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# KIWANIS CLUB LA CAÑADA LA CRESCENTA-AM

August 28, 2024

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## 2023-2024 Officers

### President

Chris Ecker

### President-Elect

Christie Crahan

### Vice-President

### Treasurer

Martha Burns

### Secretary

Rosemary Hook

### Immediate Past President

Joe Thompson

<https://www.lcfkiwanisam.org>

[LCLCKiwanisAM@outlook.com](mailto: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**

## CVHS WellNest Daniella Torrecilla



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## NEXT MONTH AT A GLANCE...

### ZOOM or IN-PERSON

#### *Pledge/Flag Salutes:*

09/04/24 – John Ryan

09/11/24 – Barbie Eland

09/18/24 – Dick Barley

09/25/24 – John Ryan

#### *Inspiration:*

09/04/24 – Christie Crahan

09/11/24 – Joyce Ruygrok

09/18/24 – Chuck Johnson

09/25/24 – Martha Burns

#### *Song Leader:*

09/04/24 – Brian Hummel

09/11/24 – Christie Crahan

09/18/24 – Brian Hummel

09/25/24 – Christie Crahan



**ZOOM PROBLEMS:** If you get booted out **JUST** go to <https://us02web.zoom.us/j/81544355138?pwd=eDBvZmhMcng5NGV6dXBGQVN0NGhMz09> and log back on.

**Calendar of Events:**

**Club Board Meeting**-7:30 am, 1<sup>st</sup> Monday of the month (except on holidays then 2<sup>nd</sup> Monday) at small room near Parish Hall

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

**KEY CLUB/BUILDERS CLUB MEETINGS (During School Year)**

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

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

**St. Francis HS Key Club**-11:45 am, 2<sup>nd</sup> or 3<sup>rd</sup> 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:**

**09/04/24** – Glendale PD Canine Unit-program at **7:35 am**

**09/09/24** – Board Meeting, 7:30am, LCIF Conference Room

**09/11/24** – LCF Orthopedic Guild-Joan Cleven & Deedee Neuanes

**09/18/24** –

**09/25/24** – Installation of 2024-2025 Officers & Board

**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:** 11 members in person and 5 members on Zoom & 4 guests in person and 0 guests on Zoom and 1 little doggie!.

**Guests:** Our speaker **Daniella Torrecilla**, spouse **Evie Barley**, the Thompsons' daughter **Laurie**, Chris Ecker's friend **Corrina Koebnick and her little pup**.

**Welcome Back:** **Brian Hummel, Christie Crahan & Chris Ecker**, all on great adventures for a couple of weeks.

**Birthdays:** **Brian Hummel** was back from his trip overseas and missed his birthday song, so we sang it today.

**Anniversaries:** None

**Ribbon Cuttings:** None



***President's Message:***

**NEXT MEETING at Church Fellowship Hall & ZOOMED on Sept 4, at 7:30am PST. PROGRAM WILL START PROMPTLY AT 7:35AM. 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](http://www.lcfkiwanisam.org) Remember speakers can join us on Zoom, so anyone far or near might be good candidates.

***President's Announcements:*** Board meeting will be Monday September 9 at 7:30 am We need programs in the coming months. Put your thinking caps on.

***Next week our program is: Glendale Police K9 Program at 7:35 am***

***Kiwanis Announcements:*** **Martha Burns** announced that both Joan Williams & Joyce Davison (former members) donated to our Kiwanis Club in memory of Joe Thompson. Thank you ladies and it was fun seeing you on Zoom a few weeks ago. Do join us again. Martha also told a little story about the CD **Marie Hyland**, and Brian, Chris & she made of 22 songs with Marie playing on her piano many of the tunes we sing. It is in her briefcase just in case we want to play something sometime when Marie is not at the meeting. Turns out the noon Kiwanis had mentioned to her that they need a piano player and someone recommended a lady who charges \$400 a month! Martha mentioned the CD and they were all excited. So she gave them a copy in case they wanted to play it. **Cindy Bradford** gave us an update on Brian's daughter Jessica's new book "Big Bug Feelings" out. We had voted on giving one to each of the 1<sup>st</sup> grade classes in the public schools in LCF and La Crescenta. All ten schools were receptive to receiving the books she is about ready to make a delivery. Cindy is checking into TK (aka Pre-K) classes too. Ironically, Jessica just got a parttime job at Monte Vista Elementary as the school librarian! Thanks Cindy for spearheading this project. **Rosemary Hook** said board officers must attend the CLE (Club Leadership Education) VIRTUALLY during the month of August. She will send you an email about the directions. Also KI may be sending you an email with some interesting info on how KI operates.



**H.A.M.S.:** **Brian Hummel** joined the Century Club for a number of reasons: He was able to visit with Joe Thompson before he left on his trip, and then he had a crazy, wild fun time with his son, daughter-in-law and two grandkids in the Netherlands. He loved going to Bruges Belgium too. The city his son is in has beautiful parks & play areas for kids and no helmets are mandatory when bike riding. The trains were wonderful too. They have wonderful trains as well. **Chris Ecker** gave a \$10 donation as he survived several weeks backpacking in the Sierras (no medical emergencies) part of the time with Corinna and then another friend joined him for the last 8 days. He caught 36 fish! **Dick Barley** gave a generous \$25 for our LCF friend Roger Barkley (who passed away some time ago) and his favorite saying "Be good to your kids, as they will be picking your retirement home." He and Evie went looking at a few places, which may or may not workout. **Christie Crahan** also gave \$25 for her 3 ½ week's trip to the Netherlands. Though starting out was a disaster. The plane couldn't land in NY, and she ended up in Ohio and had to figure out some kind of connection then to Helsinki. She ended up arriving 2 days late after a stopover in Paris (with all the Olympics going on) and no luggage! She eventually received it when she got to Helsinki. Though first she visited the Arctic Circle, Norway and Copenhagen. She received a special award from the Queen of Denmark from an organization she belongs to that is 40 years old. She is hoping to be a "program" some Wednesday and share her experience and photos. She also gave \$100 to the Century Club in memory of Sean and Joe Thompson. **Lynne Thompson** gave \$63 in honor of what would have been their 63<sup>rd</sup> anniversary yesterday. She also thanked all of the club members for the care and friendship they shared with Joe all these years. Their daughter **Laurie** also gave \$5 telling us how important the members were to her dad. He LOVED going to our meetings and enjoying the camaraderie. **Joy Gibson** gave his usual funny \$1 joke. **Carol Scheck** gave a very happy \$5 as her children arranged for a new deck at the back of her cabin in Idelwild. It really changes the character of the cabin and she is thrilled.

**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](http://lcfkiwanisam.org) to see what is going on. **Christie Crahan** is working on some interclub meetings.

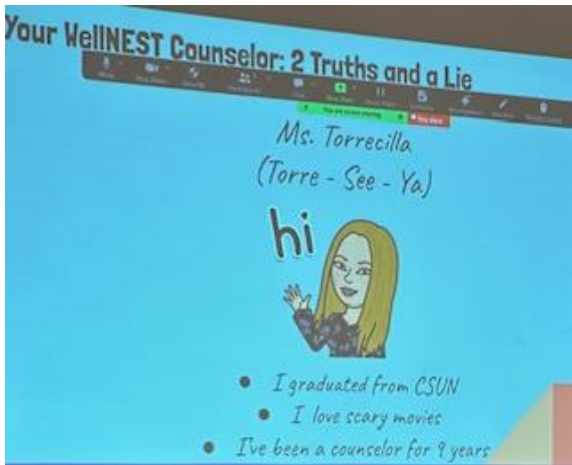
**Health News:** Please contact **Dani Hydar** if you know of someone who needs a card or cheering up.



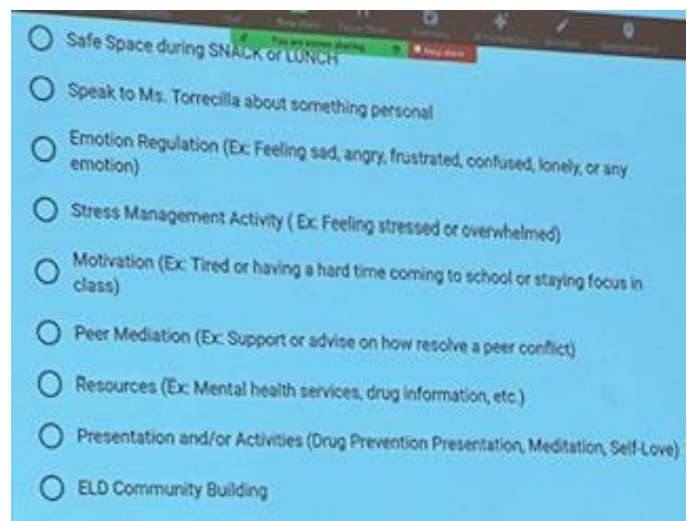
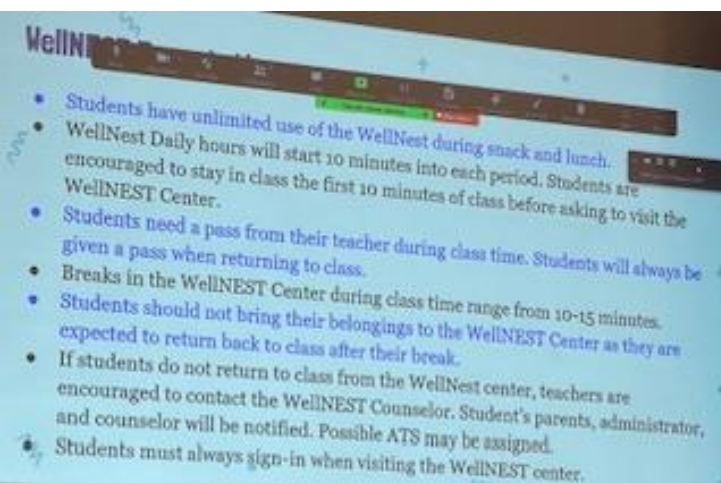
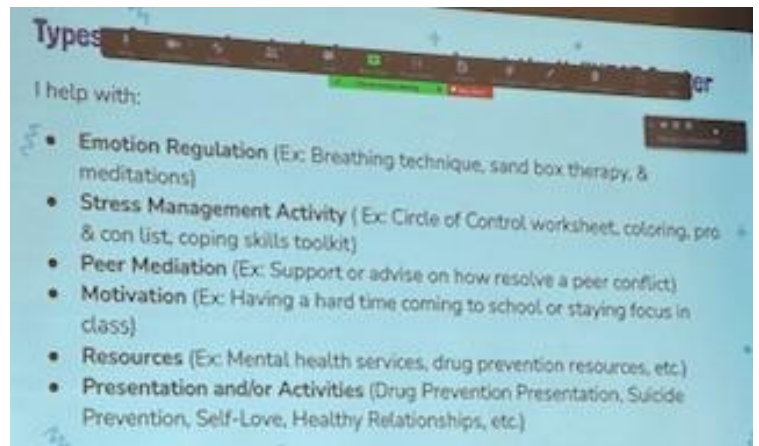
***Program/Speaker: CVHS WellNest – Daniella Torrecilla***

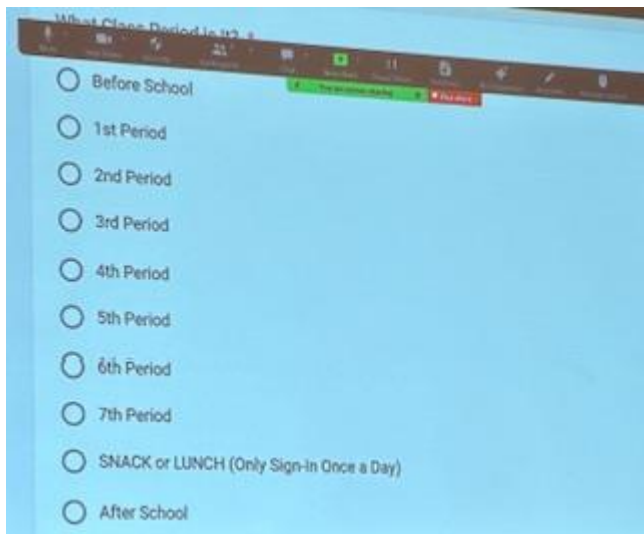
Our speaker today is a counselor at CVHS in her 2<sup>nd</sup> year there. She previously counseled middle school students for 8 years. She graduated from CSUN and decided to work near her family, which is why she stayed in the area. The WellNest Center is fairly new and anyone is welcome whether they are stressed or happy. She encourages kids to focus their energy on what they can control and not on what they can't control. Stress is a common emotion with teenagers-AP testing, parental expectations etc. The Center offers support and help during the lunch hour and after school. Students who have open periods can also visit the center at that hour. They even have dogs for therapy a couple of days a week. They are open till 4pm and provide lots of snacks. Last year about 2,000 students visited the center. Students can even apply to be a "peer support" person to a student. \$5 gift cards to places like Baskin Robbins & Baja Fresh are given to students as well. They don't provide therapy session but will connect families with therapists who give a 10-session virtual consultation.

Thank you Daniella for a very information program with a slide presentation as well. The students are so lucky to have someone so knowledgeable and caring. Keep up the good work.



The lie is "I love scary movies"





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