This Week in Kiwanis (TWIK)

FEBRUARY 7, 2019

This Week's Meeting

Feb 7 - Susan Wilson - Kalpesh Shah

Feb 7 - Club Board Meeting

Upcoming Meetings

Feb 14 - Cecilia

Feb 21 – Bob Canady – Law Enforcement

Feb 28 – Lorie Deering – Lt Gov. meeting

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

CRAB FEED IS LESS THAN 2 WEEKS AWAY - Please Read

- Lorie would like to hear from anyone who would like to make a dessert or purchase one for the Dessert Auction
- Any remaining donations including raffle prize, silent auction items and bottles of wine for WoW should be turned in at the meeting this Thursday
- We need the names of everyone's guests AND the names of guests who are expecting tri-tip by this Saturday (2/9)
- Turn in your ticket $$. We won't be collecting it the night of the event.
- Crab Feed planning conference call tomorrow night (Wed. 2/6) at 6 pm (877) 952-3161 code 43105870#

CRAB FEED TICKETS - SOLD OUT

CLUB & FOUNDATION BOARD MEETINGS - This Thursday evening, 6:30 at the Mercedes Benz Building, 1810 Howe Ave, Sacramento, 3rd Floor Conference Room

VALENTINE CARD MAKING - Valentine Card Making for Chemo Patients & Seniors. Kiwanis Family House, Thursday, February 7, 2019 at 4 PM – 7:30 PM

THIS WEEKEND - KIWANIS FAMILY HOUSE ROOM REFRESH - Beginning this Friday afternoon, Feb 8 until Sunday Feb 10. (John Draper is your contact for this project).

KIWANIS 2019 Mid-Year Conferences! North March 2nd in Santa Rosa. Link to event web page https://cnh.portalbuzz.com/Page/28197 The club is paying for all our member's registration fee for this event. Cecilia will be driving up for the day and has room for 4 more people. She can meet in Natomas if you want to car pool. (David Canady is your club contact for this event).

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.

2/07-Jo 2/**14**-The Bakers 2/**21**-Yoli 2/**28**-Cecilia & Fran

HAPPY BIRTHDAY TO OUR AQUARIUS MEMBERS

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

Happy February to you all!

What a lively meeting we had last week!
6 more no-sew blankets were completed, thanks Dave and Jolynn!.
We were so happy to meet Frank Abila , I hope he gets a chance to hang out with us again!
There is high energy building up for the Crab Feed! Bring your donations in, or I can pick up!

Please remind me, who volunteered to be on the KFH Storage Team? Someone didn't write down your names, Thanks!

Dave Arnold hosted 4 of us for Super Bowl Sunday. Thank you Dave for the game grub, house tour and your hospitality! The Football Pool Winner will be announced at Thursday's meeting!

Please join us this Thursday afternoon at KFH for our card making and stay for the Board Meeting!

We have an opening Feb 21 for a speaker, what would you like to speak to us about?
It's fun, everybody should take a turn!

The Franklin Key Club will be selling jackets for $35 at the Evening Meeting.

Del Paso Manor Elementary School is looking to us to help with the Jog-a-Thon, March 29th, 8-12:30. Please contact Elizabeth Switten @ eew_woods@yahoo.com, if you can help.

Please look at our Club Calendar, additions happen!

See you Thursday,
Cecilia Osladil, President
Kiwanis Club of Greater Sacramento

" The purpose of life is not to be happy, but to matter, to be productive, to be useful, to have it make some difference that you lived at all." Leo Rosten

Find us on Facebook

GSacKiwanis on Instagram

Kiwanis Division 7 California-Nevada-Hawaii

Non-Recurring Events

Thursday, Feb 7, 4:00pm-7:30pm Valentine Card Making for Chemo Patients & Seniors at the Kiwanis Family House,

Fri evening Feb 8 to Sun evening Feb 10

Room Refresh at Kiwanis Family House

Feb 9th Kiwanis of Davis's Crab Feed

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

Crab Feed

Feb 21st DCM hosted by Sacramento West and SLP takeover (please come support our SLP)

Feb 28th Lt.. Governor's official Visit speech at the morning meeting

Saturday, March 2, 2019

Kiwanis Mid-Year Conference at the Flamingo Conference Resort and Spa in Santa Rosa, CA

March 9th March in March at KFH hosted by Sac State Circle K

March 16th Division wide Membership Drive (info to follow)

March 23rd Pints for PTP (Pediatric Trauma Program) Hosted by Laguna Elk Grove at Flatlands Brewery 12pm -9pm

March 21st DCM hosted by the Dixon Club (Topic: Get your club noticed)

April 6th Kiwanis One Day-Spring Clean up project at KFH

April 12-14 Key Club DCON

April 18 DCM hosted by the Galt club

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 Starts at 6:30pm at the Mercedes Benz Building, 1810 Howe Ave, Sacramento, 3rd Floor Conference Room

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 and details)

Davis - Thru, Feb 21 @12:00

Woodland - Tue, Mar 18 @ 12:00

February Birthdays

M Moore - 06

M Standley - 07

C Baker - 08

V Ballart - 10

J Gregory - 15

Dead-Lines

2019 Mid-Year Conf Hotel Res - Feb 6

Club Dues - The last day of September

http://www.GreaterSacKiwanis.com

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
Bob Isaacs
Bob Canady
Delfina Monreal
Ginny Ritz
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
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)

This Week's Recipe

Mark's Bean Recipe

1 to 1.5 lbs lean ground turkey, browned in olive oil with Italian seasoning and diced garlic
2 cans kidney beans
1 can chili beans
1 can corn
1 can baked beans
2 cans black beans
1 or 2 cans, diced tomatoes with Italian spices (for spicier beans, use one can with green chilis in it)
1 can, pork and beans or white beans
1 can, white kidney (Cannellini) beans
1 can pinto beans
1 can, diced mild green chilis
Sweet peppers green or red bell, or small mini sweet peppers

BBQ sauce (I use Sweet baby Ray's hot and spicy, but any will do. Not too much or you'll make the beans too sweet.
Worcestershire sauce (to taste).
Diced garlic (lots of it)
Italian seasoning
Black pepper
Red chili flakes (to taste)

Honestly, you can use most any combination of beans, just be sure to drain the can first. After sitting in the crockpot for hours, they will seem over soupy. That's normal. The longer they sit, the better the beans will taste. That's it. Enjoy!

This Week's Recipe Submitted by Mark Standley
If you have a recipe you would like to submit for the TWIK please send an electronic copy to John Draper.