
KIWANIS CLUB LA CAÑADA LA CRESCENTA-AM MAY 29, 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**

Pilgrimage Trail Christie Frandsen



NEXT MONTH AT A GLANCE...

ZOOM or IN-PERSON

Pledge/Flag Salutes:

06/05/24 – Salli Dekko

06/12/24 – Barbie Eland

06/19/24 – Rosemary Hook

06/26/24 –

Inspiration:

06/05/24 – Chris Ecker

06/12/24 – Joy Gibson

06/19/24 – Brian Hummel

06/26/24 –

Song Leader:

06/05/24 – Christie Crahan

06/12/24 – Brian Hummel

06/19/24 – Christie Crahan

06/26/24 – Brian Hummel



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

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. Violet Mardirosian and DARK during the holiday season and summer months.

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

Programs/Speakers:

06/03/24 – Board Meeting, 7:30am LCIF

06/05/24 – Glendale PD K9 Unit – Sergeant Shawn Sholtis

06/12/24 – Kiwanis Scholarship Dinner, 6pm at Parish Hall

06/19/24 – Bags for Bailey Center

06/26/24 – Note: Meeting/Program at Fire House at St. Luke of-the-Mountains Episcopal Church in La Crescenta

Hospitality: Courtesy of Barbie Eland & Cindy Bradford

Newsletter: Zoom Operators: **Chris Ecker & Brian Hummel**, Editor: **Martha Burns**, Photos: **Martha Burns**, Web: **Cindy Bradford**

THIS PAST WEEK...

Members in Attendance: 13 members & 3 guests in person and 4 members on Zoom.

Guests: Speaker, **Christie Frandsen**, spouse **Evie Barley & Cameron Rose** from the Y.

Welcome Back: **Cameron Rose** from the YMCA

Birthdays: **Dick Barley, June 1 (92) & Joe Thompson, June 3 (89)**

Anniversaries: None

Ribbon Cuttings: None

Opportunity Drawing: None

President's Message:



NEXT MEETING at Church Fellowship Hall & ZOOMED on June 5, 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>

NEWSLETTER EDITORS/PHOTOGRAPHERS NEEDED Editors will no longer need to write about the program unless they wish to do so. Just include the info on HAMS & announcements. You will send the info to either Martha Burns or substitute editor Cindy Bradford to finish it up & convert to PDF and then they will load on to our website.

Kiwanis Officers and Directors: If you have a program/speaker, please give name/date to **Martha Burns or Cindy Bradford** as they will be the schedulers. Check out our website's calendar to schedule/view future programs. www.lcfkiwanisam.org Remember speakers can join us on Zoom, so anyone far or near might be good candidates.

President's Announcements: Chris Ecker

- Remember to collect plastic & paper bags for our Kiwanis One Day project.
- Mark your calendar for our **Scholarship Dinner, Wed. June 12 at 6pm (no morning meeting)** Sign up to attend. Cost is free for members, \$5 for spouses/friends, \$10 charge for sign-up no show.
- We need programs for July. Put your thinking caps on.
- **Jul 3-6 is Kiwanis International Convention** will be held in Denver. Registration is now open.
- **Aug 8-10 is Kiwanis Cal-Nev-Ha District Convention** in Kona, Hawaii
- For 2023-24 club officers who missed the district's **Kiwanis Leadership Training** sessions this year, Kiwanis International is providing a set of prerecorded webinar videos for presidents, secretaries, treasurers and membership chairs. Each video runs between 60 and 90 minutes. There are two sets for each club officer: one for first-time officers and another for those who have held the position in the past. The link for these videos is: [Kiwanis Led Training | Kiwanis International](#)

Next week our program is: Glendale PD K9 Unit – Sergeant Shawn Sholtis

Kiwanis Announcements:

Our speaker today, **Christie Frandsen** mentioned that LCHS graduates have their baccalaureate Monday June 3 @ 7pm at St. Bedes. She says it's a beautiful 1-hour event that she hopes some of our members can attend. It will mean a lot to the students & their families to show support. **Cindy Bradford** gave a recap of our fabulous French Toast Breakfast. We haven't gotten a \$ total yet as we have to get the equipment expense bill and ticket amounts sold by the Chamber, but Martha will have the recap next week. But we

all concluded it was one of the best ever. Cindy was able to get most of the food donated and we had volunteers from our club (including Chris Ecker's girlfriend who was outstanding), 4 St. Francis Key Clubbers, amazing worker bees from DAR and a few from La Canada Juniors Club too. As they say "It takes a village." Cindy afterwards purchased some inexpensive containers for our utensils, syrup and butter for next year. Thanks to all who helped with its success. **Martha Burns** applauded Cindy for being so organized and "Johnny on the Spot." **Christie Crahan** reported on our truck that was in the parade. It was decorated with lots of red, white & blue and we have about 12 of us riding down Foothill. It was very nice they even had a lift on it for us elderly folks. **Marie Hyland** joined us for the first time, along with **Joe Thompson** who has rode in every single parade for Kiwanis-AM. It was fun to hear the applause for our organization riding down Foothill Blvd. **Christie** also reminded us of the June 12 Scholarship Dinner at 6 pm at the Parish Hall. Free for members & \$5 for spouses or friends. Please sign up if you are coming. She needs some helpers to arrive a 4:30pm so let her know if you can assist. **Cindy Bradford** also announced that our CLUB is the recipient of the "Outstanding Service Organization" award from Ascencia. The appreciation event will be held Saturday, July 13 from 2-4pm at the Glendale Elks Lodge. We hope to get a good turnout from our club. They said about 10 of our club members could attend. Please RSVP to Cindy. Kiwanis hats/caps for anyone who would like to purchase them are available 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.

Upcoming Key Clubs: **Christie Crahan** is working on some interclub meetings.

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

H.A.M.S.: There was no time left for HAMS! That's a sad buck!



Program/Speaker: Pilgrimage Trail-Christie Frandsen

Back in the fall of 2023, Christie, 3 of her sisters and a sister-in-law departed on a profound experience by walking over 500+miles on the Pilgrimage Trail. Very few people know each other when they start, and so many are from different backgrounds, but have the common cause. It's has been going on since 900AD and even Jewish and Atheists join in. There are many paths and many ways to walk the pilgrimage. Some join in halfway or near the end. Christie went the entire way, which took about a month. She is an avid walker, but at times it was challenging for even her. One of her "new" friends was an 84-year old lady who was dying from cancer. The shell Christie carried with her represents all the paths on the route leading to the place where the apostle Saint James had been.

Christie basically brought 2 outfits-one for warm weather, and one for cold. Getting to know her sisters better was one of the many benefits. They were much younger siblings in her large family. One sister was fluent in Spanish and another sister managed to keep going even with cellulitis. For some reason many Koreans wish to walk the path. Many people go for grief after losing a family member. Everyone is changed by this challenge. Very few children walk, however.

Thank you once again Christie for your wonderful presentation. It is so inspiring.





- **PILGRIMAGE:** a journey (usually long, arduous, and by foot) to a holy place
- **PILGRIM:** from the Latin *peregrinus*, meaning stranger or foreigner

To go on pilgrimage is not simply to visit a place to admire its treasures of nature, art or history. To go on pilgrimage really means to step out of ourselves in order to encounter God where he has revealed himself, where his grace has shone with particular splendour and produced rich fruits of conversion and holiness among those who believe. Above all, Christians go on pilgrimage to the Holy Land, to the places associated with the Lord's passion, death and resurrection. They go to Rome, the city of the martyrdom of Peter and Paul, and also to Compostela, which, associated with the memory of Saint James, has welcomed pilgrims from throughout the world. - Pope Benedict XVI



The Camino de Santiago: The Ways of Saint James



My Camino: Camino Francés (the best Camino)



My Camino By the Numbers

- * 35 days of walking from Saint Jean Pied de Port (France) to Santiago de Compostela (Spain)
- * 530.88 miles - 1,234,195 steps - average: 15.17 miles each day
- * 211.5 hours of walking - average: 6.25 hours each day
- * 6:30 am: typical departure (pitch-black dark outside!)
- * 3:00 pm: typical arrival at that night's *albergue* (hostel)
- * 14-pound backpack
- * 3 sisters and 1 sister-in-law, alongside 100's of fellow pilgrims from all over the world
- * 446,035 pilgrims completed the Camino de Santiago in 2023
- * 2640 pilgrims arrived at Santiago on Thursday, October 12, including my sisters and me



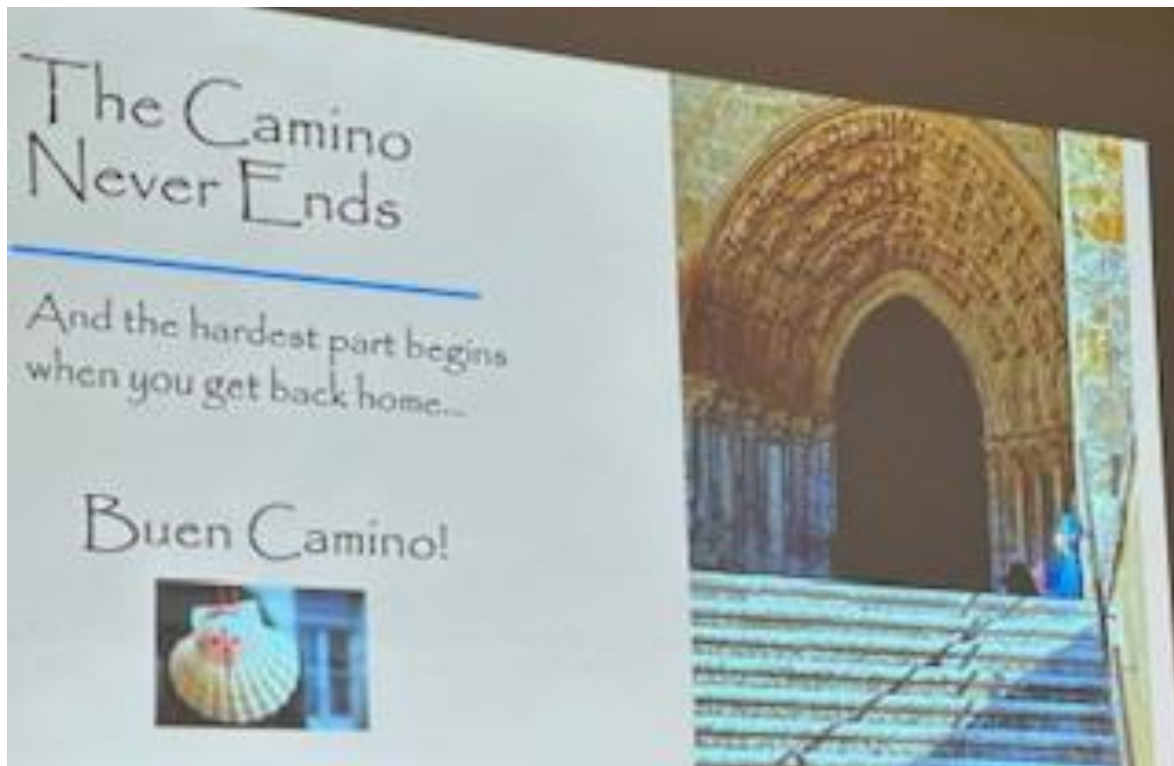


My Camino Family



The Camino Bible

- If you want to go fast, walk alone - If you want to go far, find a friend
- The Camino will provide whatever you need (to have or to learn)
- Let it go: Lighten your load every day
- Let It Happen
- The most important pilgrim you will meet on the Camino is the stranger inside
- Whatever you are looking for, you will find
 Look for beauty, it is there; look for misery, it is there
- The real Camino is not the path, it's the pilgrims on that path
- Holiness is everywhere
- Death and Resurrection on the Camino: The first 1/3 breaks your body, the second 1/3 breaks your spirit, the last 1/3 puts you back together again and you are reborn



Zoom Operators: **Chris Ecker & Brian Hummel**, Newsletter Editor: **Martha Burns**,
Photos: **Martha Burns**, Web: **Cindy Bradford**