



## All the News That's Fit to Print And More

### Quick Links

[Facebook](#)

[Monday Night Bingo](#)

[Website](#)

[More About Us](#)

[Our Sponsors](#)

[Monument Hill Foundation](#)

[Contact Us](#)

### Quick Glance



Senior Meals Drivers

## Kiwanis Program - May 20, 2017



Meal Delivery Location  
Mennonite Church - Hwy 105  
Delivery Days  
Tues, Wed, Thurs



Thanks to Jim Murphy

### Scribes

May 20  
Steve Steffey  
May 27  
Bob Evans  
June 3  
Tom Van Wormer  
June 10  
Paul Gourley  
June 17  
Bob Hayes  
June 24  
Dennis Beasley  
July 1  
Tom Van Wormer

## The Recovery Village at Palmer Lake Al Fritts

### Future Program Announcements

May 27, 2017

Leaving VietNam  
Col. Jack Madison

June 3, 2017

Present Day Cuba  
Col Marty French

### Member Concerns

Jim Clemans updated member concerns:

- RF Smith said there is no specific news, but asked us to keep Frank Matthews and his wife Pamela in our prayers.



**Thanks to  
Dennis Beasley**

### Upcoming Programs

May 27, 2017

**Leaving VietNam**

Col. Jack Madison

June 3, 2017

**Present Day Cuba**

Col Marty French

June 10, 2017

**Griffith Center for Children**

Jamie Sachtjen

June 17, 2017

**Career Starter Program**

Ted Bauman

- It was good to have Fred Fletemeyer back with us today after his surgery.
- Stan Snyder was also back with us today, after surgery on his knee.
- Jim noted that today is Armed Forces Day, first celebrated in 1950 and initiated by President Truman to include all the military services. Jim read a prayer from the Book of the Common Order of the Church of Scotland dedicated to the safety and peace for those that serve in the Armed Forces.

Don Smart led the Pledge of Allegiance.



**President RF Smith**

Called the meeting to order at 8:00 am.

RF's thought of the day from Helen Keller: "No pessimist ever discovered the secret of the stars, or sailed to an uncharted land, or opened a new doorway for the human spirit."

**Guests**

June 24, 2017

El Pomar

Thayer Tutt

July 1, 2017

Colorado Mounted Patrol

Lt. Joseph Clark

July 8, 2017

Member Bio's



Thanks Larry Young

Board of Directors

2015-2016



Board of Directors

2016-2017

President - RF Smith



Bob Hayes welcomed back Randy Vernon, who has just submitted an application for membership. Randy is recently from San Antonio and is a twice retired educator and coach. Great to have you with us!

## ANNOUNCEMENTS



President Elect - Barb Broshous

Immediate Past

President - Rich Strom

Secretary - Mike Luginbuhl

Treasurer/ CFO - Jack Fry

Sergeant-at-Arms - Paul Short

VP - Programs - Larry Young

VP - Memberships - Bob Hayes

VP- Fundraising - Barrie Town

VP - Public Relations - Steve  
Stephenson

VP - Service Leadership Program -  
Max Williams

Lisa Wieland (MHKC and Secretary, Monument Hill Foundation) and Jim Wyss (MHKC and retiring President of Integrity Bank) presented Pete Peterson with a check of \$5,000 to support the 4th of July parade. This is the 10th year of Integrity Bank support. Thank you!!



Russ Broshous provided an update on Foundation Granting. He said since last year, the number of requests have increased from 27 to 40 and monetary requests from \$81,904 to \$158,873. Below is a list of grant applicants:

VP - Community Service - Cheryl Wangerman

Dir - Bingo & Raffles -  
Mark Zeiger

Dir - Granting and External Relations  
-  
Jim Taylor

Dir - Member Recognition -  
Ron Mangiarelli

Dir - Plans, Analysis, & Resources -  
Russ Broshous

Dir - Special Needs - Rich Munsell

Dir - Interclub & Social - Marian Taylor

Special Thanks To

Public Charities		D-38
Aspen Camp	Rocky Mountain Youth Leadership	Adaptive PE
Big Brothers/Big Sisters	Ronald McDonald House Charities	Bear Creek Drumming
CASA	Ryan Pappas Foundation	Bear Creek STEM iPad Cart
Children's Literacy Center	Safe Passage	Bear Creek STEM iPads
<b>Colorado Altitude</b>	Silver Alliance	Bear Creek 1st Grade Literacy
Emily Griffith Center - Chins Up	Soap Box Derby (Pikes Peak)	Bearbotics
<b>Horses Make Miracles Foundation</b>	Special Kids, Special Families	Career Starter Scholarships
Mountain Community Senior Svcs	<b>Tri-Lakes Cares Snack Packs</b>	Girls/Boys State
Palmer Divide Blanket Brigade	Tri-Lakes Community Pre-School	Grace Best Defibrillator
Pikes Peak Golf Links	Urban Peak (Colorado Springs)	Kilmer STEAM Lab
PPCC Foundation Scholarships	<b>Value Up</b>	LP English Learner Program
The Resource Exchange	<b>Cochlear Implant Camp (Erin)</b>	LP Social Studies Furniture
		PR Bear Necessity Theater
		PR Gymnastic Uniforms
		Pre-School Program
		Special Needs - Hearing

**Totals: Funds Requested: \$158,873**  
**Funds Available: \$45,000**

As seen, there are not enough funds to cover all requests, so the Granting Committee would like to hear comments on any of our applicants, either for or against. Russ asked interested members to email him at [crb@centurylink.net](mailto:crb@centurylink.net).

Club business:

- There was a board meeting today immediately following our general meeting.
- Jim Taylor was excited to be able to close out the NFL losers pool. It took several months, but Jim was able to give Don Smart his winnings from the contest. Don was one of 17 people tied for 4th place. Don graciously received his winnings of \$1.50 and offered drinks for everyone. Congratulations!
- Parade announcements: 1) Pete Peterson is looking for help with a flatbed trailer to deliver a golf cart for the parade, and knowledge of any parade items stored at Bear Creek Elementary. 2) Mike Luginbuhl needs help from five to six people for South End security. 3) RF Smith said we also need several parade marshals - he thinks it is the best job in the parade! 4) Rich Rima needs one person to help judge the floats in the parade.
- The Farmer's Market begins next week, so please park in the St. Peter parking lot.
- RF Smith has one slot left for the tour of the USAFA small satellite Astro laboratory facilities. The tour will occur right after our meeting on June 3rd, about 10:00 to noon. Attendees must be U.S. citizens. See RF for details.
- RF Smith said he and Rich Strom kicked off the community effort known as the Northern El Paso County Non-Profit Council on May 17. The objective of this group is to help encourage



Bonnie Nasser for photographs



Tom "Media Master" VanWormer for  
Media Services



Rich Hicks  
K-News Editor

communication between local non-profit organizations in our area, and to collaborate on the need for services and how to provide them. Minutes forthcoming.

- Ten MHKC members and spouses attended a fundraising breakfast for the Emily Griffith Centers for Children Chins Up program on Thursday at the Garden of the Gods Club. They raised \$29,000!
- Volunteers are still needed for the Soapbox Derby including the Derby practice day that occurs on Sunday June 4; final inspection on Saturday morning June 10, and race day on Sunday June 11. Please see Glenn Scott.
- Our next social mixer is July 7th, and the Christmas party is scheduled for December 6.
- The Griffith Golf Tournament is on June 29, so save the date. We support the tournament with Marshals, etc. Rich Rima has the sign-up sheet.
- See Ed Tomlinson to sign up for the Integrity Bank charity golf tournament scheduled for June 16. Cost is \$100 - 120.

## HAPPY BUCKS



Ted Bauman had a happy buck for the 4th of July parade support from Integrity Bank over the years - \$5,000 a year for 10 years - \$50,000!

## MHKC Service Recognition

### Kiwanian of the Year

#### 2016 Larry Young

- 2015 Mark Zeiger
- 2014 RF Smith
- 2013 Tom Nelson
- 2012 Ron Heard
- 2011 Bonnie Biggs
- 2010 Dennis Daugherty
- 2009 Ed Kinney
- 2008 Don Johnson
- 2007 Ted Bauman
- 2006 Glenn Scott
- 2005 Dick Durham
- 2004 Benny Nasser
- 2003 Sharon Williams
- 2002 Bill Cook
- 2001 Jim Taylor
- 2000 Rich Rima
- 1999 Rich Lybolt
- 1998 Jack Johnson
- 1997 Larry Cheatham
- 1996 Ed DeValois
- 1995 Paul Bacalis
- 1994 Jerry Losey
- 1993 Denny Myers
- 1992 Bill Tope
- 1991 Max Williams
- 1990 Dick London
- 1989 Len Dodson



Dennis Beasley was happy for the 12 MHKC members that attended the 100 Club charity golf tournament at the Broadmoor last week. The 100 Club supports the families of fallen first responders.



Bob Hayes was celebrating the completion of a successful year for his wife Charlie Ann, and Barrie Town's wife, Millie, as Co-Presidents of the Tri-Lakes Women's Club (our sister organization).



1988 Dave Turner  
1987 Charlie Emmons  
1986 Bill Dudman  
1985 George Goddu  
1984 Jim Carroll  
1983 Rev John Snyder

\*Additional Sertoman of the Year or  
Kiwanian of the Year designates  
include: Dexter Peak, JoAnn Peak,  
Steve Hall - Sunset Sertoma Club,  
Darlene Loudermilk & Joe Ashby

25 Year Legion of Honor  
Jo Carroll, Ed DeValois, Chuck  
Dunham, Steve Hall, Joe Howard,  
Jerry Losey, Max Williams

30 Year Legion of Honor  
Ben Bellis , Mark O'Regan, Fred  
Roeming, John Snyder, Cliff Sparrow,  
Bud Sterling

35 Year Legion of Honor  
Joe Ashby, Watt Hill, John Swofford

**4th of July Parade is Powered by**



Integrity Bank and Trust is the  
Corporate Sponsor



Stan Schneider was really happy for the successful knee and leg surgery he has recently received - kudos to the doctors! His back handspings and golf game are on the upswing!



Jim Murphy was \$20 happy for all the wonderful volunteers in this club. He cited an example from this last Thursday, when during the snowstorm, John Spidell hitched up his dogteam and picked up Golden Circle meals at the south end of Colorado Springs. John then delivered them just in time for the senior meal at the Mennonite Church. As Jim said, this is what makes it work!

for the Monument Hill Kiwanis Club  
4th of July Parade

**Monument Hill Kiwanis Club  
Corporate Sponsors**

**Partners in Service**

Integrity Bank

Lewis-Palmer School District 38

Tri-Lakes Chamber of Commerce

Tri-Lakes Women's Club

Tri-Lakes Cares

**Gold Sponsors**

JJ Tracks

Tri-Lakes Printing

Wave's End Services, LLC



Mindful of the recent Chinese intercept of the WC-135, Ed Tomlinson was grateful that no Chinese fighters came to visit while he was flying WC-135 missions in Southeast Asia.



For herself and husband Gordan, Martha Sill was happy that their youngest daughter just graduated from San Diego State University majoring in speech, language and hearing. She is planning to continue to get her master's degree. As Martha said, another generation taking care of children.

## Silver Sponsors

Hunter-Wolff Gallery

The Wine Seller



Marian Taylor had a happy buck and high praise for the National Museum-World War II Aviation near the Colorado Springs Airport. Marian said it is a great place to take visiting guests.

There are two free, easy ways to donate money to the MHKC - **without paying a nickel out of your own pocket.** One is by getting a gift card (available from Mike Wangeman that comes with \$5 credit) for Safeway or Kings Soopers. You can then indefinitely add money to the card. Also, at Amazon.com Smile, you can designate Monument Hill Service Club as your charity organization and purchase items through Smile. Then Amazon donates .5% of all your purchases to our club.

## BIRTHDAYS





Smiling Frank Wynne provided us with humor and member birthdays for the next week.  
Jim Taylor

## **Progressive Drawing**

May 20, 2017

Winner this week is:



**Dave Wittman**

Kiwanis Progressive Drawing Stats:

Date of drawing: 5/20/17

Chips this drawing: 10

Carry over from last week: \$228

Today's 1/2 ticket sales: \$39

Total for today's drawing: \$267

Amount won & donated back: \$0

Amount won and kept by winner: \$0

Available for next week's drawing: \$0

Chips for next week's drawing: 9

---

**Kiwanis Program - May 20, 2017**



## The Recovery Village at Palmer Lake

Al Fritts

Scribe: Steve Steffey

Our speaker was Al Fritts, Director of Operations and Facility Manager at Recovery Village at Palmer Lake. Al has a rich background first serving the nation in the Air Force and retiring in 1990. He then became an entrepreneur and business person. Al and his wife, Lorraine, designed, built and operated The Inn at Palmer Lake and Moziac Restaurant. He sold the Inn in 2015 to Advanced Recovery Systems, the second in seven ARS facilities across the US.

The program topic today was the Recovery Village of Palmer Lake, part of Advanced Recovery Systems, an integrated behavioral healthcare management

company dedicated to the treatment of addiction, substance abuse, eating disorders and co-occurring mental health issues. Their mission is to provide patient-centered care in an environment that empowers and aids individuals on their paths to recovery. By utilizing highly individualized treatment plans, they are able to provide a high patient experience at every level of care.



The Recovery Center at Palmer Lake provides three levels of treatment:

- **The 10/10 Experience** - Provides each patient with 10 individualized treatment sessions within the first 10 days of completing detox. Many patients are still drinking and/or taking drugs when entering. By quickly identifying roadblocks and mental health issues that may hold a client back from success, they are able to tailor each patient's treatment plan to their unique needs. This results in a shift from a negative mindset and unhealthy behavior to a positive approach that fosters sustainable recovery.
- **Co-occurring Treatment** - Identify and apply state-of-the-art approaches to address the patient's co-occurring disorders. Each patient receives a comprehensive medical and psychiatric evaluation upon arrival. Then they utilize a variety of evidence-based therapeutic approaches and also participate in psycho-educational groups to assist them in understanding their co-occurring conditions and symptomatology.

- **Comprehensive Discharge Planning** - Each patient has a comprehensive discharge plan prior to departure. This includes appointments with their primary care provider, psychiatrist, outpatient therapist, and any other necessary aftercare services.

Addiction in America is at a crisis state.

- In 2016, the U.S. Surgeon General issued the first report dedicated to substance abuse. 1 in 7 people in the U.S. are expected to develop a substance use disorder at some point in their lives.
- In 2015, over 27 million people in the U.S. reported current use of illicit drugs or misuse of prescription drugs, and over 66 million people (nearly ¼ of the adult and adolescent population) reported binge drinking in the past month.
- An American dies every 19 minutes from an opioid or heroin overdose.
- Only 10% of those addicted receive treatment.
- Challenges include insurance coverage, stigmatization, lack of support, and willingness to seek help.

New drugs which people abuse are being invented every day. China and India have a large online presence / access. The Fentanyl family is an especially devastating drug. The strength of the drug is extremely high and overdoses and deaths are common. A new version, Carfentanyl, is extremely dangerous. A dose 1/16th of a baby aspirin will sedate an elephant! Carfentanyl can be absorbed thru the skin and is especially dangerous to first responders and ER personnel. Carfentanyl can be mixed into heroin and opioids on the street. Death can be instantaneous.

Many people unknowingly start and are hooked by prescription pain medicines. An Oxycodone pill on the street costs about \$80. A dose of heroin costs about \$6.

The Recovery Village at Palmer Lake facility currently has 58 beds. They are expanding their treatment center by more than 16,000 feet. This will almost double residential treatment capacity. The expansion also includes basketball courts, a heated pool and walking paths to a serene meditation garden to assist in patient treatment. The expansion is expected to be completed this summer.

Thanks to AI for his insight on one of our society's most challenging problems.

**Happy Trails!**



**See you Saturday at:**



**Lewis Palmer D-38 Administration building**

**(a.k.a. Big Red)**

**146 Jefferson Street, Monument, CO 80921.**

**Please use the West or North entrances!**

---