

THE RAMPART REVIEW

The Kiwanis Club of the Rampart Range – Caroline Vulgamore, editor-Harry Vulgamore, Photographer
Meetings every Tuesday, 7:30 am, Aspen Pointe Café, 1675 Garden of the Gods Rd. 80904

President: Rick Couch. Secretary: Al Ziegler. Treasurer: Rex Kramer. Directors: Belenda Cornelius, Burl Kreps, Caroline Vulgamore, Harry Vulgamore. District Governor: Kathy Lee. Division 4 Lt. Governor: Jo Carroll, RMD Executive Administrator: Nancy Wiehagen. International President: Jane Erickson.

February 7, 2017



PROGRAM. An enthusiastic **Sally Rothstein**, Colorado Springs Regional Manager for Project Angel Heart, outlined services this 501 C-3 organization provides to those with life-threatening illnesses such as cancer, kidney or heart disease. One in three seriously ill must choose between food and medicine, and there's stress on the family as well. "Food is medicine," and each weekend, a week's worth of healthy meals are delivered to recipients. Founded 26 years ago in response to AIDS, the core organization is based in Denver where seven chefs prepare 90 days worth of different menus—delicious, medically-tailored and free of charge—which are flash frozen and prepared for delivery. More than 7,000 volunteers help. In Colorado Springs, 25 cars show up on Saturday mornings to deliver bags (cheerfully hand-decorated by volunteers) of food to 240 households.

Belenda Cornelius saw possibilities for our Key Club to help. Funding comes from donors, foundations, businesses and the government. With a \$3 ½ million budget, they aim to grow support here to increase their outreach. The local office is at 1625 Uintah. Call 323-0084 for volunteer and donation information.

NEWS. In **Rick Couch's** absence, **Al Ziegler** officiated. Last month at Eagleside Elementary, **Harry** and **Caroline Vulgamore** distributed 64 BUG pins in classrooms where they talked to kids and thanked teachers individually. Caroline will submit an RMD Foundation grant request and Al will call **Nancy Wiehagen** and Rick for more info on the Signature Project. **Rex Kramer** announced International accepts individual donations—such as Empty Stocking Fund—among current club projects.

UPCOMING EVENTS

February 14: **Nancy Harrison** with Therapeutic Riding Center.

February 21: **Group Discussion.** Rex Kramer leads, "Reading Financial Statements."

February 28: **Board Meeting.**

March 3-5: RMD Mid-Winter Conference. Hilton Hotel. Fort Collins.

HAPPY DOLLARS

- Burl Kreps: Today's program; beautiful Pikes Peak sunrise; having Harry and Caroline back.
- Warren Ehrmann: Still vertical.
- Rex Kramer: Delighted Warren's vertical; CC's two-week anniversary of left knee surgery, turning Hell into Purgatory.
- Al Ziegler: Today's presentation; his wife is back from golfing in Las Vegas.
- Jack Cooley: Presentation today and happy learning things he didn't know.
- Harry Vulgamore: Knew Sally years ago from Pikes Peak Hospice; on NYC subway was offered a seat 12 different times.
- Caroline Vulgamore: Lucked out with weather flying to and from LaGuardia.



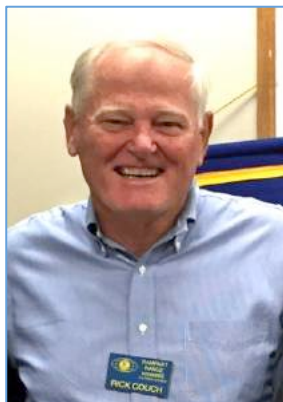
Three women who get things done. ...Harry



Some grateful recipients of BUG awards at Eagleside Elementary School.

PRAYER: February 14: Belenda Cornelius

QUOTE OF THE DAY: “You can have it all. Just not all at once.” ...Oprah Winfrey



The Prez

