Dan’s story follows:

It is hard to imagine a more traumatic set of circumstances during the recent Christmas Holidays.

Devlin Gantt was at his home in Austin, Texas on November 1, 2012 when his 22-year-old daughter Sandra called him from Susanville, California. After sharing the wonderful news that she was pregnant with her second child, she asked her father to sit for her next announcement.

Recent blood tests determined that she had leukemia and the doctors supporting her pregnancy and her cancer were struggling to balance the critical interests of mother and baby. As long as Devlin’s oldest daughter carries the baby, she is unable to undergo the comprehensive chemotherapy program her oncologist is prescribing for her.

The Gantt family has been processing these shocking developments just weeks after the perpetrator of a home invasion robbery shot Sandra’s husband Anthony in the leg. Had Anthony not grabbed the weapon when he did and pulled it downward, he almost certainly would have lost his life.

Facing medical challenges of his own, the violent crime has left him unable to work and therefore without an income. The family has been involved with Kiwanis Family House.

...The wave and smile Erica gave the crowd on her way out was one of the great moments the night provided...

From our house, to your house:

HAPPY SAVINGS 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

President’s Message
by Bill Hooper

The 21st Annual Red and White Ball, supporting Kiwanis Family House took place Feb 16th at the Dante Club in Sacramento. Governor elect Rae Whitby-Brummer, two Kiwanis CalNev-Ha District Trustees, and several Lt. Governors were among the 100 plus guests that enjoyed a great buffet, program, and dancing.

Video clips were shown of baby Erica and her mother Jennifer who live in Redding. Erica had to have her stomach attached to her esophagus and a chamber of her heart repaired shortly after her birth. She is now doing quite well and she and her mom attended the Ball to say thank you to Kiwanis for all the help we have given them at the Family House. The wave and smile Erica gave the crowd on her way out was one of the great moments the night provided.

We also showed a video clip of Buddy Howard who has made over 80 Angel Flights to our Family House from Yerington, Nevada since 2005.

Buddy has always been very lavish in his thanks to Kiwanis for Kiwanis Family House. He said we were the ones who made it possible for him and others to be able to fight cancer which he did successfully till last month.

His goal was to see his daughter graduate from high school this spring, unfortunately he did not quite make it but he was very thankful the eight years of treatment and getting so close. House Director Dan Germain and Board Member Rita Beall represented the House at his services in Yerington.

KFH Board member and Sacramento State Circle K Member Emily Chirk shared a short moving story about why she is so involved with Kiwanis Family House.

(Continued on page 6)

www.kiwanisfamilyhouse.org
Important Dates

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

2013
Mar 14
Apr 11
May 9
June (annual meeting) TBA
July 11
Aug 8
Sep 12
Oct 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.

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……………………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 10.

Donate a brick!

The memorial bricks cost $100 each. The lettering grid is 15 spaces across and three rows deep. Donate them for birthdays, anniversaries, memorials, sponsored organizations, past presidents, honorary members, and more.

They are memorials and last longer than plaques and seen by more people.

The bricks are installed in the courtyard of our Kiwanis Family House.

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

Would you donate 3% of your supermarket shopping to our Kiwanis Family House?
It is simple as 1-2-3
1. Do you shop at Save Mart, Smart, Food Maxx or Lucky Supermarkets?
2. If so scan your S.H.A.R.E.S card and the house gets a percentage. You still get the great sale prices and the rest.

3. If you do not have a card contact editor (page 10) and send your name and USPS mailing address. Editor will send you a S.H.A.R.E.S card by return mail!

Scan the S.H.A.R.E.S card each time you shop!

See us at:
• June 27-30
• August 15-17, 2013
Cal-Nev-Ha Dist. Convention
Silver Legacy Resort & Casino, Reno, NV

kiwanis.org/convention

www.kiwanisfamilyhouse.org
Kiwanis Family House, not in my backyard!

Report #129
Since October 1, 2001 to December 31, 2012, (the effective dates of this report), 11,992 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 921 families from outside Cal-Nev-Ha District (California, Nevada, and Hawaii). These 921 families come from:

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

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

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

 aren’t you glad that there is your Kiwanis Family House in Sacramento, California?

<table>
<thead>
<tr>
<th>Div.</th>
<th>Lt. Gov.</th>
<th>Families</th>
<th>%</th>
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<td>Thompson</td>
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<td>27.33%</td>
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<tr>
<td>14</td>
<td>Ghag</td>
<td>1,290</td>
<td>10.76%</td>
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<td>Out of District</td>
<td>921</td>
<td>7.68%</td>
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<tr>
<td>45</td>
<td>Baran</td>
<td>870</td>
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<tr>
<td>27</td>
<td>Goad</td>
<td>851</td>
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<tr>
<td>46</td>
<td>McGrath</td>
<td>732</td>
<td>6.10%</td>
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<tr>
<td>44</td>
<td>Kocher</td>
<td>704</td>
<td>5.87%</td>
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<td>20</td>
<td>Hauser</td>
<td>470</td>
<td>3.92%</td>
</tr>
<tr>
<td>23</td>
<td>Andrews</td>
<td>451</td>
<td>3.76%</td>
</tr>
<tr>
<td>8</td>
<td>Preston</td>
<td>365</td>
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</tr>
<tr>
<td>32</td>
<td>Braik</td>
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<tr>
<td>7</td>
<td>McIntire</td>
<td>225</td>
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<tr>
<td>5</td>
<td>Fedrico</td>
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</tr>
<tr>
<td>26</td>
<td>Gilliam</td>
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<tr>
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<td>Farris</td>
<td>140</td>
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</tr>
<tr>
<td>12</td>
<td>verBurg</td>
<td>124</td>
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</tr>
<tr>
<td>34</td>
<td>Dahlquist</td>
<td>120</td>
<td>1.00%</td>
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<tr>
<td>36</td>
<td>Orosco</td>
<td>116</td>
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<td>2</td>
<td>Bliss</td>
<td>107</td>
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<tr>
<td>38</td>
<td>Williams</td>
<td>68</td>
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<tr>
<td>43</td>
<td>Bowen</td>
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<tr>
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<tr>
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<tr>
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<td>Cordero</td>
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<td>42</td>
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<td>11</td>
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<tr>
<td>41</td>
<td>Uramga</td>
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<tr>
<td>22</td>
<td>Field</td>
<td>22</td>
<td>0.18%</td>
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<td>24</td>
<td>Grimm</td>
<td>22</td>
<td>0.18%</td>
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<tr>
<td>6</td>
<td>Castleman</td>
<td>20</td>
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<tr>
<td>15</td>
<td>Zitterkopf</td>
<td>19</td>
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<tr>
<td>31</td>
<td>Bloemen</td>
<td>18</td>
<td>0.15%</td>
</tr>
<tr>
<td>16</td>
<td>Ross</td>
<td>17</td>
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<tr>
<td>47</td>
<td>Dopf</td>
<td>17</td>
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<tr>
<td>30</td>
<td>Fields</td>
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<td>1</td>
<td>Lim</td>
<td>13</td>
<td>0.11%</td>
</tr>
<tr>
<td>4</td>
<td>Brooks</td>
<td>13</td>
<td>0.11%</td>
</tr>
<tr>
<td>37</td>
<td>Cunning</td>
<td>13</td>
<td>0.11%</td>
</tr>
<tr>
<td>10</td>
<td>Lagunas, Jr.</td>
<td>12</td>
<td>0.10%</td>
</tr>
<tr>
<td>25</td>
<td>Montaño</td>
<td>9</td>
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</tr>
<tr>
<td>35</td>
<td>Manning</td>
<td>8</td>
<td>0.07%</td>
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<tr>
<td>13</td>
<td>Wait</td>
<td>6</td>
<td>0.05%</td>
</tr>
<tr>
<td>19</td>
<td>Waronek</td>
<td>2</td>
<td>0.02%</td>
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<tr>
<td>Totals</td>
<td>11,992</td>
<td>100.0%</td>
<td></td>
</tr>
</tbody>
</table>

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

This article defines our guests from their neighborhoods during the month of January 2013. The average stay per guest is 3 nights.

**Arizona**
- Peoria
- Alturas
- Anderson (2)
- Angels Camp
- Arcata
- Belmont
- Burney
- Campbell
- Chico (4)
- Clearlake (2)
- Clearlake Oak
- Clovis
- Colfax (2)
- Corcoran (3)
- Corning (4)
- Crescent City
- Dunnigan
- Durham
- Elk Creek
- Eureka (2)
- Fairfield
- Fontana
- Foresthill
- Fresno
- Grass Valley (2)
- Greenville
- Gridley (3)
- Hayfork (2)
- Hayward
- Hidden Valley Lake
- Hoopa
- Janesville
- Lincoln
- Litchfield
- Live Oak

(Continued on page 4)

www.kiwanisfamilyhouse.org
Neighborhoods... not numbers! (Cont’d)

- Livermore
- Lodi (3)
- Los Molinos
- Magalia (2)
- Mammoth Lakes
- Manteca
- Mariposa
- McKinleyville
- Menlo Park
- Merced (2)
- Modesto
- Nipomo
- Oakdale (3)
- Olivehurst
- Orland
- Palo Cedro
- Pine Grove (2)
- Porterville
- Portola (3)
- Quincy
- Raisin City (2)
- Red Bluff (2)
- Redding (10)
- Reedley (2)
- Richmond (3)
- Riverside
- San Carlos
- San Francisco
- Sanger
- Smith River (2)
- Sonora
- South Lake Tahoe (3)
- Stockton (3)
- Strawberry Valley
- Suisun City
- Sunnyvale (4)
- Susanville (3)
- Sutter
- Tulelake (2)
- Turlock (2)
- Ukiah
- Union City
- Vacaville (4)
- Yuba City

Faces behind the numbers (Cont’d)

- Livermore
- Lodi (3)
- Los Molinos
- Magalia (2)
- Mammoth Lakes
- Manteca
- Mariposa
- McKinleyville
- Menlo Park
- Merced (2)
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- Suisun City
- Sunnyvale (4)
- Susanville (3)
- Sutter
- Tulelake (2)
- Turlock (2)
- Ukiah
- Union City
- Vacaville (4)
- Yuba City

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

Devlin Gantt from Austin TX is back row right. His daughter, Sandra Gantt, is front row right (in front of her dad). Sandra’s husband, Anthony Baxter, is shown holding their three-year-old son, Mark.

(Continued from page 1)

income source.
Neither of the couple will be generating income anytime soon.
The medical professionals have been carefully weighing options for saving Sandra and giving the baby an optimal chance for health.
Initially, the plan was to take the baby at 29 weeks. That plan has been revised; the baby will enter the world at 31½ weeks, the day after Christmas.
They expect the child to remain in neonatal intensive care for up to ten weeks while Sandra begins an aggressive cancer treatment regimen.
Devlin has faced painful circumstances before. He lost both of his parents when he was 18. His first wife died when she was just 33 years of age and Sandra was nine.
Five years later, he remarried and now has a seven-year-old daughter and a three-year-old son with his second wife.
On top of everything else, they face the current crisis in the midst of a home remodeling project that they have been forced to suspend with torn out floors. Devlin worries about the financial nightmare that he and his wife face. Sadly, they do not see any way to provide a Christmas for the young children at home.
Devlin states that it has all left his head spinning. He will have to return to Austin soon and does not know whether or when he will be able to afford to come back to support his family.
But in the despair, our Kiwanis Family House has been a welcomed source of comfort. “For the first time in my life, I feel that I have somebody to walk with me. Kiwanis is my rock right now. This place has taken a lot of pressure off me and I can relax a little bit.” Sandra and Anthony are also parents to 23-month-old Mark.

Colorado
- Fountain
- Idahoe
- Shoup
- Maine
- Readfield
- New Mexico
- Santa Fe
- Nevada
- Carson City
- Fernley
- Gardnerville
- Genoa
- Incline Village (2)
- Minden
- Reno (4)
- Sparks
- Wellington
- Texas
- Houston

Saturday
April 6th
Kiwanis
International
One Day Project
by Rita Beall

Has your club planned its Kiwanis One Day Project yet?
If not, why not plan to join the crew at our KFH on Saturday, April 6th, as they prune, mulch, plant, and generally cleanup for spring?
Led by Greater Sacramento’s arborist extraordinaire, Brian Davin, this day will include multiple projects for clubs from the Sacramento area and beyond, including Kiwanis Clubs, Key Clubs, and Circle K Clubs.
Want to be a part of this K-Family One Day project? Contact Gary Christensen at gjcsmc@aol.com or Brian Davin at treekare@yahoo.com for more information or to signup.

www.kiwanisfamilyhouse.org
Impressions
The monthly column
by Dan Germain
KFH House Director

“Hey, Family House, when are we going to receive our annual reminder that it is time to make our pledged contributions?”

We have fielded recent questions about the system we use to remind sponsor clubs and Friends of the Kiwanis Family House about their annual pledges and their opportunities to satisfy them. Admittedly, we are late this year with the annual sponsoring club dues invoices, largely because we have been developing a new, more effective system.

Hopefully, by the time you read this column, all sponsor clubs will have received their current-year reminder. Further, we hope that we identified all clubs that have already paid their annual dues even without receiving a reminder from us. In case we sent an invoice to your club after you had already paid, please disregard the mailer.

If your sponsor club has been waiting for the pledge reminder, we would greatly appreciate your timely response to it. The financial support is vital to our budgetary and operational decision-making. Of course, it also positively influences how effectively we are able to serve the families who depend on our services. I should also remind you that fulfilling your pledged dues obligation ensures that your delegate can attend the annual KFH meeting in June and participate in the election of new members of the board of directors.

If you are reading this and your club is not yet a designated KFH Sponsor Club, please call me or send me an email so that I can persuade you to become one!

As we reflect on the many ways Ki Family members continue to support the Family House and lend a hand to our many grateful guests, please help us remember and honor Buddy Howard. A resident of Yerington, Nevada who fought an eight-year battle with cancer, Buddy stayed at our KFH every time he flew to Sacramento for treatments and became one of our greatest ambassadors.

In a video segment, that is now a key element of our field presentations, Buddy conveys his deep love and respect for Kiwanis. “Kiwanians are very caring, loving people. They just can’t seem to do it enough.” We are certainly missing Buddy Howard.

Dan Germain (916) 736-0116

53rd Annual!
Yes, the Creelman-Francisco Classic is the oldest continuously operating charitable Gold Tournament in Kiwanis International.

• Thursday April 25th
• Davis Golf Course 24439 Fairway Drive, Davis, CA 95616 (530) 756-4010
• Shotgun start 1:00 p.m. BBQ Steak Dinner about 5:30 p.m.
• Cost $75 for Golf/Cart/Dinner
• Dinner only $18.00
• Raffle prizes
• Tee Sponsorships are $100.
• KFH is the beneficiary.
• More information: Chris Creelman <ccreelman@msimail.net>

Kiwanis Family House
March 2013 Wish List

March Priorities:
• New underwear and socks for kids and adults.
• Three or four electric can openers
• Three or four toasters
• Three or four manual can openers
• DVD movies

Office Supplies:
• 9” x 12” Brown Clasp Envelopes
• Yellow card stock, 8 ½ x 11, 67 lb.

Cleaning Supplies:
• Formula 409
• disinfecting wipes
• disinfectant spray
• Swiffer® All-Purpose Cleaning Solution
• Swiffer® pads (wet)

Personal Care Items:
• Hand sanitizer
• Kleenex or comparable tissues

Kitchen Supplies:
• Coffee
• Cookies

Kiwanis Family House, 2875 50th Street, Sacramento, CA 95817

If you wish to ship or mail them, here is a money saving way: Mail gift cards, to Sam’s Club or Costco Wholesale.

www.kiwanisfamilyhouse.org
Buddy A. Howard passed away on Saturday morning, February 9, 2013, at South Lyon Medical Center/Long Term Care, Nevada after a long battle with cancer. He was 62.

Buddy was born in Olympia, Washington, the son of Asa and Marjorie (Dean) Howard III.

Buddy was raised in Washington and then later moved to Raleigh, North Carolina where he began work for a Cable Company.

In the 1970’s he transferred to Yerington, Nevada. Here in Yerington he joined the Yerington/Mason Valley Fire Department as a Volunteer Firefighter.

He had also worked for Day and Zimmermann/Basil Corporation (DZB) in Hawthorne for many years.

Buddy married Debby Smith in Tahoe on December 24, 1982.

Buddy is survived by his wife, Debby, his daughter, Kelsey; his brother, Kevin Webley, his three sisters, Becky and her husband David Smith, Dorothy Matthews, and Jeanne Cheeseman; his mother, Marjorie and numerous nieces and nephews. He was preceded in death by his father.

House Director Dan Germain, and KFH Board Director, Rita Beall attended Buddy’s services in Yerington, Nevada on February 15th.

Rita Beall reports: “There were about 100 in attendance including Buddy’s wife Debbie and daughter Kelsey, whom we met. They, along with several family members and friends, expressed their sincere gratitude to KFH and to the staff members, including Mauda, Gary, and Bonnie, who took care of Buddy while he was with us.

“They also expressed their gratitude to the doctors at UCD Medical Center. There were several members of the Fire Department in attendance.

“It was a very nice service followed by a luncheon in the church hall.”

Buddy Howard was a long time guest of our KFH. He would be flown in to Sacramento Executive Airport by volunteers from Angel Flight West.

Angel Flight West is a nonprofit, volunteer-driven organization that arranges free, non-emergency air travel for children and adults with serious medical conditions and other compelling needs. The network of 1,600 pilots throughout the 13 western states donate their aircraft, piloting skills, and all flying costs to help families in need, enabling them to receive vital treatment that might otherwise be inaccessible because of financial, medical, or geographic limitations. Gary Christiansen would pick up Buddy at the airport and deliver him at the end of his stays.

Gary writes: “Buddy's passing has ended his journey of an especially harsh battle against cancer as he endured many surgeries, chemo and radiation treatments during his more than 60 visits to the UCD Medical Center since 2005.

“In spite of his severe pain and discomfort, Buddy was determined to beat his cancer while always maintaining a positive outlook. We were a witness to his bravery in the face of extraordinary circumstances and his sincere appreciation for the care and comfort the Family House staff provided him will continue to inspire us.”

“Buddy became a favored member of the Kiwanis family who will be fondly remembered by everyone who knew him.

“Rest in peace my friend.”

 Lynne Robinson (long tenured volunteer), “I certainly remember him. I remember Buddy as a man of great courage.”

President’s Message by Bill Hooper (Contd.)

Last year The Kiwanis Club of Lincoln pledged $25,000 to have a bedroom at the House named for them and issued a challenge to other clubs to do the same thing.

The Kiwanis Club of Carmichael accepted that challenge and has pledged $25,000 to sponsor a bedroom and Carmichael President Donna Miller passed the challenge on to other clubs. Will your club be the next to sponsor a room at Kiwanis Family House?

Special thanks go out to Karen Borman, Rita Beall, Bob Isaacs, and Dan Germain for planning this event. Thanks also go to the Kiwanis Club of Rancho Cordova for the beautiful decorations and the Kiwanis Club of Rancho Murieta for running the silent auction and raffle.

Also at 21st Annual Red & White was Dale Ingvardsen with wife Margaret. There would not have been a 21st Annual if it were not for Dale. He pioneered this event and gave leadership for decades.

Sacramento State Circle K members also did a great job supporting the event. The support from each of you throughout the District who attended is also appreciated by us and all our future guests at the House. Thank you!

Till Next Time,

Yours in Kiwanis Service, Bill bhoopklg56@comcast.net

Welcome Maine!

In January we had our first family from Maine. So Maine was the 45th state to join us.

Maine was not one of the 13 colonies, but entered the union as the 23rd state May 15, 1820.

www.kiwanisfamilyhouse.org
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 what 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”.

Vehicle donations needed!

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 it if it will cooperate in giving you the items to take and donate.

Our KFH gets money when we turn them in for recycling. Recycling money is “green” and spends the same way with a lessening on the KFH budget.

Become a KFH Team Member!
- 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 Dan Germain at: (916) 736-0116.

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

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

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

- Next day pick-up
- Non-runner ok
- No smog ok
- 100% tax deductible

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Contact House Director Dan Germain at: (916) 736-0116.
Cancer survivors, caregivers reach for physical health, emotional well-being "It gives students some control. When you have cancer you feel like you’ve lost control. Yoga offers a safe place for people to be with themselves." Dina Cataldo

Every week, yoga teachers Krista Rindell and Dina Cataldo lead a group of cancer patients, survivors and caregivers through an hour-long routine of Vinyasa yoga. In a meeting room on the UC Davis Health System campus, the yoga instructors direct and position their students through a powerful flow of movements, such as downward facing dog, warrior I, and crescent lunge. Vinyasa yoga focuses heavily on breathing practices and mixes active and passive poses.

The weekly yoga sessions bring many benefits to the students. Studies show that the practice of yoga aids cancer patients and their caregivers in stress reduction, improved sleep and lowered blood pressure.

Jack Sanders is a prostate cancer survivor. He takes the class and now tries to incorporate some of the stretches and moves into his personal daily exercise routine. For him, the benefits go beyond the physical.

Studies show that the practice of yoga aids cancer patients and their caregivers in stress reduction, improved sleep and lowered blood pressure.

"It teaches the idea of letting the cares of daily life float away," he says. "I started to really get the idea of the importance of the breath and posing." For people who have had cancer, yoga can be emotionally empowering, says Cataldo, 32, herself a breast cancer survivor.

"It gives students some control," she says. "When you have cancer you feel like you’ve lost control. Yoga offers a safe place for people to be with themselves."

Rindell, 24, says the practice "brings an awareness, a relaxing release," to participants.

"It builds strength and shows them that even though they are going through so much, their bodies are able to do more than they are aware they can."

Marlene M. von Friederichs-Fitzwater, associate professor of hematology and oncology, and director of outreach research and education at the cancer center, was instrumental in developing the yoga program.

"The studies tell us that it is an excellent way to help patients and survivors deal with insomnia, fatigue and even physical pain," says von Friederichs-Fitzwater. "It’s an excellent, gentle kind of body work you can do that actually relieves physical symptoms."

Rindell and Cataldo say they adapt the class to accommodate students at different stages of treatment and recovery. They move more slowly through some poses and sometimes hold poses a bit longer than is typical.

"We modify it a bit because the patients haven’t moved like this for a long time — or ever," says Rindell, who works by day as an administrative assistant in the Health Sciences Development office.

Cataldo began her yoga practice shortly after she was diagnosed with cancer in 2010. She says she was looking for a "lifestyle change," and yoga helped her to make a shift in perspective.

Prior to her yoga practice, she says she experienced much higher levels of stress in her job as a deputy district attorney for Sacramento County.

Now, she faces the same grueling deadlines, but doesn’t feel as much stress when they loom. She thinks yoga helped her make a mental shift.

“When you get to practice being calm, you seem to bring it out to your life,” she says.
“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.

Artwork left at our Kiwanis Family House by children
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

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.

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.