



Changing Times

Changing the World Through Service, Friendship & Fun



Meetings at Alpha Charlies, 4th Tuesday, 6pm

February/March, 2022

2021-2022 Kiwanis Club of Southeast Metro Denver

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| <i>Melissa Schupp</i> | <i>President</i> |
| <i>Gail Coombs</i> | <i>President Elect</i> |
| <i>Robert Medley</i> | <i>Treasurer</i> |
| <i>Lizzie Coombs</i> | <i>Secretary</i> |
| <i>Keith Schupp</i> | <i>Director</i> |
| <i>Kathy Medley</i> | <i>Director</i> |
| <i>Dave Rich</i> | <i>Director</i> |

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| <i>Mary Forhan</i> | <i>Newsletter</i> |
| <i>Mary Forhan</i> | <i>Club History</i> |

Committee Heads

Pints & Pinots – 2nd Wind Fundraiser

Gail & Lizzie Coombs -May 2022

Colorado Feeding Kids

Dave Rich

Sweet Dream in a Bag

Kathy & Robert Medley

Shiloh House

Keith and Melissa Schupp

Help and Hope

Keith and Melissa Schupp

Kiwanis One Day – Gail Coombs

Elephant Rock & Ride– Gail Coombs

Gun Training & Fun– Robert Medley

Summer Picnic

Lizzie Coombs & Kathy Medley

Mix and Mingle – Rosy Olivares

Website

Melissa Schupp & Robert Medley

Parker Days – Mel & Keith Schupp,

Robert & Kathy Medley, Deb

Sundquist

Centerplate -Keith & Mel Schupp

Websites

KiwanisInternational <http://Kiwanis.org>

Kiwanis Rocky Mountain District

<https://www.rmdkiwanis.com/>

Kiwanis DTC and SEMD

Kiwanssemd.org

kiwanisdtcsem.org (Coming soon-

NEXT MEETING DATE WILL BE TUESDAY, April 26, 6PM.

Together we can change the world, one child and one community at a time.

From the Desk of President Melissa Schupp



Hi All

Great Meeting Last Night!

I appreciated all the helpful input from you all! We realize there are a few items that we need to get completed before the big event. So, please keep an eye out for an ALL HANDS ON DECK meeting in April.

Here are some key takeaways from the meeting that might be helpful when asking or emailing for donations.

- Subject line of email: Kiwanis Event for Youth Suicide Prevention
- Reach out to people you know or do business with. Here are a few examples that our members have reached out to: Your insurance agent, financial advisor, hair stylist, a

friend, neighbor, a company you do business with, the company you work for, when you're already out at a restaurant or bar ask to speak to the manager or owner to see if they will donate a gift card.

- Keep your email short, but pull at their heart strings. Always attach the packet to the email.
- Would you like to help prevent youth suicide? Did you know that suicide is the leading cause of death among our children? Would you like to support a cause to help stop youth suicide? Do you know anyone whose life has been impacted by someone who has committed suicide? (You would be surprised at how many of us out asking for donations have spoken to someone whose life has been impacted by suicide.)

I have printed out page 6 and 7 to give to companies that are just giving donations. They don't need the entire packet. You can always send it to them in an email.

If you know of a brewery or winery that would like to participate in serving or providing their wine at our event please reach out to Lizzie or Gail. We still would like to add a couple more to our venue.

We expect tickets to go on sale April 1st on our website. You will receive an email letting you know.

Please note the date for our bowling happy hour is on Thursday, April 7th. I neglected to put the date on the agenda.

Let's make this an unforgettable event for everyone!

Melissa Schupp - President
303-263-0333
Kiwanissemdp@gmail.com



Pints
&
Pinots

An illustration of two glasses of beer and a bottle of wine. One glass is filled with a golden beer with a white head of foam, and the other is a smaller glass with a similar beverage. Next to them is a dark red wine bottle.

For Youth Suicide Prevention

Hosted by SE Metro Kiwanis to benefit Second Wind Fund, Inc.

Pints and Pinots Update

Mary is working on filling the committees needed to make Pints and Pinots a success. Every day we hear the tragic news of yet another person taking his or her own life. It seems that COVID exacerbates the circumstances of anger, powerlessness and anxiety that become the climate for giving up. We strive to be part of the solution by helping fund Second Wind to provide education and prevention services for those in desperate need. Thank you for helping to make this happen.

Here are the committees and members so far. If your name isn't on one of the committees, contact Mary Forhan with your choice or let her know when she contacts you. Note that Gail, Melissa, and Lizzie will be an assisting presence on every committee, but need others to take the lead.

Beer and Wine –Pat Faughnan, Michael Cates, Shavon Forte. **Wine Wall** –Pat Faughnan (This is a subset of the Beer and Wine Committee)

Food –Ron and Cindy Jamison

Corporate Donations (Sign up to send emails to corporate contacts known to help non-profit fundraisers – Melissa has the list) – Michael Cates, Dave Rich

Gift Card Surprise – Mary Forhan

Silent Auction Baskets – Melissa & Keith Schupp, Sarah Gilbert, Everyone

Everyone - List as many places that you can think of that could provide a donation or auction item for our event. It could be a gift card, service or item. For example: A gift card or bag(s) of coffee from your favorite local coffee shop, a styling session at

your favorite boutique, a specialty item/service from where you work, a whitening treatment from a dentist office, a gift card to a restaurant, a gift certificate or item from your favorite local business, a 2-night stay at your rich uncle's mountain house, etc. Follow up by asking when you visit a restaurant, coffee shop, book store, etc.

Gift Certificates and Cards – Please bring your unused, unneeded, unwanted gift cards to the next meeting to give to Mary.

Social Events

Bowling– Thursday, April 7, 6:30 Contact Rosy with questions

Bolero in Lone Tree

9255 Kimmer Dr.

Lone Tree, CO 80124

Future Volunteering Events: Please reach out to Mel or any of the volunteers listed on the event, if you would like to join in on the fun. The more the merrier.

No new dates set.

Help and Hope -

Colorado Feeding Kids -



Hands of Gratitude

<https://www.hands-of-gratitude.com> – Watch this heart-warming video.

Put on hold for later. Pat and Mel are in communications with the organization to lock down all the details.

Service – Volunteers Needed

Pints and Pinots

Mark your calendar for May 5 – This is an all hands-on-deck event, so all members will be needed to make this exciting fundraiser for Second Wind suicide prevention a success.

Volunteers Needed

Head up Adopt a Family for Christmas, Ronald McDonald House, Brent's House, Clothes to Kids, Key Leader chaperones, reading to kids at local libraries, and Beyond the Walls. Please let Melissa Schupp know if you wish to champion any of the volunteer activities. Beyond the Walls at Shiloh House - Beyond the Walls joins the services provided by Shiloh House to complete the continuum of support for youth ages 16-26 as they become successful, productive young adult members of their local communities. Beyond the Walls creates a seamless tapestry of support for young people as they transition from out of home care to independence. Through a vibrant Community Resource Network young people link to resources and mentors which provide life skills, learning opportunities and tools to help every young person achieve their goals for the future.

Donations Needed

- Children's books K-7th Grade
- Clothes for Shiloh House Beyond the Walls – appropriate for 16-27 year old men and women to wear for interviewing (jeans, khaki pants, dress pants, skirts, nice tops, ties, dresses and shoes).

Interview with Pat Faughnan



1. **When did you join Kiwanis? Why?** I joined approximately a year and a half ago. Before the pandemic I traveled five days a week 3 to 4 weeks out of the month. So I really wasn't connected to my community. But now that I'm working more at home, I was looking for something to help connect me to my community and Kiwanis was that thing.
2. **What have you most enjoyed about being a member?** Of course I really enjoy volunteering for the children. Especially now I think our kids need all the support they can get. And I really enjoy the friendships and the camaraderie that I found in Kiwanis.
3. **What have been your favorite events/projects in the past?** I've really enjoyed volunteering at Help and Hope and our peach sale last year. I'm looking forward to selling peaches again this year
4. **What events/projects are you looking forward to?** I'm looking forward to our major event this year Pints & Pinots to support the Second Wind Foundation. I never realized how many craft breweries and wineries are in our area! I've had fun discovering them.
5. **What are you currently doing career-wise?** Currently, I'm a clinical nurse educator. I work for a company that produces evidence-based guidelines to improve the care of patients. I teach doctors and case managers how to use our guidelines and our software.
6. **What roles have you played in Kiwanis?** Only a volunteer so far.
7. **What are you looking forward to in 2022?** Once Pints & Pinots is done, I'm sure there will be lots of more fun volunteer opportunities. Of course I'm looking forward to our peach sale.
8. **Tell us a little about your background, family, education, etc.** I am originally from Long Island, New York. I grew up in New York, New Jersey, and Pennsylvania. And then one day I got a wild idea to move to Colorado, so I did. That was about 35 years ago. The very first time I landed at Stapleton, Colorado felt like home. When I moved out here I switched from working on a medical surgical floor to working in the intensive care unit in a trauma center. For the last 13 years I've been a clinical educator.
9. **What are your passions/hobbies? What gets you up and excited about the day?** My current passion is scuba diving. When I am underwater it is really my zen time! And of course, scuba diving allows me to travel which is another passion. I only dive in warmer water, usually the Caribbean or the Pacific. I will be heading back to the tiny island of Dominica for two weeks of scuba diving next month. One day I would like to head to Fiji to scuba dive.



Past Interview with Mary Forhan



- 1. When did you join Kiwanis? Why?** *I joined Kiwanis in 2004 because I retired from teaching and had a number of friends in Kiwanis from working on projects with husband Jack.*
- 2. What have you most enjoyed about being a member?** *Giving back to the community and working with great friends.*
- 3. What have been your favorite events/projects in the past?** *I loved painting maps of the world and USA on playgrounds at 2 schools to foster geographical awareness. Also, Colorado Feeding Kids, the Bar Hop Fundraiser, Builder's Club, Sweet Dream in a Bag, Summer Tailgaters at the Rockies Games*
- 4. What events/projects are you looking forward to?** *Pints and Pinots, working with Thunder Ridge Key Club.*
- 5. What are you currently doing career-wise?** *I am fully retired from teaching.*
- 6. What roles have you played in Kiwanis?** *President, Secretary, Historian, Builder's Club Administrator for District, Builder's Club Advisor, Newsletter Editor*
- 7. What are you looking forward to in 2022?** *Outside of Kiwanis, I am looking forward to Covid reducing to levels that make it safe to travel internationally, and improving skill in my new hobby of painting.*
- 8. What are your passions/hobbies? What gets you up and excited about the day?** *Travel, Family, Kiwanis, and now painting*
- 9. Tell us a little about your background, family, education, etc.**

I was born in Wausau, Wisconsin.

My father was a navigator on a B17 Flying Fortress, flying combat missions over Germany with William H. Macy as the co-pilot. Dad was career Air Force retiring as a Lt. Col. We moved every three years on average with one overseas assignment in Japan where I attended middle school and part of high school. We traveled

to Japan on board the SS General Breckenridge and spent two days weathering a typhoon at sea. I swam and dove competitively in Japan, and was on the first color TV programming in Tokyo.

I earned an undergrad degree in elementary education at Valparaiso University in Indiana, and graduate degrees in guidance and counseling at Adams State College and in elementary reading instruction at the University of Illinois. I was Miss Valparaiso University, participated in the Miss Indiana pageant, and entertained comedian Joan Rivers in my dorm room.

I trained for the Monarch Ski Patrol which included winter mountaineering survival and avalanche search and rescue.

I learned how to Commando Repel from a West Point grad. I was stood up in Africa by this same soldier where we were going to meet and climb Mt. Kilimanjaro together on his way to Viet Nam. (His plane was downed in the Sahara.) I climbed Mt. Kilimanjaro without him.

I met the love of my life, Jack, while teaching with the Department of Defense in Germany. Our first date was to see the movie, marked on the marquee as "Mosquito Squatter" about a bouncing bomb designed to bounce and roll into bunkers. Jack later "proved himself" by climbing the Matterhorn and the Zugspitze with me. We married in 1972 on the banks of the Rio Grande.

Jack and I enjoyed acting in community theatre in Germany where I had the lead in the musical "The Fantastics", as well as roles in "Boeing, Boeing", and "My Fair Lady".

Jack got out of the Air Force in 1974 and we traveled for 9 months to Nepal and back in a VW van. We have lived in Colorado since 1978, where we raised our three children, Lindsay, David, and Katherine.

Our travels have taken us to China, Russia, Europe, Peru, Africa, Egypt, Mexico, Haiti and across Asia through Turkey, Pakistan, India, Afghanistan, and Iran. I have climbed a number of the Colorado 14'ers, gone through two Outward Bound courses, including canoeing through the Boundary Waters of Canada and mountaineering in Colorado.



Mary – Washing an elephant in Chitwan National Park, Nepal, 1974, and in Thailand 2013, Jumping with Mt Everest in Background, 2013

Camping out under the stars in Kyrgyzstan, daughter Lindsay and I watched the blast-off of a MIR rocket into the blackness of a sky with no ambient light. With daughters Katherine and Lindsay, together we walked 135 miles of the Camino de Santiago in Spain.

I have competed in two triathalons at ages 58 and 60, and ran a marathon 8 months after daughter Lindsay was born.

I have taught everything from preschool to college and am retired from founding and running my own school.

I once owned a company, Butterfly Park Educational Materials, Inc., with my sister that created and marketed early literacy materials, and did teacher training.

I look forward to another 40 years of adventures and working with Kiwanis to serve the children of the world.



After climbing the Matterhorn Microflight over Victoria Falls, Zambia Wedding to Jack Forhan

