

# 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

## January 26, 2017

### Upcoming Programs

Feb 2 Brenda Lyttle – Atlas Theatre Project  
Feb 9 Business Mtg. and Boys & Girls Club Youth of the Year  
Feb 16 Marian Orr  
Feb 23 National Jewish Health  
March 2 Brian Kozak, Chief of Police & Officer Kevin Malatesta  
March 9 Business Mtg.

### Upcoming Events

Feb 4 - Stars of Tomorrow 7PM Central HS  
Feb 4 – Friday Food Bag Unpacking 9AM  
Feb 7 – Great Decisions, 7am at the Radisson  
Feb 14 – Friday Food Bag Filling 5:15PM  
March 3-5, 2017 Mid-Year Conference – Fort Collins, CO  
April or May – Division Stars of Tomorrow (dates TBD)  
MAY – Next Membership Drive  
July 13-16, 2017 102<sup>nd</sup> Annual Convention – Paris  
Aug 3-6, 2017 – District Convention – Casper, WY

### Birthdays

#### January

Jan 3 – Don Schrader	Jan 22 – Jim Brown
Jan 4 – Vic Lisek	Jan 23 – Matt Behrends
Jan 4 – Alex Aragon	Jan 26 – Ron Olson
Jan 8 – Clark Smith	Jan 26 – Haiden Fertig
Jan 11 – Trudy Eisele	Jan 27 – Bryan Pedersen
Jan 11 – Lisa Taylor	Jan 29 – John Steil
Jan 13 – Kerri Blunn	Jan 30 – Debra Parker
Jan 15 – Carol Holland	Jan 31 – A.W. Al Leichter
Jan 15 – Steve Sharpe	Jan 31 – Alan Hughes
Jan 20 – Brent Blair	Jan 31 – Rick Wright
Jan 21 – Larry “Bart” Barttelbort	

#### INTERNATIONAL PRESIDENT

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#### LT. GOVERNOR DIVISION XIII

High Plains Division

Tim Sheppard, Cheyenne, WY

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#### CHEYENNE KIWANIS

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Lisa Maney

## Lunch Menu

### February 2

Chicken Fried Chicken,  
Mashed Potatoes,  
Chefs Choice Vegetable,  
Country Gravy

### February 9

Pot Roast,  
Mashed Potatoes, Brown  
Gravy, Carrots and Snap Peas

### February 16

Hot Turkey Sandwich  
Mashed Potatoes, Gravy,  
Cranberry Sauce

### February 23

Carved Roast Beef  
Coconut Tilapia, Roasted Red  
Potatoes, Vegetable Blend

### March 2

Meat Loaf  
Mashed Potatoes, Brown Gravy,  
Carrots



Wheatland Kiwanis Club joined us for lunch. Rick Robins, Arlene Robins, Gwen Siedel, Bob Siedel, Jim Lockwood & Gail Thompson BJ Dirk

Bob Gross brought Dawn Scott, American Cancer Society Cancer Action Network from Cody, WY.

Haiden Fertig brought Judy Meyers, Meyers Photography

Robin Mosley brought 2 guests Easter Gunrunner, Ethnic Haircare/ Lollypop Wig Shop & Jennifer Lake, Home and Title.

Tim Sheppard brought Nancy Weihagen, Ex Director RKY MNT Kiwanis District & District Secretary.

Jen Thayer brought Zack Martin, Autumn Burg and Amber Trimble all with Platinum Real-estate.

John Barnes brought his wife Dana Morgan Barnes.

Lisa Trimble brought Melissa Dishman, LCCC.

## Friday Food Bags

THANK YOU Floyd Esquibel, Deb Hottle, Rod Hottle, Dave McCracken, Jim Ottoes, Darwin Pace, Kathleen Petersen, Jennifer Russell, and Paul Stenback for helping fill Friday Food Bags on Wednesday, January 25th.

The next unpacking is Saturday, February 4th.

There is only ONE filling February....the 14th - Valentine's Day TomR

## Stars of Tomorrow

Thank you so much to everyone for auditioning for Stars of Tomorrow. It truly was a difficult decision for our production team and judges. If you did not make the show this year, please know what we sincerely hope you'll try out again next year. Congratulations to those who were selected, as listed below:

Anabelle Baumhover  
Taryn Davis  
Juliann Healey & Grace Kamarad  
Loriana Walter  
Emmaray VanDell  
Bobby & Owen Mathews, Andra & Allie Wagner  
Trona Kay Bates  
Jenna Hoobler  
Emma Rudell & Hailey Henscheid  
Jillian Salisbury  
Emma Mickelson  
Cassadie Anderson & Taylor Olsen  
Emberlynn Niemann  
Kylie Schelhaas  
Kambrie White  
Andy Lane  
Shannon Gallagher  
Madison Schuler  
Jonathan Greathouse, Megan Cary,  
Samantha Woolsey & Brian Wacker  
Morgan O'Neill

## Prayers

In our Prayers: Any Kiwanian in need.

Con Bratton took a leave of leave due to medical issues.

## Number of Lunch Attendees

Jan 5 - 116 people, 109 members, 5 senior members, 2 guests.

Jan 12 - 125 people, 114 members, 6 senior members, 5 guests.

Jan 19 - 131 people, 118 members, 5 senior members, 8 guests

Jan 26 - TBA

## Happy Birthdays



Happy Birthday Haiden Fertig

# Kiwanis is not something you join...

The order above is the anticipated order for the show, but it is subject to change.

A few details:

1. Contestants -- please fill out the attached interview form and return it to [kennylara@hotmail.com](mailto:kennylara@hotmail.com) NO LATER THAN Friday, January 27. We would appreciate getting this back as soon as possible, as the script takes quite some time to produce.
2. Mandatory tech rehearsal will take place on Friday, February 3 at 6 p.m. You will need to wear your costume so lighting can be adjusted accordingly. No make-up necessary.
3. Mandatory dress rehearsal will take place on Saturday, February 4 at 9 a.m. We will do a complete run through of the show.
4. The show begins at 7 p.m. on Saturday, February 4. Call time is still TBD, but anticipate arriving at least an hour before the show. We are still working on securing a team of make up artists.
5. If you have any questions, please contact show director, Dave Bumann at (307) 421-6092.

We look forward to seeing everyone!

## Announcements



President Dan Kirby read a Thank

**You Card** from Deb Carpenter Nolte, Ex Director for Raising Readers. Deb thanked Kiwanis for donating \$5000 for books. The money will be used for 1000 books for children in Laramie County.

Don't forget the Business Meeting Feb 9<sup>th</sup>, we will consider hosting Mid-Year convention and District Convention 2019-2020. Visit Cheyenne has provided information about how they are willing to assist. We will be voting as a club at the business meeting.



Joe Burges is still selling ads for the Stars of Tomorrow program.



**Stars of Tomorrow - February 4<sup>th</sup>, at Central High School. 7PM**

**Tickets will be sold before event and at the door.**

Lorrell Walter will have tickets next week that can be purchased. This year is different from past as there will not be a box office to sell tickets, we sell our own at the door so please

buy early to make it easier on the volunteers

You can charge the tickets to you Kiwanis account.



Nancy Wiehagen Executive Director Rky Mnt Kiwanis and District Secretary announced The Mid-Year Conference will be March 3-5, 2017 in Ft. Collins at the Hilton Hotel.

The conference kicks off at 5PM at the Belgium Brewery (5pm Sharp Friday 3<sup>rd</sup>) for a 90 minute tour...then stay and enjoy a brew while dining at one of Fort Collins Food Trucks. Food prices are generally between \$5 & \$10.

Then there is a full day of events Saturday. Any incoming officers should plan on attending and take advantage of the great training. The Kiwanis Intl President Jane Erickson will be the Keynote Speaker at the Interclub lunch. Registration prices are \$55.00 until Feb 1, \$75 after Feb 1.

Arron Courtney announced, between Feb 1 to March 15 the foundation grant cycle is opening.

... it's something you do!

# Kiwanis is not something you join...



**Pat Ashworth** membership chair announced that membership orientation will be Feb 8<sup>th</sup> and the following day will be induction. Watch for emails with more information's.

**WOW!!! 10 to 14 new members.**



Thank you **Judy LaHiff** for providing balloons for members who participated in the membership drive.



**Laura Munari** is/was humbled and grateful for so many people to show up to the membership drive.

### People who attended.

Suzann Anderson, Pat Ashworth, Paul Bellotti, Haiden Fertig, Dwight Hicks, Brian Lenell, Britney Lewis, Vic Lisek, Brian Lovett, Kim Lovett,

Robin Mosley, Denise Newell, Tabitha Norman, Marty Sears, Tim Sheppard, Claire Snyder, Lisa Trimble, Chuck Tyler, Phil VanHorn, Rick Wright.

Everyone listed above brought guests to the membership drive.

Kiwanis will be having a membership drive quarterly. This May there will be another opportunity to get involved with a membership drive.

**GREAT JOB EVERYONE**

## Happy Dollars

Clark Smith paid his birthday check.  
**Happy Belated Birthday Clark.**



Brooke Ramirez thanked everyone who helped with Stars of Tomorrow and she hopes everyone will come out and support the participants.



**Clair Snyder** played a song (by James Brown) for **Laura Munari** for

the great job she ad at the membership drive.

♪♪♪  
**Whoa! I feel good,  
I knew that I would,  
now  
I feel good, I knew that I  
would, now  
So good, so good, I got  
you  
Whoa! I feel good**  
♪♪♪



**Dwight Hicks**

President Trump decided to delay deporting students who are at the University of WY. They are great students and it's a good thing for the delay.



**Bob Monger** ran an inspection of motor vehicles and trailers for Kiwanis. We have 5 vehicles and 16 trailers. Thank you inspection team Bob Monger, Craig Hyet, Dale Check, Mike Smith, Steve Foster.

... it's something you do!

# Kiwanis is not something you join...



**Dan Clark** announced Great Decisions class is full.

Dan's wife has been diagnosed with bone cancer...but... is back working half days at the Legislature.



**Bob Gross** gave his \$20 happy dollars to **Dawn Scott**. Dawn is here speaking with legislators about American Cancer Society Action Network. Dawn is in Cheyenne to work with legislators directly on **many** important issues such as quality of care/quality of life. The ACS is the Voice of Constituents in the Halls of Government. .

**Congratulations Lisa Trimble** for taking on a new role at LCCC.

## Program



**Claudio A. Feler, MD, FACS, FAANS, FNANS**  
**CRMC Neurosurgeon**

Dr. Claudio Andres Feler was born in Concepcion, Chile, and moved to the US at age 5. He grew up in the Midwest and graduated with honors from the University of Kentucky, earning a degree in Biochemistry.

After completing his fellowship, Dr. Feler joined the Semmes-Murphey Neurological and Spine Institute and became a faculty member of the University of Tennessee – at which he is currently an Associate Professor. He most recently moved from Memphis to a ranch in Colorado and joined CRMC in July of 014. Dr. Feler is board-certified in Neurological Surgery. His approach to care is collaborative and comprehensive, involving a number of staff members and specialty providers. His special areas of interest include minimally invasive spinal surgery and surgery for chronic pain and movement disorders.

Everyone has tremors.

One reason people have tremors may be Parkinson's Disease.

Features of Parkinson's Disease are Tremors, Rigidity and Bradykinesia.

**Is your tremor ET (Essential Tremor) or a PD (Parkinson's Disease).**

Essential Tremor

- Action Tremor
- More rapid frequency
- Not associated with slow movement, muscle rigidity and postural changes.
- Often affects both sides.
- Often familial.

Parkinson's Disease

- Resting tremor.
- Slower frequency
- Associated with slowing, shuffling gait, rigidity, stooping posture, imbalance.
- Usually worse on one side
- Rarely familial

If you need medical assistance there will be a team evaluation from the Neurology, Psychiatry, Physical, Occupational and Speech therapy and Neurosurgery Departments to determine what's going on.

Indications for Surgical Intervention

- Disabling feature of Disease
- Failure of medical management
- Reasonable expectation of improvement with surgery
- Absence of severe cognitive dysfunction
- No medical contraindications to treatment.

Evolving Indications

- Epilepsy, Depression, Obesity and Dementia.

Surgical Therapy Advantages

- Control of tremor, rigidity, drug induced dyskinesia's, "on-off phenomena
- Often able to reduce medication.

Surgical Therapy Disadvantages

- Requires surgery
- Risk
- Not the Panacea

Treatment Goals

... it's something you do!

# Kiwanis is not something you join...

- Reduce severity of symptoms
- Improve daily functions
- Improve quality of life

Neurosurgery & Spine Associates  
 2301 House Ave., Suite 505  
 Cheyenne, WY 82001  
 307-632-9261

## 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)

**Thank you Rd Brand** for providing the Telstar pictures.

## The Pig



There was \$74.00 in the pig and Marty Sears won the pig.



Dixie M. Roberts



**THANK YOU  
 Kiwanis  
 Sponsors**

... it's something you do!