



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

Sept. 25, 2017

Coming up . . .

- 9/25/17 – Craig Hurst, Fathers in the Field
- 10/2/17 – Club Installation Meeting
- 10/5/17 - 7:00 a.m. Foothills Board meeting
at the Egg & I in Basemar Shopping Center
- 10/9/17 – Joe Horther, Colorado Refugee
Services Program
- 10/16/17 – Alexis Alme, A Precious Child
- 10/23/17 – Liz Cole, Ace Scholarships
- 10/30/17 – Max Wessell, Business Concept to
Match Athletes with Corporate Needs
- 11/1/17 - ALS Walk (Jerry's Alert Dogs)
Sloan's Lake at 9:00 am
- 11/2/17 - 7:00 a.m. Foothills Board meeting
at the Egg & I in Basemar Shopping Center
- 11/6/17 – Open
- 11/13/17 – President's Forum at View Room
at Village Center

Program Chairpersons:

- October – David Petrick
- November – Steve Hinson
- December – Craig Hurst

Snippets from Recent Club Programs

September 11 – Julie & Jeff O'Conner, Essential Light Therapy

Julie and Jeff O'Connor, with Essential Light Therapy, provided an Educational Seminar to our club members on LED light therapy. They explained how this non-invasive, non-pharmaceutical alternative can support wellness and increase quality of life. This FDA cleared technology increases circulation and reduces pain triggering the body's natural response to self-heal. LED light therapy supports the body's natural healing processes to reduce pain and inflammation. Wavelengths of multicolored light, known as polychromatic light, deliver unique benefits that our bodies can only receive from the low-level light therapy. For more information, go to info@eltherapy.com.



September 18 – Kelly Rawlsky, Growing People & Plants Together

Kelly Rawlsky, Director of Growing People and Plants Together, provided an Educational Video on her topic for our members since she lives in Ft. Collins. She is a former Master Gardner in Tulsa, but recently received an MS degree in Horticulture from Texas Tech. Shortly after, she became interested in horticulture therapy, and established an organization that provides free horticulture education and therapeutic gardening classes. Research shows therapeutic gardening can positively impact people from all walks of life including those with various cognitive, emotional, and physical challenges. She uses gardening to help overall health of the youth at The Salvation Army's Broomfield Center. She gave information on our local climate, requirements for growing herbs, herb history, and a description of individual herbs. For more information email Kelly at: peopleandplantstogether@gmail.com.



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Alan Boeve

Steve Hinson

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KIWANIS: Serving the Children of the World

Sweet Dream in a Bag Gifting Event at Gabriel House

-- Susie Fox, Director, Sweet Dream in a Bag

Here are comments from Susie on the Gifting Event held on September 9. "What a wonderful event. It was just a little crazy at the first as the Spanish speaking volunteers came late and all the Spanish speaking families came first--but it all worked out and many, many happy children! Your club is wonderful!!! Thank you for setting up all the volunteers; they were such a joy! And thank you so much for the large donation--we just happened to stop at Target before we left Boulder and they had Disney bedding marked down--before the weekend was over we had shopped 18 hours, hit 16 Target stores and spent \$5,500 on bedding! So your check came at a wonderful time!!! We are set for a while!! We just can't thank you enough for setting up all the wonderful volunteers and for the generous donation!! 26 kiddos got new bedding on Saturday!! Thank you, thank you!"



Craig and his friends have fun at the Gabriel House

Pete Sprenkle BVGSA Coaching Excellence Award

-- Misie Goodard, Bob Mohling

The 2017 award winner will be announced on September 30th at 12:45 PM as one of his/her teams will play at 1:00 pm at the Ballpark at Erie fields (West field). Please come out to the ball field to join Pete in recognizing this year's award winner.

Update on Relief Work in Puerto Rico and Virgin Islands

-- Capt. Mark Czanderna

This update focuses on the relief work by The Salvation Army in Puerto Rico and Virgin Islands. We still have massive presence in Texas and Florida. Captain Luis Merced, Divisional Secretary of the Puerto Rico & Virgin Islands states: "We continue to push our staff and partners to provide food, supplies, and emotional and spiritual care to those affected by the devastating weather events now and well into disaster recovery."

Some key updates for Hurricane Maria in Puerto Rico & Virgin Islands are:

In Puerto Rico

The Salvation Army is delivering an average of 8,000 meals per day in Loiza, Fajardo, Humacao and San Juan. This totals nearly 78,000 meals since the impact of Hurricane Irma. The Salvation Army has delivered hot meals and relief supplies to over 22,500 survivors in Loiza, Fajardo, Humacao, and San Juan.

In St. Thomas

The Salvation Army has partnered with the Dutch Reform Church to serve over 21,500 meals along with delivering food, water, and supply boxes to the poorest communities on the Island. We are serving nearly 2,400 families daily. On Sunday, September 17th, Emergency Disaster Volunteers distributed to prepare communities for the pending impact of Hurricane Maria.

- 3,300 bottles of drinking water
- 64 home cleaning kits
- A pallet worth of canned food
- 10 cases of hygiene items

As communities become accessible, The Salvation Army's mobile emergency feeding teams, disaster response vehicles, and personnel are moving through the affected areas to provide food, supplies, as well as emotional and spiritual support. This will continue until it is no longer needed.

Peak to Peak Key Club Elects its 2016-17 Officers

-- Bob Mohling, Dave Rogers



Left to right: Rachel Medina (Faculty Advisor), Ayush Garg (Treasurer), Bella Sicker (Sec.) Caroline McAbee (VP), Nabhur Lamsal (President)

There were 31 members that attended the 9/18 club meeting. Sixteen club members separated and recycled trash at Broomfield Days the previous weekend. Planned service projects include: support Early Release school event, assist with Halloween Party at Longmont YMCA, sort clothes for Precious Child, and write thankyou notes to school volunteers. The members want to help The Salvation Army with Angel Tree and Red Kettle events at Christmas.

Our President Elect Appoints Two Committees

-- Paul Bailey

Committees have been appointed to report their recommendations to the Board of Directors for approval:

- Meeting Location – Alan, Steve, and Craig
- Membership Drive Plan – Rich, Capt. Mark, and Paul

Please provide the committees your thoughts on club meeting location and membership drive plan.

Thoughts and Prayers for Our Club Members

- To Pete Sprenkle, as he continues to battle bone-marrow cancer.
- To Kerry Hassler, who continues additional medical treatment.