Become a Kiwanis Club Sponsor

For Kiwanis Family House (KFH) Sponsorship Club opportunities, download the Sponsorship at www.kiwanifamilyhouse.org. This form also includes information about the many types of sponsorships available.

Rights and Privileges of Kiwanis Family House Sponsorship:

- The right of voting privileges at the KFH Annual Meeting and any other Special Meeting that may be called by the Board with Notice as outlined in the Kiwanis Family House By-laws.

A Sponsor Club in *good standing* has the following privileges:

- The right of voting privileges at the KFH Annual Meeting and any other Special Meeting that may be called by the Board with Notice as outlined in the Kiwanis Family House By-laws.

(Continued on page 4)

President’s Message by Bill Hooper

Kiwanis One Day was a huge success at our Kiwanis Family House (KFH).

About 200 members of the Kiwanis Family showed up to work on a major cleanup of our KFH and the grounds.

We cleaned windows, painted, pulled weeds, planted trees, and installed new refrigerators.

Kiwanians and Service Leadership Program (SLP) members from four Kiwanis divisions provided great service and enjoyed Kiwanis fellowship and lunch. Thank you so much Brian Davin, Gary Christensen, and Dan Germain for your organization and leadership as well as all the Key Club, Circle K, and Kiwanis members who showed up to work.

What we accomplished in one day saved the House thousands of dollars and allowed all of us to get that good feeling that only comes when you know you made a difference. The strategic plan calls for major clean ups to take place each spring and fall and we look forward to seeing all of the great volunteers again in September.

On Saturday June 8th at 11:00 AM at Kiwanis Family House we will have our 29th annual meeting. All Sponsor Clubs in good standing are encouraged to attend the meeting and vote for the three directors whose terms will expire. The three Directors have indicated they will run for office again but others may also run if they choose. An approval from your club’s Board of Directors along with your letter of intent to run for the Board and a résumé must be given to the House Director by June 2nd in order to run.

Club presidents please watch your mail for the meeting notice. If you cannot attend the meeting please follow the instructions and name a proxy to attend.

(Continued on page 9)
**Kiwanis Family House**

**Board meetings**

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

2013  
May 9  
June 8 Annual meeting  
11:00 a.m. at KFH

**Important Dates**

**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

**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: Daniel Saulisberry (2015)

Past President: William (Rick) Dwyer  
UCDMC Liaison: J.P. Eres III  
Editor: John W. Seigal

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

Would you donate 3% of your supermarket shopping to our Kiwanis Family House?**
Kiwanis Family House, not in my backyard!

Report #131
Since October 1, 2001 to March 31, 2013, (the effective dates of this report), 12,299 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 943 families from outside Cal-Nev-Ha District (California, Nevada, and Hawaii). These 943 families come from:

Alabama     Missouri
Alaska       Montana
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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<tr>
<td>39</td>
<td>Thompson</td>
<td>3,390</td>
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<td>Ghag</td>
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</tr>
<tr>
<td>45</td>
<td>Baran</td>
<td>896</td>
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<tr>
<td>27</td>
<td>Goad</td>
<td>866</td>
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<tr>
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<td>McGrath</td>
<td>740</td>
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<td>Kocher</td>
<td>713</td>
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<tr>
<td>20</td>
<td>Hauser</td>
<td>486</td>
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<tr>
<td>23</td>
<td>Andrews</td>
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<tr>
<td>8</td>
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<td>368</td>
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<tr>
<td>32</td>
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<td>340</td>
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<tr>
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<td>McIntire</td>
<td>228</td>
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<tr>
<td>5</td>
<td>Fedrico</td>
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<tr>
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<tr>
<td>12</td>
<td>verBurg</td>
<td>127</td>
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</tr>
<tr>
<td>34</td>
<td>Dahliquist</td>
<td>123</td>
<td>1.00%</td>
</tr>
<tr>
<td>36</td>
<td>Orosco</td>
<td>117</td>
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<tr>
<td>2</td>
<td>Bliss</td>
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<td>38</td>
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<tr>
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<td>Field</td>
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<td>0.18%</td>
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<td>Grimm</td>
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<tr>
<td>15</td>
<td>Zitterkopf</td>
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<tr>
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<td>Bloemen</td>
<td>19</td>
<td>0.15%</td>
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<tr>
<td>16</td>
<td>Ross</td>
<td>18</td>
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<tr>
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<td>Dopf</td>
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<tr>
<td>1</td>
<td>Lim</td>
<td>15</td>
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</tr>
<tr>
<td>30</td>
<td>Fields</td>
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</tr>
<tr>
<td>4</td>
<td>Brooks</td>
<td>13</td>
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</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>
</tr>
<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>
</tr>
<tr>
<td>Totals</td>
<td></td>
<td>12,299</td>
<td>100.0%</td>
</tr>
</tbody>
</table>

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

This article defines our guests from their neighborhoods during the month of March 2013. The number in parentheses is the number of families.

Alaska
- Anchorage

Arizona
- Chandler

Canada
- Kamloops B.C.

California
- Alturas (3)
- Anderson (9)
- Aptsos
- Berry Creek (2)
- Bishop
- Ceres
- Chester
- Chico (8)
- Cloverdale
- Corning (3)
- Cottonwood (2)
- El Cajon
- Etna
- Eureka (5)
- Fairfield
- Fort Bragg (1)
- Fortuna
- Fresno (3)
- Gerber
- Grass Valley (2)
- Greenville
- Hidden Valley
- Hoopa
- Junction City
- Knightsen
- Leggett
- Lodi (3)
- Los Angeles (2)
- Los Molinos
- Manton
- Martinez

(Continued on page 4)
(Continued from page 3)

- Marysville (2)
- McKinleyville
- Mendocino
- Mira Loma
- Modesto (2)
- Mount Shasta
- Olivehurst
- Orland
- Oroville (6)
- Paradise (2)
- Paskenta
- Portola (2)
- Poway
- Quincy
- Red Bluff (5)
- Redding (5)
- Richmond
- Rio Dell (2)
- San Jose
- Santa Rosa
- seaside
- Smith River
- Sonora (2)
- South Lake Tahoe
- Stockton (3)
- Sunnyvale
- Susanville (5)
- Tracy (2)
- Tulare (2)
- Tulelake
- Tuolumne
- Twain Harte
- Ukiah
- Upper Lake
- Visalia
- Whitmore
- Williams
- Woodland
- Yuba City (2)

**Colorado**
- Littleton

**Florida**
- Tallahassee

**Idaho**
- Hailey

---

**Montana**
- Butte

**Nevada**
- Carson City (2)
- Fallon
- Fernley (2)
- Gardnerville
- Reno (2)

**Pennsylvania**
- Center Valley
- Chadds Ford

**Texas**
- Corsicana
- Friendswood
- Montgomery

**Utah**
- Layton

**Washington**
- Auburn
- Grapevine

---

**Results...**

The results are in from the 53rd Annual Creelman-Francisco Golf Classic. This golf tournament is the oldest continuously operating golf tournament in Kiwanis International.

It benefits our Kiwanis Family House. Committee Chair, Chris Creelman reports there were 111 golfers at the event, held on the last Thursday of April, at the Davis Municipal Golf Course, in Davis, California.

There were 92 who attended the steak dinner. “We raised over $7,000 for our KFH.

Besides our KFH, the big winner of the day was Bill Hooper who won the Low Net Trophy, and two out of three of the Cash Raffle drawings (donating a large portion of it back).

- Low Gross winner was Tim Ching of Roseville Kiwanis, shooting even par.
- The Low Net Team winners were from Woodland winning in a Tie-breaker over a Davis team.
- Scramble champs were Davis #3 team.
- Closest to the pin winner was Brian McLean from Roseville.

- It must be a Great Fun Time of a Fundraiser to get past Kiwanis Governor Tom Millham off the mountain for three years so far...we’re expecting him next year again...

---

(Continued from page 1)

- The right to volunteer any Sponsor Club member to serve on any Committee named by the KFH Board.
- The right to receive notice of and to attend all Monthly meetings of the Board of Directors of the KFH; to receive Official Minutes and Reports of meetings, Annual Statement of Financial Condition and all other Informational Reports issued by the Board.
- The right to receive the monthly issue of “House Talk”, the KFH newsletter, and the privilege of submitting articles concerning their sponsorship activities to the House Talk Editor for publication.

**Sponsorship Obligations**

Sponsor Club is obligated to pay one-time $500 sponsorship fee.

Sponsor Club is obligated to pay annual dues to Kiwanis Family House, as set forth in the KFH By-laws. Annual dues billed in October of each year.

Sponsor Club is obligated to make an additional annual donation from the proceeds of one or more fund raisers for a suggested minimum donation amount of $1,000.

Sponsor Club is obligated to actively support the fundraising project that benefit the Kiwanis Family House - sponsored by the board or member clubs.

Sponsor Club is obligated to contribute Service Hours to our KFH, either in the form of on-site volunteers, donations of food or items needed for operations, or to participate in a scheduled Maintenance Work Day.

Sponsor Club, by reason of their investment evidenced by the Certificate of Sponsorship, are obligated to keep their Club Members informed on the status and progress of the Kiwanis Family House, to arrange periodic visits to our KFH by Members and to support, wherever possible, future Resolutions/Amendments that may come before the California Nevada Hawaii District or Kiwanis International Convention for Delegates approval.

(Cont’d)
The lobby atrium at the nearby Shriners Hospital is a grand and picturesque setting. This venue will serve as the site for our inaugural Evening with the Stars of Kiwanis Family House, a VIP gala that will showcase Kiwanis Clubs and individuals who consistently provide significant financial support to the KFH. Please save the date of Saturday, July 20, 2013.

For 29 years, the Kiwanis Family House has provided temporary housing and support to more than 20,000 families of ill or injured patients being treated at UC Davis Medical Center and Shriners Hospital for Children, Northern California.

These are families we could not possibly have touched and served without the ongoing support of the Kiwanis Clubs which have proudly committed to annual KFH sponsorship. There are approximately 90 of them. Our KFH, a premier Kiwanis project, has been described by Immediate Past Kiwanis International President Alan Penn as "one of the top five high-impact projects in all of Kiwanis International."

I recently had the pleasure of making personal phone calls to the presidents of 11 Kiwanis Clubs which will receive special recognition at our gala. I enjoyed each call but was particularly excited about my call to Tom Petersmeyer from the La Cañada-AM club. La Cañada-AM has been a significant multi-year sponsor, largely due to the passion and advocacy of member Dave Hemstreet. Preliminarily, Mr. Hemstreet has indicated his availability to be on hand to accept his club's honor.

We value all of our sponsoring clubs, of course, but La Cañada-AM is a statement to us that we have outreach potential in the southern regions of our district.

Our strategic plan envisions building relationships in under-represented areas. We are not only committed to this vision but view it as critical to our ability to respond to continually increasing demand for our services.

I have also called these club presidents and given them advance notice of their clubs' selection for special recognition as Stars of the Kiwanis Family House:

- Vernon Brown, Kiwanis Club of Citrus Heights
- Dyann Branch, Kiwanis Club of Lincoln
- Pamela Haines, Kiwanis Club of Kiwanis Family House, Sacramento
- Virginia Macko, Kiwanis Club of Rancho Murieta
- Heather Jeffeson, Kiwanis Club of Greater Sacramento
- Donna Miller, Kiwanis Club of Carmichael
- Bob Achilles, Kiwanis Club of Auburn
- Roderick Hunt, Kiwanis Club of Folsom Lake
- Susan Hucroft, Kiwanis Club of Davis
- Allan Wooten, Kiwanis Club of Roseville

By the time this column is published, we will have compiled a similar list of individual Stars of the Kiwanis Family House and I will likely be making personal telephone calls to them as well. The stage will then be set for our inaugural showcase event on July 20. Event details will be announced in the near future.

"Speaking of our vision, the second annual Evening with the Stars of the Kiwanis Family House in 2014 will coincide with our 30th anniversary. By then, we hope to have added new Sponsor Clubs. If your club is not currently a KFH sponsor, please consider becoming one. Keep these commitments in mind as your club develops its 2013-14 budget. A one-time sponsorship fee of $500

- Annual dues of $100
- An additional annual donation from the proceeds of one or more fund raisers for a suggested minimum donation amount of $1,000.
- You can find an application on our KFH website. We would love to honor you and your club at our 30th anniversary gala in 2014.

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

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**Impressions**

*The monthly column by Dan Germain KFH House Director*

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**Kiwanis Family House May 2013 Wish List**

Our House Director always has a ready Wish List of items that are needed by our KFH. These items are usually readily available at a convenient store or perhaps you have them at your home. If you feel you can help out with an item, either take it to our KFH or give us a call at (916) 736-0116 to arrange a pick up.

### May Priorities

- Toilet Paper
- Kleenex® or comparable tissues
- Laundry Soap (Powdered)
- Bath Towels, white 30"x52"
- New underwear and socks for children and adults

### Vending Machine Stock:

- Pepsi, Diet Pepsi, Diet Coke, Fanta Orange, Diet Mountain Dew, Dr. Pepper, Diet Dr. Pepper, A&W Beer, 7up, Diet 7up

### For The Guest Rooms:

- Hand towels, white, 16"x30"
- Wash cloths, white

### Cleaning Supplies:

- Clorox® or Lysol® disinfecting wipes
- Bleach
- Swiffer® Wet Jet mop
- Swiffer® All-Purpose Cleaning Solution
- Cleaning pads for Swiffer® Wet Jet mop

### Personal Care Items:

- Hand sanitizer

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

**Kiwanis Family House**

2875 50th Street, Sacramento, CA 95817

www.kiwanisfamilyhouse.org
Kiwanis One Day was April 6, 2013. Each year, Kiwanis clubs around the world join in a day of service. It’s a global effort, but it’s made of personal commitments. Kiwanis One Day consists of the involvement of Kiwanis club members around the world. It begins with the club’s participation and extends to the impact made on the community. The results: an international spirit of service that inspires people worldwide.

April 6th turned out to be a resounding success at our Kiwanis Family House, on the campus of UC Davis Medical Center, Sacramento, California.

More than 200 Kiwanians, Key Clubbers, and Circle K members swarmed into the KFH at 9:00 a.m.

They came from all of the local clubs as well as the Kiwanis Clubs of Greater Napa; Walnut Creek; Antioch; Moraga Valley. A Kiwanian from Moraga Valley who is a double amputee from Vietnam war injuries showed up with a check for $1,000 from Moraga Valley - he then wheeled himself to the back end and helped pull weeds - and I’m sure he worked other places that I didn’t hear about.

Kyle Prado, Service Vice President of Circle K International, UC Davis, emailed me:

“Hi! Thank you for helping coordinate Kiwanis One Day! UC Davis Circle K had a great time doing community service while interacting with the Kiwanis Family. Many bonds were formed as we got to know Key Clubbers and Kiwanians throughout the area through service. I am excited for our club to continue to volunteer with the Kiwanis Family House in the future. Thank you so much!”

I’m sure everyone who was there would echo Kyle’s comments.

Brian Davin managed the tree planting and weeding crews. Starting from the playground area, the tree crew planted 13 of the 21 trees. The ground was too wet which made it really tough to cultivate the ground for the tree placement. The eight unplanted trees are near the dumpster but I will come in Monday to move them to behind RV 7 parking slot as we need to water them daily until they can get planted.

For the most part, the entire site was weeded with the dumpster overflowing with weeds. My brother Dan and his crew painted the wood trim on the side of the KFH, and Key Clubbers sanded and scrapped the metal doors so they are ready for spray painting, which should happen within two weeks.

Calvin Hara, Jon Merker, and Jim McKelligan from the Kiwanis Club of Sacramento Suburban managed the refrigerator change out, which was a major undertaking.

Before the truck arrived (at about 11:00), the crew pulled out all of the old refrigerators that didn’t have food in them. They cleaned the counters and floors where the refrigerators had been. Before Katie Marquez from Standard Appliance and HVAC Supply arrived, we had 12 of the old ones spoken for.

Katie said they were only taking them as a favor to us, so we ended up keeping all 24, which should all be picked up by tomorrow by the recipients. Katy was extremely helpful and helped any way she could, including going out to buy some 3-outlet plugs to accommodate the new refrigerators.

Bob Isaacs used the hot dog cart set up at the RV area, and along with Al Lopez and Bobby Santos, served all 200 hot dogs, running out of hot dogs with a line of about 30+ people wanting more hot dogs. Bob Isaacs and Bill Hooper went to buy more but ran out of time to cook them before the event was over. Not sure if everyone got at least one hot dog. I hope so.

Bobby Santos also ran a crew to level off the new smoking den area. Brian Davin is going to use the excess dirt they dug out to use as fill for the new trees.

Mary Hale had a crew deep cleaning the kitchens. Andrea Clark managed a crew to wash all of the store front windows, including the ones in the two courtyards. John Winn managed a weeding crew, Emily Chirk and Circle K folks from Sac State painted all of the dwarfs which really look great, Dan Saulisberry was there to apply sealant to his bricks and slate rocks, Marty managed a crew to sort clothes (the clothes closet looks great. Right after they finished, Dixon club president Suzanne Lorente showed up with four more boxes of clothes that still needs to be sorted.) Rick Dwyer, George Blaufus, and Rod Nishikawa managed a crew who cleaned up the barbecue area and the barbecue and installed all of the bricks.

To sum it all up, “A most satisfying day for sure.”
History:

Kiwanis One Day finds its origin in the Cal-Nev-Ha District. It started off as a one day of service labeled: TOTAL K. Terri Neumann was the governor.

When House Talk inquired about this recently Gov. Terri replied.

“Our District’s first TOTAL K was 2000.

“I started it to give our Kiwanis Clubs and Service Leadership Program clubs an opportunity to do a service project together, allowing the Kiwanis clubs to identify a project that perhaps they could not undertake on their own.

“The only rule was ‘It cannot be a fund raiser’.

“It’s Success - thanks to the membership - was beyond my wildest dreams. When Nelson Tucker was Kiwanis International President (2006-07), he received Board approval to make it a global day of service and it then became Kiwanis One Day.

“That’s the history. And thanks for asking. I’m proud of creating this day of service but even prouder that the Kiwanis world continues to embrace it.”
Our Vision is to continually provide convenient, restful, secure, and low-cost accommodations for the families of patients being treated at the UCD Medical Center or at Shriners Hospital.

Our Values are guided by the Kiwanis International Motto: “Serving the Children of the World.”

The Kiwanis Family House was built through the efforts of many Kiwanis club volunteers from the Sacramento area. We opened on July 23, 1984 to answer an urgent need for temporary housing for the families of pediatric patients at the UCD Children’s Hospital in Sacramento.

Kiwanis Family House

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Exercise is like medicine for your body!

- Some people join a health or fitness club (costs money).
- Some people jog (costs money for special shoes, and be sure the areas you jog are safe).
- Some people like to cycle (cost money for a bicycle and watch out for cars and motorcycles).
- Here is a way to safely exercise and contribute to our KFH. Set up a schedule to cut the grass. It is safe, fresh air is good for you, and you provide a needed service. Call Dan Germain (916) 736-0116.

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.
- Adopt an odd day to work, such as the 5th Saturday or week day.
- 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.
Ways to support our Kiwanis Family House...

Vehicle donations needed!

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”.

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 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.

Gifts of Appreciated Securities

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

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

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

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

Check with your Tax Advisor or IRS.

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 any one away for lack of payment.

www.kiwanisfamilyhouse.org
Small Molecule Unlocks Key Prostate Cancer Survival Tactic

The most recent in a series of studies from a team at the UC Davis Comprehensive Cancer Center has shown that a single molecule is at the heart of one of the most basic survival tactics of prostate cancer cells.

A paper published by the Public Library of Science identifies a microRNA called miR-125b as a potential target for treatments designed to stop the proliferation of prostate cancer cells, particularly in patients who have developed a late-stage form of the disease resistant to androgen deprivation therapy.

MicroRNAs are small, single strands of RNA that regulate gene expression processes between larger strands of RNA — that is, they play vital roles in turning genes on and off. RNA, or ribonucleic acid, is a family of large molecules involved in the coding, decoding, regulation and expression of genes.

The team, led by UC Davis urology professor Ralph de Vere White, director of the comprehensive cancer center and senior author on the study, had found in previous studies over the last several years that miR-125b is highly expressed in human prostate cancer, turning off some tumor genes that if left unaltered would have made therapy more effective. This was particularly true at the point in late-stage treatment when patients’ levels of testosterone, or androgen, have purposely been lowered as a form of treatment for metastatic prostate cancer. Testosterone is a driver of tumor growth.

“Our latest research demonstrates that elevated MiR-125B in prostate cancer cells is a mechanism that thwarts our efforts to eradicate the disease,” said de Vere White.

The UC Davis study details exactly how miR-125b represses a protein called p14ARF in two prostate cancer cell lines and in a mouse model. The study is important because it is the first to identify miR-125b as a direct regulator of p14ARF in metastatic prostate cancer cells.

p14ARF is an important link in the pathway between two genes that suppress prostate cancer cells, p53 and PUMA. When miR-125b downregulates p14ARF, p53 is restrained from its job of killing cancer cells. Treatment of prostate cancer cells with an inhibitor of miR-125 results in increased expression of p14ARF and full functioning of p53, leading to the death of prostate cancer cells, known as apoptosis, and a concomitant slowing tumor growth.

This is known as a p53-dependent pathway; there’s also a p53-independent pathway, and miR125b downregulates that as well. Thus this paper shows that, through its manipulation of p14ARF, miR-125b is a major modulator of cell death, whether p53-dependent or independent. Since all prostate cancer cells are one or the other, this phenomenon impacts all of them, which makes miR-125b an important molecule in the progression of prostate cancer.

“These latest findings reinforce our belief that miR-125b has potential as a therapeutic target for the management of patients with metastatic prostate cancer,” said de Vere White. “We’re pleased that these data build so successfully on our earlier studies of miR-125b and bring us closer to patient treatment.”

UC Davis Comprehensive Cancer Center

UC Davis Comprehensive Cancer Center is the only National Cancer Institute-designated center serving the Central Valley and inland Northern California, a region of more than 6 million people.

Its specialists provide compassionate, comprehensive care for more than 9,000 adults and children every year, and access to more than 150 clinical trials at any given time. Its innovative research program engages more than 280 scientists at UC Davis, Lawrence Livermore National Laboratory and Jackson Laboratory (JAX West), whose scientific partnerships advance discovery of new tools to diagnose and treat cancer.

Through the Cancer Care Network, UC Davis collaborates with a number of hospitals and clinical centers throughout the Central Valley and Northern California regions to offer the latest cancer care. Its community-based outreach and education programs address disparities in cancer outcomes across diverse populations.

For more information, visit cancer.ucdavis.edu.
"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.

Dear Editor: “I want to tell all about the Kiwanis Club of KFH, Sacramento March-N-March 2013 “It was a beautiful day in the neighborhood for the third annual March-N-March fund raiser for the Kiwanis Family House.

“Over 100 participants from 15 Kiwanis families (the Kiwanis clubs and Service Leadership Programs (SLP) together) walked and ran around our KFH on March 3rd from 10am to noon. Larry and Norma Montna prepared a delicious pancake.

“At 9:30 a.m. all the participants joined hands around our KFH to symbolically show their support for this wonderful project. At 10a.m., the official 2 hour walk started. "The Kiwanis Club of Lincoln had the most participants present and this year that resulted in winning the KFH brick for most total laps of a Kiwanis Family. One of their participants, Lincoln High School Key clubber Pascual Marquez III showed the most “hustle” and completed 41 laps (that’s 10.25 miles!) before the end of the competition at noon. That earned him a KFH shirt as a prize.

“The Kiwanis Club of Woodland won the KFH brick for most money donated by a Kiwanis Family ($950). Pamela Haines, current president of the Kiwanis Family House, Sacramento Club won a KFH shirt for the largest individual donation ($250).

“We would be remiss in our accolades if we did not mention Russell Pullman. He brought a substantial donation from his home club, Kiwanis Club of Woodland and he completed 30 laps (7 ½ miles). He might have been the most senior walker present (we don’t ask anyone’s age unless they are proud of it and want to tell us). He has been a great supporter of our KFH and our March-N-March walk-a-thon, rain or shine.

“A suggestion for saving up money for the March-N-March is to fill a standard water bottle with dimes. It’s amazing how quickly it is filled and a full bottle holds about $100!!! “The Kiwanis Family House, Sacramento Club, exists to support our KFH. We are already planning a March-N-March for 2014. The goal is to make it bigger and better for the benefit of KFH.

“We raised over $3,000 this year that has already gone directly to KFH. We support other club’s events that benefit our KFH (e.g. Creelman-Frisco Classic Golf Classic and the upcoming Course of Dreams golf course event in June) as well as sponsoring two Key Clubs and co-sponsoring another.

“A major project we are working on in cooperation with the KFH board is the Associate Ambassador program. KFH board members are each Ambassadors for 6 to 10 Kiwanis clubs that sponsor our KFH. Our club is ready to help coordinate each Ambassador’s ties with the sponsoring clubs. We will be seeking an individual in each sponsoring club to make sure the club’s annual $100 dues are paid to KFH, that there is an annual ‘major’ fundraiser planned and implemented for KFH, and be able to have a KFH moment at each home club meeting without being fined. We have a very special name badge holder to identify that special person who will be the Associate Ambassador for their home club on an ongoing basis.

All this has happens with eight members, seven of whom are dual members. We encourage and welcome new members to our Kiwanis Family House, Sacramento Club. We meet the first and third Friday of each month at noon at our KFH.

Contact me: Pamela Haines, 2012-2014 Kiwanis Club of KFH President, for further information at (916) 354-9786.

“Dear Editor:

“Thanks for sharing.

“I enjoy reading about your continuous efforts at the KFH and thoroughly enjoyed my recent visit.

“I encourage my fellow Trustees and current Lieutenant Governors who have not yet experienced your project to avail themselves of a visit to the KFH.

“Keep up the wonderful work.

Walt Schuette
District Trustee, Region 2

“Dear Kiwanis House:

“Thank you so much got your hospitality, while my son had surgery at Shriners.

“When we left Sacramento we had forgotten our medication in one of the drawers. Your staff promptly called us and mailed it back to us with overnight delivery. We appreciate the gesture, enclosed is a money order to cover the expense. Thank you again.”
**KFH Ambassadors and their assigned clubs**

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<td>Brentwood</td>
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<td>Carmichael</td>
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<td>Carson Valley</td>
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<td>Carson City</td>
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<td>Citrus Heights</td>
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<td>Dayton Township</td>
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**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

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**Eliminate Project**

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.

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**KFH Ambassadors and their assigned clubs (Cont’d)**

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**Kiwanis’ best kept secret!**

The possible origin of the ambassador program

Over a decade ago, our Kiwanis Family House board and others who were involved with our Kiwanis Family House would be saying: "Our Kiwanis Family House program is the best kept secret in Kiwanis. The only people who know about what we do are ours guests; UC Davis Medical Center, and most of the Kiwanians in Kiwanis Divisions 7 and 44 in the Cal-Nev-Ha District of Kiwanis International.

History does not record the KFH board member who probably stood up and one day, and asked "Why are we such a secret?" "Our mission is too important! We attract guests from most of the 50 states and about 20 countries from around the world. We need financial support from Kiwanis Clubs from beyond Divisions 7 and 44, to support our guests."

- Now our KFH had its own newsletter, House Talk.
- Our KFH had informational booths at the District Mid-year conferences.
- Our KFH had informational booths at the District Conventions.
- Our KFH had informational booths at the Kiwanis International Conventions.
- The Sponsor Club program was launched.
- Our KFH Ambassador Program was launched. The dictionary defines "ambassador as an official envoy; an authorized representative or messenger." To have a Sponsor Club is one thing, but communication is a two way street.
- Ambassadors are here to inform.
- Ambassadors are here to listen.
- Ambassadors are here to remind.
- Ambassadors are here to answer any questions.
- Ambassadors are here to offer suggestions.
- Contact your club’s ambassador from the list published.

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.