



This Week in Kiwanis (TWIK)

AUG 29, 2019

This Week's Meeting

Aug 29
Morning Meeting
Alfred Melbourne, from
the non-profit Three Sisters
Gardens in Yolo
County.

Upcoming Meetings

Sept 5
Morning Meeting
Cecilia - Meals on Wheels

Sept 12
Evening Meeting
Armando Flores - C.A.F.F.E.

Sept 19
Morning Meeting
Bob Canady – Officer
Recognition

Sept 26
Morning Meeting
Cecilia/Armando –
Goodbye/Hello as President
meeting

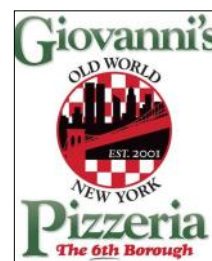
Please provide your items
to be included in the
TWIK to John Draper
before 6:00PM the Tues-
day before the meeting.

This Week's Announcements

BRING YOUR SHOES - Please bring any shoes
you have collected, for the Chicas Latina's Shoe
Drive, to this week's morning meeting.



**THIS WEEK - FIFTH THURSDAY SOCIAL / FUND-
RAISER - Thursday Aug 29** - Giovanni's Pizzeria, 6200 Fol-
som Blvd. They will donate 20% of our receipts, even if take-
out. If attending please bring the attached form with you.
Link to menu <https://www.giovannisnypizzeria.com/menu>



POPS IN THE PARK - Saturday Sept 7th, South Natomas
Community Park, 2881 Truxel Road. Susan Wilson is
your contact for this event. Here is the link to the event:
<http://eastsacpopsinthepark.com/>



CLUB INSTALATION - Sun, Sep 22, 11:00-1:00, El
Tapatio's, 5637 Sunrise Blvd, Citrus Heights.
Menu [https://www.eltapatiocuisine.com/3d-flip-book/ch-
menu/](https://www.eltapatiocuisine.com/3d-flip-book/ch-menu/)



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.



8/01-Delfina 8/08-Bakers 8/15-Yoli 8/22-Cecilia & Fran 8/29-Cecilia & Fran

Link to Kiwanis Magazine
<https://kiwanismagazine.org/>

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 all you Kiwanis PEEPS !

We were quite the energized group last week!

Emily Chou, the new Key Club Lt. Governor, was quietly at our meeting. She handed me this Thank You note:

Dear Greater Sacramento Kiwanis,
Thank you for sponsoring me for my trip to Key Club International Convention. Your club does so much for me, Franklin Key Club, and the division I serve. With your support, I was able to meet Key Clubbers from other countries. learn how to become a better Lt. Governor, and bond with key clubbers in California. This was truly a once in a lifetime experience.
So thank you for helping me attend.

Emily Chou 19/20 Lt. Governor.

I want to thank Naomi for bringing in Stephanie from the Alzheimer's Association to talk about their work and where the money goes. Please sign up to be on our Team to Walk to End Alzheimer's or pledge money to a walker, see Naomi for details.

I had not 1 but 2 members ride along with me for last Thursday's Meals on Wheels deliveries, Naomi and John Perryman (who is officially retired). John is considering joining our stable of drivers. Would you please consider joining us? We need 1- 2 more drivers to fill out our commitment. Any questions will be answered at the September 5th meeting!

I saw so many familiar faces at Kirsten's Installation as our new Lt. Governor! Good food and a lovely farewell, Lorie has done a wonderful job as her 2nd turn at being Lt. Governor, it is now time to come to us and rest until her next calling. I was honored after the installation when First Lady Patti Barsotti admired my lanyard with my Cal-Nev-Ha pins, noticing I was missing hers, Patti swiped Rocci's for me!

This week's speaker will be Alfred Melbourne from Three Sisters Gardens. I will be helping at their fundraiser, I can't wait to hear about it!

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

"Because the people who are crazy enough to think they can change the world, are the ones who do," Steve Jobs



Non-Recurring Events

Sep 7 Pops in the Park - See Susan Wilson for details. <http://eastsacpopsinthepark.com/>

Sep 22 Club Installation Luncheon, 11:00-1:00 El Tapatio's, 5637 Sunrise Blvd, Citrus Heights.

Link to Club Calendar

<http://greaterackiwanis.com/calendar.htm>

Recurring Events

Every Thursday

- ◆ Club Meeting
 - ◆ Morning Meetings held on the 1st, 3rd, 4th and 5th Thursday of each month from 7:30 - 8:30 am at Mimi's Café (Alta Arden)
 - ◆ Evening Meetings held on the 2nd Thursday of each month from 6:30 - 7:30 pm at 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

Third Thursday of Every Month

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

Fifth Thursday (When a 5th Thurs occurs in a month)

- ◆ Evening Club 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)

Woodland - Mon 9/16. 12:00 PM

August Birthdays

B Canady - 15

C Osladil - 16

F Patterson - 20

G Ritz - 27

M Shimada - 29

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 & 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
West Sacramento**

Tuesdays 12:00 pm
Denny's Restaurant
1235 Harbor Blvd,
West Sacramento

Kiwanis Club of Woodland

Mondays 12:00 pm
Cracchiolo's Banquet Hall,
1320 E Main St, Woodland, CA
95776

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 (Vacant)

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**

Babcock School Backpack Project (Contact Lee Folino):

- **8 boy backpacks**--2 3rd grade, 2 4th grade, 2 5th grade, 2 sixth grade.
- **18 scissors**
- **23 water color paint sets**
- **22 pencil sharpeners**
- **18 packs of pencils**
- **19 sets of 8 or 16 boxes of crayons**
- **26 glue**
- **9 packs of binder paper**
- **14 boy stocking caps**

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 (CAFPE) (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)

This Week's Recipe

Za'atar Chicken with Garlicky Yogurt (Serves 4)

4 chicken legs (thigh & drumstick, about 2 1/2 lbs.)
2 medium red onions, cut into 1" thick wedges
2 heads of garlic, halved cross-wise, plus 2 cloves
1 lemon, quartered, seeds removed
Kosher salt
1/3 cup extra virgin olive oil
1 1/2 cup plain whole milk Greek yogurt
3 Tbsp Za'atar
1 tsp ground coriander
1 tsp finely grated lemon zest
1 tsp finely grated lime zest

Preheat oven to 325'.

Pat chicken dry with paper towels.

Arrange chicken, onions, garlic heads and lemon in a 9" x 11" baking dish.

Salt liberally.

Pour oil over everything and toss to coat.

Nestle garlic head between chicken legs, upside down and touching pan bottom.

Roast for 50-60 minutes, rotating after 25 minutes.

Grate 1 clove of garlic into a small bowl.

Add yogurt, a big pinch of salt, and 1 Tbsp of water.

Mix well, then set aside.

Remove baking dish from oven and transfer all but the chicken to a plate.

Increase oven temperature to 425' for 10-15 minutes until chicken is golden brown.

Transfer chicken to cutting board and let rest for 10 minutes. Set aside pan with juices.

Finely grate remaining garlic clove, add Za'atar, coriander, lemon and lime zest.

Pour reserved juices in the pan into Za'atar mixture until you've reached an oily consistency (about a 1/3 of a cup) Mix in a pinch of salt.

Spread yogurt sauce on a platter and arrange chicken legs on top. Scatter onions, garlic and lemon around. Drizzle with Za'atar oil.

Serve with rice and a salad.

This recipe was submitted by Cecilia

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