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# KIWANIS CLUB LA CAÑADA LA CRESCENTA-AM

October 9, 2024

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## 2024-2025 Officers

### President

Christie Crahan

### President-Elect

### Vice-President

### Treasurer

Martha Burns

### Secretary

Rosemary Hook (assistant)

### Immediate Past President

Chris Ecker

<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**

## Village Christian Wellness Center Karina Culbertson



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## NEXT MONTH AT A GLANCE...

### ZOOM or IN-PERSON

### Pledge/Flag Salutes:

10/16/24 – Joy Gibson

10/23/24 – Lynne Thompson

10/30/24 – Marie Hyland

11/06/24 – Insook Park

### Inspiration:

10/16/24 – Brian Hummel

10/23/24 – Joyce Ruygrok

10/30/24 – Carol Scheck

11/06/24 – John Ryan

### Song Leader:

10/16/24 – Brian Hummel

10/23/24 – Christie Crahan

10/30/24 – Brian Hummel

11/06/24 – Christie Crahan





**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, 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:**

**10/16/24 – Butterflies & Bees – Kristy Brauch**

**10/23/24 – Forest Lawn – Albert Kim**

**10/30/24 – Halloween Costume Contest-Juliet Lowe Presentation**

**11/06/24 – Youth Protection Training – Pat Liddell**

**Hospitality: None**

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

**THIS PAST WEEK...**

**Members in Attendance:** 9 members in person and 5 members on Zoom & 5 guests in person and 0 guests on Zoom.

**Guests:** Our speaker, **Karina Culbertson**; spouse **Evie Barley** and Christie's two friends, **Jim Canfield** and **Peter Hultine, Rose**, whose daughter knows Cindy.

**Welcome Back:** **John Ryan** and **Rosemary Hook & Joyce Ruygrok** on Zoom

**Birthdays:** None

**Anniversaries:** None

**Ribbon Cuttings:** None

**President's Message:**

**NEXT MEETING at Church Fellowship Hall & ZOOMED on Oct. 16, 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](http://www.lcfkiwanisam.org) Remember speakers can join us on Zoom, so anyone far or near might be good candidates.

**President's Announcements:** We are going to have a Halloween contest on Oct. 30 and Girl Scout Founder Juliette Lowe may make an appearance. Also Christie said that Franklin HS will be celebrating it's 25<sup>th</sup> year with a Key Club. The Board voted to give the club an extra \$5 per member for something they can use in their activities. Think ahead about what Saturday after Thanksgiving you would like to sign up for the 2-hour shift of bell-ringing for the Salvation Army at Ralphs. **Lynne Thompson** said she is happy to host our annual Christmas Party at her house this year. We said lots of members can help out too with setup and clean up. Also the LCF Rose Float will need helpers to serve lunches to the volunteers at the site after Christmas.

**Next week our program is: Butterflies & Bees – Kristy Brauch**

**Kiwanis Announcements:** **Martha Burns** said because we gave the large donation to LCF Community Center, our Kiwanis name will be on all the T-shirt for the Thanksgiving Day "Run for the Hungry." We also are allowed 8 FREE entries in the race. We are thinking of asking key clubbers or perhaps member's children or grandchildren might want to enter. **Brian Hummel** said the Builder's Club at Rosemont has 16members and next week the St. Bede's Builders Club will have their first meeting. He is unable to attend and any member can go as it's a very short meeting-less than 30 minutes. He also asked if anyone could do his food run on Oct. 19 (pickup at both Ralphs and deliver to Friends in Deed). John Ryan said YES!!!

**H.A.M.S.:** **Joy Gibson** started us off with another short funny story for \$1. **Susan Johnson** had a very sad buck-former member Joan McGee passed away suddenly in late September. She doesn't know what happened, but will try to find out if there will be services. She was such a delightful fun-loving member. **Lynne Thompson** pledged a very happy \$10 that she was able to go to the Division 3 Installation with Christie, Martha and



Insook. A brief bio was read about Joe, who served 2 terms as Lt. Gov. and he was recognized for his long time service to Kiwanis. **Evie Barley** paid \$5 as their daughter lives in Tampa but is able to evacuate, so hoping nothing terrible happens.



**Other Announcements:** A sign-up sheet is going around to those who want to attend the Sat. Nov. 9, 6 pm, "Howl at the Moon" comedy night/dinner for the Glendale Police Dept. K9 Team. Should be a fun night with a K9 demonstration as well as show. **Chuck Hughes** announced 3 different fundraising events upcoming-see 3 attachments to email. "Open House & Touch-a-Truck" (lots of fun for kids) for the Glendale Police Dept, Sat. Oct. 19, 9am-2pm. "Bingo" by the Glendale Moose Lodge #641 for Bailey Center Food Bank, also on Sat. Oct 19, 4:30 pm, and "Wine & Roses", Sat, Nov. 2, 4-7pm at Flintridge Sacred Heart Academy sponsored by the LCF Tournament of Roses. Please let **Martha or Cindy** 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: Village Christian Wellness Center – Karina Culbertson***

Karina used to be a HS & Middle school teacher and taught English. She even was at LCHS for a short time. After taking a break to raise her children she went back to school to become a therapist. Every year at Village Christian the seniors have to choose a project. Two girls came to her saying they would like to have a place for students to go to for help when dealing with stress, eating disorders, anxiety, bullying etc. They really pushed for the project and the Wellness Center was born. An unused classroom was converted to a comfortable room with couches etc. and those girls have left a lasting legacy. Three of the main things that kids like are Play-Doh, Rubik's Cube and drinking tea.

Therapists are University students training for the profession in college or seminaries. They meet weekly with students for a 45-minute scheduled visit for 10 sessions or more. And it is FREE. For them it is like "opening a window and letting fresh air in." Parents must give permission for their child to attend and oftentimes can join them too in the session if need be. Students are as young as 3<sup>rd</sup> grade up to the senior class level. The middle school even has a special lunch place for kids to join together for their meals. They work the appointments in for the students during class time-like PE or a class they can be allowed to miss. Every so often child protection services may get called.

What a wonderful service to offer to kids, especially teen-agers going through tough times during puberty etc. Sometimes even a teacher will make an appointment to visit too. Thank you Karina for telling us how valuable this service it for young people.

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