President Steve Weiss was facing another full house today ... must have been the French Toast! Breakfast is always a delightful drawing card. The meeting began right on time with a DULL clang of the bell. Perhaps Steve stores his gum wads inside the ringer. On to the lovely song. Recalling the beautiful sunrise this morning, the Kween had everyone face the window and “LOOK! There’s a “Bright Golden Haze on the Meadow!!” So, naturally that led into the song, “Oh, What a Beautiful Morning”.

Tom Skinner was in the house today and led us in the Pledge of Allegiance, followed by Don Christie who gave a thoughtful invocation.

Steve reported there were no club anniversaries this morning and no “in house” birthdays. To those who have birthdays surrounding this week - HAPPY BIRTHDAY!

On that same topic, Steve’s trivia question had to do with Kiwanis International 105th birthday last week. “What was the original name of the Kiwanis Clubs?” After a few lame guesses, the answer was “The Benevolent Order of Brothers” - (Oh, Brother!!)

Since no ladies were “allowed”, it couldn’t have accepted my idea... “The Sassy Order of Sisters.”
Mike Mathews poked at Steve for not forwarding photos of the Relay for Life Kickoff last night, as he needs them for the bulletin and posting. The President informed Mike “There are two rules for this position. #1 - The President never makes mistakes. #2 - Refer to rule 1!”

New member, Kathy Smiley was called forth to receive her travel badge. Way to “travel,” Kathy. So glad you are a member.

Club Announcements

Vice President Craig Burns took the stage for Club Announcements. **Feb. 7th** will be the next Friday Night Meeting, at Craig’s house (he’s the Birthday Boy that day … lest we forget). Randy Senzig is all set for the Super Bowl Party at his home on **Feb 2nd**. Besides a potluck, he mentioned Kansas City Smoked Ribs to whet our appetites. My disclaimer for this entire bulletin is I have NO CLUE about football teams, so I am not reporting on the banter going on. [Editor’s note: Packer fans are licking their wounds and waiting for next year. The K.C. ribs offered by Packer fan Senzig is most likely a shot across the bow of Forty-Niner fans, whose team will face Kansas City in the Super Bowl.]

Don Christie is the lead for the Little League Opening Day Pancake Breakfast on Saturday, February 29th. A sign-up sheet is on the move for the next few weeks. MANY hands are needed, so clear your calendar for that early morning event. We’ve been rained out the last two years, so hopefully someone remembers how to make pancakes.

Bill Steele heard from former President … many moons ago … Dick Elliott, who heard about the passing of Dick Wilson and sent in a contribution. Thank you, Mr. Elliott, your thoughts are important and it was nice to hear from you.

Club Secretary Gloria Dyok gave her LAST CALL for the Cal-Nev-Ha District Mid-Year (one day) Convention in San Gabriel on **Feb. 8th**. If you have any questions or desire to travel with a rag-tag group of Kiwanians, contact her NOW for details.

Arnie Rudman gave another plea for someone to chair the Wheel to the Sea event in May, as he will be AWOL. It must have been the tears in his eyes that brought René Solem to her feet to accept the challenge. Big thanks, René! Our members are at your beck and call. (And Arnie is in your debt FOREVER!)

Bob Engler was hoping to lasso chaperones for the Key Club DCM happening Friday night at Royal High. It is a movie night. Someone asked what the movie was, and Bob replied “it’s about the kids, not the movie!” I plan on attending … hope the movie isn’t “Edward Scissorhands”.

Mary Sepe, clipboard in hand, offered members an opportunity to sign up to support the My Stuff Bags organization. Those interested will gather at the building in Westlake on **Thurs.**
Feb. 13th from 2:00 to 4:00 for a photo op as we present the organization with a Kiwanis donation check, and then we will be put to work sorting and packing items. If time and energy permits, this will be followed by a blanket-making session.

Raffle Time

The lucky ticket holder this morning was ... Kathy Smiley! In her attempt to draw the 8-ball, she just got the 5. She chose to trust her luck by forfeiting it and trying again. No deal...she walked away with a dollar and a scratcher. Other scratcher takers were Mike Mathews and Al Vollmer.

Fine Period Follies

Rod LeGate was saved from grabbing his wallet when he announced the lone member who forgot to sign in, Jeff Ellis. Members were scouted for their Kiwanis pins. If your collar was bare - you chucked in $1.00.

Now, on to my Awesome Threesome. Again, my brain doesn’t even WANT to compute football banter, so I ain’t goin’ there. Jack Talbot and Doug Ryan can duke it out. And Randy’s coffee mug must be replaced. That’s all I know.

So, #1. The Graffiti Paint-out crew of Engler, Rudman, and Friedman met a few days ago to get the job DONE. Never as easy as it seems. It sounded like the parking lot where they met got a fresh coat of paint, more like abstract art, due to a tipped can?

Then, Arnie neglected to tighten the trash bag with wet paint materials mixed with a little water. It was tossed into Bob’s beautiful truck. On the trip home, the bag flaps open and water and paint gets spattered over the truck. YUCK! Next time BAG ARNIE!

#2. Doug Ryan shared that Jackie (wife) lost her dad recently. He was in his nineties and, I believe had Alzheimer’s disease. His desire was fulfilled as his body was donated to medicine at Cornell University for more study on that disease. Our thoughts are with the family.

#3. Paul Lopez - now the owner of 2 name badges...why?? Who knows, but we DO know that Paul and his wife celebrated their 40th anniversary, because he honored that by dropping in 40 big ones!

Live Healthy to Live Long

Vice-President Aaron Kitzman stepped up to introduce our guest speaker today, Dr. Bader Iqbal. He is a highly respected doctor with many accolades and lives in Westlake Village with his family. His children grew up in the area and are now in the medical field. His topic this morning was “Healthful Living and Longevity”. We all perked up for that information, hoping it was not too late for some of us. And, OBVIOUSLY, it is the choices in life we
make that will support our health or steal it away.

**His five main topics were as follows:**

1. **Diet!** - Caloric intake is the biggest problem in the health world. If we take in more calories than we burn...poundage added. He suggests small portions and healthy FRESH choices. Easy on the meat and raw fish (sushi = mercury). Cooking fish gets rid of most mercury. 2. **Sleep!** - Your body needs 7-8 hours of sleep to refurbish and repair for the next day. 3. **Exercise!** - Get off the treadmill and work on exercising muscles, do strengthening workouts. Walk and take stairs whenever you can. Avoid sitting for long lengths of time (like I am doing writing this bulletin!) 4. **Manage Stress!** - stress can lead to high blood pressure, inflammation, depression and heart disease. Use mindful meditation, live in the moment, and have a purposeful life. 5. **Avoid Unhealthy Habits!** - no smoking, beware of sweets and fast food consumption, moderation in alcohol. (Hope that won't limit my afternoon martini).

Several interesting (non-caloric) tidbits - according to studies, over the counter vitamins that you THINK are improving your health ... are not making a difference (unless prescribed by a doctor). So toss out those bottles of Centrum Silver. And, if vitamins ARE prescribed, get the sublingual kind (under the tongue...I looked it up). They melt in your mouth and are better absorbed in the bloodstream than the kind that are swallowed and digested. Dr. Iqbal said 97% of a vitamin “pill” swallowed goes right through you - which gives you no positive help, only expensive toilet water.

And, did you know ... or WANT to know ... we are ALL walking around with inactive cancer cells in us, just waiting to be activated. YIKES! Can we sing them a lullaby to keep them dormant? No, just TRY to live a healthy life of purpose, moderation, and enjoyment. Keep those nasties locked up.

Thank you, Dr. Iqbal. Guess I will pass on my Carl’s burger and opt for a salad TODAY.

And, as fate and good vibes would have it, the name for the Chip Draw was Dick Wilson. I am sure he is smiling down saying, “sorry I wasn’t there…but pass it on to the Kween.”

Over and Out, Sherrill

*Written by Sherrill Hyink, edited by John Prescott, photos and production by Mike Mathews, and distribution by Jim Stephenson.*
<table>
<thead>
<tr>
<th>Event Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 6, Friday</td>
<td>Friday Night Meeting at the home of Doug &amp; Jackie Ryan, 6:00 with a short meeting</td>
</tr>
<tr>
<td>March 28&amp;29</td>
<td>Pot O’ Gold Soccer Tourney. Chuck Huffer is in charge.</td>
</tr>
<tr>
<td>April 23, Thursday</td>
<td>Margarita Mixoff.</td>
</tr>
<tr>
<td>April 26</td>
<td>Aut2Run at Cal State Channel Islands with Aaron Kitzman.</td>
</tr>
<tr>
<td>May 1, Friday</td>
<td>Friday Night Meeting at the home of Mary Sepe, 6:00 with a short meeting.</td>
</tr>
<tr>
<td>May 2, Saturday</td>
<td>Wheel to the Sea. We are looking for an event leader.</td>
</tr>
<tr>
<td>May 17, Sunday</td>
<td>Cooking for Relay for Life with Cristy Warner.</td>
</tr>
<tr>
<td>June 6</td>
<td>Cancer Support Lunch with Bud Larson.</td>
</tr>
<tr>
<td>June 7</td>
<td>Love Run with Mary Sepe.</td>
</tr>
<tr>
<td>June 17-20</td>
<td>International Convention in Indianapolis.</td>
</tr>
<tr>
<td>August 1, Saturday</td>
<td>Fishing Frenzy at Conejo Creek North.</td>
</tr>
</tbody>
</table>

**Meals on Wheels Jan 25, 26, 27**
- Sat. Don Christie
- Sun. Alice & Jim Stephenson
- Mon. Greg Sincock or Steve Weiss

**Meals on Wheels Feb 1, 2, 3**
- Sat. Larry Levine Howard Friedman
- Sun. Donna Orraj
- Mon. Sherrill Hyink

**Meals on Wheels Feb 8, 9, 10**
- Sat. Alice & Jim Stephenson
- Sun. Larry Hapner
- Mon. David Fox

**Meals on Wheels Feb 15, 16, 17**
- Sat. Helene Harris and Bob Engler
- Sun. Donna Orraj
- Mon. Haze Arnold

**February 2, Sunday**
- Super Bowl party at the home of the Senzigs.

**February 7, Friday**
- Friday Night Meeting at the home of Craig Burns, 6:00 with a short meeting thrown in.

**February 8, Saturday**
- Mid year Kiwanis Convention in San Gabriel. Let Gloria know if you’d like to attend.

**February 13, Thursday**
- Helping *My Stuff Bags* from 2-4. See Mary Sepe to be included.

**February 29, Saturday**
- Little League Pancake Breakfast. Don Cristie in in charge. Likely meeting time is 6:00am.

**March 1, Sunday**
- Crop Walk. Sherrill Hyink is coordinating.