



August 2020

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WHAT WOULD A KINDER WORLD LOOK LIKE?

*From Kiwanis International Newsletter
communications@kiwanis.org*

The world can sometimes feel like an overwhelming place. Millions of kids suffer from poverty, lack of food, no access to education or health care. The problems are big — but the good news is that there are often small ways to help. How can we create a kinder world for others as well as ourselves? Keep scrolling for examples of acts of kindness from Kiwanis clubs around the world, and ideas you can try now

Science says: Be kind - You'll feel better, as will others. Kindness is contagious.

Did you know that science plays a role in how kindness affects our brains and our bodies?

"I call it the 'trifecta' effect," says Brooke Jones, vice president of the Random Acts of Kindness Foundation. "We all know that when we commit an act of kindness or receive one, we feel good. There is an increase in oxytocin, serotonin and dopamine as well as a decrease in cortisol. But what most people don't know is that the person who witnesses an act of kindness has the same physiological response in their body with the same increases and decreases in those chemicals. Oxytocin, serotonin and dopamine are 'feel good' chemicals that aid in lowering blood pressure, improving overall heart health and help us feel calmer and less depressed. Cortisol is the 'stress' hormone that has been found to decrease in the bloodstream when people regularly participate in kind acts."

So, if science proves kindness can make us feel better (in addition to being better), is there a way to learn how to be kinder? Can we change the emotional well-being of the world with kindness? Jones says "absolutely." And in fact, that's what staff at Random Acts of Kindness strive for every day with free kindness curriculum for students. Globally, the RAK curriculum reaches more than 2 million students a year.

"We know it can be taught," she says. "One of the resources we offer is an evidence-based curriculum rooted in kindness. It has a full year of lesson plans covering concepts like compassion, respect, responsibility, integrity and gratitude. When we practice kindness and begin to embody it, we are naturally teaching others why it's important."

Here are some tips from RAK on how to spread and create kindness:

- Be kind to others: Text someone good morning or goodnight. Write a positive review for your favorite local business. Bring in your neighbor's trash bin. Gift an inspirational book.
- Be kind to the environment: Conserve water. Eat local. Adjust your thermostat. Pay bills online.
- Be kind to yourself: Set goals. Start an exercise routine. Eat well. Learn a new skill.

Calendar

All meetings subject to change depending on Covid19 issues.

Meeting Dates:

Aug 4: - Regular meeting
Zoom, 11:45 a.m.

Aug 11: Regular meeting
Zoom, 11:45 a.m.

Aug 18: Regular meeting
Zoom, 11:45 a.m.

Aug 20: Board of Directors meeting, by Zoom.

Aug 25: Evening meeting
Zoom, 11:45 a.m.

Aug 29: Brandt's Beach BBQ.
Canceled.

Other August Dates

August 13-15: 2020 District Convention - Nugget Casino Resort, Sparks, NV. Canceled.

The Healdsburg Kiwanis Club meets Tuesday noon at the Villa Chanticleer Annex except the last Tuesday of the month is an evening meeting, 6:30 PM Social, 7:00 PM Meeting.

For information about the Healdsburg Kiwanis Club Contact Terry Kemp, President at (707) 272-8849 or Liz Bippart, secretary at 227-4314.



**Kiwanis ----- Serving the
Children of the world®**

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OFFICERS 2019 – 2020

President – Terry Kemp
President Elect – Anna Grant
Secretary - Liz Bippart
Admin. Treasurer- Richard Bugarske
Project Treasurer - Ron Doble
Past President – Loretta Strong

Board of Directors

Barbara Erickson Susan Sheehy
Anna Grant Jerry Strong
Jan Gianni Eric Smith
Bob Santucci Cody Thompson

**Memorial Scholarship
Board of Directors**

Dan Maraviglia, Chair
John (Jack) Brandt Randy Collins
Ron Doble Guy French
Vern Losh Dennis Stead

The Builder

Harry Jackson, Editor
Kelly Blanchard, Facebook
Arnold Santucci, Sr. Advisor
Richard Iverson, Member

Happy Birthday

Don Marshall – August 3
Ron Doble – August 3
Judith Everett – August 4
James Lucchesi – August 4
Susan Sheehy – August 17
Rick Anixter - August 19
Chase Conley – August 22

Kiwanis Anniversaries

Congratulations to the following
members who joined the Kiwanis Club
during the month of August:

Diana Blakeley – 8-6-13
Chase Conley – 8-6-13
Jason Boaz – 8-9-16
Barbara Erickson – 8-14-18
Lockie Gillies - 8-28-12 (5-14-02)

The President’s Message

Dear Kiwanis family,

I want to start out by thanking you for all your kind words and thoughts during this crazy time. It definitely gives me strength.

It was great to see each one of you in person, but I think we are doing the right thing going back to meeting on Zoom.

We had a great evening meeting last night with many ideas on building a Legacy fund that has many options for those choosing to give. Our beloved Dick will be sending out some of the ideas as well as volunteer opportunities so that we can continue to help our community.

I am so excited that Laurie Kneeland will be our Lt. Governor. She has a good heart and is a smart cookie so I think that it will be a fun year. Please send her lots of love and support during this challenging time of unknowns.

Continue to keep your chin up and have faith, this too shall pass.

So proud to be part of this family.

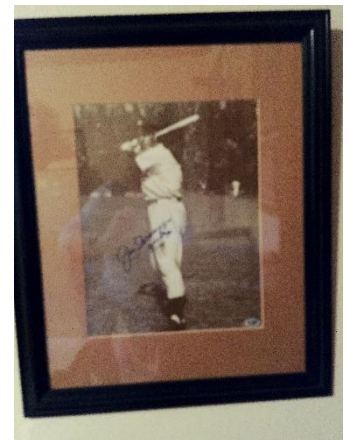
Healdsburg Kiwanis Rocks!!!!!!

Terry

Virtual auction fundraiser

Since Brandt’s Beach BBQ has been canceled, Denny Stead is hoping to replace some of the fund raising by holding a virtual auction. For this event to be successful, at least 20 items of some major value are needed. So far 5 items have been collected. Denny is reaching out to club members hoping for a good response with donations of interest and value that are saleable. Denny would like to hear from anyone that has something they can donate.

The Sebastopol club recently had a similar auction with about 200 items, grossing a little over \$20,000. We believe that fewer items, but of better quality would be the key to a successful fundraiser.



**Autographed photo of
Joe DiMaggio, the
Yankee clipper,
valued at \$900**



**All dressed up and no place to go
Save the stuff for next year**

Board of Directors Meeting

There was no formal Board meeting in August. There was a discussion at the membership meeting at Brandt's Beach on July 15 regarding a proposed fundraiser matching challenge, that will be taken up at a future Board meeting. See following discussion.

Fundraiser matching challenge proposed

Our club has received an anonymous letter from a club member who proposes that our club sponsor a funding challenge for the Memorial Scholarship fund and has offered \$25,000 in matching funds.

After receiving this letter, at the following Zoom meeting it was agreed that the best next step would be to present all members with written information defining our current four funds and how they work and differ, while also soliciting suggestions for what types of projects or scholarships the new Children's Legacy Fund could support.

Once this process is complete, the Board can best decide how to structure a Campaign or Letter of Solicitation to current and former members to issue a Funding Challenge.

At following meetings there was discussion about our four Club Funds and about ways to fund our new Endowment/Legacy Fund. The Endowment/Legacy Fund will function like the Scholarship fund. The corpus will grow and eventually the earnings will be available for use. Typically, 3% is the anticipated amount available each year. It would be prudent to not begin using the earnings until the corpus grows to \$50,000 to \$100,000, enabling withdrawals of \$1500 to \$3,000 per year.

So, how do we describe and market the Endowment/Legacy Fund? Many suggestions were discussed:

- Scholarships for students becoming nurses.
- Certified Nursing Assistant (CNA) certification. (\$1,500 course)
- Scholarships for studying the fine arts.
- Capital projects primarily for children.
- Vocational education – carpentry, electrical, plumbing etc. Suggested title: The Arnold Santucci _____ Scholarship. Arnold has

always strongly emphasized the importance of this type of education/training.

- First responders.
- "Donor Advised Donations" (IRS definition) that could be used upon receipt.

Dick Bugarske has prepared the flyer reproduced on the following page that presents the consensus of the discussions. The flyer describes the Scholarship Fund and the Children's Legacy Fund – historic information, their objectives and how they function.

Troop 21 Eagle Scout Candidate completes service project

Healdsburg Troop 21 Scout Ben Stevens has completed his Eagle Scout project by donating 300 to 400 bottles of hand sanitizer to Reach for Home, Catholic Charities and the Redwood Gospel Mission. Ben collected hand sanitizer donations from local distilleries and wineries. He obtained labels and plastic bottles and bottled and labeled the sanitizer for use.



Ben plans to attend the University of Denver this fall majoring in international business.

Members sheltering in place

Nancy Arsenault

I have just returned home from traveling to Southern Utah visiting their five national parks. And, although it was very hot, the beauty was ever present (see above photo at Bryce). Also, I soon will be traveling to Orange County to visit my son, Paul, for a week. The mask and social distancing regulations vary from state to state, but we all social distanced and stayed safe on the trip. I hear we are back to Zoom meetings for the short term. Ah, shucks! I miss the human contact but look forward to seeing your smiling faces on Zoom. Blessings to you all.





Healdsburg Kiwanis Scholarship Fund

In 1931, the Healdsburg Kiwanis Club established a fund to provide scholarships to Healdsburg High School students. This year was the 90th consecutive year the Healdsburg Kiwanis Club has awarded scholarships to HHS Seniors. Over the years the fund became a 501(c)3 nonprofit and has grown large enough to provide close to \$14,000 in scholarships each year. Donations to this fund continue to build the capital amount and come from generous donors and profits from the Fitch Mt. Footrace held in June of each year.

During the past ten years, the Healdsburg Kiwanis Club has awarded 115 scholarships to deserving HHS students. The recipients were 56 boys and 59 girls. 37% of the recipients were of Latin American heritage. Students typically receive awards from \$1000 to \$2000 each.

Healdsburg Kiwanis Children's Legacy Fund

The mission of the Healdsburg Kiwanis Children's Legacy Fund is to develop resources that transform the goodwill and vision of Kiwanians into programs that serve the children of Healdsburg.

On Nov. 3, 1923, the Healdsburg Kiwanis Club received it's Charter. The following week, the Club raised \$2,000 (\$30,000 today) for the nurses of the Red Cross. Four months later, in March of 1924, our Club began helping the Parent Teachers Association by paying for hot lunches for local elementary school children. Since 1923 our Club has supported the children and community of Healdsburg both in deeds and support approaching 10 million dollars.

The Healdsburg Kiwanis Children's Legacy Fund is part of our 501(c)3 tax deductible Foundation Fund that was transformed in 2019 to provide a source of support for the youth of Healdsburg both now and into the future. The Children's Legacy Fund has two elements for donations:

Element #1

Donors can make legacy donations that will grow the corpus so that in the future, interest earned will be used by the Club to support the youth of Healdsburg and beyond.

Element #2

Donors can make Donor Directed donations that can be used by the Club immediately.

Emphasis for use of the Children's Legacy Fund will include nursing, first responders, fine arts, the trades and environmental stewardship.

Cindi Brown

I inspected my hives today. I don't think I will get as much honey this year.



The girls building honeycomb and tending to the capped brood



View of open hive

There is more honey in this box, about 30 pounds. When the 8 frames in the box are loaded with honey, it weighs about 50 pounds. I hope my back holds out this harvest season (Sept./Oct.).

Jerry and Lorretta Strong

We needed to get away, so we spent 3 nights in Morro Bay celebrating Anniversary No. 39. A beautiful drive in both directions and not very crowded!

Denny Stead

Since Brandt's Beach BBQ has been canceled, Denny needs something to do so he has taken on the job of planning and collection of items for our proposed virtual auction fundraiser (page 2).

Denny's monthly joke:

This story happened a while ago in Dublin, and even though it sounds like an Alfred Hitchcock tale, it's true. *Believing this statement is optional - hj*

John Bradford, a Dublin University student, was on the side of the road hitch-hiking on a very dark night and in the midst of a big storm. The

night was rolling on and no car went by. The storm was so strong he could hardly see a few feet ahead of him. Suddenly, he saw a car slowly coming towards him and stopped. John, desperate for shelter and without thinking about it, got into the car and closed the door... only to realize there was nobody behind the wheel and the engine wasn't running!

The car started moving slowly. John looked at the road ahead and saw a curve approaching. Scared, he started to pray, begging for his life. Then, just before the car hit the curve, a hand appeared out of nowhere through the window, and turned the wheel. John, paralyzed with terror, watched as the hand came through the window, but never touched or harmed him.

Shortly thereafter, John saw the lights of a pub appear down the road, so, gathering strength, he jumped out of the car and ran to it... Wet and out of breath, he rushed inside and started telling everybody about the horrible experience he had just had. A silence enveloped the pub when everybody realized he was crying... and wasn't drunk. Suddenly, the door opened, and two other people walked in from the dark and stormy night. They, like John, were also soaked and out of breath.

Looking around, and seeing John Bradford sobbing at the bar, one said to the other "Look Paddy... there's that stupid idiot that got in the car while we were pushing it!"



Thought for the day

The first apple

A woman ran a red traffic light and crashed into a man's car. Both of their cars are demolished, but amazingly neither of them was hurt. After they crawled out of their cars, the woman said; "Wow, just look at our cars! There's nothing left, but fortunately we are unhurt. This must be a sign from God that we should meet and be friends and live together in peace for the rest of our days." The man replied, "I agree with you completely. This must be a sign from God!" *(continued page 6)*

The woman continued, "And look at this, here's another miracle. My car is completely demolished, but my bottle of 75-year-old scotch didn't break. Surely God meant for us to drink this vintage delicacy and celebrate our good fortune."

Then she handed the bottle to the man. The man nods his head in agreement, opened it, drank half the bottle and then handed it back to the woman. The woman took the bottle, immediately put the cap back on, and handed it back to the man. The man asks, "Aren't you having any?" She replies, "Nah. I think I'll just wait for the police."

Some years ago, Adam ate the apple. Men will never learn!

Special Birthdays



Harry Jackson

Harry asked everyone in attendance at Brandt's Beach to sing him a special happy birthday song.

**HEALDSBURG KIWANIS CLUB
P.O. Box 1156
Healdsburg, CA 95448**