



# Kiwanis<sup>®</sup>

## Kiwanis Club of Burbank

Minutes and Musings of the Oct. 25, 2017  
Spotlight #4

### Words of Wisdom

**“If you could kick the person in the pants responsible for most of your troubles, you wouldn’t sit for a month.”**

*Theodore Roosevelt (birthday Oct. 27)*

### Nutrition Program

Nov. 1 – Peter & Chris  
Nov. 8 – Cynthia & Diane  
Nov. 15 – Chuck & Bob

### Invocation and Pledge

Nov. 1 – Jane & Luis  
Nov. 8 – Luis & Linda  
Nov. 15 – Sally & Hazel

### Upcoming Speakers

11/1 – Samuel Osborne – ‘Public Speaking’  
11/8 – Dan Humfreville – “The Wrecking Crew”  
11/15 – Stephen Veres – “KCAC & who we are”

### Presiding Officers

11/1 - 1<sup>st</sup> VP Luis  
11/8 – 2<sup>nd</sup> VP Pam  
Nov. 15 – Pres. Lisa

### Upcoming Calendar of Events

Nov. 11 – Burbank High School ‘Night of Magic’  
Dec. 14 – Christmas Party, Pickwick Gardens

## SPOTLIGHT

Volume 95

[www.BurbankKiwanis.org](http://www.BurbankKiwanis.org)



Pres. Lisa called the meeting to order at 12:30. Wayne offered the invocation and Cynthia lead the pledge. We all sang



‘God Bless America’, as Sam, Sr. played and shook hands with someone who watched the Dodgers!



Luis & Cynthia delivered 24 meals to shut-ins. See Cathy for correct form for finger printing.

ON-THE-SPOT: Kristin Sagona - Birthdays – none

Anniversaries – Caesar & Carol are celebrating 29 years – some years greater than-----!



A sad note: Gary Kessler’s mom passed last week. She was a wonderful lady who worked side by side her husband at ‘Kessler Jewelers’ for years.

GUESTS- Gloria Knox, Dr. Tom Kissinger and



Johanna Chase (speakers), Hagit Raviv, and key clubbers Sarah Hirano,



Cheyenne Antonio, Briana Leslie, Edgar and Eric Abnoosian, and Daisy Kim.



Edgar gave an update of the month at Burbank High Key Club.



There were announcements and committee reports.



**JACKIE IS BACK!!!! So happy to see you on the mend!!**



Our speaker, Tom Kissinger, was introduced. For fourteen years in the BUSD, he talked about the 'wellness center'. He began by telling stories about Sam and Cynthia, and the fact that he is the President of the Kids Community Dental Clinic. He noted his love for Dr. Rick, his friendship with him and Teri and his service to the community as a business leader. 'Rick loved Kiwanis' (and Kiwanis loved Rick)

When Tom was born in 1966, people did not talk about mental illness. It was 'handled behind closed doors.'

The world has changed because mental health issues have been taken out of 'the closet'.

Presently, BUSD is partnering with the YMCA with a multi-year program; there is now 'wellness services & community'. There are five steps in the curriculum to teach coping skills. Intervention specialists are available at each school.

When students have problems, they are now able to have those difficult conversations about anxiety, grief and psychological issues. It is OKAY to talk about it.

Another multi-year partnership is with Family Service Agency. Hundreds of students have been served through special education. 2000 workers opened 2 wellness centers for struggling students. 15,500 have been helped by social workers.

Kiwanitas – Next meeting is Wednesday, Nov. 1 at IKEA at 11:30AM. RSVP to Alice Higginbotham at 818-842-9925 or [hhiggi4007@aol.com](mailto:hhiggi4007@aol.com) Dues of \$10.00 can be mailed to Diane Green or at lunch.



The future program strives to do a better job of getting the word out. There are more students than thought struggling with stress. This is NOT where we need to be about bullying.

Administrators want to know – staff members have stress and anxiety and want help, as well. It is important to take a hard look at all individuals.



BUSD looked for a nationally known expert to provide expertise and guidance. With 31 years in public service, Johanna Chase came from No. Carolina to become the new Director of Wellness.

Finally, Burbank has the heart that 'all children matter'. Schools are about empowering students.



President Lisa presented Tom and Johanna with our fine china mug and they pulled Pres. Lisa's ticket!!!



We adjourned to Hail Kiwnais at 1:30PM

## Member Profile

### Last week reveal!



Susan Sebastian, YES!!! Susan, is a writer of comedy!!

### This week Preview

Born in New Haven, CT., my dad was a professor at Yale. I moved to CA in 1975 to study Scientology. I have been married to my wonderful husband 'Bob' for 31, going on 32 years in November. We have 4 great kids!! I love my family and serving our community.



# Kiwaniis®

## Kiwaniis Club of Burbank

PAGE 3

### Leaders address students at Roosevelt Elementary

On Friday, Oct. 27 Lisa and Luis read and spoke to a class of 4<sup>th</sup> graders. They relayed what it is like to lead an organization. Reading is very important to gain the knowledge and skills to do so. They went over several of Theodore Roosevelt's quotes and understanding where other people are coming from and why they do what they do. The students questioned Luis on how it was to work with Lisa as president, giving him the opportunity to share with them the importance of teamwork and supporting her initiatives.

"These kids were awesome. They were very interested and very involved with many community activities. I really enjoyed it", stated Pres. Lisa. Luis further stated that they were very interactive and shared some of Burbank Noon's projects. "They said we are doing good for the world.", he noted. "and cheered when they realized that I (Luis) will be president next year! Both Lisa and Luis stated that it was fun. (The teacher was very interested in starting a K-Kids Club. Lisa sent information to her. 'Hopefully, this will result in a new K-Kids Club', said Lisa)

### Pancake Breakfast and Police Foundation Fun Day



Qualifying as multiple inter-clubs, many of our members cooked, served, sold and greeted guests at the Pancake Breakfast. It was 'fast and furious'. Here are a few of the images of the day.



You can see that our members DID work!!  
Thank you all – and a big thank you to Michael Hastings for chairing the entire event.