



# Kiwanis Club of the Foothills

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

July 23, 2012

## Coming up . . .

7/23/12 Kim Mellberg, "CAPPA Certified Labor Doula Program"

7/30/12 Susan and Emma Lathrop, "Our Trip to Uganda"

8/2/12 – 6:45 a.m. Foothills Kiwanis Board Meeting at "The Egg & I" (Basemar)

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:

July – Mary Schweitzer

August – Bob Mohling

## Snippets from Recent Club Programs

### July 9 – Connie Atkins, "Adult Attention Deficit & Hyperactivity Disorder"

Connie talked about Adult ADHD that is an issue with an estimated 10-15 million people in the U.S. The general characteristics for an ADHD adult are –

- Not detailed oriented, self-regulating, or a multi-tasker
- Struggles with additions, and takes a lot of risks to get a "high" from the thrill of beating the odds
- Has trouble focusing for any length of time, and has to deal with "impulse control".

Other common issues with adult ADHD people are –

- Career problems with more frequent job loss
- Chronic underachievement and money problems.

On the other hand, those who have adult ADHD are very creative, colorful, super dedicated, and good inventors and visionaries (such as Thomas Edison and Albert Einstein). Those who suffer from ADHD can help overcome the effects of this condition through education, encouragement, getting psychological analysis to help live out their full potential, and by taking ADHD treatment drugs. It's important to know about ADHD symptoms so you can better understand those who have ADHD.



### July 16 -- Joe Mellberg, "Convict Release Transition Program"

Joe (who became a member of Foothills Kiwanis with wife Kim during our June 25 meeting) spoke about his role as Community Re-Entry Specialist at the Colorado Department of Corrections. He used a "find consecutive numbers" exercise with pencil and paper to demonstrative how difficult it is for released prisoners to find their way through a maze of challenges they face returning to normal life. By working with them to provide an initial care review, transportation info, benefits planning, shelters or other transitional housing, medical assistance, clothing referrals, services related to specialized populations, ID cards, referrals to community-support organizations, and other assistance. Also, Joe is involved with pre-release programs for convicts, when they get counseling to put together a transition plane for the Colorado Parole Board that includes money-management, health care, and education. There has been great progress achieved over the past decade due to these programs in the rate of Colorado prisoner recidivism, dropping as much as 30 percent. There are also many economic benefits in providing such assistance to released prisons, since the program cost is \$22/day compared to housing a prisoner in a Colorado prison at a cost of \$76-\$90/day.



**Club Officers**

**President**  
Gary Symes

**President-Elect**  
Adam Pauluhn

**Secretary**  
Dennis Hubbard

**Treasurer**  
Jerry Gilland

**Board of Directors**

Rudy Baumann  
Allison DeYoung  
Jim McDermid  
Fred McGehan  
Dave Rogers  
Mary Schweitzer  
Pete Sprenkle  
Clarence Wood

*KIWANIS: Serving the Children of the World*

## **July 11 Foothills Kiwanis Club Board Meeting Notes**

***-- Dennis Hubbard, Foothills Kiwanis Secretary***

The Board of the Foothills Kiwanis Club met at Egg and I on July 11, 2012. President Symes called the meeting to order at 6:49. Attending were Board members President Symes, Treasurer Gilland, Secretary Hubbard, DeYoung, McDermid, Pauluhn, Rogers, Schweitzer Sprenkle. Guests: None.

**TREASURER'S REPORT:** Gilland presented the June Foothills Kiwanis financial report. A motion was made by Sprenkle and seconded by Rogers to approve the report. Motion passed.

**SECRETARY'S REPORT:** June minutes were presented. Rogers moved and Gilland seconded the report as presented. Approved.

**NEW BUSINESS:** Discussion concerning a different location for the weekly Kiwanis meeting was held. Spice of Life, the present location, needs to increase the meal cost to Foothills approximately \$2.50 starting August 6<sup>th</sup>. A motion was made by DeYoung and seconded by McDermid that the new meeting location would be at the Egg and I in Basemar Shopping Center starting on July 30. The Board also decided to continue to look for a slightly larger meeting location. Motion passed.

--Alicia and Ben Aikens membership applications were presented as Limited Members. They have received an assistance dog. At the present time, the Club will pay for the puppy with the Aikens paying for the puppy in installments. Sprenkle made a motion to approve the memberships. Rogers seconded. Motion passed.

--Pam Bilby, District Secretary, suggested Joseph Buono, a former Kiwanian, consider Foothills membership. Someone from the membership committee will send Club information to Buono.

--A motion on a request by Karen Mahon for a six month LOA effective July 1 until December 31 was made by Sprenkle and seconded by Rogers. Motion passed.

--David Petrick's LOA ended June. He wants to start attending again effective July 1.

--No one on the Board plans to attend the RMD Convention in Alamosa.

The Foothills Kiwanis Club Board meeting adjourned at 7:21.

## **July 11 Foothills Boulder Foundation Board Meeting Notes**

***-- Dennis Hubbard, Foothills Kiwanis Secretary***

The Foothills Kiwanis Foundation Board met at the Egg and I on July 11, 2012. President Symes called the meeting to order at 7:21. Attending were Board members President Symes, Treasurer Gilland, Secretary Hubbard, DeYoung, McDermid, Pauluhn, Rogers, Schweitzer and Sprenkle. Guest: None.

**SECRETARY'S REPORT:** June minutes were presented. A motion was made by Schweitzer and seconded by DeYoung to approve the minutes. Passed.

**TREASURER'S REPORT:** Gilland presented the June Foothills Kiwanis Foundation Board financial report. A motion was made by Schweitzer and seconded by Rogers to approve the report. Passed.

**NEW BUSINESS:** The 501 c 3 Club status has been approved. A discussion was held regarding the general use of the 501 c 3 to pay bills. It was determined that only funds raised for approved projects could be paid out of the account. Otherwise, there may be a problem regarding sales tax.

--Gilland reported on the Dog Days Golf Tourney funds and expenditures.

--Gilland reported that one Dog Days check had been received and because it was made out to the Longmont Club, it needed to be deposited with the Longmont Club. A motion was made by Gilland and seconded by Sprenkle to give the Longmont Club \$100 for using its 501 c 3 account while ours was being approved. Motion passed.

--A discussion was led by Gilland to formally establish the Gracie Fund account and transfer \$2,500 to the account. The account is to be used for families who need an assistance pup but cannot afford the upfront costs. If at a later time, the family can repay, the money will be returned to the account. Seconded by Rogers. Motion passed.

--Schweitzer reported that the Fourth of July fireworks evening was canceled due to dry conditions. Approximately \$2,000 from the project will not be available to the general fund.

--The last Crayons to Calculators Project date is July 27.

--A motion was made by Gilland and seconded by Sprenkle to make a \$200 donation to Blue Sky Bridge. Motion passed.

--A motion to authorize the following donations: \$1,000 to KPTI; \$460 to Monarch Key Club; and \$1,000 for the scholarship, was made by Sprenkle and seconded by Rogers. Motion passed.

Foothills Foundation Board meeting adjourned at 8:06.

## **\$500 Raised by Bolder Boulder Starting-Line Project**

On July 9, Boulder Bolder Starting-Line Coordinator Fred Fusilier presented Foothills with a check for \$500 for our club members helping to start the May 28 Bolder Boulder 10K citizens' race. These funds have been placed in our club's Boulder Foundation account to support our club's projects.



## **2012 RMD Governor-Elect Candidate LeAnn Zetmeir**

During our July 16 club meeting, LeAnn spoke about her goals for the Rocky Mountain District if she's elected as Governor-Elect at the August 2-5 Annual RMD Convention. As Governor, she'd "strive to bring out pride, motivation, and energy from each of [us] in order to better achieve club excellence, growth, and more successful service projects that benefit young children and families". She is a Grand Junction Kiwanis member.

