



Kiwaniis®

THOUSAND OAKS

The Official Newsletter and Minutes of the Kiwanis Club of Thousand Oaks, California

April 10, 2024

Turkey Day Dash Agreement Approved

President Paul Lopez reported that in Tuesday night's meeting, the Board of Directors approved an Agreement for our Club's participation in this year's Turkey Day Dash. More on that topic and other Board actions in the "President's Announcements" section of the



The Kiwanis Kween opened the meeting with "America the Beautiful."

Allegiance. Don Christie gave the invocation, noting that Monday's eclipse reminded us of the grandeur of our universe, and how grateful we are for nature, family, and friends.

There were no birthdays to celebrate this week and just one Club anniversary - a very special one, as our President Paul Lopez is marking ten years as a member, which generated a round of applause. "The certificate is already at home," he said.

Presidential Announcements

President Paul had a lot to share this morning. First, he thanked members who attended our April Friday Night Evening Edition at his home, which also served as an InterClub for members of the Simi Valley and Santa Susana Kiwanis Clubs who partook of our hospitality.

The Board of Directors had a productive meeting Tuesday night. As



Roger Meyer did the honors with this morning's flag salute.

Bulletin. Sherrill Hyink channeled the beautiful weather by choosing "America the Beautiful" for the opening song and Roger "007" Meyer led the Pledge of

reported above, the Board approved an Agreement to provide volunteers for this year's Turkey Day Dash on November 28. Our required number of volunteers is somewhat higher than last year, but well within our capabilities as we far exceeded the



Don Christie offered the invocation.

v o l u n t e e r requirement last year.

The event is extremely popular in the community. Last year the Club earned more than \$18,000 for our Foundation.

This year, Five07's projected budget anticipates that each of the three participating non-profits will receive around \$23,000.

The Board also approved a budget for our Conejo Uncorked Fundraiser, which will be held October 10 at Los Robles Greens. The approved budget anticipates net income of about \$15,000.

The Board also approved a \$200 grant to a local Girls Scout troop - a couple of their members provided many hours of assistance to Aaron Podell in refurbishing our BBQ wagon.

A lot of cleaning was required.

The Board approved two more cooking projects - on May 11 for CRPD's Therapeutic Recreation Unit's dance at the Teen Center, and on June 23 for the Cancer Support Community's Caravan for Cancer.

Paul also reported that the Board approved Jack Talbot's request to go on Leave of Absence status and that there are new Kiwanis International "Child Safe" regulations that the Board will be evaluating and communicating to the membership in the near future.

In other news, Paul shared that there will be an InterClub with the Simi Valley and Santa Barbara Clubs next Wednesday - see Katy Porter to sign up.

Please check out the Club Calendar at the end of the Bulletin for our upcoming projects and events.

Committee Reports and Announcements

Goddess and President-Elect Robin Britt fielded Committee Reports and announcements from the floor.

Meals on Wheels - Sherrill Hyink told us that Haze Arnold is driving our Monday route next week.

Youth Services - Don Christie announced that we'll be cooking at the Thousand Oaks Girls Softball Family

Day this Sunday and reminded members to sign up to help. Mary Sepe reported that April 13 is the three-year anniversary of the Bikes for Youth Project. It's rolling along nicely - we've provided fifty bikes already this year (100 is the annual goal), and a



President-Elect Robin Britt took the podium as she fielded announcements from the floor.

total of 424 bikes since inception of the project. What a tremendous benefit to the youth of our community!

Community Service -

Gloria Dyok let us know that our monthly Safe Passage food

distribution project is this Saturday, and that we still need a few more sign-ups on the second shift for Aut2Run. We are cooking pancakes for the participants - it's on April 28 at Cal State Channel Islands, and the second shift is from 9:30 to noon.

Steve T. Smith announced that the Camarillo Kiwanis Club is inviting our members to attend their "Painting

With a Twist" Fundraiser - cost is \$40 and it may involve some wine. See Steve for details and to sign up if you'd like to go.

Loteria

Doug Morrison was the lucky member selected to try to grab the clear marble and a \$35 dues credit. Alas, he fished out a definitely not-clear marble and went home with just a lottery ticket.

Chris Anstead, Steve Kammerer, and Gloria Dyok earned consolation lottery tickets.



Doug Morrison was not happy to miss the clear marble, worth \$35 this week.

Fine Period

Larry Levine confessed to some anxiety this morning. He was concerned that everyone may have signed in and he'd have to cough up a buck. He was quite relieved when he noticed that Mark Frankcom had signed in on the wrong line. That counts as a non-sign in said Larry, so Mark was on the hook for a dollar.

Jim Stephenson generously dropped in \$55 to honor his and Alice's upcoming 55th wedding anniversary. He said he would usually bid on the Fine Free badge, but won't be at the May 1 meeting when it will be auctioned next.

Kathy Smiley is \$2 worth of happy for an upcoming visit by her granddaughter and fiancé, and their one-year old. Mark Frankcom enjoyed a recent trip to Cabo San Lucas for his son's destination wedding, but did not enjoy the four-hour wait at the airport to board the plane for his return trip.

Steve T. Smith is happy for his upcoming trip to Portugal and Spain. Arnie Rudman was volunteering at Homeboys Monday and brought along extra eclipse glasses, so that the clients could enjoy the spectacle.

Arnie also told us that Bob Engler "helped" him install a new microwave

oven recently. Fireman Bob was sitting on the stove and one of the burners accidentally lit up - didn't get Bob, just a dish towel.

Later, Bob counseled the members to never help Arnie install a microwave or let him use your truck.

Patrick Connolly also enjoyed a recent trip to Cabo, including some great snorkeling adventures and a view of the eclipse - 99% coverage there.



Vice President Brian McMahon introduced another excellent speaker, Dr. Irina Feldman.

Sean Leonard put in a sad dollar - he was released from jury duty early and had to take the rest of the day off.

Doug Ryan experienced a massage

using CDB oil recently, and highly recommends it. Brian McMahon dropped in a missed meeting dollar - on vacay in Ojai last week.

Randy Senzig closed by thanking the members for their support as he grieves the recent passing of his older brother. His and Julia's 15th wedding anniversary celebration was limited to a glass of wine and toast to his brother.

Gut Check

Today's program speaker was Dr. Irina Feldman, who educated us on how to improve gut health. As Hippocrates said, "All disease begins in the gut."



Dr. Feldman delivered a very interesting talk on gut health and how it affects our other systems.

Our digestive system is filled with microorganisms that help it do its job of absorbing the good stuff and getting rid of the bad stuff. This group of microorganisms is known as the "microbiome." Our microbiome

changes as we age. Sometimes gut inflammation (also known as "leaky gut") occurs and molecules pass through the membrane between the gut and blood vessels serving the gut. The result is disease that affects other parts of the body, including overall metabolism, the heart, the immune system, and the brain itself.

Fortunately, we can maintain gut health through wise choices in our diet. Many foods promote the growth of beneficial microorganisms because they contain fiber and other substances that are helpful. Examples are onions, garlic, asparagus, leeks, bananas, apples, beans, and legumes. These are "prebiotic" foods.

Probiotics are the live microorganisms, mainly bacteria, that live inside the gut and form the microbiome along with other microbes. Probiotic foods contain live cultures and fermented foods. Examples are kefir, yogurt, miso, Kvass and Kombucha. Kvass is popular in Dr. Feldman's native Ukraine. It's a fermented cereal drink, which has a light alcohol content.

(Fundraiser idea - "Kvass-tival".)

Other foods contain polyphenols, which have anti-inflammatory properties and help keep our good

bacteria healthy and happy. Examples are avocados, hazelnuts, olive oil, spices and dry herbs, black tea, coffee, and coca products.

Dr. Feldman reminded us that you



Dr. Feldman was very happy to receive one of our highly coveted Kumbacha mugs.

are what you eat. Eat healthy, but also pay attention to other basics of well-being - exercise, sleep, stress management, and proper hydration.

The presentation was very informative and well-received, although “gut-wrenching” for some members, such as Doug Ryan.

Stick Draw

Katy Porter was \$20 worth of happy when her stick was drawn this morning.

President’s Message

“Let’s keep the Kiwanian spirit alive, because we do it right. I am just remembering the good times we enjoyed last Friday with our fellow Kiwanian members from Simi Valley and Santa Susana, along with our own Kiwanian members from Thousand Oaks.”

Upcoming Speakers

- 04/17 David Pederson, Las Virgenes Water District
- 04/24 Jeff Chen, Ventura County Fire Department Division Chief
- 05/01 Tony Antonelli
- 05/08 Scholarship Awards #1
- 05/15. Scholarship Awards #2

Written by John Prescott and photos by Larry Levine. Editing, production and distribution by John Prescott.

KIWANIS CALENDAR

WHAT'S HAPPENING IN THE KIWANIS CLUB OF THOUSAND OAKS

2nd Saturdays: 9:00 am to 11:00 am. Safe Passage food distribution. 1707 Calle Diamonte, Conejo Creek Condos. See Gloria Dyok.

April 11, Thursday: DCM at CLU-Oxnard 6:30 pm. Host is Oxnard

April 14, Sunday: 11 am - 2 pm. Cooking burgers for Thousand Oaks Girls Softball at Los Cerritos Intermediate School.

April 28, Sunday: Aut2Run at Cal State Channel Islands.

May 1, Wednesday: Club Annual Meeting and Elections.

May 3, Friday: Friday Night meeting at the McMahons', 6:00 pm.

May 9, Thursday: DCM at CLU, 6:30 pm. Host is Moorpark.

May 11, Saturday: Cooking for CRPD Therapeutics Unit dance at Teen Center, 5-9 pm.

May 14, Tuesday: Board Meeting, 6:30 pm on Zoom.

June 2, Sunday: Love Run

June 7, Friday: Friday Night meeting at the Smileys'.

June 11, Tuesday: Board meeting, 6:30 pm on Zoom.

June 13, Thursday: DCM at CLU/Oxnard, 6:30 pm. Santa Barbara is host club.

June 15, Saturday: Touch-A-Truck at Thousand Oaks Community Park, 9 am to 2:30 pm.

June 23, Sunday: Cooking for Cancer Support Community's "Caravan for Cancer."

July 3-6: Kiwanis International Convention in Denver, Colorado.

August 4, Sunday: BrewFest at Conejo Creek North Park.

August 8, Thursday: DCM at Art Trek, 703 Rancho Conejo Blvd., Newbury Park. We are host Club.

August 8-10: Cal-Nev-Ha District Convention in Kona, Hawaii.

September 7, Saturday: Cal-Nev-Ha District Governor's visit.

September 26, Thursday: Soroptimist Margarita Mixoff

September 29, Sunday: Club Installation Banquet at Goebel Senior Center

October 10, Thursday: Conejo Uncorked Club Fundraiser at Los Robles Greens.

November 28, Thursday: Turkey Day Dash at CLU.

Club Officers

President

Paul Lopez

President Elect

Robin Britt - Committees

Vice President

Brian McMahon - Programs

Secretary

Lori Olbrich 9/2024

Treasurer

Jim Stephenson 9/2024

Director (Ass't. Secretary)

Gloria Dyok 9/2024

Director (Ass't Treasurer)

Chuck Huffer 9/2024

Immediate Past President

Mary Sepe - Membership

Directors

John Prescott 9/2025

Steve T. Smith 9/2025

Jerry Westby 9/2025

Doug Morrison 9/2024

Rene Solem 9/2024

Teta Van Ommeren 9/2025

Don Christie 9/2024

Meeting Location

Our Club meets Wednesdays at the Los Robles Greens Golf Course, located at 299 S. Moorpark Road in Thousand Oaks. We meet at 7:30a.m. in the banquet room just off the snack bar.

Club meetings are also held via Zoom until further notice.

Committees

Chamber of Commerce

Steve Weiss

Social

Donna Orraj / Kim Baumann

Interclub

Steve T. Smith

Bulletin

John Prescott

Web Site

Jennifer Chebi

House

Dave Freeman / Larry Levine

Health and Caring

Jack Talbot

Social Media

Kim Baumann

Youth Services / YCP1

Teta Van Ommeren

Spiritual Aims

Dave Biedebach

Community Services

Gloria Dyok

Sponsored Youth

Cristy Warner

Fundraising

Paul Campbell

Meals on Wheels

Jerry Westby / Sherrill Hyink

BBQ Wagon - Mike Mathews

Strategic Planning

Tony Antonelli / John Prescott

Contact Us

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