



Kiwanis®

Kiwanis Club of Burbank

Minutes and Musings of the Sept. 27,
2017 Spotlight #53

Words of Wisdom

"If you get tired, learn to REST, not to quit.

Banksy

Nutrition Program

Oct. 4 – Cynthia & Cathy

Oct. 11 – Hazel & Diane

Oct. 18 - ? & Gary

Invocation and Pledge

Oct. 4 – Bryan & Pam

Oct. 11 – Bryan & Luis

Oct. 18 – Nicole & Jane

Upcoming Speakers

10/4 – Providence High School – Key Club and other programs

10/11 – GALS (Girls Athletic Leadership Academy)

Carrie Wagner

10/18 – Hazel - Eliminate

Presiding Officers

10/4 – Pres. Lisa

10/11 – 1st VP Luis

10/18 – 2nd VP Pam

Upcoming Calendar of Events

Oct. 6 28th Women Achievers Lunch

Oct. 14 – K-Day

Oct. 21 – Care box assembly & community BBQ –
UME Fed CU, 11AM-2PM

Oct. 28 – Pancake Breakfast 7AM

Nov. 11 – Burbank High School 'Night of Magic'

SPOTLIGHT

Volume 94

www.BurbankKiwanis.org



Pres. Chuck (his last meeting--good job, Chuck!) called the meeting to order at 12:30. Cynthia - scrambled to find it - and, offered the invocation. Sally lead the pledge. We all sang 'America the Beautiful' and shook hands with someone who is going to the pancake breakfast.



Harvey & Luis delivered 25 meals to shut-ins.

Birthdays – We all sang 'Put Another Candle on Your Birthday Cake' to Sarah, Pres. of BHS KeyClub and Juan



Anniversaries – none



GUESTS- Gloria Knox, Yasmee Rayved & James Christensen



(speakers), Rebecca



Trong (KC), Joyce Peterson, Joan Chandler, & Eric and Edgar



Abnneasian, Brianna Leslei, Sarah Hirano (KC)

Brianna came forward to report the BHS KeyClub's activities for September. Along with their first meeting and 'rush', they made sandwiches for the firemen, made flyers and participated in 'Not on Our Watch'. Good job, KeyClubbers!



Chuck shared the check presented to him at the Installation for the proceeds from 'the Gala'. \$54,921. – not a bad number -----good job, again Marsha and committee



Diane noted the Division 16 picnic at Marsha's house on Dec. 7 at 3PM. She passed a sign-up sheet. Food will be provided along with water and soft drinks; however, it is BYOB!!

Doug recounted his time at DCON and how the new 'Literary Club Kiwanis Club came to be. They have 15 members and will have their first meeting on the 4th, and dues are \$100. Jean will run for President. Doug will be in Amsterdam and Berlin next month and will meet with Kiwanis Clubs in those cities.



(WOW, DOUG and JEAN, you guys totally rock!!! This is just SO exciting!!) Yes, Kids DO need Kiwanis & 'the Literary Club – all over the world!)

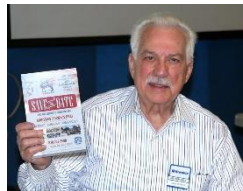


Lisa is selling 'Ducks' for her daughter. It's a Glendale KW thing, and very fun.

Cathy noted the Oct. 28 pancake breakfast and the duty of members to sell tickets and help. She has the World Series Pool sign-up sheet ready, so sign-up. It's \$2.00 per square.

Juan announced this week's breakfast and the VFW will go to the Boy Scouts.

Joe invited us to the 'Thank a Soldier Day' on Oct. 21 (see upcoming events). They need toothbrushes & paste, and books, etc. They also need cash for postage.



Kiwanitas – Next meeting is Wednesday, Oct. 4 at the Daily Grill at 11:30AM. RSVP to Alice Higginbotham at 818-842-9925 or hhiggi4007@aol.com



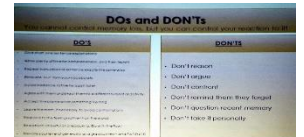
Gary introduced Nicole, one of our members, and Director of Marketing at 'the Heights'.



She asked, ' What is dementia?' It is the symptoms that occur due to a disease. Alzheimers has almost become a synonym due to the fact that 80% with it suffer from it.



There are genetic tests to identify probable future victims of Alzheimers. Over 200,00 under the age of 65 have Alzheimers. (James challenged us to go home and draw a clock – write the numbers in the correct spaces and make the time at 10 after 11)



Can we prevent Alzheimers? Yes, by lifestyle, environment and exercise. The two diets recommended are DASH and the Mediterranean. Staying active is extremely important and retirement is not kind to persons who are susceptible to the "A" disease. The goal is to strengthen the neural pathways. Withdrawal is one of the early symptoms, but it does not happen 'all at once'! There are many stages that last various years. It IS a terminal disease!

Finally – if you are dealing with a person suffering from dementia, do not argue with them, or fight. You cannot reason with them. It is best to give short positive supportive answers and move on.



Chuck gave our speakers their fine china mugs and Nicole picked the Diane/Dave ticket ----- YES, lucky Diane and Dave AGAIN!!!



We adjourned to Hail Kiwanis at 1:35PM.



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MORE KIWANIS FACTS

“Kids Need Kiwanis”

Some important dates during the next fiscal year.

2017

Oct. 3 – First Board Meeting, 6PM, Harvey and Hazel’s store – 1307 N. San Fernando

Dec. 27 – Rose Bowl Float food prep and serve 2018

Feb. 24 & 25 - Mid-Year South Conference and Governor’s visit – Fairplex Pomona

April 1 – Easter sunrise service

April – Singing Star – TBD

May – Relay for Life – TBD

May – Kiwanis Prayer Breakfast – TBD

May – Teacher and Scholarship Programs

June 28 to July 1 – Kiwanis International Convention – Las Vegas

July – Kiwanis Gala – TBD

July 4 to 8 – International Key Club Convention – Chicago

Aug 9 to 11 – CalNevHa Convention – Kona, HI

Sept. – Boy Scout Council Dinner and Installation Dinner – TBD

OPPORTUNITIES TO SERVE

Volunteer to:

lead an invocation or pledge

Contact Susan S. at

susansebastian@bgcburbank.org

deliver meals to shut-ins

Contact Cathy Hutt at

robert.hutt@sbcglobal.net

The Objects of Kiwanis

The six permanent Objects of Kiwanis International were approved by Kiwanis club delegates at the 1924 Convention in Denver, Colorado. Through the succeeding decades, they have remained unchanged.

- **Object 1** - To give primacy to the human and spiritual rather than to the material values of life.
- **Object 2** - To encourage the daily living of the Golden Rule in all human relationships.
- **Object 3** - To promote the adoption and the application of higher social, business, and professional standards.
- **Object 4** - To develop, by precept and example, a more intelligent, aggressive, and serviceable citizenship.
- **Object 5** - To provide, through Kiwanis clubs, a practical means to form enduring friendships, to render altruistic service, and to build better communities.
- **Object 6** - To cooperate in creating and maintaining that sound public opinion and high idealism which make possible the increase of righteousness, justice, patriotism and Goodwill