

Kiwanis Club of Pasadena

E-Newsletter

August 2, 2022

Kiwanis meeting – Thursday, August 4, 2022 – 12:00 – 1:30 PM – Lily Dong - Falun Dafa (also known as “Falun Gong”) is a meditation practice guided by the principles of Truthfulness, Compassion, and Tolerance



Deeply rooted in traditional Chinese culture, it is an ancient way of life for improving mind and body. Falun Dafa has five sets of gentle exercises, including a seated meditation. These are highly effective ways to improve health and energy. According to the teachings of Falun Dafa, no one should make a profit from the practice and no membership is required. The books, the instruction video, and the exercise music can be downloaded free of charge from www.FalunDafa.org. People can learn the exercise from local volunteers and free online webinars on learnfalungong.com.

Lily Dong started to practice Falun Gong in 2011. Amazed by the health benefits of the practice, she hosts free Falun Gong workshops in El Monte every month. She will demo and teach the Falun Gong exercises during the club meeting.

Join Zoom Meeting

<https://zoom.us/j/3292045590?pwd=RE9ubllra29HOVIwK2t1dThTeEtyZz09>

Meeting ID: 329 204 5590

Password: 329204

Dial by your location +1 669 900 9128 US

Kiwanis District Convention – August 4th to 7th – Indian Wells - Renaissance Esmeralda Resort & Spa – we are registering the entire club. Let me know if you plan to attend

Thursday Evening - August 11, 2022 – 5:30 – 7:00 PM – Greg Appodaca – Climate Exchange - 960 East Walnut Street, Pasadena, CA 91106

See pictures from past events on our website and Facebook page.

Web pages: <http://kiwanisclubpasadena.org/>

<https://www.facebook.com/kiwanis.pasadena> please “Like” our Facebook page

Birthdays and anniversaries August 2022:

Birthdays

Harry Crusberg Jr.

08/22

Karen Drew

08/16

Kiwanis anniversaries - Club

Bob Riegel

08/13/1987

35 years

Kiwanis anniversaries – Wedding

NONE

Future events:

Thursday, August 18, 2022 – 12:00 – 1:30 PM – Jody Davis – Assault weapons - 960 East Walnut Street, Pasadena, CA 91106

Thursday, August 25 from 12:00 to 1:30 PM – Pasadena Kiwanis board meeting on Zoom only

Kiwanis Rose Float Club Barbecue – Saturday, August 27th – 4:00 – 8:00 PM at the Salvation Army.

Division 10 – Saturday, September 17th – 9:00 AM to 2:30 PM Kiwanis Education Academy (CLE) -Salvation Army

Kiwanis 102nd Anniversary Dinner and installation – Thursday, October 13th – 5:30 – 8:30 PM - Roaring 20's Celebration

Kiwanis Club of Pasadena

What We Do

1. **Villa Esperanza Services** – we work with this organization to help disabled adults in Pasadena improve their self-esteem and help them to give back to their community through the **Aktion Club**.
2. **Salvation Army** – we ring bells during the Christmas season each year to raise money for their charity. We fill backpacks for students of low-income families. We also participate in the Adopt-a-Family Program.
3. **Elizabeth House** – working with homeless, young mothers and their children through support and hope.
4. **Camperships for Kids** – we provide funding to send kids to summer camp who cannot afford to go on their own. Boys & Girls Club and the Salvation Army
5. **Student Awards Program** - We provide annual scholarships to outstanding students from the schools in Pasadena.
6. **Key Clubs** that teach leadership skills to students from:
 - a. **Marshall High School**
 - b. **La Salle**
 - c. **Maranatha (KIWINS)**
 - d. **Pasadena High School (KIWINS)**
7. We have a **Circle K Club** with **Pasadena City College** where these students provide community service and learn leadership traits.
8. **Kiwanis Rose Float Project** – we assist in preparing this international representation of Kiwanis while also being the host club for the President of Kiwanis International.
9. Various other projects, i.e., Special Olympics, Boy Scouts, Girl Scouts, Veterans and others.

Kiwanis is a global organization of volunteers dedicated to changing the world one child and one community at a time.

