

Kiwanis



LINCOLN

www.lincolнкиwanis.org

Kiwanis Club of Lincoln, P.O. Box 1094, Lincoln, California 95648, meets every Tuesday at Buonarroti's Restaurante, 460 "G" Street, Lincoln at 7:00am.

Official Bulletin of the Kiwanis Club of Lincoln

Bulletin of January 12, 2010

FROM THE PODIUM

Song Logan - America the Beautiful



Pledge - Dr. Liebgold



Prayer Pastor Dick



Drawing Winner: Tom McCarthy

Last week a group of 29 members gathered together to celebrate the start of the new year. We knew we were in good hands with President Donna at the podium.

SEE's Candy - Candy Man Jim reports that Lori, our See's Candy rep, advises we grossed \$93,310 for the sale of See's Candy which equates to a profit of \$27,000 less expenses. Included in the sales were 300 pounds of candy that were shipped to soldiers serving our country.



RELAY FOR LIFE: President Donna announced that we would like to get a team together (or sponsor a team) to participate in the Lincoln Relay for Life. Ali and the Key Club have been involved in this event for several years. Terry will be scheduling Ellen Byron to talk to us about the event. Stand by for action!

Board meeting on Thursday, January 14th at Coldwell Banker, 7:00AM

LAST WEEK'S PROGRAM

WOW! This was a program to provoke our thoughts. Our guest speaker was Dr. Howard Liebgold, retired psychiatrist and pain management specialist, who has achieved his greatest renown as an internationally recognized expert in the field of phobias. He spent 51 years with Kaiser Permanenti and was Chief of the Rehab Center for over 30 years.

Dr. Liebgold claims that we are born to have anxiety disorders. The top three are: (1) public speaking, (2) contamination and (3) harm (no longer secure). Nine out of ten people have restrictive fears or phobias. The good doctor says "Don't manage your phobia - cure it!" He had his own claustrophobic problems and stayed within 12 miles of home for 30 years. He now boasts 62 cruises. Myths are: (1) I am the only one that has this, (2) I am crazy, (3) I am incurable.

Dr. Liebgold will conduct an upcoming workshop, "Curing Anxiety, Phobias, Panic and Obsessive Compulsive Disorder (OCD)" at Sierra College, Room C-8 on Saturday, March 27, 2010. Refer to Course #8285. Tuition: \$78, Class materials \$25. For registration Call (916) 660-7160.

Thank you Terry for bringing us this fascinating program.

LAST WEEK'S GUESTS

Estelle introduced Ann Sisco who she met buying tickets for the Holiday Home Tour. Dick was accompanied by Arlene, John introduced our old friend Joe Carrillo, Sheri brought her friend Carolyn Carvell, and Ronnie Stroud from the Folsom Lake Club and KFH and Rick Domenick from Roseville and KFH were also visitors. The best way to meet prospective members is at our service and fund raising projects.

SOME OF LAST WEEK'S HAPPY AND SADS

- Mark - Happy for our guests
Sheila - Happy for Melody's business and meeting her needs after cataract surgery
Dale - Happy for the San Diego Chargers
Gail - Happy that her 44 year old son is staying with her
Tom - A happy \$25 for the anniversary of his marriage to Gretchen
Ronnie - Happy to see Rick from the Roseville club and can Gail have a 44 year old son?
George - Happy for wife Merete's birthday
Kristi - Happy to see the Kiwanis Rose Bowl parade float and that it won a prize
Dick - Happy to have his bride Arlene at the meeting
Logan - Happy that he will give a review on blondes at the next meeting
Terry - Happy to be back from a very cold New York where he froze something off?
Jack - Happy that Navy beat Missouri in the Texas Bowl 35 - 13.
(To give our two retired AF Colonels equal space, the Air Force beat Houston in the Armed Forces Bowl 47-20)
Estelle - Happy to have Ann Sisco as a guest and happy for the blondes in our club



UPCOMING EVENTS

Last week Ronnie Stroud and Rick Domenick dropped by to tell us about an annual Kiwanis Family House (KFH) fundraiser. It's time to get out your dancing shoes and head for the Red and White Ball on Saturday, February 13, 2010 at 6:30PM. The cost is less than last year at \$47.50 per person. The dinner-dance will be held at the Carvalho Family Winery in the Old Sugar Mill, 35265 Willow Avenue, Clarksburg. This location is 45 miles south-west of Lincoln near the entrance to the Delta. This is an important fund raiser for the KFH and one we have supported since we chartered. Flyer is attached.

Happy Birthday Jennifer (1/15) and Mary Lou (1/18)

Mid-Year Conference Coming March 6th. The Conference will be packed with valuable information to help our club provide more service to our community. Attend the Inter-club Luncheon featuring keynote speaker Mark Macdonald, "Navigating the Seven C's of Mission, Vision and Passion". Where: San Jose Marriott. Registration deadline: February 19, 2010.

SCHEDULED INTERCLUBS

Interclub Chairman Bob reports that we will be visiting Rocklin on January 14th, Roseville on February 4th, and Folsom Lake on February 18th. Bob is circulating sign-up sheets for these meetings. Please do not sign up unless you are sure that you will attend. Remember, there is nothing worse than 3 members driving a long distance just to be disappointed.



FUTURE PROGRAMS

- January 12 - Mike Fischer - Green Home Solutions
January 19 - Donna's business meeting
January 26 - Mike Lee - Twelve Bridges

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

HOLIDAY HOME TOUR WRAP-UP

Donna, Gail, Sheila, Sharon, Estelle and our guest Ann Sisco stayed after last week's meeting to talk about the recent home tour. Committee members need to submit reimbursement requests before we can arrive at our net profit. Ann is experienced at organizing home tours and we welcomed her comments. We agreed that there were not enough docents and will work on that for the next tour. The suggestion of a "House Captain" was also one to be considered. Our goal for the next tour will be to include a house in Catta Verdera . Thank you letters to the homeowners that participated in the event will go out this week. They will also receive complimentary tickets to the 2010 home tour.

HUMOR FOR THE NEW YEAR

A woman hired a contractor to repaint the interior of her house. As they walked through the first room, the woman said, "I think I would like this room in a cream color."

The contractor wrote on his clipboard, walked to the window, opened it and yelled out, "green side up". He then closed the window and continued following the woman to the next room.

The woman looked confused, but continued with her tour. "In this room, I was thinking of an off blue."

Again, the contractor wrote this down, went to the window, opened it and yelled out, "green side up!"

This baffled the woman, but she was hesitant to say anything. In the next room, the woman said she would like it painted in a light rose color. And once more, the contractor opened the window and yelled, "green side up!"

Struck with curiosity, the woman mustered up the nerve to ask, "Why do you keep yelling "green side up" out my window every time I tell you the color I would like the room?"

The contractor replied, "Because I have a crew of blondes laying sod across the street."

Kiwanis Club of Lincoln

2009-2010 Officers and Directors

President	Donna Judah
President Elect .	Gail Cirata
1st Vice President	Mark Schumacher
2 nd Vice President	Vacant
Treasurer:	Maggie Smith
Secretary	Kent Nakata
Past President:	Gale Hall
Director:	Frank Armienti
Director	Bill Bear
Director:	Jim Berry
Director:	Terry Dorsey
Director	Sharon Lewis
Director	Char Thomson

Governor CNH District: Roy Talley
Lt Governor Division 44 : Karen Borman

Bulletin Contributions

Please send articles to the Bulletin Editor,
Estelle Holway at weholway@wavecable.com
Bulletin Distribution: Brandy - 434-1662

CLUB CALENDAR

1/11/10	DCM, Oak Ave Methodist Church
1/14/10	Board Meeting, 7AM
1/14/10	Interclub with Rocklin Club
1/16/10	Placerville Art & Wine Festival
1/21/10	Happy Birthday Kiwanis Internat'l
1/26/10	ARCO - Kings vs. Warriors, 5PM
1/30/10	Crab & Shrimp Feed, Placer County Fairgrounds Roseville
2/4/10	Interclub with Roseville Club
2/13/10	Red & White Ball, Clarksburg
2/18/10	Interclub with Folsom Lake Club
2/19/10	Deadline for Mid-Year Registration
3/6/10	Mid Year Conference, San Jose
3/13/10	Rocklin's famous St. Patrick's Feed
5/13/10	"Swing!" at the Tower Theatre
5/15/10	Tour de Lincoln
6/24-27/10	Kiwanis Int'l Convention, Las Vegas

THE
KIWANIS
FAMILY HOUSE

18th Annual Red & White Ball

FEBRUARY 13, 2010 6:30 PM
CARVALHO FAMILY WINERY
OLD SUGAR MILL
35265 WILLOW AVENUE,
CLARKSBURG, CA

WITH MUSICAL GUEST:

Marcelle



TICKETS: \$47.50

FOR ADDITIONAL INFORMATION: RONI STROUD 916.501.0169

The Kiwanis Family House
2875 50TH STREET, SACRAMENTO, CA 95817
WWW.KIWANISFAMILYHOUSE.ORG

CARVALHO
FAMILY WINES

DEDICATED TO PROVIDING TEMPORARY HOUSING AND
SUPPORT FOR FAMILIES OF ILL OR SERIOUSLY INJURED
CHILDREN BEING TREATED AT THE UC DAVIS
MEDICAL CENTER

