



This Week in Kiwanis (TWIK)

NOVEMBER 1, 2018

This Week's Morning Meeting

Nov 1
Al Ortega –
KFH – Dan (Tentative)

Upcoming Meetings

(Morning)

Nov 8 - Morning
The Bakers –
Crab Feed Update

(Evening)

Nov 8 - Evening
Mary Moore -
Scott Wallace -
Radio Branch Manager for
California Office of Emer-
gency Services Public Safety
Communications
(CalOES PSC)

Please provide your items to be included in the TWIK to John Draper before 6:00PM the Tuesday before the meeting.

This Week's Announcements

SERVICE COMMITTEE -

- > The Babcock shoe drive distribution will be on Thursday (11/1). **All volunteered who signed up, please be at school by 8:00 am.**
- > This month, we are kicking off our Stocking for Chemo patient's drive. Details to follow.
- > Stay tuned for our Adopt a child project in December.

REGIONAL TRAINING CONFERENCE -

November 10, 2018 - 8AM to 11:30AM
Bayside Church, 501 B Street, Galt, CA 95632
\$8.00 per member, make checks payable to Tony Montalbo, memo line RTC,

HOLIDAY PARTY - Saturday November 17th 3 pm - 6pm

Julietta Winery 51221 Clarksburg Rd, Clarksburg, CA
This event will be a Kiwanis "Friendsgiving" Pot luck. There will be a sign up sheet for the meal that will consist of a Thanksgiving/holiday meal. Beverages will not be permitted in but wine by the glass or the bottle are available for purchase. I will provide bottle water as an alternative.

We will keep our tradition of our White Elephant Gift Exchange as well as other games and fun. This is a great opportunity for all of our members to come together in a relaxed atmosphere and share great food and fun. We are hopeful that all members will make time for this holiday club event!

KIWANIS FAMILY HOUSE ROOM REFRESH - The work to refresh the room, our club sponsors at KFH,, will probably be scheduled over a week-end in January. 2019. New bed linen, a lamp (that sits on a nightstand between two beds), bathroom shelving and any art-work will need to be acquired. In addition to the painting, a chair rail will be added to the room with darker tone of paint below. If you would like to assist with any aspect of this project, or have questions, please contact John Draper.

MEALS ON WHEELS - Each Thursday members of our club drive one of the Meals on Wheels routes to deliver nourishing, hot meals to shut-ins. Below is our upcoming driver schedule for Meals On Wheels deliveries.

11/1-Jo 11/8-The Bakers 11/15 Yoli 11/22 - Cecilia & Fran 11.29 -

OBJECTS OF KIWANIS

TO GIVE primacy to the human and spiritual, rather than material values of life.

TO ENCOURAGE the daily living of the Golden Rule in all human relationships.

TO PROMOTE the adoption and the application of social, business and professional standards.

TO DEVELOP by precept and example a more intelligent, aggressive and serviceable citizenship.

TO PROVIDE through Kiwanis Clubs a practical means to form enduring friendships, to render altruistic service and to build better communities.

TO COOPERATE in creating and maintaining sound public opinion and high idealism which makes possible the increase in righteousness, justice, patriotism and good will.

President's Message

Howdy Good Citizens of Kiwanis!

I smell a Time Change coming soon!

I want to thank Guy Blair for updating our Youth Safety Training AND I want to thank Victor for being such a good sport! Both were very entertaining.

I don't know what the final number was, but I know On the Border saw our club members all day Thursday. Starting with Marty and the golfing gang, ending with the Folinos, Canadys, Drapers, Dave Wilson and to Armando's bunch. Thank you all for coming out to the FUNd-raiser! Thank you Lee for making this happen.

"It's Fall Y'all" Potluck could not have been nicer, thanks to Lorie for organizing this event.

Brian and Bonnie opened their home to all of us, provided beautifully BBQ'ed meat and entertainment and BIG bottles of wine! Thank you Brian and Bonnie! And Thank You all for the lovely side dishes! (Jack almost told me the secret of his Mac and Cheese dish!)

Yoli had the the Service Project Committee meeting Monday night at Buckhorn's in midtown.

MMmmm good food. She has outlined this years projects and is interested in our ideas for additional projects.

The Kiwanis Family House would like us to re-fresh our sponsored room. John Draper has taken the lead on repairs and painting, we could use a decorating team in January. Please let Yoli or Cecilia know if that interests you!

See you Thursday morning and at the Board meeting!

Cecilia Osladil, President
Kiwanis Club of Greater Sacramento

Non-Recurring Events

Saturday, Nov 10, 2018

Regional Training Conference
Bayside Church, 501 B Street, Galt, CA
95632. 8AM to 11:30AM

Saturday, November 17th

Club Holiday Party,
Saturday November 17th 3 pm - 6 pm
Julietta Winery 51221 Clarksburg Rd,
Clarksburg, CA

Saturday, Feb 16, 2019 (3rd Sat in Feb)

Crab Feed

Recurring Events

Every Thursday

*** Morning Club Meeting**
7:30 - 8:30 am

Mimi's Café (Alta Arden)

*** Meals On Wheels (See Cecilia)**

First Thursday of Every Month

*** Club & Foundation Board Meeting**

Second Thursday of Every Month

*** Evening Club Meeting**
6:30 - 7:30 pm

Mimi's Café (Alta Arden)

Third Thursday of Every Month

*** Division Council Meeting (DCM)**
Kiwanis Family House
6:30 Service and Social
7:00 Meeting

Fourth Thursday of Every Month

*** Evening Club Meeting/Social**
6:30 - 7:30 pm - Location varies

Last Sunday of Every Month

*** CAFFE - 8:00 - 10:00 am**
Cesar Chavez Park
(See Armando for details)

Inter Club Schedule

(If no meetings are listed here check with Bob Isaacs for the latest schedule)

November Birthdays

L Folino - 15

M Maxwell - 19

L Wilson - 26

Dead-Lines

Club Dues - The last day of September

Around our Division

Kiwanis Club of Davis
Thursdays 12:10 pm
Symposium Restaurant, 1620 East
8th Street, Davis

**Kiwanis Club of
East Sacramento**
2nd Wed. each month, 6 pm
(location varies)
4th Wed. each month, 6 pm
Kiwanis Family House

Kiwanis Club of Galt
2nd Saturday 8:00 am
Comfort Inn and Suites
Hwy 99 and Twin Cities Roads,
Galt

**Kiwanis Club of Laguna-Elk
Grove**
4th Tuesday 7:00 pm
Mimi's Café, 9195 W. Stockton
Blvd., Elk Grove

**Kiwanis Club of
Sacramento West**
Tuesdays 12:00 pm
Denny's Restaurant
1235 Harbor Blvd,
West Sacramento

Kiwanis Club of Woodland
Mondays 12:00 pm
Hotel Woodland
436 Main Street, Woodland

Kiwanis Club of Dixon
4th Monday 6:00 pm
Bud's Pub & Grill
"A" Street and Hwy 113, Dixon

Kiwanis Family House
2875 50th Street
Sacramento, CA 95817
(916) 736-0116
<http://kiwanisfamilyhouse.org/>

Kiwanis Club of Greater Sacramento
2018 – 2019

Our Club Officers

President **Cecilia Osladil**
President Elect. **Armando Flores**
Vice President. **Vacant**
Secretary **David Canady**
Treasurer **Jo Gregory**
Immediate Past President. **Cecilia Osladil**

Our Board of Directors

Lee Folino	Delfina Monreal
Bob Isaacs	Ginny Ritz
Bob Canady	John Draper
Dave Wilson	

Our Club Committees (Chairs)

Membership (Rod Nishikawa)
Evening Club Meetings (Lee Folino)
Service (Yoli Manzo)
Social (Lorie Deering)
Crab Feed (Mark Standley)
Sponsored Leadership Programs (Marty Maxwell)

Our Youth Leadership Advisors

Franklin High School Key Club - Mark Shimada
Inderkum High School Key Club - Vacant
McClatchy High School Key Club - Rod Nishikawa
Rio Linda High School Key Club - Vacant
Luther Burbank High School Key Club - Vacant / Inactive
Kennedy High School Key Club - Vacant
Babcock Elementary School K-Kids - John Draper

Needed Items Being Collected

This page lists items being collected by the Greater Sacramento Kiwanis Club for various needs of those we support. If providing any items, please make arrangements with the contact person listed as to when and where to deliver them... Do not simply drop items off at club meetings.

Kiwanis Family House:

<http://kiwanisfamilyhouse.org/>

- **Clothing** (New & slightly used, all sizes)
- **Canned & Dry Food** (Not exceeded Use-By-Date)
- **Toiletries** (Unused, Still Sealed)
- **Paper Towels & Toilet Tissue**

Bridging Evidence & Resources (BEAR) (Contact Lee Folino):

<https://www.sutterhealth.org/services/pediatric/child-abuse-neglect-bear-smcs>

- **Blankets** (small)
- **Clothing** (New yoga or sweatpants and comfortable tops or sweatshirts)

Clothing And Food For Everyone (CAFFE) (Contact Armando):

<https://www.facebook.com/CaffeSac/>

- **Clothing** (New & Slightly Used)

Women's Empowerment Group (Contact Mary Moore):

<http://www.womens-empowerment.org/>

- **Clothing** (Women's new & slightly used, Business attire)
- **Book Bags** (Mary has the pattern if anyone is interested in making them)

Empty Medicine Prescription Bottles (Contact Marty Maxwell): Empty prescription bottles are being collected to be used to distribute medicine in third world countries.

This Week's Recipe

Pasta e Fagioli (Pasta with Beans)

This is one of those dishes that made regular appearances on the family table when I was growing up. There was no real recipe, Mom just through everything into the pot and let it simmer away. Several years ago, I set out to recreate these family recipes using available ingredients, adjusting them to fit my taste for zestier foods. This is a great one-pot meal on a cold winter night.

- 1# Ground beef (80/20) or Italian sausage (sweet or hot)
- 1 Small onion, diced (I usually omit the onion)
- 1 Large carrot, julienned
- 3 Stalks celery, chopped
- 2 Cloves garlic, minced
- 2 14.5 oz. cans Italian style diced tomatoes
- 2 15 oz cans beans with liquid. I use Cannellini, but you can use Kidney or Great Northern
- 1 15 oz. can tomato sauce
- 1 12 oz. can spicy V-8 juice (this was not in Mom's original recipe you can substitute tomato juice)
- 1 Tbsp. white vinegar
- 1-1/2 Tsp. salt (I use kosher salt)
- 1 Tsp. ground oregano
- 1 Tsp. basil
- 1/2 Tsp. black pepper
- 1/2 Tsp. ground thyme
- 1/2 # pasta, shells, elbows or ditali
- 1/4 Tsp. red pepper flakes (optional)

Brown the meat in a large saucepan or pot over medium heat. Drain off most of the fat.

Add the onion, carrot, celery and garlic and sauté for 10 minutes.

Add the remaining ingredients, except the pasta and simmer for 1 hour.

About 50 minutes into the simmer time, cook the pasta for 10 minutes. The pasta needs to be al dente, or slightly underdone.

Add the pasta to the large pot of soup. Simmer for 5-10 minutes and serve.

Cook Time 1:30 Serves 8

This Week's Recipe Submitted by Steve Folino

If you have a recipe you would like to submit for the TWIK please send an electronic copy to John Draper.