



# Kiwanis®

CALIFORNIA-NEVADA-HAWAII DISTRICT  
DIVISION 42



## WHAT'S COOKING WITH UTÉ



**Uté Van Dam**

Lieutenant Governor

[utevandam@roadrunner.com](mailto:utevandam@roadrunner.com)

(805) 433-3306

A publication for and about the  
Kiwanis Clubs of:

**CAMARILLO**

**MOORPARK**

**OXNARD**

**SANTA BARBARA**

**SANTA SUSANA**

**SIMI VALLEY**

**THE SOUTH COAST**

**THOUSAND OAKS**

**VENTURA**

**VENTURA SUBURBAN**

Editor

**Nick Esser**

[nichorus@pacbell.net](mailto:nichorus@pacbell.net)

Hello Leaders!

Most students are back to school this month. That means Kiwanians are busy volunteering with SLP's and student-focused events. Division 42 has programs at all levels including K-Kids, Builder's Club, KIWIN'S, Key Club, Circle K, Aktion Club and TERRIFIC Kids. For all our volunteers, remember to take the Youth Protection Training and get your background checks before working with students.

Kiwanis International has produced a 24-minute video (mp4) which presents all the relevant information. That video can be accessed at: <https://tinyurl.com/YP-Video>. The video should be watched in its entirety, preferably at a special club meeting. After the meeting, each member should be given a copy of the Youth Protection Guidelines and Policies. That document can be accessed at: <https://tinyurl.com/YP-Policy-Doc>. Members should be encouraged to discuss the video and handout.

For those members who are not able to attend, the following is suggested:

- Send the video link out to all club members, asking them to view the video within 30-days.
- Attach a copy of the 2-page Guidelines and Policies, asking the member to read the document and to understand their obligations as Kiwanians.
- If the above actions are taken, the Club Secretary can reasonably check the box on their Secretary Portal, indicating that their club has received the annual training.

Recently, the Simi Valley club invited the Santa Susana and Moorpark clubs to join them in the Youth Protection Training. It was a quick 24-minute video and the highlight was having a giant interclub with our Kiwanis friends.

Important reminder - The Governor's Visit and our Installation is on August 26, 2023 in Simi Valley. *RSVP ASAP!* Hope to see you there.

The weather is still so hot, so here is a recipe where you only need to heat up your Instant Pot/electric pressure cooker (if you don't have one, I highly recommend it. Easy and quick cooking, flavorful results, and only one pot to clean.) In this recipe, the pasta soaks up all the flavors of the sauce while cooking, which makes it extra tasty.

### Instant-Pot Spaghetti

- 1 tablespoon olive oil
- 1 pound ground beef, turkey, or sausage
- 1 teaspoon kosher salt
- 1 teaspoon onion powder
- ½ teaspoon garlic powder
- Pinch red pepper flakes (optional)
- 2 cups water, divided
- 1 (24-ounce) jar marinara or tomato-based pasta sauce
- 8 ounces dry spaghetti
- ½ cup red wine (optional)
- 2 cups water (1 ½ cups water if you use the ½ cup of wine)
- Grated Parmesan cheese, for serving

(For preparation instructions, see *The Hub*, p.8)

Uté

WE ARE IT. LIVE IT

# Camarillo

Allen Grizzard-Paul Reporting

Camarillo's club was fairly quiet this month, but are working on plans for their Installation Dinner, a Golf Tournament, and their second Food Drive for 2023. However, the Key Leader Program has been busy. Camarillo KIWIN'S Club alone has clocked up 314 service hours before the end of July. Turquoise Division KIWIN'S also held their Officer Training Conference at Rancho Campana High School. This was put on by their Lt. Governor, Hanna Lee and District Governor, Luci Wong. This was a mixture of serious training and as usual at an SLP event, some fun icebreakers.



Lt. Gov. Hanna Lee opening the presentation



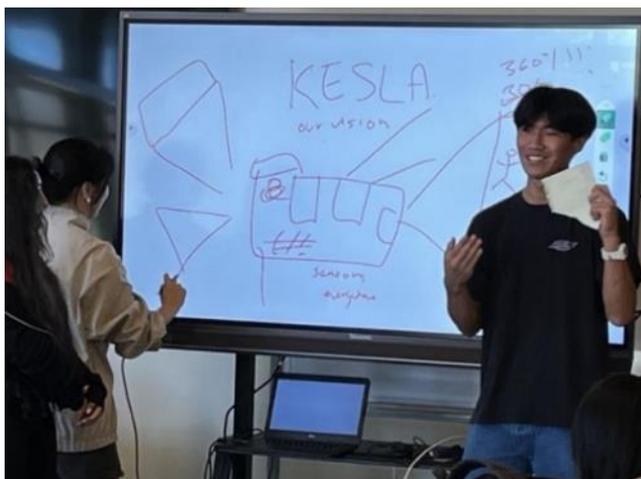
Governor Luci Wong presenting the term outline



Cotton Candy was also there.



Icebreaker to build the highest pile of candy – Gov. Luci won!



The Kesla company - a very funny presentation

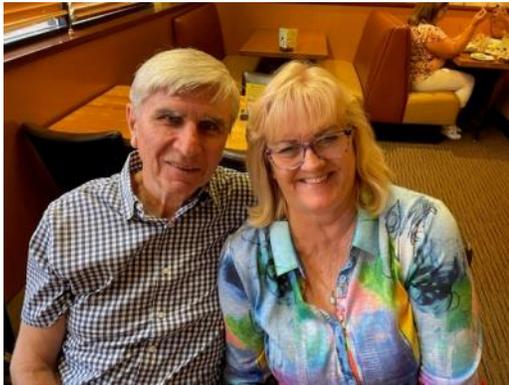


At the end, a well-educated group of KIWIN'S

# Moorpark

Ute Van Dam Reporting

Moorpark members had our "social" dinner at California Pizza Kitchen before attending the Youth Protection training hosted by the Simi Valley Club. 13 of us showed up!



**Bryan and Debbie**



**Cat**



**Emily and Denise**



**Wendy and Bruce**



**Tim**



**Curt, Uté, and Mark**



**Debbie and Sharon**



**Simi members lead us in song.**



**It was a full house at the Simi Valley meeting.**



**Our regular monthly social at the beautiful home of Bryan and Debbie**



# Santa Barbara

Walt Browne, Marsha Gray, Loren Loza Reporting



## Meeting Highlights



Left: We had a great Lt. Governor's visit on July 19, with Uté and her husband, Mark. Right: On August 3, our member and Navy vet, Roger Deck, gave a talk on the pinning program he participates in with the Visiting Nurses Association. It is a recognition for vets in hospice care, talking about the vet and his life and service.



Both Kiwanis and Aktion Clubs volunteered at the Fiesta Children's Parade to hand out ice cream to participants.



For the second year in a row we joined forces with Santa Barbara's Sunrise Rotary and Old Navy to give 100 students from our adopted BUGs school, Cleveland Elementary, \$100 credit each to purchase Back to School items. Unity School, whose CEO is our very own Angela Miller Bevan, contributed stuffed backpacks.

Top: Cleveland parents at Old Navy and Thank You sign; Bottom, L-R: Past Lt. Gov. Ed Cué and club President Walt Browne inside Old Navy helping our students spend \$100; Stacie and Past President Nancy; Anita Dominocielo, the force behind our Kiwanis back to school event, Joan Melendez, and Principal Gabe Sandoval.



**President Stephe was presented with a Certificate of Appreciation from the Rancho Simi Park District Board for our club's efforts in organizing and hosting the city's 4th of July celebration.**



**On a sizzling hot July 22-23 weekend, an intrepid group of Simi Kiwanians provided the only food and beverage service for Strathearn Historical Park's "Journey Through Time" event.**



**Our Aug. 2 meeting was an interclub with Moorpark and Santa Susana featuring Youth Protection Training.**

# Thousand Oaks

John Prescott Reporting



The Thousand Oaks Club's 11th annual BrewFest was held August 3 at Conejo Creek North Park. Brian McMahon, our incoming Vice-President, was the chair, and it was one of our best ever. More than 350 people attended, and we raised about \$34,000 for our Charitable Foundation. Attendees voted for their People's Choice Awards, with 14 Cannons Brewing Company earning the "Best Brewery" title. "Best Specialty Beverage" winner was Oak and Iron, and the "Best Food" crown went to 101 BBQ Hut. This year we added a Cornhole Tournament run by Dave and Buster's. The band, "Ignition," provided fantastic entertainment as they have for us many times. Many thanks to our generous sponsors, including Platinum Level sponsors BMW and Pacific Western Bank, and to our 38 beverage, food and other vendors and exhibitors—it was a spectacular event.



The Thousand Oaks Club hosted the July Division 42 DCM at Art Trek, a local non-profit with a large studio. President Mary Sepe awarded the "USA" honors to our Club Treasurer, Jim Stephenson, in absentia. Kelli Sincock, daughter-in-law of our members Greg and Sharon Sincock, gave a fascinating program on her experience teaching art to prisoners and how it helped shape their positive outcomes.



**Our Aktion Club of Ventura's beach cleanup. This project was on the Ventura Promenade. About 45 people showed up to help clean up the beach and surrounding areas.**



### **New Members!**



**Bart Bleuel presents new member packages, including our traditional apron to be signed by the members, to Kelly Biederman, then later to Dan Biederman, two of 4 new members inducted into Ventura Kiwanis.**



### **SLP Recognition**



**Michelle Bleuel presented an award to Basilio Gonzalez, the faculty advisor for Data Middle School, who then showed an enlightening slide show of the Builders Club accomplishments last year. A poster board shows the activities of Data Builders Club, with cup cakes celebrating Ventura Kiwanis August birthdays.**



**The crowd in attendance for SLP recognition, including 8 SLP students from Ventura and Buena high schools.**



# Division 42 THE HUB



## Cal-Nev-Ha Aktion Club Leadership Education Training Wonder Valley Ranch October 6-8, 2023



Hi CNH Kiwanians,

It's time to start planning our Annual CNH Aktion Club Leadership Education Training. October 6-8, 2023 we will again gather at Wonder Valley for good friends, fellowship, service, fishing, boating, dancing, music, and of course great food!

### Registration Form

See details on the registration form for dates, location and prices. Mail all your club's completed registration forms together and enclose one payment per club (including chaperones) by September 1, 2023.

The fee includes 5 hot meals (buffet style), housing, entertainment and activities and a great sack lunch for the drive home provided by one of the local Kiwanis Clubs.

Please reach out directly if I can assist you further.

Brian Atwell  
CNH Aktion Club  
District Administrator  
805.674.5851  
[brianatwell@charter.net](mailto:brianatwell@charter.net)

### What's Cooking With Uté, continued:

#### **Instant-Pot Spaghetti - preparation**

**Sauté the meat.** Turn the electric pressure cooker to sauté. Once heated, add the olive oil and meat. Break the meat up into small pieces with a wooden spoon and season with the salt, onion powder, garlic powder and pepper flakes. Cook, stirring and breaking the meat into small pieces, until cooked through and no longer pink, about 5 minutes.

**Add 1/2 cup of the water (or 1/2 cup wine), then the sauce.** Turn off the sauté function and add 1/2 cup of water (or 1/2 c. wine) to the pot. Scrape the bottom of the pot to remove any stuck-on bits. Then add the jarred marinara sauce (24 oz.) and stir to combine well.

**Break the spaghetti in half and layer in the pot.** Break the spaghetti strands in half and spread them in one or two layers over the ground meat mixture. Do **not** stir from this point on. (Stirring may cause the pasta to burn if it touches the bottom of the pot.)

**Add the remaining water but don't stir.** Rinse the marinara sauce jar with the remaining 1 1/2 cups water (pour the water into the jar, twist on the lid, and shake gently) and then pour the water over the pasta. Remember — no stirring here.

**Set the pressure cooker to HIGH for 8 minutes cook time.** Seal the pressure cooker. Set to cook on HIGH pressure for 8 minutes. The cooker should take between 10 and 12 minutes to come up to pressure.

**Use a quick release to release pressure and stir.** Open the pressure release valve (quick release) as soon as the 8 minutes cook time is up. Open the pressure cooker and stir the spaghetti into the sauce. Turn off the pressure cooker and remove the insert from the pressure cooker. Serve immediately with a flurry of grated Parmesan cheese.

Enjoy!



# Division 42 Clubs & Meetings

Please confirm the meeting place and time with the Club Secretary if you are planning a visit.

## Camarillo

**Meeting:** Sportsman Restaurant, 4426 Central Ave.  
Tuesdays: 1st, 3rd, & 4th - 5:30 pm  
2nd Tuesday via Zoom, 12:00 pm  
President: Peter Johnson Email: peterwyattj@gmail.com  
Ph: (805) 443-0189  
Sec'y: Allen Grizzard-Paul Email: allengrizzard@msn.com  
Ph: (805) 795-6279 Cell

## Moorpark

**Meeting:** Moorpark Chamber of Commerce, 18 E. High St.  
1st Monday 7:00 pm  
3rd Monday Club Social 6:30 pm (Location varies.)  
President: Debbie Lee Email: debbielee4reverse@gmail.com  
Ph: (805) 402-0176  
Sec'y: Barbara Eisenberg Email: itsmebj@att.net  
Ph: (805) 390-1770

## Oxnard

**Meeting:** Location TBD  
1st Thursday 6:00 pm; 2nd Thursday at DCM ;  
Last Thursday: Evening social with rotating location, 6:00 pm  
President: Cuauhtemoc Solorio  
Email: csolorio@callutheran.edu Ph: (805) 890-4665  
Sec'y: Marco Valencia Email: marcovmail@gmail.com  
Ph: (805) 616-2771

## Santa Barbara

**Meeting:** Cody's Café, 4898 Hollister Ave.  
1st & 3rd Wednesdays 12:00 pm  
4th Wednesday Evening Social 5:30 pm (Location varies.)  
President: Walter Browne Email: walterbrowne1@yahoo.com  
Ph: (916) 817-7584  
Sec'y: Roger Deck Email: rogerdeck1112@gmail.com  
Ph: (602) 403-2019

## Santa Susana

**Meeting:** (Call for location) Last Tuesday 5:30 pm  
2nd Sunday of odd-numbered months via Zoom 12:30 pm  
President: Gary White Email: garywhiteallstar@gmail.com  
Ph: (805) 660-7446  
Sec'y: Karen White Email: kewwhite1954@gmail.com  
Ph: (805) 630-6080

## Simi Valley

**Meeting:** 99.1 The Ranch Studios, 1555 Simi Town Center Way,  
#730, 1st & 3rd Wednesdays 6:30 pm  
Denny's, 5197 E. Los Angeles Avenue,  
2nd & 4th Wednesdays 7:00 am  
President: Stephe Jennings Email: pehtie@hotmail.com  
Ph: (818) 489-6898  
Sec'y: Mary Martin Email: fmmartin7@sbcglobal.net  
Ph: (805) 587-2235 Cell

## The South Coast

**Meeting:** TBD  
President: Wesley Jackson Email: lytning@icloud.com  
Sec'y: TBD

## Thousand Oaks

**Meeting:** Los Robles Greens Golf Course, 299 S. Moorpark Rd.,  
Wednesdays 7:15 am HYBRID: Live + Zoom  
Social Mtg. "First Friday" night each month: location varies  
President: Mary Sepe Email: marysepe88@gmail.com  
Ph: (805) 402-8753  
Sec'y: Lori Olbrich Email: tulipp78@gmail.com  
Ph: (805) 428-7704

## Ventura

**Meeting:** Poinsettia Pavilion, 3451 Foothill Rd.  
1st & 3rd Fridays 12:00 pm  
President: Dave Ring Email: kenai\_ring@yahoo.com  
Ph: (805) 256-4114  
Sec'y: Bart Bleuel Email: bbleuel1@gmail.com  
Ph: (805) 816-8646

## Ventura Suburban

**Meeting:** via Zoom  
2nd & 4th Tuesdays, 6:00 pm  
President: Brendan Hendrick Email: kiwinsda2000@aol.com  
Ph: Home: (805) 642-8661  
Sec'y: Tracey Hendrick Email: tnbhen@aol.com  
Ph: (805) 642-8661



# Division 42 Calendar of Events

## Training & Club Events

**August 19, 2023**

Cool Breeze Century Bike Ride  
Ventura Kiwanis

**August 26, 2023**

Governor's Visit and Division Installation  
St. Francis of Assisi Garden Patio, Simi Valley

**October 5, 2023**

Conejo Uncorked Charity Wine Event  
Thousand Oaks Kiwanis

**October 6 - 8, 2023**

Aktion Club Leadership Education Training  
Wonder Valley Ranch

**October 28 - November 9, 2023**

Mexico and Sea of Cortez Cruise  
Simi Valley Kiwanis - CNH Children's Fund



## Division Council Meetings

**October 13, 2022**

No host club - Div. Leadership Team

**November 10, 2022**

Hosting clubs: Santa Susana &  
Ventura Suburban

**December 8, 2022**

Hosting Club: Simi Valley

**January 12, 2023**

Hosting Club: Camarillo

**February, 2023**

Dark

**March 9, 2023**

Hosting club: Ventura

**April 13, 2023**

Hosting club: Oxnard  
Location: Cal. Lutheran U., Oxnard Center

**May 11, 2023**

Hosting club: Moorpark  
Location: Cal. Lutheran U., Thousand Oaks

**June 8, 2023**

Hosting clubs: Santa Barbara & South Coast  
Location: Cal. Lutheran U., Oxnard Center

**July, 2023**

Hosting club: Thousand Oaks  
Location: Art Trek, Newbury Park

**August, 2023**

No DCM - Gov. Visit and Div. Installation

**September, 2023**

Dark



2023



# COOL BREEZE CENTURY

100 MILES OF CYCLING FUN!

## AUG. 19, 2023

### CALIFORNIA'S CLASSIC COASTAL BIKE RIDE!

Ride with us along the beautiful California Coast. Multiple routes for every rider level. Our cheerful volunteers make your ride day an experience to remember. Rest stops are stocked with abundant snacks to fuel your journey. And don't forget what we're famous for - Popsicles on the Rincon!

#### MINI METRIC - 30 miles

A great route for new riders! A true coastal cruise along the Pacific Ocean for 75% of the ride. And our famous popsicles to get you home!

#### METRIC CENTURY - 60 miles

For those "not quite up for a century", this is a challenge with great scenery. Your final reward is a magnificent view and an icy treat.

#### Century - 100 miles

Our trademark route! If this is your first organized century, you're in for a treat. Ocean vistas, challenging climbs, and plenty of flat roads - It's what put us on the map!

#### Double Metric Century - 125 miles

Hard core? We'll give you the whole enchilada. A nice warm up, a challenging climb & stunning views. Head home on a flatter route with a good chance of a coastal tail wind. Stop at Rincon Park for some POPSICLE POWER to get you to the finish.



Register at [BikeReg.com](http://BikeReg.com)

# CoolBreezeCentury.com



**Kiwaniis**  
CALIFORNIA-NEVADA-HAWAII DISTRICT  
DIVISION 42



# You're Invited

Division 42 Welcomes  
Governor Valerie Brown-Klingelhofer



**Saturday, August 26<sup>th</sup>, 2023**

**12:30 pm**

**St. Francis of Assisi Patio**

280 Royal Avenue, Simi Valley, CA 93065

*Official Governor's Visit*

*Division 42 Lt. Governor's Installation & Recognitions*

\$ 35.00 per person

Each club is also asked to provide a raffle basket.

**Please RSVP by August 18th, 2023**

Debbie Heaslip / [treasurerdiv42@gmail.com](mailto:treasurerdiv42@gmail.com)

**(Please let us know if you have any Vegans)**

**TICKETS ON SALE NOW**  
**DODGERS**

**LA**



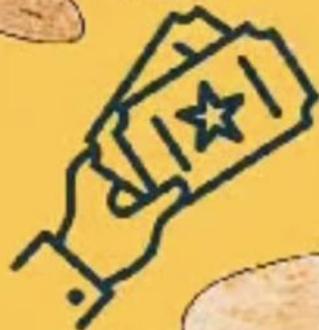
TICKET A

ADMIT ONE

**TICKETS**

ADMIT ONE

TICKET A



**LETS GO  
DODGERS**

**FRIDAY**

**SEPT. 1, 2023**

★ ★ ★ ★ 3:00 PM ★ ★ ★ ★

**Oxnard Kiwanis Fundraiser!**

**Atlanta Braves vs Dodgers**

**\$100 includes bus ride and game, fun times, raffle included on bus.**

**Contact Rodney Medina (909) 489-2301 for further information and tickets.**



**Kiwanis**

# CONEJO *Uncorked*

A charity wine & food event hosted by  
The Kiwanis Club of Thousand Oaks  
benefitting over 20 local organizations.



OCTOBER  
**5**  
2023

5:30 PM to 8:30 PM

The Gardens at Los Robles Greens  
299 S. Moorpark Road, Thousand Oaks



To purchase tickets or for more information visit:

[conejouncorked.com](http://conejouncorked.com)







