

# KIWANIS NEWSLETTER

March 17, 2016

We were visited by an interclub of 4 from Atascadero including past Lt.Gov. Sandy Fisher.

**Crab Feed (3/12)** - This was felt to be an overall success with compliments received for the quality of the crab, the auction items, the service, and the efforts of the Boy Scouts. Financial results are pending. Special thanks were given to James Shammas, Hilding Larsen, Diana Meyer, Henry Rible, Sabrina Harper, Bob Kitamura, as well as the Youth Group from the Mountainbrook Community Church, the Boy Scouts, and the Key Club.

**Troop Parcels-** We have signups for 15 parcels for this coming Thursday. Thanks to all who volunteered.

**Soap Box-** Rich Carsel emphasized the importance of dementia planning.

**Joke-** Doc Steele told 3 St. Paddy's Day jokes with mixed reaction.

**Fines & Happy Bucks-** Sabrina Harper did the honors. Secret Greeter Jim Nielsen was befriended by all. Doc Steele paid for his jokes. Milt Batson's DNA revealed he is 30% Irish and he did not murder anybody. Rich Carsel left early. Hilding Larson gave for the Crab Feed being over and an ad in the Cal Poly Arts Program. James Shammas was also happy about the Crab Feed and admitted he was part Irish. Sabrina Harper also confessed to this ancestry as well as giving for her grandmother's birthday. Gary Simas also revealed there was some Irish influence in his Azorean background. Diana Meyer donated for the finish of the Crab Feed and the help of the Boy Scouts.

**Program-** Our speaker was Dr. Michael Bauerschmidt of the Deeper Healing Institute of Medicine. He feels that environmental toxins block hormone functions, affect circulation, and damage cells. He says that this can be partially prevented by using air and water filters and eating non-GMO foods. He has a program for disease prevention which includes an altitude contrast exercise session, a micro-impact oxygen platform, and an infrared sauna. He feels these procedures improve circulation and decrease toxins in the body.

<b>Drawings-</b>	\$10- Bob Alderman	\$10- Gary Simas
	Flag- Milt Batson	Fine Free- Diana Meyer
	Song- John Carsel	Joke- Jeff Lee
	Inspiration- Bob Kitamura	Soap Box- James Shammas

Membership (\$77.50) - Diana Meyer picked the 3 of clubs.

Next Program- Congressional candidate Katcho Achadjian

