
KIWANIS CLUB LA CAÑADA LA CRESCENTA-AM

June 18, 2025



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

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

Overcoming Anxiety: A Performer's Perspective. Kristine Whitson



NEXT MONTH AT A GLANCE...

ZOOM or IN-PERSON

Pledge/Flag Salutes:

06/25/25 – Rosemary Hook

07/02/25 – Marie Hyland

07/09/25 – Chris Ecker

07/16/25 – Martha Burns

Inspiration:

06/25/25 – Brian Hummel

07/02/25 – Insook Park

07/09/25 – Barbie Eland

07/16/25 – Joy Gibson

Song Leader:

06/25/25 – Brian Hummel

07/02/25 – Brian Hummel

07/09/25 – Brian Hummel

07/16/25 – 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 (During School Year)

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:

06/18/25 – Anxiety Tips-Kristine Whitson

06/25/25 – USC-VHH Community Resource Center for Aging-Adria Navarro

07/02/25 – Cub Scout Pack 310 - Carrie Crozier

07/09/25 – Sudden Infant Death Syndrome – Dr. Tom Keens

07/16/25* – 11am-Homeboy Industries Tour & Homegirl Cafe Lunch

Hospitality: Cindy Bradford & Barbie Eland

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



THIS PAST WEEK...

Members in Attendance: 15 members in person and 5 guests, and 4 members on Zoom & 0 guests.

Guests: Spouse **Evie Barley**, program speaker, **Kristine Whitson**, LCF friend of speaker, **Brent Kuszyk**, and **Rich Atwater** and his son **Patrick**. Rich is going to visit both LCF Kiwanis clubs and see if there might be a fit. We hope he will visit again.

Welcome Back: Carol Scheck, Salli Dokko, Joy Gibson

Birthdays: Tom Petersmeyer- June 18. We missed you on Zoom today Tom

Anniversaries: Dick & Evelyn Barley-June 23 in 1962. 63 years! We sang our special anniversary song.

Ribbon Cuttings: Pete Hultine had 2 more ribbons cut. He is "almost there." Congrats.

NEXT MEETING at Church Fellowship Hall & zoomed on June 25 at 7:30 am. 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:

- The members today decided to have a **Summer Party on August 24, 6pm** and **Martha Burns** agreed to have her backyard available. Probably a pot-luck?
- On July 16, instead of a meeting, we will be taking an outing to **Homeboy Industries** in downtown LA. It will be a 45-minute tour at 11am followed by lunch at the Homegirl Café. Again, another opportunity to bring a potential future member.



Next week our program is: USC-VHH Community Resource Center for Aging–Adria Navarro

Kiwanis Announcements:

- SOS! We need ALL members to help get weekly program speakers. Everyone probably has friends or family who might have a "story" or "experience" to share with us. Put on your thinking cap and let Cindy or Martha know. We are grateful for anyone who wishes to share their knowledge with us.
- **Martha Burns** attached the "Ralphs" sign up sheet to this email for newer members to check out. It is an easy on-going fundraiser for our club. All you have to do is sign up and every time you shop at Ralphs just give them your phone number or name, and at the bottom of your receipt you should know that a small % of your total bill will given to our Kiwanis club. Every little bit helps. If you don't wish to sign up, just use Martha's home phone number 818-952-5934, and that will go still go to our club. She gets no bonus points or funds for this. It all goes to our Kiwanis club.

Other Announcements:

- **Christie Crahan** said that she would welcome anyone who wants to go to the Sunday free "Music in the Park" concerts can meet her there at 6pm with their lawn chair and any food they bring to eat. Let's party!!!
- **Cindy Bradford** announced that a boy scout from Troop 288 (we help sponsor them) is collecting new and used instruments & accessories as his Eagle Project to benefit the Mr. Holland's Opus Foundation, which will help those impacted by the fires. See attached flyer.
- 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.

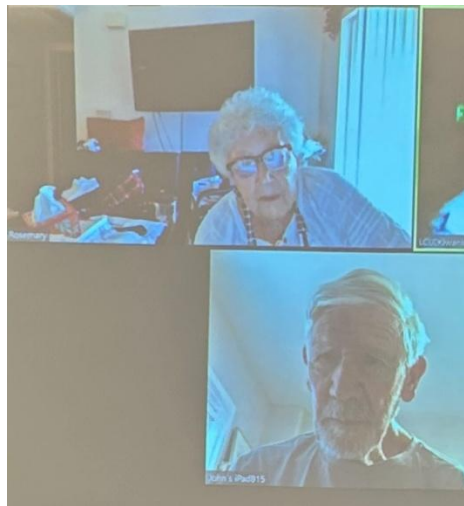
Upcoming InterClubs: Always check our newsletter calendar and the calendar on the website lcfkiwanisam.org to see what is going on.

Health News: Contact **Insook Park** if you know of someone who needs a card or cheering up. It was so great to see **Carol Scheck** today at our meeting. We have missed her & she looked great and was happy-go-lucky.

H.A.M.S.:

- **Evie Barley** gave a very happy \$25 as our club is making her an "Honorary" member. She deserves that as she continually brings her other "half" to the weekly meetings when they are not out galivanting around the country.
- **Martha Burns** gave three \$5 happy bucks (a total of \$15) as her friend Sue Fisher is arriving Monday from MO. She loves coming to our meetings. Secondly she attended Lynne Thompson's daughters services last Sat. which was short and very touching. The minister was unique. And lastly on the weekend she had a full schedule attending her two granddaughters' annual San Marino Dance Academy performance on Saturday night, which was fabulous. One granddaughter was in 9 routines and the other in 3 routines. Then Sunday she, Tom, her son-in-law & 2 grandsons attended the "Club World Cup Soccer" game (like the Olympics it occurs every 4 years) at the Rose Bowl along with 80K others. Sold out months ago. The favored Paris team won 4-0, but it sure was hot out as the game started at noon.
- **Brian Hummel** paid \$5 to announce he needs people to cover his food run while he is in the Netherlands. Hurray, members volunteered! He also had a great Father's Day as his family took him to Santa Anita Racetrack where they had dinner and Bloody Mary's so he didn't have to barbecue! However, he said "Dads all love to BBQ on their special day."
- **Chuck Hughes** gave in this case a happy buck as his brother finally divorced, something he felt should have been done years ago.

- **Joy Gibson** pledged \$5 as the LA City of Public Works showed up as his house finally since his son's house burned down. He also gave \$1 for giving us a lot one-liner funny tips.
- Guest **Brent Kuszyk** donated \$20 as he used to be a Kiwanian in the noon club before Covid, and he also will be celebrating his 30th anniversary in July. Met his wife at a concert at Tanglewood, a music venue in the Berkshires in MA. Thanks for joining us today Brent and hope you can visit again.
- **Christie Crahan** gave \$25 as Evie is going to be an "Honorary" member of our club.



Program/Speaker: Anxiety Tips-Kristine Whitson

A versatile and accomplished violinist (also wife, mom, & grama), Kristine Whitson has been a member of the LA Phil since 1990. She told us a little bit about the process of applying for the position. About 400 resumes are sent in for one position in the orchestra. She practiced solid for 6 weeks and knew that music and art are subjective, so can be difficult to judge. You are on a 2-year probation and then there is a yes or no vote to be permanent. Thankfully she was accepted. It's hard work but has fun perks. She grew up in a musical family and started playing the violin and piano at the age of four. Her first conductor was very demanding, cranky and critical. But her own struggles with crippling anxiety (panic attacks & stage fright) in her career as a professional violinist led her to faith in Jesus and gained more confidence & became transformed. She couldn't even get her bow on the strings at times and worried she might be fired. Her anxiety got so bad she even thought about jumping out a window. She also learned that if you change your thoughts, you change your situation. Sometimes just taking a deep breath is effective.

She is now a certified Christian life coach specializing in anxiety/stress management, and performance mindset. She takes the mental, physical and spiritual tools she used effectively in her 3 decades as a professional violinist, and shares them with musicians, athletes,

housewives, ballet dancers, artists, executives, public speakers, and anyone who just wants to get better. Thanks Kristine for sharing your experiences with us. What an amazing life you have lead.

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