

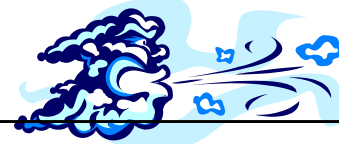
KIWANIS

INTERNATIONAL

CAL-NEV-HA DISTRICT
DIVISION 42 NEWSLETTER



MARCH 2014



Connecting the Super Heroes of Service



BRAD LEWIS

Lieutenant Governor

2013 - 2014

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A monthly publication
for and about the
Kiwaniis Clubs of:

Camarillo
Carpinteria
Conejo Valley
Moorpark
Oxnard
Santa Barbara
Santa Paula
Santa Susana
Simi Online
Simi Valley
South Coast
Thousand Oaks
Ventura
Ventura East
Ventura Suburban

Website:
<https://www.facebook.com/cnh42kiwanis>

COLLISIONS CO-LEARNING CONNECTEDNESS

When I heard the words Collisions, Co-Learning, and Connectedness I could not help seeing how those three words in many ways describe KIWANIS!

When we are in our community doing service, going to chamber events, advising at our SLP programs, wearing our Kiwanis pins and apparel we are constantly having **Collisions** with people in our community creating sparks and making people aware of KIWANIS.

As Kiwanis members we **Co-Learn** doing service, mentoring the children, going to conventions, going to committee meetings, board meetings, DCM's and all the time staying **Connected** with each other and the community we serve. Those three words *are* KIWANIS in my opinion.

I know a number of clubs during the month of March and April are having Special Guest Days. Let's keep in mind those collisions we have each day with people and invite some to your Special Guest Day. Share the gift of Kiwanis and offer to our friends and neighbors the gift of learning and being connected to all the communities we work, serve, and live in.

See you at the Next DCM March 13th!

Brad



THOUSAND OAKS AND MOORPARK CLUBS TEAM UP TO FIGHT GRAFFITI

Bob Engler reporting:

Saturday, February 8th, started out with a light drizzle and grey skies. But as the morning wore on, blue skies began to appear and Kiwanians from the Thousand Oaks and Moorpark clubs teamed up to tackle graffiti at the Lang Ranch Dam in Thousand Oaks.

Saturday's project was proof positive that many hands do make light work as 13 Thousand Oaks Kiwanians and family members met 11 Moorpark club members and, using 10 gallons of donated paint, abated 300 feet of graffiti covered walls in a flood control channel at the Dam. The crew also removed a pick-up truck load of trash that the graffiti vandals left in the stream bed. Kiwanians braved the grey skies as well as mud and muck at the bottom of the channel. Nobody went for a swim this time and all Kiwanians returned safe and sound after a job well done.

Graffiti abatement has been a club project in Thousand Oaks for the past 4 years after the Club's then-President Doug Ryan committed to address a gap in the City's beautification program by painting out graffiti on Watershed Protection District properties at five locations in the City. Kiwanis has adopted the locations and the sites are marked with Kiwanis adoption signs. At the inaugural paint fest, Kiwanis received the thanks of citizens and Ventura County elected officials alike. Along the way, we have invited our local mayor and Councilmembers, as well as prospective new Kiwanians to participate in a meaningful and fun service project.

The Watershed Protection District is always looking to partner with other clubs and Moorpark is currently exploring that possibility. Contact Bob Engler for information.



Photos by Chuck Rogers



MOORPARK KIWANIS CLUB HAS BEEN BUSY!

Van Dams reporting:

On Saturday February 8, Moorpark and Thousand Oaks clubs teamed up to clean graffiti at Lang Dam in the Lang Ranch area of Thousand Oaks.

On Saturday, February 22, club members and friends spent the morning organizing, cataloging, shelving and cleaning books at the Mesa Verde Middle School library.

Please save the date on Monday, March 18 for the first annual Relay for Life Bunco party sponsored by Moorpark Kiwanis club. All proceeds will go toward cancer research.



KIWANIS LENDS A HAND TO MANNA

Bob Engler reporting:

The Kiwanis Club of Thousand Oaks joined the Kiwanis Club of the Conejo to lend Manna a hand on the Boy Scouts food drive. The Boy Scout drive is the single largest food drive each year and supplies needed canned goods and dry foods for Manna's mission of providing food for the less fortunate in the Conejo Valley. The Boy Scouts went door to door soliciting donations which fits so well Manna's slogan, Neighbors feeding Neighbors.

Conejo and Thousand Oaks were joined by KEY Club members from Thousand Oaks High School making it a full Kiwanis family affair. The KEY Club is also organizing the annual Give Back Basketball game with pits Kiwanis against Rotary for the benefit of Manna.

Helping Manna was one more opportunity for the Kiwanis Family to come together to help a worthwhile charity while flying the Kiwanis flag proudly.

Our efforts were noticed and appreciated by Manna who has thanked us on their website and blog.



A few of the over twenty Kiwanis Family members joining to help Manna during the Boy Scouts Food Drive.

SIMI VALLEY SPEAKER CREDITS KEY CLUB

Don Sturt reporting:



Our Speaker, Dr. Danielle Fernandes gave this inspirational talk at our meeting on February 19 which we now share with you:

I became a pediatrician as a way to help others, and I thought that by speaking here today, I could share with you how Key Club influenced me in my journey to becoming a Pediatrician, and how it can help others as well.

I grew up in Simi Valley, and went to Simi Valley High School. During all four years of high school, I was part of the Kiwanis Key Club organization. I volunteered to feed the homeless, clean up local parks, organize food drives, and help decorate floats at the Rose Parade. I also remember raising money and walking in an event for March of Dimes, its mission being to prevent birth defects, premature birth, and infant mortality. By being a part of Kiwanis Key Club, I learned how to be a team player, how to communicate with others, and how to give back to my community. Being a member of the Kiwanis Key Club, helped lay down the foundation for who I am and where I am today.

After high school, I went to UCLA for my undergrad, where I started pre-med courses. I knew that I wanted to be in a career that would help others in a positive way. I majored in Molecular Biology and minored in Anthropology. At UCLA I was a part of a few volunteer organizations like Project Literacy and Vishwasa. I helped feed the homeless in Skid Row, participated in reading programs with children from underserved communities, and traveled to Tijuana to donate clothes and games to the kids in the orphanage.

During medical school, I continued to volunteer in organizations to help kids in reading and math. I also participated in workshops to teach the local community about health awareness with blood pressure screening, breast exams, and diabetes screening.

I knew I wanted to become a Pediatrician. I knew I would get the opportunity to work not only with sick kids, but with healthy kids too, and their families, to teach them about preventative medicine and anticipatory guidance and nutrition. When you give medical care and treatment to kids, you help an entire family.

During my pediatrics residency in New York, I still continued to serve the local community. As part of our residency, we were asked to attend the local high schools and speak about common adolescent issues like nutrition and drugs.

I had the opportunity to spend a week in Haiti alongside the Haitian doctors to help the children there at the hospital in Port-Au-Prince. This was truly an eye opening and heart-breaking experi-

ence. Being the poorest country in the Western Hemisphere, Haiti is limited in its resources making it difficult at times to manage and treat patients. I had to primarily rely on physical exams to guide me in working with the pediatric team to manage these patients. The antibiotics and medications used were not always the first line treatment for diseases and the average death rate was 2-3 patients a week in the pediatric ward. This was one of the hardest weeks of my life, and yet rewarding at the same time.

One of the most difficult problems the patients faced in Haiti was malnutrition. Coming from the United States, this was unfamiliar to me, but with the help of the Haitian doctors, I learned how to combine formula and IV solution with the correct amount of calories and electrolytes to meet their daily requirements.

New York's fast working environment made it difficult for me to work in Haiti where things took time. We had to walk and sometimes run to the lab to get results and to hand over blood samples. We transported patients for X-rays. We wrote prescriptions for all medications and walked to the pharmacy to pick them up. It was a physically and emotionally exhausting week, but I am now more appreciative of all the resources available in the United States.

Last year I completed my residency in pediatrics and had the opportunity to come back to California to work at Children's Hospital of Los Angeles. I currently work as a Bone Marrow Transplant Hospitalist. I basically work with the Bone Marrow Transplant team to help ease and resolve the many complications of bone marrow transplant. Most of my patients have cancer and have relapsed after chemotherapy or radiation therapy, and are now candidates for bone marrow transplant. A bone marrow transplant is a procedure that removes damaged or destroyed bone marrow and replaces it with healthy bone marrow stem cells.

My patients can get an autologous transplant, in which his/her own unaffected stem cells are transplanted in his/her own body. An allogeneous transplant is when another person's stem cells are infused in the patient's body. This usually occurs when the person's stem cells are damaged or destroyed from the cancer. Many of my transplant patients are in the hospital for several weeks because there are a series of steps in a bone marrow transplant. First they receive chemotherapy and radiation therapy to knock out all of their unhealthy cells. Then, they get the stem cell infusion with healthy immature cells. It takes about two weeks before these cells begin to mature and start to function. We call this engraftment. Prior to this time, they are prone to numerous infections, and can become anemic, along with bleeding due to the low number of white blood cells, red blood cells, and platelets in their body. In addition to this, they also experience the many side effects of chemotherapy and radiation therapy. Some of these side effects include loss of hair, inability to eat for several days due to mouth sores, and general fatigue.

My cancer pediatric patients are very resilient. They are able to face challenges and obstacles with composure, and even with humor. At the end of the day they just want to be normal kids. They want to ride their bikes and go to the park, they want to go to school and do their homework, and go to the movies just like all the other kids. Unfortunately, their illness doesn't allow them to even leave their pediatric room. They mature at a quick pace and can memorize all of the 20 different medications they are taking. They inspire me with their courage, strength, and determination. I am truly blessed and a better person for each of my amazing patients and their families.

The Simi Valley Kiwanis presents

ROUNDUP

A ROCKIN' COUNTRY MUSIC EXTRAVAGANZA

SATURDAY APRIL 12

Gates Open at 10:00 AM
Music Starts at 11:15 AM

Hummingbird Nest Ranch



EMERSON DRIVE

2012 X-Factor Winner

TATE STEVENS

Ann Marie Boskovich

Larry Bagby

The Salty Suites

The Just Dave Band

celebrity emcees

105.1 GO Country DJ -Christine Martindale

& 100.7 KHAY DJ-Dave Bradley



MUSIC - FOOD & CRAFT VENDORS - DANCING - KIDS AREA & MORE!

A Charity Event Benefiting The Youth & Less Fortunate in Simi Valley

For Tickets and Event Information call 805-807-5100

or visit www.roundupsimi.org



Ticket Prices: Adults: \$25 (\$30 at Gate), Kids: 12 & Under FREE w/Paid Adult To purchase tickets online or to find local ticket outlets, visit: www.roundupsimi.org. No outside food or beverages. No ice chests. Subject to search. No pets. Rain or shine. For information call 805.807-5100.



charles SCHWAB

A New Technique
hair color & design studio

Simi Valley Hospital
Adventist Health

Logix
smarter banking

WM
wealth management



CONEJO VALLEY MAKES A DIFFERENCE

Roger Klausler reporting:

At our Sixth Annual Trivia Night on Thursday, February 20, we raised over \$500 for our Foundation! Prizes were awarded to the first, second, and third place teams, and included gift certificates from Costco and Trader Joe's. The proceeds benefit the various charities that we support: Child-help, Ventura County Children's Services, The Eliminate Project, Lutheran Social Services, and Manna.

On February 22 we partnered with the T. O. Club to cook a pancake and sausage breakfast for the Thousand Oaks Girls Softball Association Opening Day at Los Cerritos Middle School.

On the same day we helped Manna, The Conejo Valley Food Bank, sort and store donations collected by the Boy Scouts of America in their National Food Drive. Pick-ups, vans and cars arrived in an almost endless stream from 10 AM to 3 PM! Boy Scout troupes from around the Conejo Valley have partnered with Manna on this drive for more than a decade and Kiwanis of the Conejo Valley was proud to be a part of this effort.

On February 23 the Kiwanis Clubs of Conejo Valley and Simi Valley supported the annual Cut-a-Thon sponsored by Ridone Compassionate Cosmetology at the Simi Samaritan Center. Volunteer stylists from the Marinello School of Beauty provided haircuts and manicures for area families. The Shoe Crew was on board to provide shoes to the children who attended. DJs from the Global Spinners provided great musical entertainment for the crowd and the jumpy tent and face painting were a hit with the kids. What a great way for volunteers from several service organizations to collaborate and help make a difference for area families.

We will hold our first Special Guest Day of the Kiwanis year on March 11 at Los Robles Greens. Mike Van Etten will be the keynote speaker.



CAMARILLO GOES JOGGIN'

Allen Grizzard-Paul reporting:

Camarillo is working on preparation for their 5K/10K Race to be held on 12 April. Although this is our 37th Year running this event, this is the first time we have partnered with Brain Cancer Research for the first Joggin' for the Noggin' race. If you can't make the race but would like to donate to this worthy cause, just go to www.runtocurebraincancer.com and hit the **DONATE BUTTON**. We are also looking for sponsors to advertise on the T-Shirts.

See's Candy is still available for anyone who would like to give a special gift to one they love. Don't forget that the latest medical reports now say that chocolate is good for you. Well some of it is. Contact Doug or Barbara ([805\) 484-0496](tel:8054840496) or doughillcpa@aim.com.

ABOUT KEY LEADER

Kathi Van Etten reporting:

Key Leader is a weekend experiential leadership program for today's young leaders. This life-changing event focuses on service leadership as the first, most meaningful leadership-development experience. A Key Leader will learn the most important lesson of leadership—it comes from helping *others* succeed.

Participants begin by attending a Key Leader conference, which is a weekend retreat. Large and small group workshops, discussions and team-building activities take place over the course of the weekend. Students have opportunities to learn leadership skills that will help them to change their schools, communities, and world for the better. While exploring leadership in a whole new way, participants will make amazing new friends and have experiences they will never forget. Positive, ongoing interaction with other Key Leader graduates offers continuing reinforcement, encouragement and growth of leadership skills.



Since April 2005 Key Leader has served more than 21,000 students at 450 Key Leader events in 39 U.S. states, 5 Canadian provinces, Malaysia, Brazil, Cayman Islands, El Salvador and Singapore. .

Find out about how you can make a Key Leader weekend possible for teens in your area; contact Kathi at:
kathivanetten@gmail.com

EAST VENTURA RAISES FUNDS

Cathy Sheeler reporting:

In February, Kiwanis of East Ventura held our annual fundraiser bus trip to San Manuel. We had a fun time on the way to the Casino. We held several drawings for baskets filled with rocky mountain chocolate, and other fun items. It has yet to be known how much money was raised.

The highlight of the trip was our singing bus driver! He was a true delight! Six club members attended and helped with the organizing of the event.



Joggin' for the Noggin'



Saturday April 12th 2014

1st Annual 5/10k Run To Cure Cancer

Sponsors: Camarillo Kiwanis Club - Pleasant Valley Rec. & Park District -
Tri Running - EyeDentity Graphics

Date & Time: Saturday, April 12, 2014 – 6:30 AM Registration
5k Race Starts at 7:30 AM - 10k Race Starts at 8:00 AM

Proceeds To UCLA Neuro-Oncology Program

Location: Pleasant Valley Fields - 152 Westpark Court, Camarillo, CA (East Side Of Park)

Course: 5/10k – Calleguas Creek Path – Fast Track Scenic Course

Awards: Awards to 1st, 2nd, & 3rd Place Finishers in both 5k & 10k races in all age divisions

Entry Fees: Pre-Registration: \$25.00 - 5k or 10k until April 11th 2014*
Race Day Registration: \$30.00 - 5k or 10k April 12th 2014*

* Registering for both races add \$20.00 to above fees.

NOTE: (1) One Event T-Shirt per Runner. Quantities Limited - Register Early

→ → EARLY PACKAGE PICKUP AVAILABLE AT TRI-RUNNING

Friday April 11th 2014 – 12:01 PM to 6PM

2221 East Ventura Blvd. Camarillo Old Town

More Information available at our website <http://RunToCureBrainCancer.com>

Register online at <http://runtocurebraincancer.com/registeronline>

Contact Information: Bob Gaboury (805) 322-3955 - eMail: CamarilloKiwanis@aol.com

PLEASE RETURN REGISTRATION & FEES TO: Camarillo Kiwanis Club, P.O. Box 533, Camarillo CA 93011

PLEASE CUT ALONG DASHED LINE

PLEASE PRINT CLEARLY & Mail To Kiwanis Club Of Camarillo, P.O. Box 533 Camarillo, CA 93011

CIRCLE ONE or BOTH I am Running in the 5k 10k BOTH AMOUNT ENCLOSED \$ _____

Name _____ (see fees above)

STREET # _____ CITY _____ ZIP _____

TELEPHONE: _____ AGE: _____ SEX: M __ F __

eMail Address: _____

What is your T-Shirt Size (men's sizes) S - M - L - XL - XXL

In consideration of the acceptance of my entry, I for myself, my executors, administrators and assignees, do hereby release and discharge the Camarillo Kiwanis Club and other sponsors for all claims and damages, demands, actions whatsoever in any manner arising, or growing out of my participation in said athletic event. I attest and verify that I have full knowledge of the risk involved in this event and I am physically fit and sufficiently trained to participate in this event.

NAME _____ SIGNATURE: _____


Under 18 years of age requires a guardian's signature - Guardian's Signature: _____

VENTURA STAFFS EVENT

Matt Kohagen reporting:

In February our regular meeting featured a special Valentine's Day luncheon. Then we helped staff the Festival of Talent for the Ventura School District.

On March 7 we are hosting our Special Guest Day for potential new members.

Let's play Bunco! 

Relay for Life fundraiser
sponsored by Kiwanis Club of Moorpark

Please join the fun and help raise money for Relay for Life of Moorpark.

When: Monday, March 17

Where: Meridian Hills club house located at
6801 Breezy Glen, Moorpark

Time: 6:00 pm – 8:00 pm
(dinner at 6:00 pm, game starts at 6:45 pm)

Cost: \$15 (\$10 donation to Relay for Life, \$5 for dinner)

Space is limited – make your reservation by March 14 to:

Debbie at 805-402-0176

Joanne at jrcowles@sbcglobal.net



Arroyo Vista Community Park

May 3

www.moorparkrelay.org

LEADERSHIP TEAM

Dee Talley, Immediate Past Lt. Governor
deetalley8@gmail.com

Bob Engler, Lt. Governor-Elect
suebobe@aol.com

Tony Antonelli, Treasurer
tapharm01@verizon.net

Paul Campbell, Membership
paul@campbellgrouphomes.com

Roy Talley, New Club Builder
retalley@pacbell.net

Wes Miller, Foundation Ambassador
anewtec@aol.com

Madeleine Kolodziej, Newsletter
madi4svk@gmail.com

Kathi Van Etten, Website
kathivanetten@gmail.com

Brendan Hendrick, ELMiNaTe Coordinator
kiwinsda2000@aol.com

**Shane Kramer, Trustee for Region 10
CNH Kiwanis District**
sdk1d@aol.com

DIVISION 42 CLUBS

CAMARILLO

Meets Tuesday 12:00 Noon
Round Table, 880 Arneill Road
President: Allen Grizzard-Paul
allengrizzard@msn.com
Secretary: Cecilia Rexford
aachskiwinsadvisor@gmail.com

CARPINTERIA

Meets Wednesdays 7:00 PM
Memorial Bldg., 941 Walnut Avenue
President: Dorinda Macias
dorinda@islandviewnursery.com
Secretary: Rosanna Swing
rsrdswing@gmail.com

CONEJO VALLEY

Meets Tuesdays 12:00 Noon
BJ's Restaurant, 3955 East Thousand
Oaks Blvd., Westlake Village
President: Tim Neal
timneil@osterholt.com
Secretary: Roger Klausler
rklausler@thacher.org

EAST VENTURA

Meets
Location TBA
President: Sharon Robinson
shady3773@gmail.com
Secretary: Cathy Sheeler
fishfry4us@yahoo.com

MOORPARK

Meets 1st Monday 7:00 PM
Moorpark Chamber of Commerce,
18 E. High Street
President: Ute Van Dam
vandamage@roadrunner.com
Secretary: Tom Anderson
tqanderson@roadrunner.com

OXNARD

Meets Thursday 12:00 Noon
The Tower Club, 300 E. Esplanade Dr.,
22nd
President: Jay Duncan
jay.duncan@ci.oxnard.ca.us
Secretary: Daniel Martinez
daniel.martinez@ci.oxnard.ca.us

SANTA BARBARA

Meets Wednesday 12:00 Noon
Mesa Café, 1972 Cliff Drive
President: Gary Gray
gvggraycpa@gmail.com
Secretary: Anita Ho
vol@volunteersb.com

SANTA PAULA

Meets Thursday 12:00 Noon
Zapparelli's Pizza, 598 W. Main St.
President: Dan Robles
conan0421@hotmail.com
Secretary: Jerry Burns
volleyballjerry@aol.com

SANTA SUSANA

Meets Wednesday 12:15 PM
1st St. Family Restaurant, 2025 First St.
President: Sonya Cohen
kiwanisinfo@att.net
Secretary: Judy Bertonierre
JeffsReTeam@gmail.com

SIMI VALLEY

Meets Wednesday 7:00 AM
Junkyard Café, 2585 Cochran St.
President: Don Sturt
dsturt@sbcglobal.net
Secretary: Mary Martin
805-527-0760 ~
fmmartin7@sbcglobal.net

SIMI VALLEY ONLINE

Meets Online 1st Tuesday 7:30 PM
www.kiwanisonline.org
President: Ray Dempsey
dempsey.r@sbcglobal.net
Secretary: Keri Ferguson
keriferguson@gmail.com

SOUTH COAST

Meets Tuesday 6:00 PM
IHOP, 4765 Calle Real
President: Bill Bailey
bill@jwbailey.com
Secretary: Richard Gardner
gardn8j@cox.net

THOUSAND OAKS

Wednesday 7:15 AM
Palm Garden, 495 Ventu Parkway
President: Randy Senzig
randysenzig@tomortgage.net
Secretary: Gloria Dyok
gloriadyok@verizon.net

VENTURA

Meets Friday 12:00 Noon
Poinsettia Pavillion, 3451 Foothill Road
President: Bart Bleuel
bbleuel@sbcglobal.net
Secretary: Matt Kohagen
EPTCB64@gmail.com

VENTURA SUBURBAN

Meets 1st & 3rd Wednesday 6:30 PM
Marie Callender's, 1295 S. Victoria Ave.
President: Brendan Hendrick
kiwinsda2000@aol.com
Secretary: Tracey Hendrick
805-642-8661 ~ tnbhen@aol.com

Key Clubs

Regional Advisor Key Clubs:

Mike Van Etten
region10mve@gmail.com
Cell 213-276-8200 Home 805-520-0549

Division 42 East Lt. Governor:

Paolo Recto
Santa Susana High School
d42e.cnhkc.lt@gmail.com

Division 42 West Lt. Governor:

Haley Tuesday
Oxnard High School
d42w.cnhkc.lt@gmail.com

KIWINS

Regional Advisor: Cecilia Rexford
aachskiwinsadvisor@gmail.com

Turquoise: Karina Wang, Lt. Governor
turquoiseltg1314@gmail.com