



Kiwanis Club

# of the Foothills

Club Website: [www.foothillskiwanis.org](http://www.foothillskiwanis.org)  
Meetings: Mondays at 7:00 a.m. at the Brewing Market, 2770 Dagny Way, Lafayette, CO 80026, (720) 890-3993

June 19, 2023

## Snippets from Recent Club Programs

### Coming up . . .

- 6/19/23 – Bill Lester, Google presentation
- 6/26/23 – Gerry Morrell, Photographer extraordinaire of Western wildlife
- 7/3/23 – Round Table, Brewing Market
- 7/10/23 – Board Meeting
- 7/17/23 – Jim Bensman, The Border Crisis

### Program Chairpersons:

- June – Bill Anderson
- July – Jim Bensman
- August – Vince VanZago
- September – Bob Mohling

Upcoming Erie Satellite Meetings, 4PM at Erie Library  
June 28; July 14; July 28

### 6/12/23 -- Cyrina Ballard, Sustainable Happiness Together

Cyrina provided some excellent tips for understanding Happiness, achieving it, and sustaining it. Per analysis, your happiness depends on three parameters: 50% one's genetic makeup (your "genetic setpoint"), 10% outside circumstances, and 40% your thoughts and intentional actions. We each have 60 to 80,000 thoughts per day. That's 80,000 times a day to choose happiness, and beware of "Thought Gremlins"; i.e. obsessing over things that are out of our control and, usually, trivial. Aristotle said 'happiness depends on ourselves. It comes by choice.' Four bio chemicals are correlate closely with happiness: Dopamine, Oxytocin, Serotonin and Endorphins (DOSE) ... all are elevated by healthy diet and life habits. Can also use simple habits: smile and show gratitude often. These release "happy" hormones and are contagious. Regular exercise is proven to decrease anxiety and stress and improve one's sleep and attitude. Our thoughts and attitudes affect our heart's EM field, which can further affect us and those around us. Meditation decreases cortisol, the body's hormone that, at increased levels, also increases sensation of stress. Also suggested: keep a jar and put daily "happy thoughts", (like your blessings or gratitude) on slips of paper for the jar; once every so often (weekly, monthly ...) read through your little happy notes.

Cyrina has happiness classes and communities, both in-person and on-line. Info available at [SustainableHappinessTogehther.com](http://SustainableHappinessTogehther.com). She conducts a "Catch and Spread Happiness" course, which is available to us at half-price if one registers by June 19 (I assume COB).



#### President

Matt Frederick

#### Past President

Bill Anderson

#### President-Elect

Bill Duclos

#### Secretary

Vince Van Zago

#### Treasurer

Joe Girard

#### Board of Directors

Jim Bensman

Alan Boeve

Brian Coleman

Craig Hurst

Bill Lester

Lori McLean

Annette Wagenknecht

*KIWANIS: Serving the Children of the World!*

## 6/5/2023 – Club Board Meeting

Tidbits of Board Meeting – 7 board members and 6 members at-large attended. As of 6/5 12 member recruits have been ID'd. We are looking into starting a new satellite (or maybe even standalone club) at Anthem Ranch. Expect updates.

Bolder Boulder, we had 24 volunteers. Should translate to \$600 boost to club's admin account. Thanks to all who could make it!

Erie Satellite trying to find the best fit for times to meet. Moving to 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays at 2PM, Erie Library. (4PM per recent updates)

Officers and board members for 2023-24. The slate of candidates is not yet full. We are running late here and hope to have a full slate soon.

President-Elect Bill D officially approved as club's voting delegate to International Convention in Minneapolis, later this month.

12 new Polo Shirts with Kiwanis logo purchased in anticipation of new member recruiting successes.

Fundraising. Still pursuing the Pickle Ball tournament idea. Checking on new venue options.

Cool Dog, crunch time is upon us. A lot of options still to consider and loose ends to tighten up. The cool dog committee is meeting Wednesday, June 7 to get it really rolling.

**FARE THEE WELL! A fond farewell we wish upon our club member, Randy Clark, and, with wife Sheryl, the Salvation Army couple who stepped up to superbly carry on the mission at a difficult time.**

Majors Randy and Cheryl:  
We will miss you and never forget you and your service to our community and our club. Best of luck on your retirement in the sleepy town of Centralia,

Washington. [editor: it truly is a nice town, but it's not really in the "center" of Washington state]



## Upcoming events and volunteer opportunities

**Cool Dog Contest:** More emphasis should be placed on sponsors and social media to reach a goal of \$25k. We've already had \$2K in donations, and another \$1,000 pledged. Need a few more like that. **Club member support is essential** in the distribution of literature and sponsor recruitment. The contest will run Aug 1 – Sept 19. Lots of legwork before that!

All important tasks and milestones have "champions" assigned. Thanks team.

- **2023 Kiwanis International Convention** – June 21-24, Minneapolis, Minnesota, USA.
- **2023 Rocky Mountain Kiwanis District Annual Convention** - August 3-6, 2023, at Colorado Springs, Great Wolf Lodge:  
**Discounts Available**, use code 2308KIWA  
Club will subsidize attendance.
- **Cool Dog Contest**, Legwork underway; June-July. Contest August 1<sup>st</sup> to September 19<sup>th</sup>.
- **Broomfield Days**, September 23 – let's show the Kiwanis Colors!
- **Sweet Dream in a Bag** workday, October 7, 2023, at the Broomfield Salvation Army

➔ **ABR: Always Be Recruiting.**

**KIWANIS: *Serving the Children of the World!***