
KIWANIS CLUB LA CAÑADA LA CRESCENTA-AM

April 03, 2024



2023-2024 Officers

President

Chris Ecker

President-Elect

Christie Crahan

Vice-President

Treasurer

Martha Burns

Secretary

Rosemary Hook

Immediate Past President

Joe Thompson

www.lcfkiwanisam.org

LCLCKiwanisAM@outlook.com

Fiscal Year Oct 1-Sep 30

PO Box 1255

La Cañada, CA 91012

Wednesdays at 7:30 am

LCIF Parish Hall or Zoom

1700 Foothill Boulevard

La Cañada, CA 91011

www.rmhesc.org/pasadena



Francisco Gallegos

He has been working here for 6 years.



NEXT MONTH AT A GLANCE...

ZOOM or IN-PERSON

Pledge/Flag Salutes:

04/10/24 - Jack Labrie

04/17/24 - Tom Petersmeyer

04/24/24 - John Ryan

05/01/24 - Marilyn Cable

Inspiration:

4/10/24 - Insook Park

4/17/24 - Joyce Ruygrok

4/24/24 - Christie Crahan

5/01/24 - Martha Burns

Song Leader:

4/10/24 - Christie Crahan

4/17/24 - Brian Hummel

4/24/24 - Christie Crahan

5/01/24 - Brian Hummel

President Announcement:

- **Club Officer Nominations** – It is time for everyone to evaluate how you want to serve our club for the coming 2024-2025 program year.
- Please communicate with Chris Ecker to volunteer for a position, or to confirm that you want to continue in your current position. Our club will benefit from new officers, so please do not hesitate to nominate yourself if you are willing (even if someone else is currently in the position that interests you).
- We need to have our Club Elections by May 15, 2024, to identify who will serve as an officer starting October 1, 2024.

La Cañada Flintridge Coordinating Council - 2024 Les Tupper Organization Award goes to ... OUR CLUB!

Nominees are judged on their long-term and board-based volunteer service to La Cañada Flintridge. Volunteerism may be in areas of education, youth activities, cultural pursuits, religious, civic or social service. Nominees shall strengthen the LCF community, and be an organization located in LCF.

The Les Tupper Awards Presentation is on Monday, April 8th @ 7 pm at Flintridge Prep Norris Auditorium, 4543 Crown Avenue, La Cañada.

PLEASE ATTEND THIS EVENT TO HELP US PROUDLY RECEIVE THE AWARD!

ZOOM PROBLEMS: If you get booted out JUST go to

<https://us02web.zoom.us/j/81544355138?pwd=eDBvZmhMcng5NGV6dXBGQVN0NGhMZz09> **and log back on.**

Calendar of Events:

Club Board Meeting-7:30 am, 1st Monday of the month (except on holidays then 2nd Monday) at small room near Parish Hall or on Zoom.

Division 3 (DCM) Board Meeting-5:30 pm, 3rd Monday of the month at the Elks Lodge, 120 E Colorado St, Glendale

KEY CLUB/BUILDERS CLUB MEETINGS

St. Bede Builders Club-12:15pm, 2nd Wednesday, at Parish Center with Glory Williams.

Rosemont Builders Club-12:30 pm, 1st Wednesday in Multi-purpose Rm with Jessica Cole.

St. Francis HS Key Club-11:45 am, 2nd or 3rd Wednesday, Rm #104 with Patrick Davitt and DARK during the holiday season and summer months.

Franklin Key HS Club-12:22 pm, every Tuesday, Rm #530, with Davy Mouremann and DARK during the holiday season and summer months.

Crescenta Valley HS Key Club-12:17 pm, every Tuesday, Rm #7205, or North Gym with Saul Sheridan and DARK during the holiday season and summer months.

Clark Magnet HS Key Club-11:50 am on odd-dated Wednesday, Rm #5215 with Ms. Mardirosian and DARK during the holiday season and summer months.

Village Christian HS Key Club-12:30pm, once per month on Thursday, Rm #B-2 with Ms. Lilit Vartanian and DARK during the holiday season and summer months.

Mental Health & Wellness

Unfortunately, there are students in all communities struggling with anxiety and depression. Kiwanis International encourages clubs to consider supporting efforts at schools in their community. We reached out to several schools and asked what wellness programs they have, and how we might help but responses have been slow.

At our Board Meeting on April 1st, we approved:

- **Crescenta Valley High School** – the WellNest Center is a safe and inclusive space on campus that provides supportive resources and crisis information for students. It is open on school days, and the wellness counselor has many activities throughout the school year. We approved a **\$500 donation**, and the counselor is already thinking about things on her wish list: a custom banner to hang yearly during Mental Health Awareness Week where students can add what they are grateful for on a post-it note to put on the banner for others to see, and sensory/fidget toys, small candies, etc. We are the first group to support her wish list and she is thrilled!
- **St. Bede Middle School** – the principal shared that they have a counselor 2 days per week and welcomes financial support for that staff position. We approved a **\$300 donation** and will present this at our upcoming Prayer Luncheon on April 24th.

Key Leadership Camp (Santa Barbara)

An opportunity to experience workshops that inspire young people to achieve their personal best through Service Leadership. **At our Board Meeting on April 1st, we approved:**

- A **\$500 donation** to help the expenses to operate this camp in May 2024.
- **Up to \$500 donation** to help 2 Key Club students with the \$250 registration fee to attend this camp. We sent communication to the Key Club Presidents at the schools we sponsor encouraging students to attend, but we have not heard of anyone interested yet so this donation may not happen.

Kiwanis Division 3 North DCON (Sacramento)

District Convention is an annual event to celebrate the achievements of the past year, to elect the new district officers, attend workshops, and meet new people. The convention is April 11-14, 2024. Irene Kim (current Division 3 North LTG, a CVHS student) expenses are covered by Key Club Division funds, but another student needs financial assistance.

At our Board Meeting on April 1st, we approved:

- A **\$500 donation** to help Samantha Sabinas (incoming Division 3 North LTG, a CVHS student) attend the convention. Her registration fee is \$285, and airfare is \$215. She is thrilled and appreciative.

Kiwanis One Day Project

Start collecting plastic grocery bags! Just stuff them in a bag so we have work to do when we get together. Marilyn Cable will have us over to her house soon to flatten and organize all the bags, and then she will deliver them to the Bailey Center food pantry in Tujunga. More info to follow ...

Programs/Speakers:

04/10/24 – Kids Activity Kits for Ronald McDonald House Pasadena

04/17/24 – LCUSD Superintendent: Wendy Sinnette

04/24/24 – NO Morning Meeting

St. Bede Builders Club Prayer Luncheon @ St. Bede at NOON

05/01/24 – Salvation Army: Captain Adam Morales

Hospitality: Coffee & Tea, pastries.

Newsletter: Zoom Operators: **Chris Ecker & Brian Hummel**, Editor: **Cindy Bradford**, Photos: **Cindy Bradford** (oops, I forgot to do that today), Web: **Cindy Bradford**

THIS PAST WEEK...

Members in Attendance: 12 members & 1 guest in-person, 4 members on Zoom.

Guests: Francisco Gallegos – Guest speaker

Welcome Back: None

Birthdays: Norie Varga 4/9

Anniversaries: None

Ribbon Cuttings: None

Opportunity Drawing: None

NEXT MEETING at Church Fellowship Hall & ZOOMED on April 10, at 7:30am PST.

Come chat at 7am. Zoom meeting ID is 81544355138 and passcode is 505812

<https://us02web.zoom.us/j/81544355138?pwd=eDBvZmhMcng5NGV6dXBGQVN0NGhMZz09>

Kiwanis Members, Officers, and Directors: If you have a program/speaker, please give name/date/contact info to **Martha Burns or Cindy Bradford** as they will be the schedulers. Check out our website's calendar to view future programs.

Our Club Website - www.lcfkiwanisam.org

Next week our program is: Service Project – Kids Activity Kits for Ronald McDonald House Pasadena. If you are interested in delivering them to the facility let Cindy know.



French Toast Breakfast: Our annual community event is on Saturday, May 25, 2024. Save the date! Tickets are available. Volunteer tasks are available too! Let Cindy know if there is a specific task you want to help with. Elaine invited Key Club students from Franklin to volunteer as usual, they are always so helpful.



Fiesta Days Parade: We will be participating in the parade on Monday, May 27, 2024. We are hoping that several members will proudly ride in the back of our decorated truck and wave festively to everyone on the parade route!

Scholarship Dinner: Our annual scholarship dinner is on Wednesday, June 12th at 6pm. We will NOT have a morning meeting that day. A special event to honor our scholarship recipients. Save the date and please plan to attend! We will have a catered dinner. Club members will be n/c, spouses will pay \$5, and if anyone RSVP's and does not show up ... you will give a \$10 donation to the club! We really want to have you there.

Food Run Signature Project: The food run on Thursdays used to be very small, only a partial basket of bakery items from Ralphs in La Cañada. Well, the new program has increased to a weekly pickup like this ... or ... more! Two weeks ago, we filled the whole back of Joy Gibsons truck! The Salvation Army Men's Rehab Residence is absolutely thrilled and appreciate all that we deliver to them weekly! Cindy and Joy take turns handling the Thursday food run, if you ever want to help or become a backup volunteer let them know.



Kiwanis Announcements: **Tom Petersmeyer** has the Kiwanis hats/caps for anyone who would like to purchase them for \$31.21. **Chris Ecker** has about 20 3'x5' flags still from the Veterans project that the club will sell for \$10.

Other Announcements: Please let **Martha or Rosemary** know if there are any changes in your personal info we have on file-like phone #, email or address change etc.

Upcoming InterClubs: Always check our newsletter calendar and the calendar on the website lcfkiwanisam.org to see what is going on.

Health News: Please contact **Dani Hydar** if someone needs a card or cheering up.

H.A.M.S.:

Tom Petersmeyer (\$1)	He suggests that we consider updating the wording of a song.
Joy Gibson (\$1)	He delighted us with a joke, funny.
Joyce Ruygrok (\$10)	Go USC Trojans! She is sure a loyal fan.
Chris Ecker (\$5)	Hopeful that his view of Solar Eclipse in Texas will be amazing.

Program/Speaker: Francisco Gallegos – Pasadena Ronald McDonald House



Ronald McDonald House Pasadena is a home-away-from-home for families with critically ill children, keeping them close to one another, their doctors and needed medical care.

We have 2 craftsman houses next door to each other, plus an administration house on the property. We are hoping to buy the properties from Caltrans so we can do a major update to better serve our mission. We have 15 rooms that can accommodate 45-50 people. Families are referred to us by hospitals (98% from Shriners in Pasadena, 2% from other hospitals), and can stay for free only while receiving medical services. Some people stay only one day, and some stay for months. We have a waitlist of about 30+ families. One of the family support services offered is for Mental Health, to help families deal with all the stress involved in having a child critically ill.

In 1970, McDonald's became the first partner. There are 358 Ronald McDonald Houses in the USA, and 379 worldwide. **All McDonald's worldwide donate .03 cents for every Happy Meal sold, all those pennies sure add up!**

Volunteer service is the backbone of our mission. Since opening our doors in 2004, we have relied on the help of thousands of volunteers to provide comfort, care, and support.

How To Help:

- **Meals of Love** – Families often stay at the hospital or medical center for long hours every day. Make sure they always have access to a home-cooked meal by prepping individually packaged Meals of Love to stock our fridge and freezer! We provide the kitchen; you provide the food to feed 45-50 people.
- **Wish List Drive** – Make sure our families have everything they need to feel at home by collecting gift cards or our most needed items. We have an Amazon Wish List to purchase items to be delivered directly to our door.
www.rmhcsc.org/pasadena/wishlist
- **Create Kits** – You can prepare Snack, Activity, or Toiletry Kits for families so they can easily grab what they need while they're focusing on the health of their child. We have detailed suggestions of what to put in the packs on our website.
- **Arts / Crafts** – Small group of volunteers (up to 5 people) can arrange to do Arts & Crafts at our location on Wednesdays from 4-6 pm. We have supplies or you can provide them. We usually have about 5 kids participate.
- **Collect Pull Tabs** – We accept the pull tabs from beverage cans (not the cans) and recycle to raise funds.

Contact Us: 626-585-1588, prmh-volunteer@rmhcsc.org

Walk for Kids – 4/20/24 @ Rose Bowl. Register today www.walkforkids.org/Pasadena

The Walk for Kids is an annual community fundraiser that supports the children and families who rely on the life-changing services and programs provided by Ronald McDonald House Pasadena. This fun, family-friendly event calls on volunteers, companies, and donors to join and help keep families close when they need it most. Join us!

Francisco enjoyed speaking to us and is thrilled that we are about to donate 50 Activity Kits because they go through them fast and are almost out. If we are ever interested, we can have our meeting in their conference room at the Pasadena Ronald McDonald House and then enjoy a quick tour.

*Zoom Operators: **Chris Ecker & Brian Hummel**, Newsletter Editor: **Cindy Bradford***