

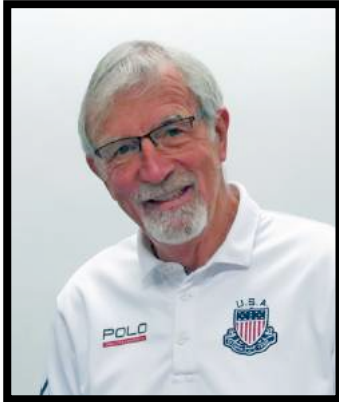
# THE RAMPART REVIEW

*The Kiwanis Club of the Rampart Range – Caroline Vulgamore, editor*

**Meetings every Tuesday, 7:45 am, Aspen Pointe Café, 1675 Garden of the Gods Rd. 80904**

President: Belenda Cornelius. Secretary: Al Ziegler. Treasurer: Rex Kramer. Directors: Rick Couch, Jack Cooley, Burl Kreps, Caroline Vulgamore, Harry Vulgamore. District Governor: Hayley Jean Suppes. Division 4 Lt. Governor: Harry Brandon, RMD Executive Administrator: Nancy Wiehagen. International President: Jim Rochford.

**April 3, 2018**



**PROGRAM.** Olympic Training Center guide **Paul McNeill** outlined the site as a great place to take out-of-town guests. Home years ago of Ent Air Force Base, the area was purchased from the government for \$1.00, and the main building opened in 1978, with more to follow. Not tax supported, the facility depends on corporate sponsors. There are also training centers in New York and California, but Colorado Springs boasts “the flagship of training centers.” Paul showed slides of the grounds, equipment, sports medicine area, and the newly remodeled entrance and visitor center with its impressive rotunda. He focused on a unique room—the High Altitude Training Center—where the barometric pressure and oxygen saturation content can be adjusted. In winter months, tours are offered every hour, but from Memorial Day to Labor Day they run every half hour. There are about

160 residential athletes, with the majority competing in Paralympic Games. Thousands of others come as temporary athletes, including training camps and exchange programs from other countries. Our country won the most medals ever in Rio—half the participants had trained here, in “Olympic City USA.”

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**NEWS.** Today’s donations were for Salvation Army. April is Child Abuse Prevention month; Prez **Belenda Cornelius** reminded us to wear blue on Friday. **Rick Couch**’s draft of the new club membership brochure with its application form has been emailed to **Nancy Wiehagen** to be finalized when he returns from vacation. The newly purchased Kiwanis tablecloth is on the way. **Burl Kreps** will contact **Barry Grossman** about the April 17 program on Warrior Games. Give Treasurer **Rex Kramer** input on revising club projects in budget, “not history, but now and future.”

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## UPCOMING EVENTS

**April 10:** Program: **Derek Wilson**. Understanding Generational Differences.

**April 17:** Program: **Jeff Holden**. 2018 Warrior Games at Air Force Academy.

**April 18:** Child Trafficking Prevention Event. Centennial Hall. 6-8 p.m.

**April 24:** **Board Meeting.**

**May 1:** Program: **Kate Redding**. Kiwanis and the U.S. Army.

**May 25:** BUG assembly. Mesa Elementary. 7:45 a.m.

**June 2-9:** Warrior Games. U.S. Air Force Academy.

**June 3 and June 9:** Soap Box Derby events.

**June 28 - July 1:** International Conference. Las Vegas.

## HAPPY DOLLARS

- Rex Kramer: New granite counter tops, painting; next week he'll be in Florence, Italy.
- Belenda Cornelius: Thanks, Paul, for coming. (Wants OTC jacket).
- Harry Vulgamore: Glad to have Paul here.
- Caroline Vulgamore: Great family Easter.
- Jack Cooley: Thanks for coming, Paul; noted decorations on Paul's shirt.
- Al Ziegler: For Paul's great presentation; nice to see Burl back.
- Burl Kreps: Nice trip to Arizona; the Rockies beat Cincinnati.



*Wearing blue for child abuse prevention. Missed you, Warren.*  
(from Harry, who took the photo)

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**QUOTE OF THE DAY:** "It's not what you look at that matters, it's what you see."  
...Henry David Thoreau

**PRAYER: April 10: Burl Kreps.**



**The Prez**

