Words of Wisdom
When you’re up – your friends know who you are.
When you’re down – you know who your friends are.

Nutrition Program
Apr. 11 – Marsha Jackson & Cathy Hutt
Apr. 18 – Juan Guillen & Nicole Abou-Chakra
Apr. 25 – Harvey Branman & Luis Centano

Invocation & Pledge
Apr. 11 – I will pass sign up sheet
Apr. 18 –
Apr. 25 –

Upcoming Speakers
Apr. 11 – Sabrina Galloway, RN – “Why are you sick?”
Apr. 18 – Bob Archer – “What it’s like to play for John Wooden”
Apr. 25 – Doug McIntyre – “California in the Age of Trump”

Presiding Officers
Apr. 11 – 2nd VP Pam
Apr. 18 – Pres. Lisa
Apr. 25 – 1st VP Luis

Upcoming Calendar of Events
April 22 – Burbank Singing Star
April 26 – International School of LA KeyClub charter party. 5:30 PM, 11105 W. Riverside Dr.
May 5 – Relay for Life – Robert Gross Park

1st VP Luis called the meeting to order at 12:30PM. Offered Pam offered the invocation and Ron led the pledge. We sang ‘My Country ‘Tis of Thee’ as Sam, Sr. played and shook hands with someone who remembers ‘I have a dream’.

Bob and Gary delivered 24 meals to shut-ins.

Birthdays - Wally and Sam, Sr. share a birthday every year, and we sang ‘Put Another Candle on your Birthday Cake’ to both of them.

Anniversaries – None

On the Spot: It was Pres. Lisa and she didn’t know, but Doug did - and, he got a free 50/50 ticket.
GEUSTS: Olga Rodriguez (Harvey), Terri Crystal, 
(speaker), and keyclubbers Edgar & Eric 
Abnoosian and Briana Leslie.

Doug took the mike to announce that the Literacy 
Club now has 34 members and 2 honorary 
members. They are the top growth club in 
CalNevHa! Caesar showed up to help build 6 
libraries in one day. A new satellite club is being 
formed in Glendale and another one in Encino. 
April 21 is the Gala.
Steve noted the Burbank Police Luncheon on April 
19 at 11:30 AM.
Pres. Lisa noted that the International Conveniton 
is in Las Vegas this year from June 28 – July 1. The 
hotels are the Paris and the Billacio. It would be a 
good time for us to get a large contingency to go. 
The Mayor’s breakfast will be held at the Pickwick 
on May 10 at 7AM.

Ron thanked everyone for helping serve 47 dozen 
donuts at the Easter Sunrise Service and noted that 
there was an article in the Leader about the Speech 
Contest – and, of course, it mentioned Kiwanis.
Luis showed a video of last year’s older kids BSS 
show, followed by Charissa reminded us that we 
are in the last 2 ½ weeks until this year’s show.
She need the clubs help with delivering 10000 
flizers to the schools and to work on the day of the 
event. She sent around a sign-up sheet to help and 
also for $75.00 program ads.
Rev. Linda told us that she needs $550.00 to make 
‘Silvler’ for the Relay for Life and she passed a 
sheet for us to sign up as Luminaries for $10.00 in 
honor or memory of cancer victims.
Harvey introduced Terri Crystal who described the 
difference between acute and chronic illness, acute 
being short lived and chronic being long term and 
usually cannot be healed.
She reminded us that ‘You are what is at the end of 
your fork;’ She explained the SAD Diet, that is the 
standard American diet, basically fast food, 
processed and not ‘real’ food. For health and 
vitality we should eat food that comes out of the 
ground and prepare it ourselves.
She noted the cautions about prescription drugs 
that usually cause complications long term. Meds 
are necessary sometimes, however we need to 
become less ‘sympton based’ and more ‘lifestyle 
based’.
In order to change ourselves, we need to build the 
model slowly, substitute yogurt, berries, vanilla, 
uts for ice cream everyday. It is not a quick fix – 
instead of thinking ‘diet’, think ‘what do I want my 
life to look like in 6 months or a year. “Ways to 
easy, delicious, fun, and affordable nutrition’ are: 
first to Shop at Trader Joe’s, Costco and the local 
Farmer’s Market; then join a CSA; consider a meal 
kit, or a meal kit delivery; try at least one new seasonal 
veggie each week; develop a base of easy to 
prepare meals to reduce cost and time – prep 
2x/week and finally, when at a restaurant, skip the 
breads and pastas; opt for double veggies, avoid 
creamy sauces, ask for oil and vinegar for your 
salad and drink water or herbal teas.
She offered a complimentary 20 minute 
consultation and noted that her cards are on each 

table.
After Pres. Lisa presented her with our fine china, 
Terri drew Gary’s ticket for 50/50.
We adjourned at 1:30PM to ‘Hail Kiwanis’.

Kiwanitas – Next meeting is Wednesday, 
May 2 at Wood Ranch @ 11:30 AM. RSVP to 
Alice Higginbotham at hfigii4007@aol.com 
or 818-842-9925
DIVISION 16 EVENTS

Literacy Club Fundraiser and Dinner – April 21, 6-10pm at the Angeles National Golf Club. $100/person.

Burbank Singing Star – Apr. 22, Scientology Church Community Center, shows at 1PM and 3PM. $20/person

Relay for Life – May 5 – 24 hours. Robert Gross Park

Family Promise attendees

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

More Kiwanis Facts

Club incorporation is very important to Kiwanis, so much so that Kiwanis International asks each of its U.S. Lt. Governors to ask for verification that each of his or her division’s clubs are properly incorporated.

It is appropriate, and prudent, for any Kiwanian to ask to personally see proof that his or her club is properly incorporated. It’s just good sense in these litigious times.

The Directors and Officers of your club are automatically covered by liability insurance.

Cub Scouts planting flowers