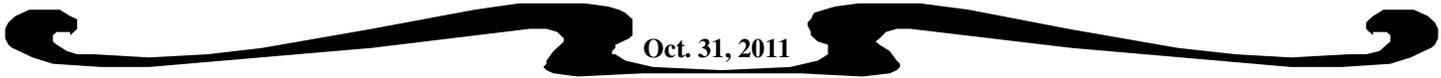




# Kiwanis Club of the Foothills

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



## Coming up . . .

**10/31/11** Max Taffet, Boulder Community Foundation "Trends" Report (Part 2)

**11/3/11 7:00 a.m.** Foothills Board Meeting, Parkway Restaurant

**11/7/11** Jennifer Shinn, "Various Topics on Canine Health Maintenance", Allpets Animal Hospital

**11/14/11** Donlyn Arbuthnot, "How the Pioneers got their Land"

**11/21/11** Captain Lauren Fenton, "Holiday Season Salvation Army Bell-Ringing"

**11/28/11** Julia Pirnack, "College Scholarships in Colorado"

**Program Chairpersons:**  
November – Adam Pauluhn

## Snippets from Recent Club Programs

### October 17 -- Fran Ryan, BVSD "Impact on Education" Non-Profit

Fran talked to club members about the "Impact on Education" non-profit founded in 1983 that is dedicated to promoting excellence, improving equity, and encouraging innovation in the Boulder Valley School District. It raises over \$1 million each year to provide education-related grants to Boulder's Community Foundation, the "Crayons to Calculators" program, and 50-80 grants to individual teachers' classroom projects. One of the newer pilot programs sponsored by Impact on Education is "Take My Teacher Home" that provides kindergarten students with iPods that have prerecorded audio lessons to help them learn the alphabet. Another program is "S.T.R.E.A.M" (Science, Technology, Reading and Writing, Engineering, Art and Math) that involved giving 1000 middle school kids iPads during the 2011 BVSD Summer School that have educational presentations about science and mathematics topics in English and Spanish. This program is currently being used in three schools in Boulder involving 22 science teachers and 400 students. For more info, see -- <http://impactoneducation.org>. (NOTE: Foothills Kiwanis annually supports Impact on Education with a donation from our club's Foundation Account.)



### October 24 – Dr. Stacey Arnette, "Post Traumatic Distress Syndrome"

Dr. Arnette talked to our club about how she treats patients who are impaired by "Post Traumatic Stress Syndrome" in causing a lack of energy and focus, sleep deprivation, helplessness, and even clinical depression. The technique she uses is called "brain-spotting" that attempts to erase the feelings and emotions from the person's "procedural memory" that occurred when the traumatic event actually took place. Animals have the ability to do this by violently shaking themselves after the traumatic event, but most humans don't have the ability to do this. Our brains produce adrenaline when (for example) a sound associated with trauma (such as metallic sounds of cars crashing) through a subconscious process called "kindling". Repeated "kindling" events can shrink parts of the brain if the PTSD is not treated. Dr. Stacey's treatments attempt to calm down these parts of the brain through "mindfulness-based practices", including having the patient listen to "moving stereo sounds". Patients can also do "butterfly hugs" (folding their arms with their hands alternately patting each shoulder) to lessen PTSD. For more info, send an email to Stacy at -- [sarnett@msn.com](mailto:sarnett@msn.com) -- or see -- [www.staceyarnett.com](http://www.staceyarnett.com).



#### President

Gary Symes

#### President-Elect

(Open)

#### 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

**Revised October 7 Foothills Kiwanis Foundation Board Minutes -- by Dennis Hubbard**

The Board of the Foothills Kiwanis Club Boulder Foundation met at the Parkway Restaurant on October 7, 2011. President Symes called the meeting to order at 7:54. 10 members were present. Attending were Board members President Symes, Secretary Hubbard, Treasurer Gilland, Baumann, DeYoung, Girard, McDermid, McGehan, Schweitzer, Sprenkle  
Guests: None

SECRETARY'S REPORT: September minutes were presented. A motion was made by Sprenkle and second by McDermid to approve the minutes. Passed.

TREASURER'S REPORT: Gilland presented the September treasurer's report. Following a discussion and explanation, a motion was made by Girard and second by Sprenkle to accept the report. Passed.

NEW BUSINESS: The 501(c)(3) application from the state has not been received.

--Gilland presented a service dog update. Symes and Gilland met with a lawyer to prepare a contract agreement to be used between the Club and potential dog recipients. Mahon has not yet received her pup. Further discussion was held regarding the members' participation in the service dog project. It was suggested that more member involvement is needed to continue as a Club project. A motion was made by Baumann and second by Sprenkle for the Club to advance \$600 for a new pup. Eastern Star is raising money for our Service Dogs for Kids project. A portion of the money from that fundraising will be used to reimburse the Club the \$600. Motion passed.

--Symes presented a preliminary budget for 2011-2012. It will be discussed at the November Board meeting.

--Symes lead a discussion on the future Club involvement in the Children's Day project in Boulder. The Boulder Club is no longer involved in the project; the city's financial support is no longer available, although office space and some staff support will be available. The possibility of the Club's participation only, makes the continuation of the Children's Day project unlikely. Further discussion will be held at the November meeting.

The Foundation Board meeting adjourned at 8:23.

**Thanks to Bob Mohling for Children's Day Support**

During our Monday, October 3 club meeting, President Gary Symes presented club member Bob Mohling with a certificate of appreciation for his support of the April 29 "Colorado Children's Day" event that Gary coordinated. Good job, Bob!



**October 18 Interclub with Golden Kiwanis Club -- Gary Symes**

Foothills Kiwanis had an interclub at the Golden Kiwanis Club on October 18th. Waverly, Jerry, Susan, and I were there along with Ray Allison from the Longmont Club. All three of the dogs in our club's Service Dog Project were at the meeting.

Jerry made a presentation on service dogs and our Foothills Kiwanis Service Dog Project to their club members. They were very interested and had some good questions for us. Jerry had Casey search for peanuts and meds in the room. We explained opportunities for helping our club with our project.

It was a good interclub, and hopefully it will be the first of many in the coming year for our club.



**Monarch Key Club Sponsors "Restoring Vision in Nicaragua" Project with Foothills' Kerry Hassler**

On October 19, Monarch Key Club held a bake-sale of cookies and other goodies baked by club members that raised \$183.50 for their club's projects. Of this total, \$50 was used to pay for 150 "Restoring Vision" reading-glasses and 40 sunglasses that will be taken by Kerry Hassler to eastern Nicaragua on November 8 when he goes there to teach computer classes. These glasses and sunglasses will be distributed to needy people in the cities of Bluefields, Kukra Hill, and Rama by missionaries Ketly and Vital Pierre who Kerry works with. Shown below are Monarch Key Club members with some of the glasses during their Wednesday, October 26 club meeting.

