



This Week in Kiwanis (TWIK)

SEP 19, 2019

This Week's Meeting

Sept 19
Morning Meeting
Officer Recognition
Deputy
Alexander Demars
from the Sac County
Sheriff's Dept.

Upcoming Meetings

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

Oct 03
Morning Meeting
Ginny Ritz –
Real Estate

Oct 10
Evening Meeting
Rod Nishikawa

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

CLUB INSTALLATION - Sun, Sep 22, 11:00-1:00, El Tapatio's, 5637 Sunrise Blvd, Citrus Heights.

WALK TO END ALZHEIMER'S - Saturday, September 28, at 10:00am Raley's field . You can register on line, with The Greater Sacramento Kiwanis Club team. \$100.00 donation will give you a T-shirt to wear on walk day. Contact Naomi Medina for more details regarding this event.

CLUB DUES ARE DUE THE LAST DAY OF SEPTEMBER

FREE FITNESS FACILITY - Members of the Kiwanis Club of Greater Sacramento have access to free fitness facility. No monthly fees and open for use 7 days a week. An advisor is available to assist you in finding just the right exercise activities you are looking for: Cardio training, Improved flexibility and muscle toning. Want to work on your upper body, upper & lower back, calves, thighs or just trim your tummy; this facility can help you achieve your fitness goals at no costs. Get started today by contacting Charles Bussey at the Kiwanis Family House to get setup on your personalized exercise program that fits your schedule. Some of the many activities available include: Mowing, sweeping, vacuuming, raking, painting, and weeding.

HOLIDAY LIGHTS WAGON RIDE - Sunday, Dec 8, 6:00-8:00. We have reserved a horse drawn wagon to ride you through the Fab 40s of Sacramento to view the homes decorated for the holidays. The ride will last two hours and the cost will be \$30-\$35 per person (still working the price but will not be over \$35 per person).. Space is limited so contact John Draper to get your name on the list if interested in attending. Will need full payment around the first club meeting in Nov.

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.

09/05-Delfina 9/12-Bakers 9/19-Yoli 9/26-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 Club Superstars!

Can you feel the the energy building up?

Can you see the future Service Projects plans being made?

Can you the feel the excitement of our new Kiwanis Year gearing up?

I can!

I am looking forward to another wonderful year of supporting wonderful causes!

Jo has asked for 2 reminders: 1) Dues please

2) There is room in the budget for your pet project,

please let her know what you need before the October Board meeting.

This Thursday's DCM will be the last one lead by our own Lorie Deering!

Please let Lorie or Cecilia know ASAP if you would like to join us for the 6:30 pm dinner.

Club Installation is this Sunday, El Tapatio's 11-1,

Come Celebrate a Great Year, Great Food, Great Company!

Last week's Evening Meeting was a relaxed and fun night. Armando spoke about CAFFE.

We had spouses and family members join us. Rod had an operatic Happy Birthday song, just lovely! Thank you to all the Board members for our mini-meeting.

On Monday afternoon the Woodland Club greeted us like the old friends we are. Bob Canady, Mike Baker, Carolyn Baker, Cecilia Osladil, Armando Flores and Fran Patterson attended the clubs last regular Inter-Club for the year. It was a Trivia Contest and Fran and the Bakers won! Next Monday is the Installation for the Dixon Club, see you there!

September 28th, Walk to End Alzheimer's: Team Captain, Naomi would love to have you walk with her! Can't this year? How about a donation?

See you Thursday,

Cecilia Osladil, President

Kiwanis Club of Greater Sacramento

"Alone we can do so little, together we can do much." Helen Keller



Find us on
Facebook

GSacKiwanis
on
 Instagram

Kiwanis
Division 7
California-Nevada-Hawaii

Non-Recurring Events

Sep 19 DCM - Celebration of the Stars
KFH 6:00 - 8:00pm. RSVP by Noon Tue Sep 17.

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

Sep 22 Walk To End Alzheimer's - 10:00am
Raley's field . Contact Naomi Medina for more
details regarding this event.

Oct 12 Kiwanis Family House Fall Clean -up
Day is on October 12th from 8:30 to 12:30.
Please contact Charlie Bussey at KFH, phone
(916) 736-0116 if you would like to volunteer.

Dec 8 Holiday Lights Wagon Ride through
Sacramento's Fab 40s. Contact John Draper to
get on the list.

Link to Club Calendar

<http://greatersackiwanis.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

September Birthdays

R Nishikawa - 15

J Draper - 16

N Medina - 21

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)

Communications (Vacant)
Membership (Rod Nishikawa)
Evening Club Meetings (Lee Folino)
Service (Yoli Manzo)
Social (Lorie Deering)
Crab Feed (Mark Standley)
Sponsored Leadership Programs (Vacant)
Programs (Vacant)
Meals on Wheels (Cecilia Osladil)

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

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

Corn Cacio e Pepe

16 oz gemelli, orecchiette or other medium pasta
Kosher salt
3 cups of corn kernels
8 oz aged Pecorino Romano or Parmesan, finely grated (about 2 cups) plus more for serving
2 tsp freshly ground pepper, plus more for serving

Cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente;
add corn about 30 seconds before pasta is done cooking.

Drain, reserving 1 cup of liquid.
Return pasta and corn to pot.

While pasta is cooking, toss 8 oz of cheese and 2 tsp pepper in a medium bowl to combine.
Add 1/3 cup cold water to cheese mixture, mash with a fork.
Mash in more water a Tbsp at a time until a paste forms the consistency of cream cheese.

Add cheese mixture to pot, mix in with a rubber spatula
Tossing constantly, add reserved liquid a splash at a time, until a glossy sauce forms
(it should be fairly thick)

Transfer pasta to a large bowl and top with more cheese and a few additional grinds of pepper.

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 Draper.