

# Kiwanis Club of Cheyenne

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



# TELSTAR

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Meetings are Thursday, Noon at the Radisson Cheyenne

## October 26, 2017

### Upcoming Programs

Nov. 2 – Connie Sloan-Cathcart, Executive Director United Way, re: Community Schools Pilot  
Nov 9 – Business Mtg, also Veterans will be honored.  
Nov. 16 – Paul Roberts, Medical Center Director, Cheyenne VA Medical Center, re: update on VAMC - **lunch is at the Kiwanis Community House**  
Nov. 23 – Thanksgiving

### Upcoming Events

Nov 1 – Booth at Business to Business Expo  
Nov 3 – Memorial Service for Bob Rowland at the Kiwanis Community House 11am  
Nov 4 – UW/CSU Tailgate Party and Border War Football Game 3pm  
Nov 4<sup>th</sup> Friday Food Bag Unpack  
Nov 6 interclub at Central High School where Nick Panopoulos will be giving a presentation to the Key Clubbers, 2:35pm, room 210  
Nov 18 – Decorate Christmas Float, 10am for 2 hours  
Nov 25 – Christmas Parade 5:30pm  
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 XIII**  
High Plains Division  
Patty Beskin, Cheyenne, WY

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Assistant Secretary • Amber Still  
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R.C. Mead • Victor Lisek  
Larry Walters • Haiden Fertig • Sam Weinstein  
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Mike Hutton • Erin Benskin • Earl Dorsett

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John Barnes, Admin Secretary

#### PROGRAM CHAIRS

Craig Hiatt • Patty Walters

#### WEBSITE EDITOR

Chuck Seniawski

#### TELSTAR EDITOR

Lisa Maney

## Lunch Menu

### 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

### Nov 30

Hot Beef Sandwich Mashed Potatoes

Memorial written by Chuck Seniawski,

## Memorial Service for Bob Rowland, past District Governor

Posted on Oct 26, 2017 (on Kiwanis website)

Bob retired from a career in the United States Air Force and became a force for good within the Cheyenne community. In Kiwanis, he was past Club President, past Lieutenant Governor and past Governor of the Kiwanis Rocky Mountain District.

Dave McCracken is working with Ginny Rowland, Bob's wife, to put together a memorial service for Bob to be held Friday, November 3 at 11:00 am at the Kiwanis Community House.

Dave needs help from Club members to make this happen. For starters, he needs members and volunteers to help with set-up and tear-down of the venue. He would like to find a person who plays bagpipes. He would like to get help from someone in converting photos featuring Bob to a DVD. Also, help in food preparation and serving. There will probably be other things as well. Contact Dave to offer your assistance. His home phone is 635-1464, his email is [jdmccrack@aol.com](mailto:jdmccrack@aol.com)



## Lunch Meeting Attendance

Oct 19 – 133 attendees, 122 members, 2 senior members, 9 guests

Oct 26 - 133 meals today (thank you Amber Still)

### Guests:



Mike Dixon brought Maggie Lankamp as his guest.



James Ledwith, Spencer Pollok, American Red Cross



Claire Snyder brought Debby and Gwen Baldwin from California.



John Lynch bought Claire Ray, recently retired. (rumor has it Claire has turned in her membership paperwork) Thank you John and Claire

## 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's and family in your prayers as Ron has passed away.

~Please extend your prayers to Bob Rowland's family as he has passed away.

## Announcements

Laura sent an email...

Laura Munari's need to know the final numbers for the football game by this



# Kiwanis is not something you join...

Friday so that we can purchase supplies. Tickets are \$50 each and include the tailgate.

For those of you who have tickets already, but want to participate in the tailgate, the cost will be \$15 each. I need to know how many I have that are wanting to do this too.

Lastly, there will be a work session at the warehouse this Wednesday starting at 5.

Thanks,  
Laura



Nick Panopoulos donated a feather flag to the Cheyenne Kiwanis Club. **Thank you Nick!!!**

**Thursday, Nov 9<sup>th</sup>.** All Veterans in Kiwanis should wear some type of military memorabilia so we can “recognize your military service” at lunch.

**November 16, Lunch at the Kiwanis Community Club.**



**Nick Panopoulos** announced that **Nov 6** there will be an interclub at Central HS **Key Club** for a presentation. Room 210, 2:35pm. Come early



**Brian Lenell** was looking for a chair for the Christmas Parade Float. **Suzanne and Glenn** volunteered. **Parade, Nov. 25 5:30pm.**



**Dave McCracken** announced there will be a **memorial service for Bob Rowland** Nov 3 at 11am at the Kiwanis Community House. Ginny says there will be refreshments served.

Dave has asked for help **setting tables and chairs before the service**, 10am & help at end putting everything away  
Also anyone who can help **put pictures on a DVD** is needed.

Does anyone have contact of someone who can **play the bagpipes?**

Contact Dave. **Thank you.**



**Dan Kirby sent an email: Nov 1st**

Thanks to these folks who volunteered to work the Expo. If anyone else wants to come and help out, you are most welcome. I do have enough to handle it, but all are welcome. It's a great time to share the reasons why we joined Kiwanis and I hope we can get new members and sponsors

Dale Kjack, Carol Holland, Denise Newell, Ruth Benson, Darwin Pace, Bob Wilson

Thanks again,  
Dan Kirby

**Bob Kirby** is out of hospital and doing well.



**Suzanne Anderson and Glenn Crock** are chairing the **Christmas Parade Float Decorations**. They will be decorating Nov 18<sup>th</sup> 10am for 2 hours at the Warehouse.



**Marty Sears** says every time he tries to throw something in the dumpster it shows back up. Last night Marty threw away a “scythe” **It showed back up.**



**Tim Smith** auctioned the scythe for \$75 to **Larry Walters**. (money went to foundation).



Larry donated it back to the club. **Stay tuned for the next auction...**

... it's something you do!

# Kiwanis is not something you join...

## Happy Birthday



### Happy Birthday

Pam Mosser and Janice Haldi



**Claire Snyder's** son told her that her skirt needed to be colored in so it looks better.

**How cute is that?!?!?!**

For more information on this year's event or to become a Festival of Tree sponsor contact Shannon Humphrey, Fundraising Specialist 307-640-4592 or [shumphrey@mcewyo.org](mailto:shumphrey@mcewyo.org)

Floyd also recognized **Jim O'Conner** for all the volunteering he does with Kiwanis and Magic City.

**Thank you Jim O'Conner.**



**Astrid from the Plains Hotels** said this weekend the Atlas Theater is putting on a presentation of Orson Wells, War of the World.

Also, on Halloween the Plains Hotel is opening the room where an allegedly murder happened. Stop by if you'd like to tour room 444. SPOOKY!



**Verle Meister** is headed to Texas will be back May 1.

Verle put in \$20 for Bob Rowland who was Verle's mentor. Bob helped Verle throughout his term as Cheyenne Kiwanis Club President, Lt Gov. and Governor. Verle encourages everyone to go to the Kiwanis Community Club Nov 3 at 11am for Bob Rowland's memorial service.

## Happy Dollars



**Mike Dixon** is happy his partner is here from Florida to help with presentation at library tonight, 6:30pm about the peace core. There is also photo display.



**Ken Dugas** said he is sorry he missed



Birthday Party last week. Today he paid his birthday check.

Ken remembered when Jane Eickbush started the tradition of giving a check for how old/young you are to the foundation on your birthday.



**John Lynch** announced : Remembering Our Fallen - Nov. 17-22 & 24-26

Come view this photographic war memorial that honors more than 4,700 of our country's military fallen from the War on Terror since Sept. 11, 2001 from 8 a.m. - 8 p.m. Nov. 17-22 & 24-26 in LCCC's Clay Pathfinder Building.

Cheyenne is the only city to host this exhibit as it travels from New York to California. Don't miss this incredible opportunity to see this powerful memorial. For more information, visit [rememberingourfallen.org](http://rememberingourfallen.org) or contact LCCC Student Veterans of America Chapter, 307.778.4385.



**Floyd announced the Magic City Festival of Trees Gala...**

You are cordially invited to Magic City Enterprises Festival of Trees Gala & Live Tree Auction, Saturday, November 18<sup>th</sup>, in the Cheyenne Depot 6:00 pm - 9:30 pm.

We will have an elegant dinner prepared by Girls Gone Gourmet. During this chic evening, enjoy raffles, browse through all our amazing silent auction items and bid on a beautiful new tree for your home or office, or donate one to a family or organization of your choice! We will also have a cash bar. Tickets are \$50 each and can be purchased by contacting Shannon Humphrey or by stopping at MCE 1780 Westland Rd. 82007.

... it's something you do!



# Kiwanis is not something you join...

## Program



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

### DONATION:

Below are locations in Wyoming that can accept unopened, non-refrigerated, non-controlled medications or will dispose of drugs you no longer need.

- Afton:** Lincoln County Public Health
- Casper:** Casper Police Department, Wyoming Medical Center
- Cheyenne:** Laramie County Centralized Pharmacy
- Cody:** Walgreens Pharmacy
- Evanston:** Uinta County Public Health
- Gillette:** Campbell County Sheriff's Office
- Greybull:** Big Horn County Public Health
- Jackson:** Teton County Public Health
- Kemmerer:** Lincoln County Public Health
- Lander:** Fremont County Public Health
- Newcastle:** Weston County Health Services-Home Health
- Pine Bluffs:** Pine Bluffs Police Department
- Powell:** Shopko Pharmacy
- Rawlins:** Rawlins Family Medical
- Riverton:** Fremont County Public Health
- Rock Springs:** Donaldson Medical Clinic
- Sheridan:** Sheridan Public Health
- Thermopolis:** Vicklund Pharmacy
- Worland:** Washakie County Public Health

\*You can always mail medications to :  
**Wyoming Medication Donation Program**  
2508 E. Fox Farm Rd, Suite 2A  
Cheyenne, WY 82007

[wyomedicationdonation.org](http://wyomedicationdonation.org)

## Drug Disposal Guidelines from the DEA

1. Remove them from their original containers and mix them with an undesirable substance, such as used coffee grounds, dirt or kitty litter (this makes the drug less appealing to children and pets, and unrecognizable to people who may intentionally go through the trash seeking drugs).

2. Place the mixture in a sealable bag, empty can or other container to prevent the drug from leaking or breaking out of a garbage bag.

FDA's Ilisa Bernstein, Pharm D.,J.D. offers a few more tips:

- Scratch out all identifying information on the prescription label to make it unreadable. This will help protect your identity and the privacy of your personal health information.
- Do not give your medicine to friends. Doctors prescribe medicines based on your specific symptoms and medical history. Something that works for you could be dangerous for someone else.
- When in doubt about proper disposal, ask your pharmacist.

Bernstein says the same disposal methods for prescription drugs could apply to over-the-counter drugs as well.



Jim from UPS and Sam Weinstein



Astrid owner of the Plains Hotels with Bob the Bear and Nick Panopoulos



I love this picture because President Laura Munari is signing someone up...and... it looks like there is a heck of a story being told in the back ground.

## New Member Event at the Radisson



Becky Lynch and Claire



Spencer Pollock and John Barnes

## 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](mailto:lisa@cheyenne.org)



... it's something you do!

Kiwanis is not something you join...

Thank you Rod Brand for providing the Telstar pictures.



## The Pig



Matt Liebrich was present to win on Oct 19<sup>th</sup>. **Congrats Matt!!!**



There was \$16.50 in the pig and **Kathleen Petersen** won. **WOOTWOOT!!!!**



Dixie M. Roberts



**THANK YOU  
Kiwanis  
Sponsors**



... it's something you do!