



Kiwanis®
Monument Hill Club

K-News

August 22, 2026

Monument Hill Club - Service Since 1974

Today's Program



Fruitful Aging

Bruce Bruinsma

Bill Kaelin called the meeting to order at 8:00 a.m.

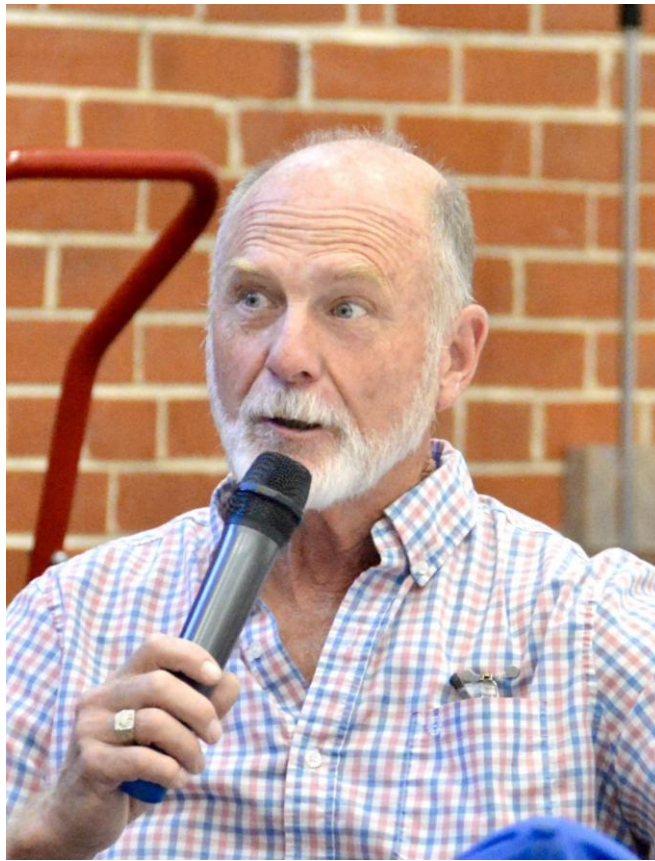
Zoomers were Rich Rima, Dr. Marlene Bizub, Don Johnson, Barrie Town, Jim Head, Benny Nasser, Greg Yamagucci, Ron Mangiarelli, Mike Luginbuhl, Steve Hall, and Ben Bellis.

Steve Sutherland was Sergeant at Arms.

Amber Whetstine and Amy Matissek led the Pledge of Allegiance.

Mark Anderson was this week's Scribe.





Guests and Visiting Kiwanians

There were no visiting Kiwanians. Jim Titus, who came for the first time last week, returned and has paid his dues. We expect to add Jim as a new member very soon. Bob Nissen introduced Kevin Ewing, a USAFA class of 1983 grad. Kevin played on the Falcon football and baseball teams, and he was a helicopter pilot. He was also a Key Club president before coming to the Academy. We also welcomed Bruce Bruinsma, who made the program presentation this morning, and Matt Kelly. Welcome Jim Kevin, Bruce and Matt!!



Club Updates, Sertoma Gift to HOMPP, Leadership Positions

Jim Wolf gave us club updates. This past Monday night, some of our members joined the D38 School Board for their board meeting here in Big Red. We signed a Memorandum of Understanding with D38 and committed \$23,000 to the district. Our foundation has now given over \$300,000 to District 38.

Gleneagle Sertoma gave a check of \$25,000 to Monument Hill Kiwanis on Wednesday, August 19, at their meeting for the Heart of Monument Play Park. Representing the Kiwanis Club were President Jim Wolf, and members Joe Kneedler and Bob Harrigan.

The gift comes as the Heart of Monument Play Park is under construction, with the opening currently targeted for late October or early November. We were told this was the largest single gift that the Gleneagle Sertoma has ever made. We are very grateful for the generosity of the Gleneagle Sertomans!

Jim Wolf made an appeal to our members as we face some serious issues regarding leadership responsibilities. There are a number of board of director positions that need to be filled after members that have served in these positions for several years are now stepping down. Positions like SLP, Finance, and Services all need help. We will continue to be working these issues in the upcoming weeks.

Upcoming NFL Football Pools

Dan Lopez talked about the upcoming NFL football season, which will start in early September. The Sally's Challenge sign up sheet was passed around today. The football pools will be starting too. Members who want to join in the prognosticating will get their chance, and the costs can be added to the club bill. We will again be participating in the Glen Scott Memorial, Sally's Challenge, and the Loser Pool. There will be some changes which should allow participants to extend their participation, hopefully making it so that we won't have to begin the Loser Loser pool quite as early.. This is always a great club competition. Thanks for your leadership, Dan.

The first meeting that will have Glen Scott pools will be September 6.



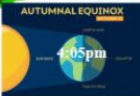
Upcoming Programs

- August 29 - Member Bios -- Gov Vaughn and Jim Hatley
- September 5 - Kiwanis Website, Mark Zeiger/Scott Ross
- September 12 - Leadership, Colonel Lorenz
- September 19 - Community Resource Officer for Monument PD, Kelly Reifel
- September 26 - Changing of the Guard

AUGUST 2026

SUN	MON	TUE	WED	THU	FRI	SAT
						1 7am MHKC Coffee 8am MHKC Mtg
2	3			5 RMD E-mtg 5pm – 6pm		8 7am MHKC Coffee 8am MHKC Mtg
9	10 	11 4 pm Happy Hour Goat Patch Brewery	12 	13 Konnectors Meeting 5:30 pm GPBC Barrel Rm	14	15 7am MHKC Coffee 8am MHKC Mtg
16 	17 	18 	19 	20 	21 7am MHKC Coffee 8am MHKC Mtg 10am BOD Mtg	22
23	24 	25	26	27 	28 	29 7am MHKC Coffee 8am MHKC Mtg
30	31					

SEPTEMBER 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1 		2 RMD E-mtg 5pm – 6pm	3	4 Af
6	7 	8 4 pm Happy Hour Goat Patch Brewery		9 Konnectors Meeting 5:30 pm GPBC Barrel Rm	10	11 Af
13	14	15 	16	17	18	19 7am MHKC Coffee 8am MHKC Mtg 10am BOD Mtg
20 	21 	22 AUTUMN/EQUINOX 	23	24	25	26  7am MHKC Coffee 8am MHKC Mtg
27 	28 	29	30	1	2	3



Membership Minute

Bill Stoner gave us an update on upcoming events. The most important big event coming up will be the Empty Bowls on October 14th.

- Sept 8 - Happy Hour at the Goat Patch, 4 pm
- Sept 15 - Konnectors Meeting at Goat Patch, 5:30 pm
- Oct 14 - Empty Bowls



Golf, Empty Bowls Updates

Ed Tomlinson gave an update on the Golf Club, which meets Tuesday mornings at Pine Creek Country Club. There were three foursomes last week. The club is having a very good time.

We are on track for the final Empty Bowls, which will be held at Lewis Palmer High School on October 14th. Tri Lakes Cares is still looking for some silent auction items. In September, our club members will begin the active solicitation of local restaurants for soup, and we will be organizing the pick up and deliveries to follow.



Memorial Service/Celebration of Life For Bonnie Nasser

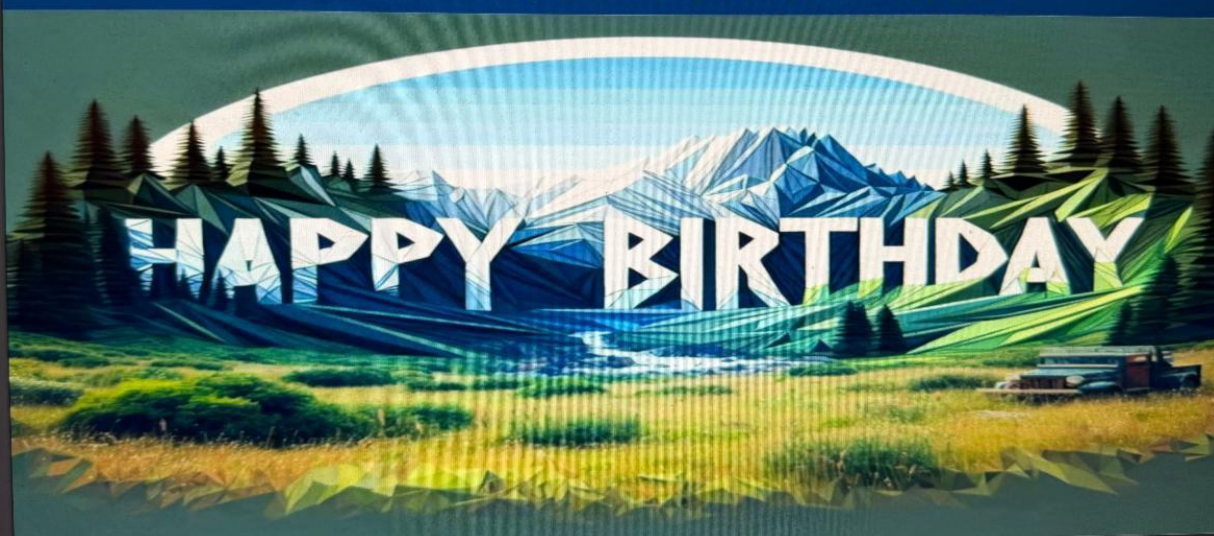
A memorial service will be held to celebrate the life of Bonnie Nasser on Saturday, September 12th at the Monument Community Presbyterian Church at 10:30 a.m. Bonnie was a member of our club for 15 years. All club members are welcome to attend.



News & Notes

Birthdays

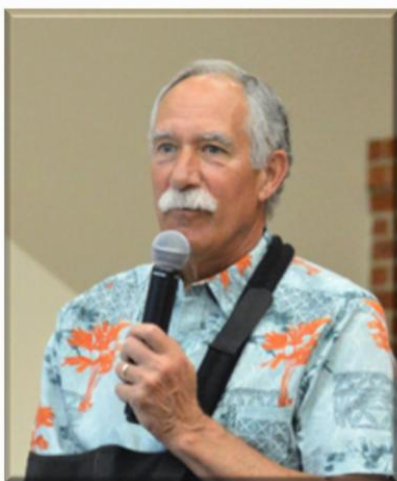
**8 – 21 AUG 2026 (away)
22 – 28 AUG 2026**



Bill KAelin

AUG 13th

**Joined 2013
Sponsor Jim Taylor**



On AUG 13th in HISTORY

- **1792:** Revolutionaries imprisoned French royals, including Marie Antoinette
- **1942:** The Manhattan Project commences under the direction of US General Leslie Groves to develop an atomic bomb
- **1956:** Elvis Presley releases the music single "Don't Be Cruel"

Robert Knoth AUG 16th

**Joined 2018
Sponsor Jim Clemons**

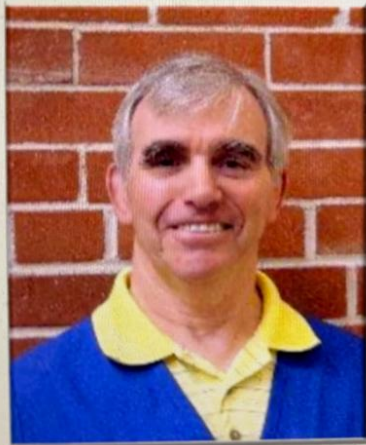


On AUG 16th in HISTORY

- **1501:** Michelangelo is awarded a contract to create a statue of David at the Florence Cathedral.
- **1927:** Yankees slugger Babe Ruth tees off Tommy Thomas in the 5th inning to hit the first home run out of Comiskey Park.
- **1954:** Authentic Brands Group first publishes sports magazine "Sports Illustrated"

Al Fritts AUG 19th

**Joined 2018
Sponsor Larry Young**



On AUG 19th in HISTORY

- **1848:** New York Herald is the first major eastern newspaper to report the discovery of gold in California
- **1960:** American CIA pilot Francis Gary Powers convicted of spying by USSR (U-2 incident)
- **1995:** Mike Tyson returns to the ring after serving 3 years in prison.

Paul Gourley **AUG 26th**

Joined 2015
Sponsor Bob Hayes



On AUG 26th in HISTORY

- **1791:** John Fitch granted US patent for his working steamboat
- **1843:** American inventor Charles Thurber patents a typewriter
- **1972:** XX Summer Olympic Games open in Munich, West Germany

Liam Wynne **AUG 28th**

Joined 2024
Sponsor Frank Wynne



On AUG 28th in HISTORY

- **1907:** United Parcel Service (UPS) is founded by James E. Casey in Seattle, Washington.
- **1973:** "Smoke on the Water" single by British rock band Deep Purple goes GOLD.
- **1987:** Mike Shmitt passes Ted Williams & Willie McCovey with 522 HRs.

HUMOR

*Life is so
much easier
with a sense
of humour*



Frank Wynne (Courtesy of Jim Head)

The AirBus 380

An Airbus 380 is on its way across the Atlantic. It flies consistently at 800 km/h at 30,000 feet, when suddenly an Eurofighter with a Tempo Mach 2 appears.

The pilot of the fighter jet slows down, flies alongside the Airbus and greets the pilot of the passenger plane by radio: "Airbus, boring flight isn't it? Now have a look here!"

He rolls his jet on its back, accelerates, breaks through the sound barrier, rises rapidly to a dizzying height, and then swoops down almost to sea level in a breathtaking dive. He loops back next to the Airbus and asks: "Well, how was that?"

The Airbus pilot answers: "Very impressive, but watch this!"

The jet pilot watches the Airbus, but nothing happens. It continues to fly straight, at the same speed. After 15 minutes, the Airbus pilot radios, "Well, how was that?"

Confused, the jet pilot asks, "What did you do?"

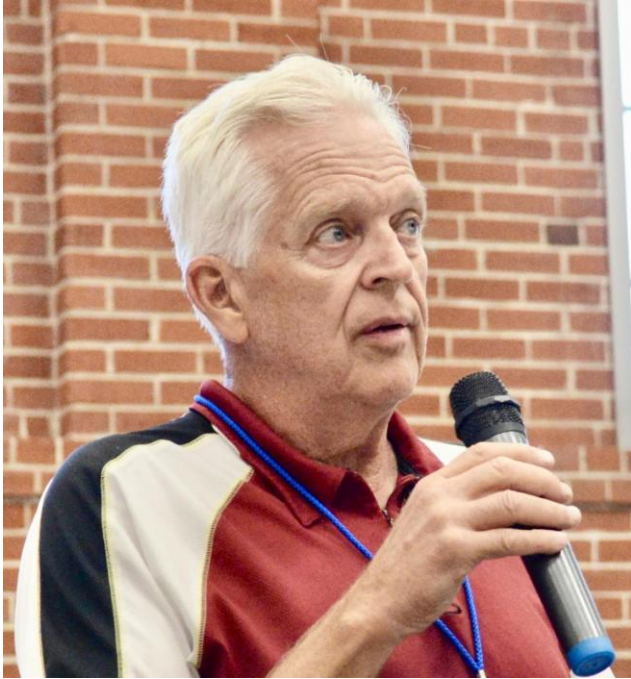
The Airbus pilot laughs and says: "I got up, stretched my legs, walked to the back of the aircraft to use the washroom, then got a cup of coffee and a chocolate fudge pastry."

The moral of the story is: When you're young, speed and adrenaline seems to be great. But as you get older and wiser, you learn that comfort and peace are more important.

This is called S.O.S.: Slower, Older and Smarter.

Dedicated to all my senior friends ~ it's time to slow down and enjoy the rest of the trip.

Happy Bucks



Bill Stoner had 5 happy bucks as a public service announcement. He decided it would be a good idea to remove a satellite dish. It turned out to be a much more difficult undertaking than he imagined. He called a friend for help, it was very securely nailed down, and it was also much heavier than he supposed. His wife was standing below, watching, and she had 9-1 dialed with the last 1 ready to be pushed.



Kathy Strom had a happy buck because she and Rich will be going on a nice trip to the Baltic next week.



Greg Yamaguchi had a happy buck left over from the first golf winnings he's ever had (he hasn't been golfing long) and also for the warm welcome he's received as a new club member.



Mike Luginbuhl had a happy buck for Lewis Palmer Middle School's Raquel Vazquez, who will be giving us an update at next week's meeting about Builder's Club and their work incorporating the Junior National Honor Society in Patriot's Club.



Scott Ross had a happy buck for the Kiwanis Conference he attended last week, and



Since he didn't have change, Terry McMullen had five happy bucks. The first was because we should always be happy about

then another for the vacation he took last week with Roberta to Glenwood Springs and Rifle Falls State Park. It was the first vacation in eight years that didn't involve grandchildren.



Ted Bauman had four happy bucks, one each for RF Smith, Mike Luginbuhl, Rich Strom. He was happy that each of these individuals have made such a positive difference for our club.

something. The other four bucks were made up on the spot. One was for the losing Broncos from last night's game, one was for what the N at Nebraska stands for, Nowledge.



RF Smith had 5 happy bucks for the Bauman guys, and also for the upcoming Rocky Mountain Youth Leadership Gala which will be held at the National Museum of World War II Aviation. More details upcoming.



Weekly 50-50 Drawing

Ed Hettler had the right ticket this morning. He also had the lucky touch, grabbing the right coin. There wasn't all that much money built up however, still he was the winner of \$18. Congratulations, Ed.

Program



Fruitful Aging

Bruce Bruinsma

Scribe: RF Smith

Bruce Bruinsma was our speaker this morning, providing us an enlightening perspective on retirement. As the leader of a nonprofit, Retirement Reformation. Their mission is to help people prepare for and actively pursue a new understanding of retirement for their lives.

According to Bruce, retirement is not a finish line. Life is a journey, not just a point in time. Retirement can last 30 years or more. At this stage of life, the question changes. The question isn't, "How much time do I have left?"—it's, "What will I do with the time I have?" We may retire from a job; but, we don't retire from purpose.

We need to ask ourselves, "What's next?"

Bruce explained that wisdom isn't automatic, just because we grow older. Birthdays may give us age; but, experience gives us the raw material. This is the raw material we use to make the **choices** we make along the way. All of our experiences—loss, success, failure, caregiving, friendship and service—all these become teachers.

So, in retirement, the goal is not merely to grow older. It is to grow deeper. Bruce acquainted us with some statistics about rates of divorce, addiction, depression, loneliness and suicide among seniors.



Bruce introduced us to three "Freedoms for Fruitful Aging," love, forgiveness, and purpose. Each of these is meant to be embraced, taking the "me" out of the equation and replacing it with a drive to make an impact.

1. LOVE. Bruce reminded us that love—love without keeping score—can give us freedom. “Unconditional love sets us free from needing something in return.” The deepest love often looks less like romance and more like presence. When Bruce's wife had a seizure late in life, Bruce transitioned from being a CEO to being a caregiver. Caregiving taught him that love can be practical, inconvenient—and profoundly freeing.

2. FORGIVENESS. Forgiveness gives us freedom from carrying around our pasts. Forgiveness does not say the hurt was acceptable—it says the hurt will no longer control today. Bruce reminded us that waiting for an apology can leave our freedom in someone else’s hands. We take control of our future by letting go of our past.

3. PURPOSE. Purpose gives us freedom from living only for ourselves. When we take on true service to others—without expecting something in return—we have an impact. When we apply our experience to mentor, encourage, volunteer, listen, teach, connect, give—we can make a positive difference. Our experience becomes valuable when it is invested in someone else.

Bruce introduced four questions that help reinforce these three freedoms.

1. WHAT do I need to LET GO of?
2. WHO do I need to LOVE more freely?
3. WHAT experience can I PASS ON?
4. WHERE can I still MAKE A DIFFERENCE?

As Bruce describes it, the question is not only, “What do I still want to do?” but “Who can be better because I was here?”

The video link is here: <https://youtu.be/02ERII8b1O4>”



Quick Links

[Monument Hill Kiwanis Website](#).....[Monument Hill Foundation Website](#)

[Facebook](#).....[Instagram](#).....[Twitter](#)



Special Thanks

Senior Meals Drivers & Scheduler - Jim Murphy

Deliveries: Tues, Wed, Thurs; Senior Center; Grace Best Education Center

Photographer: Warren Gerig

Media Support: Frank DeLalla and Liam Wynne

Virtual Meeting Reminder

We need YOU to help with the K-News weekly.

It's FUN and a great way to support the club's communications efforts. Contact one of us to learn more!

[Rich Hicks](#) * [Mark Anderson](#) * [RF Smith](#)

K-News Crew

(click on a name to email us directly)

Members receive a link to each week's meeting via email.

In-person attendance is encouraged. Zoom is available.

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THANK YOU!

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