Healthy Heart Week

I supposed every week should be healthy heart week, but it was good that we finished our bacon, eggs and pancakes before hearing all the ways our biggest muscle can have problems. But I get ahead of myself! President Steve Weiss started the meeting proper by inviting our Kween and songbird Sherrill Hyink up to the front.

We saluted the flag led by Katy Porter (moi), then Dr. David Biedebach gave a lovely prayer. He talked about serving the community, and was specific in being grateful for the contributions of Al Vollmer (referencing his ownership of the Plug Nickel – a wonderful café where the club held meetings for years), Paul Lopez, Bill Steele, Gloria Dyok, Mary Sepe, and Larry Levine. He thanked God for giving us all the opportunity to contribute.

Anniversary for Tom Sadowski this week. Congrats, Tom! I did not catch any birthdays this week.

Mary Sepe brought returning guest, and possible new member, Judy Blades.

Presidential Pronouncements

Steve recognized Gloria Dyok’s contribution at the DCM for her terrific presentation regarding the on-line world of Kiwanis, with special focus on the secretaries’ role. Turns out she stepped up when the planned speaker came down sick. You would never know (and I did not). Very professionally done, Gloria.

Steve also gave a shoutout to Mary Sepe for organizing the wildly successful MY STUFF BAGS event last week, where 17 members, friends and family descend-
ed on Agoura Road’s place to be and put MY STUFF into BAGS. We estimate that we filled 100 bags, as well as completing a few of the tie blankets that will stuff future bags. **Melissa Cam** was there, donating 48 lovely soft blankets, and the Club also stepped up with a $300 donation for the cause.

The program was given early, but for ease of finding the info, I’m sticking to the usual format, so you’ll see the summary at the end. Why? Because I can!

**Club Announcements**

**Jim Stephenson** had stepped out, so **Craig Burns** just advised the weekend drivers “you’d better not mess up since **Jim** then has to take your place.” The Kween told us that Meals on Wheels are set for this weekend and Monday.

The next Friday night meeting, hosted by **Doug Ryan**, is on March 6. The next few are: April 3 at the home of **Mark Frankcom**, May Day (5/1) at **Mary Sepe’s** residence and June 5th at **Donna Orraj’s**.

Per **Don Christie**, keep signing up for the Little League Opening Day pancake flipping opportunity. They are to be served up on February 29. Two shifts available. Contact **Don** if you have not yet signed up, and can help.

**Mary Sepe** will be setting up a sew and drink night at a Mexican restaurant. Actually, not sew, but tie. We want to complete several more blankets for MY STUFF BAGS.

**Sheriff Sherrill’s** Crop Walk on March 1 was just given a short shout out this week. To learn more, read last week’s bulletin.

March 28 and 29 is the Soccer Pot ‘O Gold which **Chuck Huffer** is ready and willing to corral us into helping with. More details as we get closer.

For more goings on, check the calendar at the end of the Bulletin or our website.

**Where Is That Darn Eight-Ball!**

**Paul Campbell** settled for a dollar and a scratcher, after trying twice for the 8-ball. He first pulled the 11-ball, and was tempted to stop. But, heck, $65 would be pretty neat! He did not like that the 11-ball went back in to the basket before he took his second draw, but that is the way the game is played. We’ll all try again next week for the pot, which moves up to $70.

Other winners, receiving a dollar and a scratcher, were **Sherrill, Craig Burns, and Larry Hapner**. Nobody shouted out, so I guess the scratchers were a bust this week.

**“What Is Going On” Dollars**

This meeting we had a longer program, so a shorter sharing period. Still, we managed to entertain and inform each other! **Sherrill** and **Gloria** served as the money collectors this time.
Rod LeGate was spared from having to put in his money, as one member did not sign in, and paid a buck.

Mike Mathews paid to warn Mary that any sharp instruments should be put away, before the group gets heavily into the drinking part of the Sew and Drink event.

Dr. Arnie Rudman paid to tell us what a nice time he had in Florida with the grand-kids. Missed you man!

Doug Ryan had 55 relatives over, to join in celebrating the 90th birthday of his Auntie. He thanked Mike Mathews for loaning tables and chairs. Also, he gave a shout out to Stone Fire Grill for wonderful catering.

President Steve had a scare, as his daughter went into Los Robles last Thursday. She was released after a few days. Thinking of you both, and hope for a speedy recovery.

Jack Talbot is back with us, and paying AGAIN for traveling and missing our meetings. Montana was the destination this time. He told us that this morning it is 65 degrees warmer here than there. Another grateful dollar for living in southern California!

Al Vollmer popped for a buck to for Dr. B’s mention of him in the prayer. He laughingly said he’s happy to pay for mentions up front, just don’t expect him to pay for any mentions at his funeral!

Craig paid for his dear wife Denise’s surgery for a detached Achilles tendon. He said if you want the details, go on Facebook. Sending healing prayers to Denise.

Wear Your Heart on Your Sleeve – No, Keep It in Your Chest

Craig Burns introduced Angela Suarez, who introduced Dr. Gregory Fontana, a leader at Los Robles Hospital. He is the Director of Heart Association of California, and the Director of the Cardiovascular Institute of Los Robles Hospital.

The Doctor rapidly told us enough about his credentials that we understood why he was the head guy of the
Cardio unit at the hospital. Then he provided a history, with pictures, of heart lung machines over the years. Included was a drawing of how you can use a parent’s body to filter and oxygenate blood for a youngster undergoing heart surgery. He said that not all the kids made it, but they never lost a parent. I guess that is good...

Dr. Fontana outlined the state of the art for treating a variety of heart-related maladies. The bottom line is that his team, and others, are constantly trying to use less invasive, more exacting and more successful surgical techniques and tools. He showed a micro clip, inserted with a catheter into the heart, to clip closed part of a flappy valve to improve pressure and effectiveness. A-MAZ-ING.

He mentioned a location in Northern Italy, Limone Sul Garda, where the local population has NO heart disease, and are unusually long-lived. Researchers have pinpointed protein in their blood, and a portion of their DNA, that seems to do the trick. This is leading to some talk about a vaccine for the rest of us. (Maybe it will be named the Festivus Vaccine).

Several members had comments and questions, until we cut it off to allow him to go save lives this morning.

Craig thanked Dr. Fontana for his update on the world of heart repair, with a lovely Kiwanis mug to take with him when he needs a pick-me-up after all the 30-minute surgeries he’s able to do.

We moved on to the draw that we all wait for...

The Popsicle Stick Draw

Steve Weiss pulled Jim Smith as the potential winner of the $20. Deja vu from last week! Jim, you really should come next week.

Have a lovely week...Katy

Written by Katy Porter, edited by John Prescott, photos and production by Mike Mathews, and distribution by Jim Stephenson.
February 29, Saturday: Little League Pancake Breakfast. Don Cristie in charge. Likely meeting time is 6:00 am.

February 29, Saturday: Memorial service for Dick Wilson at 10:30 at the Christian Church of Thousand Oaks, 301 W. Avenida de las Flores.

March 1, Sunday: Crop Walk. Sherrill Hyink is coordinating.

March 6, Friday: Friday Night Meeting at the home of Doug & Jackie Ryan, 6:00 with a short meeting thrown in.

March 28&29: Pot O’ Gold Soccer Tournament. Chuck Huffer is in charge.

April 3, Friday: Friday Night Meeting at the home of Mark Frankcom, 6:00 with a short meeting thrown in.

April 23, Thursday: Margarita Mixoff.

April 26, Aut2Run at Cal State Channel Islands with Aaron Kitzman.

May 1, Friday: Friday Night Meeting at the home of Mary Sepe, 6:00 with a short meeting.

May 2, Saturday: Wheel to the Sea. René Solem in our event leader.

May 16, Saturday: Special Olympics Track Meet at NPHS. Katy Porter is the lead.

May 17, Sunday: Cooking for Relay for Life with Cristy Warner.

June 5, Friday: Friday Night Meeting at the home of Donna Orraj, 6:00 with a short meeting thrown in.

June 6, Saturday: Cancer Support Lunch with Bud Larson.

June 7, Sunday: Love Run with Mary Sepe.

June 17-20: International Convention in Indianapolis.

August 1, Saturday: Fishing Frenzy at Conejo Creek North.

August 13, Thursday: Brewfest