



THE OFFICIAL NEWSLETTER OF THE OCEANSIDE PACIFIC KIWANIS CLUB

2004/2005 Club Officers

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Director	Rick Yells

MEETINGS:

CLUB MEETING: EVERY WEDNESDAY AT 7:00 AM, HOMETOWN BUFFET (COLLEGE AND HWY 76) IN THE MISSION MARKETPLACE.
FOUNDATION BOARD OF TRUSTEES MEETING: FIRST TUESDAY 5:15 PM, 4168 AVENIDA DE LA PLATA #105.
OPK BOARD OF DIRECTORS: 1ST TUESDAY OF MONTH, 7:00AM @ GRANDMA BB'S.
COMMITTEE MEETINGS:
COMMUNITY SERVICE: 1ST THURS. OF MONTH, 5:30PM @ PAT ROGERS' BUSINESS
YOUNG CHILD. PRIOR. ONE: 4TH MONDAY OF MONTH, 5:00PM @ MIKE KLEIN'S OFFICE, 900 PIER VIEW WAY.
YOUTH SERVICES: 3RD MONDAY OF MONTH, 6:00PM @ DEBBIE SLATTERY'S BANK, CARLSBAD.
SPONSORED YOUTH: AS NEEDED, CALL JIM STANNER.
HUMAN & SPIRITUAL: 1ST WEDNESDAY OF MONTH, 6:00 PM @ PAT ROGERS' BUSINESS.
SENIOR SERVICES: 3RD THURSDAY OF MONTH, 10:30 AM @ SENIOR CENTER.
FUNDRAISING: ON CALL.
MEMBERSHIP: MONDAY PRECEEDING BOARD MEETING: 12:00 NOON @ CATHY DUFF'S HOUSE.

Introduction of Guests

Rudy introduced the following guests: Nancy Lawton, Dolores Crawford, Susan Marr, Janet Best & Pat Stern who are the Site Committee for the Rancho Santa Fe Women Fund. The Rancho Santa Fe Women Fund, which consists of 116 women, votes on suggestions made by the Site Committee. This year 20 organizations are allowed to apply for a grant and probably between 8 & 10 will receive some funding. Our defibrillator program is one of the things on their list of possibilities.

John Connolly introduced 3 guests, including former Club member Jane Blake.

Program

Dr. Philip J. Goscienski spoke to us on the benefits of wine & chocolate. However, among chocolate, only dark V not light or white V has the benefits.

The difference between red wine & white wine is that red wine is made from grapes with the skin still on; white is made from grapes with the skin removed. Since most of the nutrients of a grape are in the skin, red wine is better from a nutrient standpoint.

To get the nutrients in one glass of wine (4 ounces) one would have to eat a half-pound of grapes.

Some of the nutrients in wine:

Resveratrol V antioxidant, inhibits blood clotting, keeps blood vessels flexible.

Saponins V lower cholesterol, Tannins V antioxidants, Boron bone formation, inhibits prostate cancer, improves immunity.

However, as in all good things, moderation is important. Moderation in the consumption of wine is 1 Glass per day for women and 2 for men. Hey, fellows V gloating isn't nice!

Chocolate:

Only dark chocolate has significant nutrients.

Some of the nutrients in chocolate:

Polyphenols V raise HDL (good) cholesterol

Flavonoids V antioxidants, increase blood flow, inhibit blood clotting. And just think, all this positive news about chocolate

Comes to us just before Easter V so we can consume our chocolate bunnies with a clear conscience!

General Items

Dale Deden received his gold badge

Debbie Slattery's installation will be on September 1st at Camp Pendleton.

Interlubs

April 25 Hidden Valley Club in Escondido at 7 A.M.

Meet at Park & Ride at 78 & College (Side Closest to Mossy Nissan) at 6:15

May 13th Escondido

Child ID

Tuesday, April 18 Child ID at San Luis Rey Elementary School

Fundraising

Sunday, May 8 Funnel Cake Booth at Carlsbad Street Faire V Set-up night before.

Special Fundraising Event

Every Monday in May & June, Hooters will donate 50% of their sales of chicken wings to our club's defibrillator program. Not just the Oceanside Hooters, but all San Diego County Hooters will be making this generous contribution. Hey everyone, show you have a heart by participating in this worthwhile event.

Upcoming Elections

- **Updated Club by-laws
- **Officers and Board Members for the upcoming year

Vernon read a thank you note we received from King Middle School thanking us helping them go to Washington D.C. with the Future Cities Program.

Raffle

The pot, which was up to \$1,379, was finally won; Pat Carson was the lucky soul.

Birthdays

April 18 Bill Foran

Secret Greeter Clue: Scandinavian Fish1

The Retired Bunch Sponsors April

😊 **Bill Foran, Bob Kremer, Art Mandelbaum, Warren Altstatt, Jim Bowen, Bill Harding, Dan Shelton**

and Frank Turner 😊

JR Phillips



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