



Kiwanis®
Monument Hill Club

K-News

September 26, 2026

Monument Hill Club - Service Since 1974

Today's Program



A Personal Account of Using GLP-1

Mark Pfoff





President Jim Wolf called the meeting to order at 8:00 a.m.

Zoomers included Rich Rima, Barrie Town, Donald Johnson, Marlene Bizub, Jim Clemans and Jim Head.

Dave Bailey was Sergeant at Arms.

Emma led the Pledge of Allegiance.

Mark Anderson was the scribe.



Member Concerns

Rich Hicks led member concerns.

Rich led a morning prayer:

Heavenly Father, bless our efforts as we serve our youth and community, and grant us the wisdom to guide them on the right path. Amen





Guests and Visiting Kiwanians

Jim Wolf introduced students Noah and Emma from Lewis Palmer Middle School (and their fathers), and their teacher of Patriot Leadership education, Raquel Vasquez.

Ben Bellis introduced his wife, Rona, who has visited our club many times. Rona is in town to help Ben's sister after her hip surgery on Monday. Great to see you again!

Upcoming Programs

- October 3 - LPHS Musical Hometown Teen Edition, Kris Lilley, Director
- October 10 - Encore - Annie Andrews, and Changing of the Guard (Moved from September 26)
- October 17 - El Paso Sheriff update - El Paso Sheriff
- October 24 - Bearbotics Eric Vandenhoeck
- October 31 - Member Bios

OCTOBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1	2	3 N 7am 8am
4	5	6 Golf	7	8 Connectors Mtg 5:30 GPBC Barrel Rm	9	10 Changin 7am 8am
11	12 Happy Columbus Day	13 4pm Happy Hour Goat Patch	14 Golf	15 Seahawks vs Broncos	16	17 7am 8am B
18	19	20 Golf	21	22	23	24 7am 8am
25	26 12:12am Golf	27 Golf	28	29	30	31 7am 8am

NOVEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Red Sox vs Broncos	2	3	4	5	6	7 Af 7am 8am
8	9	10 4pm Happy Hour Goat Patch	11 Veterans	12 Connectors Mtg 5:30 GPBC Barrel Rm	13	14 Golf 7am 8am
15	16	17	18	19	20 Golf vs Af	21 7am 8am B
22 Golf vs Broncos	23	24 7:43 AM Moon	25	26 Golf	27	28 7am 8am
29	30					

Membership Minute

Jim Wolf gave us an update on upcoming events.

- Oct 8 - 5:30 pm, Konnectors Club at GPBC Barrel Rm
- Oct 10 - Changing of the Guard (band members prepare your instruments - Ted Bauman will be in touch)
- Oct 13 - 16:00 pm, Happy Hour at GPBC
- Oct 14 - Empty Bowls
- Oct 17 - MHKC Board meeting

Club Updates, Leadership Positions

Jim Wolf updated us on leadership opportunities for the coming Kiwanis year.

Planning continues for the transition to the next club year with the Change of Command ceremony to be held October 10. He strongly encourages your attendance.

Several leadership and volunteer opportunities remain open. Jim Wolf again pointed out that we still need Vice President of Youth Outreach (SLP). The position oversees one of Monument Hill Kiwanis' most important areas of service. There are strong supporters in Mike, Chuck, Mark, and Sue, but we still need someone to be the ringmaster of that group.

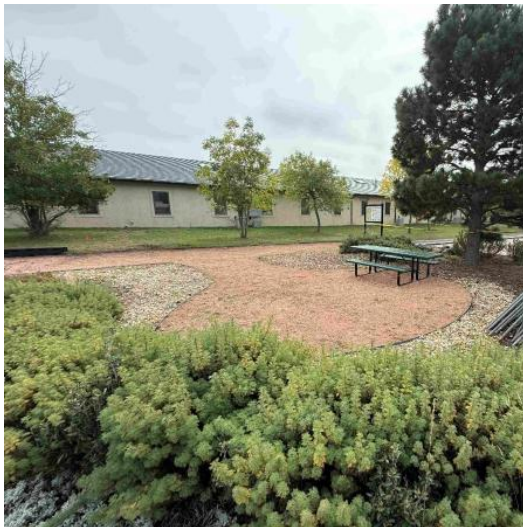
Our new Director of Communications, Mark Anderson, could use some help in his new position. Additional help is needed with the club's communications activities, including media relations, Facebook and other club communications.

The future of the Stars of Tomorrow program also remains under discussion. Members would like to continue the program, but it will require both a program leader and someone willing to take responsibility for fundraising. Fall is the prime planning phase for this effort so it will need to be filled soon.

The incoming leadership is also looking for someone to coordinate club social activities.

Websites

Mark Zeiger and his team have modernized and updated our website and the foundation website. Lots of great information there. Jim asked us to take a look and especially check your information on the members roster for accuracy, and for your picture. If you want to have a different picture, send it to Mark. Check them out: [Monument Hill Kiwanis Website](#) and [Monument Hill Foundation Website](#).



Weeding and the Heart of Monument Play Park

Due to budget constraints, the Town of Monument is not hiring their normal garden staff, leaving some areas with heavy weeds. An example is the Xeriscape Garden on the Santa Fe Trail, right next to our new Heart of Monument Play Park. The Tri Lakes Women's Club invited us to join them in weeding this garden on Friday

morning. A group of about 11 women and three of our Kiwanis members worked for several hours to weed the gardens and pathways. Thank you very much to Sue and Chuck Leggiero for organizing the event and to Sue, Chuck, Scott Ross and Rich Hicks for their weeding skills.

MHKC SALVATION ARMY BELL RINGING



SING UP EARLY AND OFTEN

Salvation Army Bell Ringing

Jeff Baker gave us an update on Bell ringing and reminded us that this project starts in only 8 weeks, running from the day after Thanksgiving to Christmas Eve. We plan to use the same signup platform that has been used for the past several years. We of course are all volunteers, but the nationwide Salvation Army is reducing the number of paid Bell ringers this year. More to come.

HOME REGISTER DONATE CONTACT

KEY LEADER®

WELCOME TO THE RMD KEY LEADER
REGISTRATION SITE

YMCA of the Rockies Estes Park Oct 16 - 18

Start **October 16, 2026**
3:00 PM

End **October 18, 2026**
11:00 AM

Location YMCA of The
Rockies, Estes Park,
Colorado

Registration

Chaperone

Use this registration
type only if you are
above 21 years of
age and intend to be
a chaperone during
the Key Leader
weekend. Please be
aware, all
chaperones are
required to
complete a Kiwanis
International
background check

Five Core Values

- ✓ Leadership
- ✓ Growth Mindset
- ✓ Effective communication
- ✓ Meaningful Connection
- ✓ Global Citizenship

Rocky Mountain Key Leader

Coming up shortly, October 16 - 18, is the KI Rocky Mountain District Key Leader program at Estes Park. Kiwanis Key Leader is a weekend leadership program for high school students. The mission is to inspire young people to achieve their personal best through service leadership. Consider taking a role in that project and contact Jim Wolf. See the flyer above.



Leadership at Lewis Palmer Middle School

Raquel Vasquez introduced herself as the leadership teacher and patriot leader coordinator at Lewis Palmer Middle School. They make service leadership a big part of their focus. They had a hard time sustaining their Kiwanis Builders Club in the past, and they are finding an incredible success in combining that with their National Junior Honor Society under the heading of Patriot leader. This year, they have 36 regular attending members, which is a huge success compared to their previous six regulars.

Emma and Noah are part of their officers of the club this year. Emma introduced herself as the president of the Patriot leaders and told us they have provided 445 service hours already this year. Their two upcoming events are Empty Bowls, and their school spirit week where they will collect food and money for the homeless. Noah introduced himself as the secretary of Patriot leaders. They recently attended a leadership conference and heard some good ideas to change school culture such as playing music on Monday mornings and recognizing student groups for their achievements such as fine arts.

Raquel recognized our Kiwanis members who participated in her leadership class on Friday – Bob Harrigan, Bryan Hardisty, Larry Young, Dave Bailey and Scott Ross. They did an incredible job and I'm so grateful.



Kiwanian of the Year

Nominations for Kiwanian of the Year are due to Sue Reinecke on September 30th. This is the top recognition of a club member that the Monument Hill Kiwanis Club can give. The honoree is a member who participates in service projects, fund raising events, attends the club meeting on a regular basis, and who supports the mission of the Monument Hill Kiwanis Club as it supports the community and its youth. This is a onetime only award. Sue said to remember there are a lot of deserving people in our Club that do a lot for our community. Here is a link to the MHKC [KoY nomination form](#).

NFL Football Pools

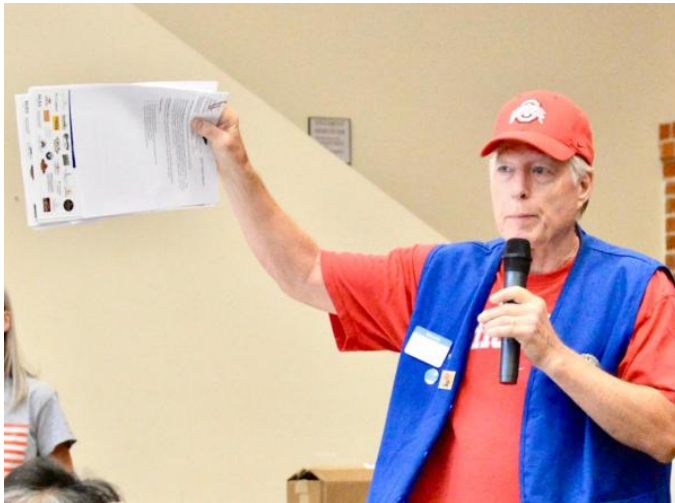
Week 2. There was quite a bit of clustering in the football pool guesses this week. We had 20 players for 16 games, and about 70 percent of them were very close together. Three players were tied in competition for the vaunted Sacagawea, and Pete Peterson came out at the top of that group. Pete waited patiently for Larry to deliver his Sacagawea.



On the Winners side, there were two players tied, Ben Bellis and Ed Tomlinson. Dr. Ed came out ahead and he received a \$20 bill freshly printed by Larry on Saturday morning.

There were several losers in both Sally's Challenge and the Losers pool. For both pools, a large number of players were saved by their Mulligan. Larry thought they should be referred to as almost losers.

The Loser Loser pool will be initiated in week 4 of the NFL season.



Empty Bowls Updates

Dave Bailey still has some empty slots and passed around a signup sheet. There have been some declines by restaurants for donating soup and Dave asked to be notified right away if that happens so that other restaurants can be asked.

Dave strongly encouraged us to volunteer for Empty Bowls, scheduled for Wednesday, October 14 from 5:00 - 7:30 pm at Lewis-Palmer High School.

**** Don't Miss This—LAST EVER MHKC Empty Bowls Dinner ****

Dave said the Silent Auction is gaining strength and has a lot of artwork. He will pass out the link to the Silent Auction site next week.

Golf

Golf was scheduled for Tuesday, but the weather did not look, so it was moved to the 6th of October. This will be a scramble event and they would like to have as many golfers come out as possible. Contact Ed Tomlinson or Bill Kaelin.

News & Notes

Birthdays **26 SEP – 2 OCT 2026**



Bob Hayes

SEP 29th

**Joined 2007
Sponsor Steve Stephenson**



On SEPT 22th in HISTORY

- **1829:** The Bobbies take the streets. First units of the London Metropolitan Police appear on the streets of the British capital, the city's first modern police force.
- **1915:** The 1915 First transcontinental radio telegraph message is sent by U.S. naval radio station at Arlington, Virginia, to naval radio station at Mare Island, San Francisco.
- **1951:** CBS broadcasts 1st football game in color, the University of California against the University of Pennsylvania, at Philadelphia.

Scott Ross

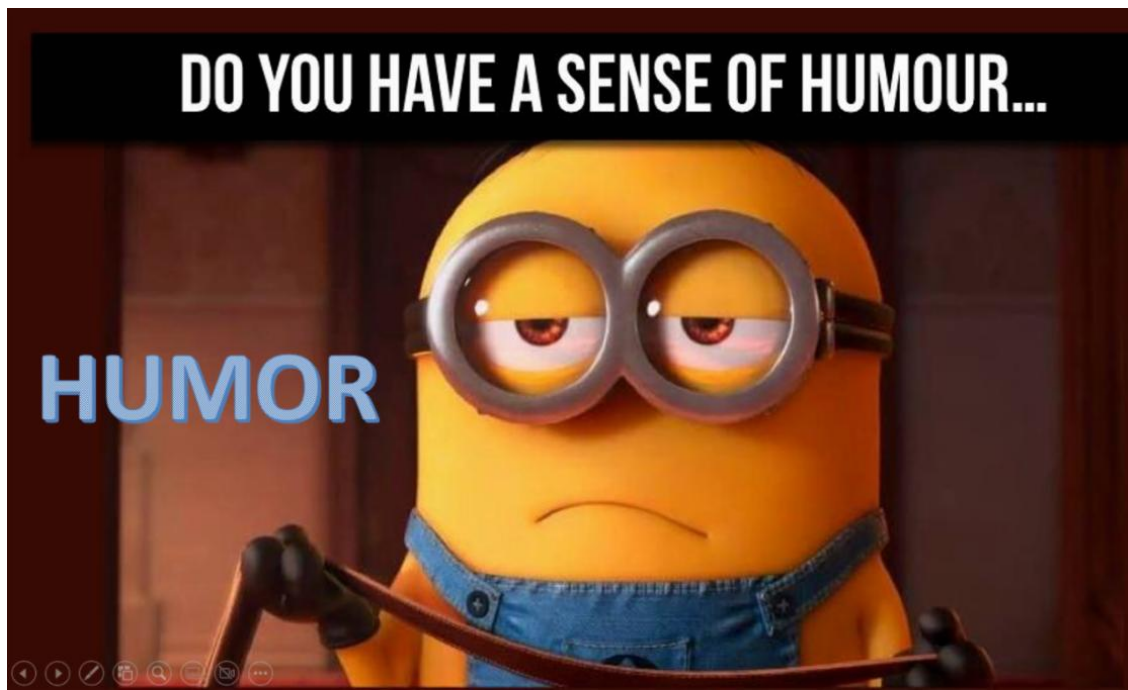
Oct 1st

**Joined 1985 & 2010
Sponsor Joe Ashby**



On OCT 1st in HISTORY

- **1661:** Yachting begins in England as King Charles II and his brother James, Duke of York in a yacht race from Greenwich to Gravesend.
- **1880:** John Philip Sousa becomes new director of Marine Corps Band.
- **1888:** National Geographic magazine is published for the first time.



Humor

Courtesy of Frank Wynne

After dying in a car crash, three friends go to Heaven for an orientation session. They are all asked the same question: "When you are in your casket and family and friends are mourning over you, what would you like to hear them say about you?"

The first guy responds: "I would like to hear them say that I was one of the greatest doctors of my time and a great family man".

The second guy says: "I would like to hear that I was a wonderful husband and a school teacher who made a huge difference in the children of tomorrow".

The third guy thinks for a while and then replies: "I guess I'd like to hear them say 'Look - he's moving'"

Happy Bucks



Scott Ross relayed for Barrie Town (online) that Barrie and Millie are celebrating their 56th wedding anniversary. Barrie said 56 bucks are headed our way. Congratulations!



Mark Anderson was gone for most of September on a trip to Southeast Asia with his daughter, Abby. They traveled to Tokyo, Busan, and Seoul. They were gone 15 days, walked 20,000 steps per day and saw as much as they possibly could see. His wonderful daughter was a great companion and they did not get lost.



Ed Tomlinson had a couple of records. One is he has never won a football pool before, so he is deciding whether it's due to climate change or super El Niño - he thinks the later. The second record is that the class level of the most southwest table in this organization is infinitely increased with presence of Rona Bellis. Thank you.



Bob Harrigan decided to rat himself out since he forgot his name tag.



Dick Salverson had two happy bucks. Last weekend, TCA won the Legends marching band competition in Denver. His granddaughter is a junior and plays trombone in the band. Second, his grandson who's playing football in the 8th grade for TCA got to play his first game under the lights, and they ended up winning 33-6. It was a great day for him.



Dave Bailey had a happy buck for Raquel Vasquez. She is such a fantastic teacher and we are lucky to have her in our school district. We all need to go to her classroom and see how great she is.

Saturday was the last to bet on the Air Force/Navy game. Mike McGrath has 13 betters so far with the game being played next Saturday.



Terry McMullin's wife invested \$3 in his happy buck business. 1) he had a dollar for Raquel Vasquez; 2) he is pulling for Nebraska after their really good play last week; 3) Terry is glad to be playing softball again after his shoulder surgery, and he caught a fly ball in a recent game. He was really happy!



Larry Young had a quick happy buck to memorialize that he did find and present Pete's Sacagawea.



Scott Ross offered a thank you to Chuck and Sue Leggiere for organizing the weed collection at the Xeriscape Garden. There were 11 Tri-Lakes Women's Club members and three Kiwanians. See below...

THE GARDEN PARTY

The Man
The Plants
The Park





Weekly 50-50 Drawing

Mark Galle was up against the odds, 10 to 1. The \$15 payout moves on to next week.

Program



A Personal Account of Using GLP-1

Mark Pfoff

Mark Anderson, Scribe

We were scheduled to have a presentation on the Lewis Palmer District 38 security programs, but our presenter couldn't attend because of a last-minute illness. Mark Pfoff stepped in and led a lively discussion on a topic of interest to many of us: weight-loss drugs.

Mark Pfoff shared his experience with GLP-1 medications for weight loss, discussing his journey with the Lilly drug, Zepbound, which began 14 months ago. Mark lost 65 pounds and has kept it off with this medication. He shared his experience and made sure to clarify that this was his experience and that he did not intend to suggest we would all get the same results.

GLP stands for glucagon-like peptides. Glucagon-like peptide-1 (GLP-1) is a 30- or 31-amino-acid-long [peptide hormone](#) deriving from tissue-specific [posttranslational processing](#) of the [proglucagon](#) peptide. It is produced and

secreted by intestinal [enteroendocrine L-cells](#) and certain neurons within the [nucleus of the solitary tract](#) in the brainstem upon food consumption.

(Wikipedia)

GLP-1s were developed to reduce sugars in the bloodstream of diabetics. When diabetic patients began using drugs like Ozempic, not only did their sugar levels improve, but a side effect was that they lost weight.

Zepbound produces similar results, but is not focused on helping diabetics. Since Mark was not diabetic, and because he liked the way the medicine is administered (a painless self-injection), that's the reason he chose this medicine.

He explained the benefits he experienced, including appetite suppression, reduced hunger, and improved mobility through exercise, as part of an overall weight-loss regimen. What Mark experienced was a measurable drop in his appetite. After beginning his treatment, he felt full after eating only a small amount of food. This has continued throughout his time using Zepbound.

Cost is one consideration when using such products. For many individuals, the cost is covered by medical insurance or plans like Medicare. That sort of support wasn't available to Mark when he began using it, and the cost was around \$500 per month. He has found some cost savings along the way and can share them with us.

The group discussed potential side effects, with Mark mentioning that his doctor suggested these drugs could have cardiovascular benefits and possibly reduce cancer recurrence, though long-term studies are still needed. They also mentioned vision issues and headaches.

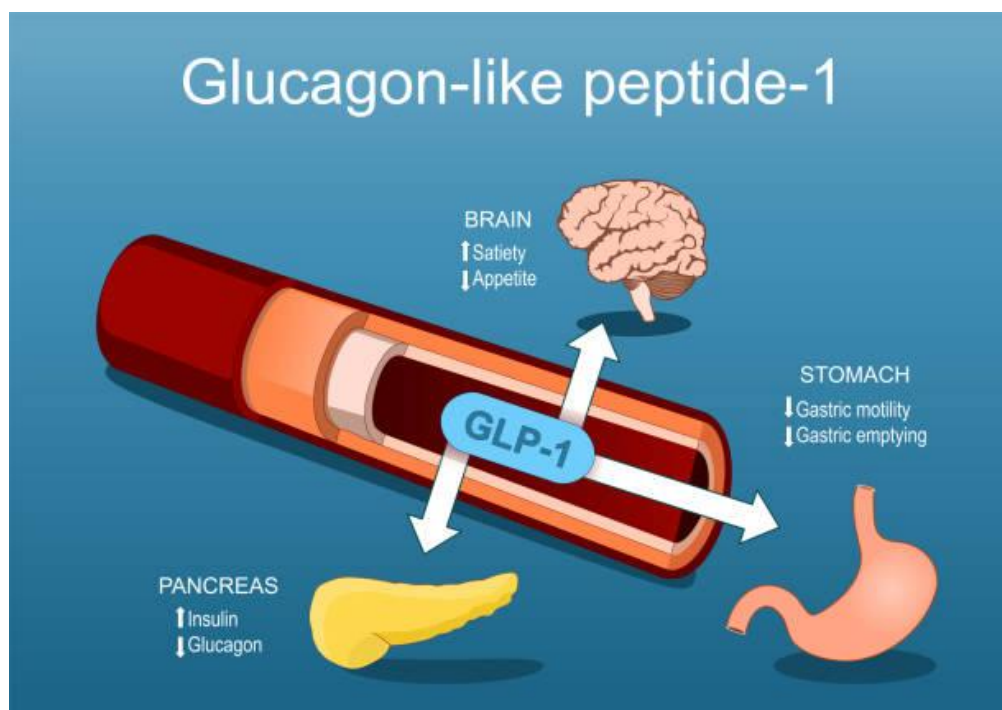
Much of the discussion also focused on what the long-term use effects might be. One benefit Mark mentioned was that his blood pressure dropped significantly and his cholesterol numbers dropped, too, to the point where he no longer needs to continue using these meds. But he emphasized that this has been his

experience, and others considering using GLP-1s should do so with medical supervision.

Mark also told us that he has carefully monitored his diet and has addressed a need for protein. He tracks his status every day.

Do individuals need to continue using these medications or risk regaining the weight they lost? That answer is not yet clear. Mark still uses Zepbound, but he has slowly decreased his dosage.

We don't yet have long-term evidence of what happens when individuals continue use for long periods. But for many, like Mark, the results in the short term have been very beneficial.



The video for today's meeting is at this link: <https://youtu.be/nVYySRzoQuQ>

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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