



Kiwanis Club of the

Foothills

Club Website: www.foothillskiwanis.org
Meetings: Every Monday at 7:00 a.m. at the Spice of Life Event Center, 5706 Arapahoe Ave., Boulder CO

July 22, 2013

Coming up . . .

7/22/13 - Valerie Solheim, The Beehive
Effect: Ancient Rites - Quantum Principles

7/29/13 - Dr. Funghatou Lo, Missionary to Cambodia

8/5/13 - 7:15 a.m. Club meeting at Boulder Attention Homes which includes light breakfast, talk, and tour of their new facility at 3080 N. Broadway, Boulder

8/12/13 - Polly McDonald, "History of Whittier Elementary School in Boulder"

8/19/13 - Mary Schweitzer, "Scenes of the Baltic Capitol Cities"

8/26/13 - Jan Arney, Partners in Parenting - Haiti, "Helping Haiti Earthquake Orphans"

Program Chairpersons:

July - Bob Mohling

August - Kerry Hassler

Snippets from Recent Club Programs

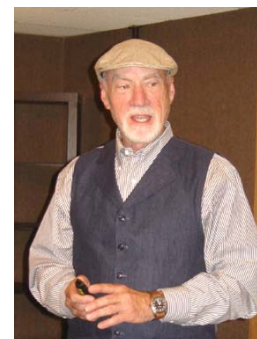
July 8 - Cliff Bosley, The Bolder Boulder 10K Race

Cliff talked to our club about the logistics and history of the Boulder Bolder 10K Race that has become the premier 10K running event in the U.S. Started in 1979 by Cliff's father Steve, the biggest innovation of the race began in 1983 by starting runners in waves, avoiding the problem of having the majority of rammers with "mean average race times" finish all clumped together. The course for the race has changed nine different times since 1979. This year's race had none "satellite" locations in Afghanistan and other locations around the world where our troops are located, with Bolder Boulder shirts and sponsor items shipped to them for the race. With the near 50,000 runners/walkers who participate, the race provides over \$10 million of economic benefit to the Boulder community. Cliff noted the runners with crazy costumes, and the entertainment seen along the course but belly-dancers and musical groups, adds to the unique nature of this race. The conclusion of the Bolder Boulder at Folsom Field with participation by military groups, a fly-over by jets, and sky-divers with national flags reinforces the thanks we give to our military during this Memorial Day event. Cliff thanked all the Foothills Kiwanis volunteers who have helped start the Bolder Boulder the past 20 years. See the back page for a photo of Cliff presenting a \$500 check to President Adam for the Foothills Kiwanis volunteers who helped start this past Memorial Day's race.



July 15 - Michael O'Neill, The Switzerland Trail - Part 2

Michael gave our club members more information about the Switzerland Trail as a follow-up to his July 1 talk on this topic. Located on Sugarloaf Mountain up Four-Mile Canyon, the Trail came about in 1883 with the construction of a narrow-gauge "Greeley, Salt Lake & Pacific" railroad to carry gold and silver ore from the mountains to be refined. A hotel was soon built in the Mount Alto area to attract tourists who also used the railroad. At the time, a contest was held to give a name to the area, and the winner was "The Switzerland Trial". The plan to extend the railroad to Salt Lake City never materialized, and it changed hands and renamed the "Boulder, Denver & Western". In 1919, the railroad was shut down, dismantled, and shipped overseas. Michael explained that one of his biggest challenges is finding locations shown in old photos of the Switzerland Trail that have changed over time. An example was the location of the railroad depot in Salina built on sandbags that no longer exists. Michael talked about railroad's steam engine #30 that used to be near the Boulder bandshell that was restored and now is at the Golden Railroad Museum. He concluded talking about the history of the Boulder train depot.



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KIWANIS: Serving the Children of the World

Bolder Boulder 10K Fundraiser Check Presentation



On July 1 President Adam receives a check for \$500 from Bolder Boulder 10K leaders Cliff Bosley and Fred Fusilier

Rocky Mountain District Annual Convention in Cheyenne

As described in the July 10 Rocky Mountain District's Newsletter, the 2013 RMD Annual Convention will be held in Cheyenne from **Thursday, August 8 through Sunday, August 11**. The general schedule for the convention is --

- **Thursday, August 8**
 - Benefit golf tournament at Warren Air Force Base
 - 1:00-5:00 p.m. -- Club leadership training
- **Friday, August 9**
 - 8:00-9:00 a.m. -- Opening session breakfast
 - 9:15-10:15 a.m.-- Educational sessions
 - 10:30-11:45 a.m. -- Educational sessions
 - 12:00 -- 1:15 RMD Foundation Luncheon
 - 2:00-3:00 p.m.-- Educational sessions
 - 3:15-4:15 a.m. -- Educational sessions
 - Friday Fun Night -- Take a round-trip ride on the Terry Bison Ranch Railway through the bison herds. Train arrives back at the ranch for Dinner and entertainment. Train leaves at 6:30 p.m. Dinner will be served at 7:30 p.m.
- **Saturday, August 10**
 - 8:00-9:00 a.m. -- "Meet the Candidates" breakfast
 - 9:15-10:15 a.m.-- Educational sessions
 - 10:30-11:45 a.m. -- Educational sessions
 - 12:00-1:15 a.m. -- RMD Interclub Luncheon
 - 2:00-2:45 a.m. -- District Caucuses
 - 3:00-5:00 a.m. -- House of Delegates voting
 - 7:00-10:00 a.m. -- Governor's Banquet (with entertainment)
- **Sunday, August 11**
 - 8:00 a.m. noon -- RMD Board Meeting
 - 8:00 a.m. noon -- Club President training

There is **no registration fee** before July 25 (\$10 after). Go to -- **www.rmdkiwanis.com/public_district/pub_Content.aspx?PageID=636**, and click on the "On-Line Registration" link. Or you can call -- 303-462-5148 -- or 866-462-5148 -- to register by phone via credit card. Our club will pay for the Interclub Lunch, but members must pay for other meals and travel costs. Hotel arrangements can be made at the Little America Hotel, 2800 West Lincolnway, Cheyenne (call 800-445-6945).

Sign-Up for Packing "Crayons to Calculators" Backpacks

Foothills Kiwanis members are encouraged to sign up on-line to help stuff "Crayons to Calculators" backpacks with school supplies from July 22 through July 31. To sign up, go to -- **http://crayonstocalculators.org/get-involved/volunteer** -- and enter your email-address, then click on the "Available" tab to see which days/times are open. Backpacks are assembled at 6600 Arapahoe Ridge in Boulder, not far east of Cherryvale Road off Arapahoe Road. These backpacks will be given in at the start of the upcoming school year to over 10,000 grade 1-12 students in the Boulder Valley School District whose parents have incomes below the poverty level Thanks for volunteering!

Update from "Sweet Dream in a Bag" Newsletter

-- *From by Bob Mohling, Foothills "Sweet Dream" Contact*

(NOTE: Following are excerpts from the July 2013 "Sweet Dream in a Bag" newsletter. Club members participated in a "Treasure Time Gifting Event" on April 30 at Access Housing in Commerce City to give new bedding kits to 25 children.)

New Opportunity

This summer we have had many requests for Sweet Dream Bag, just one family at a time --- it is always a special time with the children and the parents. If your family or you would like to be on a list to be called to just go do a family at a time -- please email me or call. We always meet at a neutral place, so you won't be going into their homes. Give it some thought and let me know.

GREAT "do-able" PROJECT

Your Church or small group could provide Small Sweet Dream Bags to your local Domestic Violence Shelter. We can help you find a shelter that would love to have these gifts available for the children to choose as they enter their new surroundings. As these families get out of crisis and start rebuilding their lives we will be able to meet them in Transitional Housing and have time with the child as they choose their Large Sweet Dream Bag. We have the directions for quantities and places to purchase items and also detailed folding instructions for this Small Sweet Dream Bag. Just call 303-507-2098 and we will get you started.

Wonderful Time in Vancouver, BC

We talked to over 1000 people who are very interested in this "Small Sweet Dream Bag Project" for their area. It is a great way to start and then as clubs and church groups see what an impact these little bags of comfort are in these precious children's lives, they will explore expanding to our Large Sweet Dream Bags.

Impact Color Has On How We Feel

Recently we realize just how much these children need to have their colorful, new bedding. It is so hard to come into a new living situation that doesn't have much decoration or color. If you think about how much color lifts your mood and spirits --- it makes the new surroundings theirs! Thank you to each of you for making it possible for us to provide almost 1500 children with their own, beautiful and colorful bedding! Keep watching for bedding sales! We need twin sheets and also "Disney Icon" type twin comforters.