

Kiwanis Club of Cheyenne

A global organization dedicated to changing the world, one child and one community at a time.



TELSTAR

Published weekly by The Great Cheyenne Kiwanis Club chartered March 11, 1922

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Meetings are Thursday, Noon at the Radisson Cheyenne

October 19, 2017

Upcoming Programs

Oct. 26 – Wyoming Rx Abuse Stakeholders, Co-chairs: Dr. Aimee Lewis, pharmacist, Sandra Deaver, pharmacy technician with the Wyoming Department of Health's Medicaid Pharmacy Program, and Antoinette Brown, pharmacist and faculty member at the University of Wyoming School of Pharmacy, re: Opioid Abuse Epidemic
Nov. 2 – Connie Sloan-Cathcart, Executive Director United Way, re: Community Schools Pilot
Nov 9 – Business Mtg.
Nov. 16 – Paul Roberts, Medical Center Director, Cheyenne VA Medical Center, re: update on VAMC
Nov. 23 – Thanksgiving

Upcoming Events

Oct 25 – Friday Food Bag Filling
Oct 26 Work sessions at the warehouse.
Nov 1 – Booth at Business to Business Expo
Nov 4 – UW/CSU Tailgate Party and Border War Football Game 3pm
Nov 4th Friday Food Bag Unpack
Dec 2 Friday Food Bag Unpack

Birthdays

October

Oct 1 – James Childress	Oct 14 – Ron Pinther
Oct 2 – Neil Webb	Oct 14 – Bob Nicholas
Oct 4 – Paul Gapen	Oct 14 – Sandee Wamboldt
Oct 4 – Dave McCracken	Oct 15 – Larry Walters
Oct 4 – Shelli Shelton	Oct 15 – Kelly Sack
Oct 5 – John Barnes	Oct 18 – Madoka Grenvik
Oct 5 – David Smith	Oct 20 – Bob Wilson
Oct 6 – Jim Green	Oct 20 – Ken Dugas
Oct 9 – Lindsie Conrad	Oct 21 – Jack Knudson
Oct 10 – Dee Aldridge	Oct 22 – Pam Mosser
Oct 10 – Cristy McCarthy	Oct 23 – Janice Haldi
Oct 10 – Berlinda White	Oct 24 – William Willingham
Oct 10 – Lexi Leckemby	Oct 25 – Brian Tyrrell
Oct 11 – Steve Schmerge	Oct 29 – Bill Helms
Oct 12 – Mike Smith	Oct 29 – Dan Clark
Oct 12 – Ruth Benson	Oct 29 – Greg Vaughn
Oct 12 – Ben Larsen	

INTERNATIONAL PRESIDENT

Jim Rochford - Peoria, IL

ROCKY MTN DISTRICT GOVERNOR

Hayley Suppes - Delta, CO

LT. GOVERNOR DIVISION XII

High Plains Division

Tim Sheppard, Cheyenne, WY

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CHEYENNE KIWANIS

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John Barnes, Admin Secretary

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Craig Hielt • Patty Walters

WEBSITE EDITOR

Chuck Seniawski

TELSTAR EDITOR

Lisa Maney

Lunch Menu

Oct 26

Beef Tips and Noodles
Sugar Snap Peas

Nov 2

Taco Bar
Seasoned Ground Beef and
Chicken, Corn and Flour
Tortilla Shells, Lettuce,
Tomatoes, Black Olives,
Jalapenos, and Onions
Salsa, Guacamole, Sour Cream,
and Shredded Cheese
Refried Beans with Cheese
Spanish Rice, Churros
Southwest Caesar Salad with
Tortilla Chips

Nov 9

Chicken Saltimbocca
Grilled Chicken Breast,
Sautéed Spinach, Prosciutto
Ham, Mozzarella Cheese,
Fresh Diced Tomatoes, and
Fresh Basil on Penne Noodles

Nov 16

**At the Kiwanis Community
House**

Thanksgiving Meal Offsite
Garden Salad with Assorted
Dressings, Waldorf Salad
Turkey and Stuffing, Mashed
Potatoes, Gravy, Green Bean
Casserole, Cranberry Sauce
Rolls and Butter

Prayers

In our Prayers: Any Kiwanian in need.

Chuck Anderson has taken a couple of falls and is currently in the VA hospital. Please keep him and his family in your prayers.

Please keep **Ron Baily** and family in your prayers as Ron has been placed in home hospice.

Please keep **Bob Kirby** in your prayers as he's in hospital for a blood clot in lungs.

Announcements



President Laura Munari announced she still has 13 tickets left for the Border War football game, November 4. Contact Laura if you'd like to attend.

We received a thank you note from Magic City for helping with their pic-nick.

We received a hand written thank you card and \$50 donation from Rick Abernathy.



Kathleen Petersen and Tim Sheppard thanked everyone for helping clean up Hynes Blvd last Saturday. **Paul Balot, Ruth Benson, Laura Munari, Eric Shannon, Lloyd Smith, Deb Lafazo, Lisa Maney, Michael Dixon, Nancy Jones, John and Becky Lynch, Robert Monger,**



During the clean up a grey funnel found, mobile wireless dual band amplifier, despicable 3 MP3 speed boat still in the wrapper, and 2 golf balls were found.

Despicable mp3 still in the wrapper was voted as the best find, found by **Bob Monger**.

Bob won hand and toe warmers.



As promised **Bob Gross** brought the Hand Crafted Breast Cancer Awareness Pen for today's auction.



Thank you **Jim Marshall** for providing the hand crafted Breast Cancer Awareness pen for today's auction.



Thank you Auctioneer **Tim Smith** for auctioneering the donated pen to an enthusiastic and generous crowd.

Thank you, Larry Walters for helping raise \$160 for the American Breast Cancer.



Treasurer Lauri Osborne announced she is looking for any banks that would like to receive the RFP to handle the Cheyenne Kiwanis Club bank account. If you are interested please email Lauri.



Lisa Trimble announced **Ron Bailey** has been placed in home hospice care. Ron would probably like visitors. Before you visit contact Linda to make sure Ron is up for visitors that day.

Kiwanis is not something you join...

Happy Birthday



Happy Birthday

Madoka Grenvik and Larry Walters



Brooke with the Plains Hotel announced they've hired a new Chef, Chef Troy from Poor Richards. Their restaurant is now open for breakfast and lunch. Stop in and see the new team at the Historic Plains Hotel.



Larry Walters paid his birthday check and Patty's from last month.

For his birthday Larry's entire family ran the Denver Rock and Roll 1/2 Marathon.



Gene Burchett announced he is happy his number from the pig is not stuck to the bottom anymore. Last week Gene had to leave early for a doctor's appointment and for the first time in 20 plus years his number was drawn.

Happy Dollars



Connie Sloan Cathcart announced the Emerging Leaders Group with United Way is having an event called Rake Up Cheyenne. If you know anyone who needs help with their yard.

Flyer attached to email.



Bob Gross has \$20 happy dollars to thank you Tim Smith for auctioneering today. &

Thank you to Cowboy Dodge, Halladay Motors and Terrell Chevrolet Auto Centers for taken lead by embracing breast cancer awareness month. Each business has taken the lead **promoting real men wear pink and making strides against breast cancer.**

October is breast cancer awareness month. **Thank and recognize these businesses for all they do.**



Nick Panopoulos had a great time visiting his twin grand babies. They are growing up fast.



Kathleen Petersen said, Thank you to the Hynes Blvd clean-up crew. 13 members plus family members showed up to help.



Dan Kirby announced Bob Kirby is in the hospital with a blood clot in his lung. Bob is doing better and might be out on Saturday.

Thank you John Lynch for stopping by and saying hi.

Program



Dr. Joe Schaffer, LCCC President, talked about plans for LCCC Bond issue.



... it's something you do!

Kiwanis is not something you join...

Campus Transformation - Progress

Project Name	Outcome	Status
Concrete Paved Service Center	Cop. Parking building	COMPLETE
Woods Industrial Tech Building	Fire Tech Building	COMPLETE
Advanced College Division	Campus Gateway	COMPLETE
Student Center	Campus Wayfinding	COMPLETE
Student Library Expansion	Library & Learning Commons	PROCEEDING
ACC Expansion	ACC Classroom Addition	PROCEEDING
TV Building Addition/Remodel	ACC Renovation	2017 COMPLETION
Fire Arts Building	Fire Arts Renovation/Expansion	2017 COMPLETION
Student Housing	New Residence Hall	2017 COMPLETION

Laramie County Community College

- Building Forward 2017**
- Two Primary Goals
1. Increasing Enrollment
 - Growing the number of young adults in our community/region.
 - Being more competitive with peer institutions.
 2. Remediating Aging Facilities
 - Fixing dilapidated buildings to reduce maintenance costs.
 - Making outdated educational and student spaces relevant.
 - Reducing safety hazards and improving accessibility.
- Laramie County Community College



There was \$79.00 in the pig and Matt Liebrich was not present to win. Pig rolls over.

**THANK YOU
Kiwanis
Sponsors**



Update Your Information

Please notify **John Barnes** (638-3763) of any changes to your employment, phone numbers, or retirement so the club directory may be updated with your current information. Thank you.

Please send Telstar information to **Lisa Maney** at lisa@cheyenne.org



Thank you Rod Brand for providing the Telstar pictures.

The Pig



Dixie M. Roberts



... it's something you do!