



Kiwanis Club of the Foothills

Club Website: www.foothillskiwanis.org
Meetings: Every Monday at 7:00 a.m. at the Egg & I,
2574 Baseline Rd, Boulder, CO 80303, 303-494-0555

Dec. 15, 2014

Coming up . . .

12/15/14 – Fran Ryan, Director - Impact on Education, "Impact on Education Programs for BVSD Schools"

12/22/14 – (no club meeting due to holidays)

12/29/14 – Kerry Hassler, "Visit to Peleliu Island WW II Battleground in West Pacific"

1/5/14 – Ryan Mohling, "Developing Global Leaders"

1/8/14– 7:00 a.m. Foothills Board meetings at the Egg & I in Basemar Shopping Center

Program Chairpersons:

December – Kerry Hassler

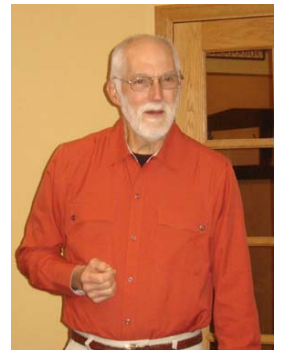
January – Bob Mohling

Snippets from Recent Club Programs

December 1 – Alan Carpenter, "Seven Steps to Staying Healthy"

Alan talked to our club about how each of us can play a big part in extending our lives and have a brighter future through paying attention to the following seven areas:

- **Move more, not less** – If you work at a computer, take short exercises breaks every hour, try to do walking or exercise for at least 30 minutes each day.
- **Sleep more and better** – Most Americans are sleep-deprived with an average of 6 hours/night, where ideally we should be getting 8 hours of sleep per night.
- **Eat less and better** – Cut back on sugars and carbs (especially white rice and white flour pastries).
- **Cultivate social connections** – Having friends and belonging to a group has shown to lead to longer life
- **Develop a positive mental attitude** – Being optimistic, positive, gracious, and forgiving leads to better health and less stress.
- **Live with purpose** – Do something that gives your live meaning to keep a positive mental attitude.
- **Keep your brain active** – Brain cells can be regenerated as we get older. Commit yourself to life-long learning. Do activities such as dancing, playing a musical instrument, playing card/board games, and crossword puzzles to stimulate your brain.



The impact of doing the above is reduced medical costs, an additional 5-10 years of good health, and having a life worth living. Alan (President of Land Stewardship Consulting in Boulder) provided us with a number of references he has found on the above that you obtain by sending him an email at – alancarpenter@comcast.net.

December 8 –Bent Prop Project Finds WWII Aircraft Downed in Palau

Club members watched a CBS News "60 Minutes" video about how Dr. Pat Scannon started and has been leading a "Bent Prop Project" group of volunteers to look for the wreckage of American warplanes and the missing airmen who flew them in the Pacific isalnd nation of Palau, located . With permission from the Palaun government, they come to Palau every year (paying their own expenses) to do searches in the sea and on various Palauan islands. The Bent Prop Project started when Scannon was vacationing in Palau 20 years ago and came across the wing of a B-24 "Number 453" with its propeller sticking out of the water at low tide. This resulted in years of members of the Bent Prop team using high-tech diving and undersea surveying equipment to locate other pieces of the plane shot down in combat. The grandson of the Number 453 B-24's tail-gunner discovered the body of the plane, and saw where his grandfather had given his life for his country. To view this video, go to -- www.cbsnews.com/news/a-forgotten-corner-of-hell-bentprop-in-palau.

(NOTE: On December 29 club member Kerry Hassler will give a presentation about his visit to the Peleliu WWII battlefield in Palau where a major battle took place.)



President

Adam Pauluhn

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President-Elect

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Rudi Baumann

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Allison DeYoung

Bob Mohling

David Rogers

Mary Schweitzer

Pete Sprenkle

KIWANIS: *Serving the Children of the World*

December 4 Foothills Kiwanis Board Meeting Minutes

-- Bob Mohling, Foothills Secretary Pro-Tem

The Board of the Foothills Kiwanis Club met at the Egg and I Restaurant on December 4, 2014. President Pauluhn called the meeting to order at 7:00 am. Attending were Board members: President Pauluhn, Treasurer Gilland, Baumann, Mohling, Sprenkle, Symes, and Schweitzer.

Guests: none

SECRETARY'S REPORT: A motion was made and seconded to approve the November minutes. Report approved.

TREASURER'S REPORT: A motion was made and seconded to approve the November report. Passed. A final bill for meals and dues will be sent to Creasy who has dropped his membership.

GENERAL BUSINESS:

-- Membership Committee is working to recruit new members with the help of our club members for names of perspective members. Invitations have been sent to about 35 candidates to attend the Information Meeting at 8:00 am on December 9 at the Egg & I. A program will be given to describe our club, projects, and programs with remaining time for Q&As. Pauluhn and Rogers canvassed the mall east of Basemar across 28th street with invitation flyers; Wilson and Mohling distributed invitation flyers to businesses in Basemar Shopping Center. It was suggested that the committee refine the approach for another membership drive in January or February.

-- Mohling asked the board for advice regarding membership. A perspective member asked if others from his firm could attend in his place if he is on travel. The board consensus is that the membership is for an individual (not a group), and it is expected that the individual will attend most of the club meetings. However, another employee from the firm may attend our breakfast meeting when the individual is on travel.

-- President Pauluhn will send a Return Receipt Letter to former Treasurer of the Boulder Kiwanis Club to provide our board a status and accounting of the grill and trailer owned by the Boulder Club.

The Foothills Kiwanis Club Board meeting adjourned at 7:30.

December 4 Foothills Boulder Foundation Board Meeting Minutes -- Bob Mohling, Foothills Sec. Pro-Tem

The Board of the Foothills Kiwanis Foundation met at the Egg and I Restaurant on December 4, 2014. President Pauluhn called the meeting to order at 7:30. Attending were: President Pauluhn, Treasurer Gilland, Baumann, Mohling, Sprenkle, Symes, and Schweitzer.

Guests: none

SECRETARY'S REPORT: A motion was made and seconded the November minutes be approved. Report approved.

TREASURER'S REPORT: A motion was made and seconded to approve the November Foundation Treasurer's report. Passed. The board approved motion requesting semi-annual meetings with Higgins & DeYoung fund manager to review the status of our Foundation account.

NEW BUSINESS:

-- Gilland provided the board with an overview and update of the Alert Dog Program. He indicated that we need a new dog trainer; Pauluhn will provide former rescue team name for

consideration. Two new pups were received from a breeder located in Bailey; Gilland is very impressed with the dogs.

-- Gilland described training problems of one Academy family. It was agreed that after one more contact requesting compliance to our procedures, a letter from our attorney will be sent to them asking them to leave the program with suggestion that they purchase the dog for their child.

-- Sprenkle provided the plan and schedule for the 2015 Taste of Downtown Boulder. The event will be held on Saturday, April 18 from 1-4 pm. He hopes that Monarch Key Club and the CU Circle K Club will participate in the ticket sales with our club members.

The Kiwanis Foundation Board Meeting adjourned at 8:20.

Foothills Kiwanis Salvation Army Bell-Ringing

-- Kerry Hassler, Foothills Kiwanis Bell-Ringing Coordinator

Thanks to all who've volunteered to do bell-ringing for the Boulder County Salvation Army so far this holiday season! As of Friday, December 6, the total collected by bellringers at the 30th Street King Soopers and Meadows Safeway totaled \$2666.14. Leading Foothills bellringers as of Saturday, December 13 are – Kerry Hassler (20 hours), Bob Mohling (16 hours), and Mary Schweitzer (12 hours). Leading non-Kiwanis bellringers are – Laurance Hubbard (15 hours) and Lynn Dyba (14 hours). Also, Monarch High School Key Club members rang at the Louisville South Boulder Road King Soopers for 7 hours on Saturday, December 6; and for 5 hours, on Saturday, December 13. Please publicize our club's need for additional bell-ringers to your family, friends, church members, and business associates. Thanks for your bell-ringing support!



Alan and Jamie Bennett with daughter Alyssa and Academy alert-dogs Pumpkin and Bandit



Monarch Key Club members Melissa and Randi at King Soopers on December 6



Blake and Zack Hassler ring at Louisville King Soopers on Saturday, December 13 to help the Monarch Key Club