



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

August 6, 2012

Coming up . . .

- 8/6/12** - Ryan Mohling, "Young Life International Global Leader Program"
- 8/13/12** - Ann Elliott, CU Women's Lacrosse Coach
- 8/20/12** - Mike Fellows, Broomfield Veterans Memorial Museum
- 8/27/12** - Bob Mohling, "Scenes from an African Safari"

Program Chairpersons:

August - Bob Mohling
September - (open)

Snippets from Recent Club Programs

July 23 - Kim Mellberg, "CAPPA-Certified Labor Doula Program"

Kim talked about her care for expectant mothers by being a "birth doula" ("doula" is a Greek word meaning "female servant"). This includes her providing educational, physical, and emotional support during the prenatal, birth, and postpartum times. The benefits to the mother of using a doula include the reduced chance of needing a cesarean birth, fewer hours in labor, lower usage of pain drugs, and more involvement in the birthing process by the father. Topics discussed during Kim's pre-natal sessions include reviewing the stages of the birth process, having the baby in a home setting, and discussing/practicing delivery relaxation techniques. During birthing, the doula provides emotional support to the mother, keeps the parents fed, helps determine when to go to the hospital, and advocates for the family, but always deferring to medical staff and parents for any birthing decisions. During post-partum meetings with parents, Kim reviews the birth, makes sure the mother is getting rest, is not suffering from post-partum depression, and discusses newborn topics. Great presentation, Kim!



July 30 -- Susan and Emma Lathrop, "Visit to Nyaka Orphan School"

Susan and Emma (daughter and granddaughter of club member Jerry Gilland) told club members about how they were inspired to visit the Nyaka Orphan School in Uganda after hearing Executive Director Jackson Kaguri speak during a visit to Colorado (he's a "CNN Hero" as you can read at -- www.cnn.com/2012/06/21/world/africa/cnnheroes-kaguri-uganda/index.html). They spent three weeks at the school where 96 percent of the children lost both parents due to AIDS. They helped the school by helping to grade exams, doing tutoring, and teaching students how to sew. The 5th, 6th, and 7th graders they helped taught them some of the local language (Rachiga). Despite having limited resources, the students are happy in the school, and are much healthier thanks to the food provided by the school. Students are also helped by the school's "Grandmother Program" that teaches students how to make crafts-item and future parenting skills. Kids learn songs about how to prevent AIDS. Susan and Emma were also able to go on a "Gorilla Walk" to see gorilla families in their natural environment. Susan and Emma are both providing financial support to Nyaka Schools students, as well as Jerry and Janet Gilland. To read more about the Nyaka Orphan School, see -- www.nyakaschool.org/



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KIWANIS: Serving the Children of the World

Report from Foothills “Site Location Sub-Committee”

-- Sub-Committee Members Adam Pauluhn and Kerry Hassler

Below is the assessment by the Foothills Site Location Sub-Committee’s of staying at A Spice of Life versus moving our club to The Egg & I. This Report was presented to Board members who attended the Wednesday, August 1 Foothills Board meeting for their review, with no changes made by them. Kerry will show more details about why the assessments below were made as he gives his presentation to the club on Monday.

<u>Comparison Item</u>	<u>ASOL</u>	<u>E&I</u>
Breakfast meal costs and impact on club dues	✓	✓
Quality/variety of breakfast meals	✓	✓
Ease in working with location management/staff	✓	✓
Meeting environment	✓	✓
Fee for Use of Meeting Room	✓	✓
Most central location to club members	✓	
Speed of getting breakfast	✓	
Storage and ease of setup of our club's flags/meeting items	✓	
Table setup and space for our club meetings	✓	
Parking	✓	

About the Election to Vote on Gary Signing/Not Signing the New “A Spice of Life” Contract

-- Kerry Hassler, Foothills “Site Location Sub-Committee”

(Below is a copy of email from Kerry Hassler to Foothills Kiwanis club members on Friday, August 3, 2012.)

A gentle reminder that A Spice of Life management is **only** looking on Monday for Gary to sign (or not sign) the new contract that would extend our meeting at ASOL through September 24, 2013. So during our Monday meeting –

- **If club members vote to have Gary sign the contract,** we will continue to meet at ASOL through next year; or
- **If club members vote not for Gary to sign the contract,** the Spice of Life management will ask that our club leave their premises and meet somewhere else starting on **Monday, August 13.** The reason for this is that they don't want to waste any more time in working out a contract with us after our previous contract was allowed to expire in January, 2012. So they feel after seven months of delay, it's time for our club to leave if Gary doesn't sign on Monday.

Consequently, the **only topics** that will be allowed after Kerry reviews the Location Site Sub-Committee’s Report on Monday are those related to the Report's findings (i.e., the “bottom line” recommends our club stays at ASOL).. If any club members wish to discuss another location besides staying at ASOL, then they should cast a vote of "DON'T SIGN" on Monday. Then the club will begin its search for a new location at a different meeting location than ASOL beginning on August 13.

Crayons to Calculators Schools Supplies Club Project

As our club has done for the past several years, members of Foothills Kiwanis had an opportunity during July to help needy kids in Boulder County by putting school supplies into backpacks that are then distributed to primary and secondary schools during the first week of school. This year, Foothills member Terry Hardie volunteered on Monday, July 23; and Mary Schweitzer and Kerry Hassler, on Friday, July 27. As of August 1, over 11,000 backpacks were packed by Crayons to Calculators volunteers for them to give to needy Boulder Valley school kids as they begin the 2012-2013 school year.



About New Foothills Members Ben and Alicia Eakins

Ben and Alicia Eakins have both joined our club. Their family is participating in our club’s “Alert-Dog Academy” program. They have a two year old son Ezra who has epilepsy. With our assistance, they will be training their new pup “Bobby” to alert for Ezra’s seizures, and possibly provide physical assistance for him as he grows older. They currently live in Lakewood, CO. Ben works as a “Youth Leader Trainer” with Nexus Vivus, International in the U.S. and Africa. Alicia is self employed as a Birth Doula to help expecting mothers before, during, and after childbirth. Welcome Ben and Alicia to Foothills Kiwanis!

