



# Rocky Mountain Exchange

Serving 18 Clubs in Nevada, Utah, and Colorado  
Second Quarter, 2007–2008, October 2007

## Mission Statement

Exchange, America's Service Club, is a group of men and women working together to make our communities better places to live through programs of service in Americanism, Community Service, Youth Activities, and its national project, the Prevention of Child Abuse.

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## President's Message



**D**ear Exchangites: This issue of the district bulletin signals the completion of our first quarter of the Exchange year. Our clubs have accomplished much good through the efforts of each of you. Thank you so much.

As I've traveled throughout the district and visited many of the clubs, I remember why I find Exchange to be so rewarding and fun. The association with other members is certainly a highlight of my involvement. Close behind is the personal benefits I obtain from service to others as I get involved with projects like the Healing Field, National Day of Service, Youth Programs and more.

I think all of us feel our membership is certainly worth the time, dues and work that are part of being involved. Wouldn't it be great if we could have others experience the joys of service and fellowship we enjoy each week we meet with fellow members and when we participate in projects?

I'd like to challenge each member to think of those around them, from family members, extended family, neighbors, business associates, church friends and others who have similar values who might consider joining Exchange. It may seem too simple, but all you have to do is ask and you'll find at least one person who will say "yes." Many have spouses and/or other family members who participate in most of the projects the clubs get involved in, yet these folks haven't been asked to join. Give it a shot. You may be surprised.

I've visited over half the clubs at least once so far, and hope to visit the rest in the next few weeks. I'm certainly looking forward to meeting each of you. Again, thanks for all you do. I'm open to suggestions and comments anytime (801-450-4411/mark@tetracsi.com).

—Mark C. Loosli

## Important Projects

### Come Home to Exchange!

Homecoming is an American tradition — autumn leaves, sporting events and celebrations filled with memories and traditions to welcome back former residents and alumni. People come to reconnect with one another and develop a sense of belonging as well as make new friendships.

This fall, the National Exchange Club will hold our own Homecoming from September 15 through November 15, 2007 entitled Come Home to Exchange. During this

time all Exchange Clubs are encouraged to focus their membership recruiting efforts with a Homecoming theme welcoming back former members and potential new members. A Homecoming may be just the event to bring your club together in a really fun way to recruit new members. A Come Home to Exchange kit has been sent to each club president and for every new member you recruit during Come Home to Exchange, your name gets entered into a drawing for two tickets to a bowl game of your choice for this year's football season. Find all the details on the member area of the website.

## National Day of Service

Serving America Together on One Special Day

NATIONAL DAY OF SERVICE



October 27th marks the ninth anniversary of the National Day of Service! Since 1999, Exchange Clubs across America

have been joining together on this day to serve their communities through projects of their choice. To get involved all you need to do is conduct a service project on Saturday, October 27, 2007. If you haven't already started planning your National Day of Service project, start now.

This year, Here's My 20!, a great new project idea, is being offered to clubs. Look over the program outlined below and see if this is a good fit for your club.

Please be sure to fill out and mail your project report card after your National Day of Service project is completed or submit your report online at [www.nationalexchangeclub.org](http://www.nationalexchangeclub.org). The National Office tracks the number of people and hours Exchange contributes to America. Submitting your report card will also earn your club a banner patch. Now is the time to take action and make a difference in your communities by working toward a common goal, we can serve America together on one special day.

### Here's My 20!

Exchange Clubs can join in a new partnership with America's Second Harvest to help children across the country. For this project, clubs will ask the public for donations of 20 pounds food and \$20. The 20 pounds of food will go to a food bank partner, and the funds will go to the National Exchange Club Foundation to be divided four ways: 25 percent back to the club; 25 percent to the

endowment fund; 25 percent to a fund for CAP Center staff training; 25 percent to Second Harvest to support its programs.

How to Participate:

1 — Find the local food bank you will need to work with. Contact the executive director with your project plans. Work out the details of food delivery and promotion efforts with your food bank.

2 — Get Organized. Find a high-traffic location to hold your collection project and work out the details of promotion efforts and food delivery with the recipient food bank. Designate a start and finish time for your drive. Agree on when and how the club will deliver the food. Ask if they can provide receptacles for the food. If not, collect boxes, tape and markers. For the day of your event, plan to have tables, chairs, and a banner to attract attention to your project.

3 — Set a goal for the amount of food you wish to collect. People are more likely to participate if they have a goal and know it can be achieved.

4 — Promote the event. Seek radio station and newspaper sponsors and have them run the enclosed public service announcements (PSAs) for the event. Encourage participation with posters, decorated food barrels and/or boxes. Play on the Here's My Twenty theme to garner interest. Hunger statistics can be found at [www.hungerinamerica.org](http://www.hungerinamerica.org). Child abuse statistics can be found at: [www.childwelfare.gov](http://www.childwelfare.gov).

5 — Collect the food. Have volunteers on-hand to receive and sort donations. A member should also be in charge of collecting the funds.

6 — Deliver the Food and Mail the Funds. Drop off the food at the agreed upon time. Deposit the funds and then send a check payable to the NECF, along with the receipt request form.

7 — Follow-Up. Send a follow-up news release, with pictures, that reports the amount of food and funds collected.

### RVP Corner



As we continue celebrating growth in The Rocky Mountain District of the National Exchange Club, I am truly inspired. It's exciting to see what has been achieved in recent months.

Exchange Clubs continue to be an asset in our communi-

## Membership

Club Nr	Name	Members
1216	Colorado Springs, CO	13
1221	Greeley, CO	25
2192	Breakfast XC Bountiful, UT	22
2194	Ogden, UT	79
2195	Breakfast XC Ogden, UT	50
2196	Utah Valley, UT	22
2197	St. George, UT	37
2198	Salt Lake City, UT	21
2199	Bonneville-SLC, UT	16
2201	Sugarhouse-Cttnwd SLC, UT	7
2202	Sandy, UT	26
2635	Taylorville, UT	21
2664	Mesquite, NV	30
2765	Murray, UT	19
2773	Tooele, UT	10
2785	Breakfast XC West Jordan, UT	9
2866	Falcon, CO	29
2874	Herriman, UT	21
Dist #21	Rocky Mountain District	457

ties with our four programs of service: Youth, Americanism, and Child Abuse Prevention projects. We are making a difference.

I truly believe that the District should be most proud of its achievements! The Rocky Mountain District continues to grow and strengthen. By doing so we are able to take a more active roll in strengthening our communities

The Rocky Mountain District will be joining with the SW District at a joint mid-winter conference in Las Vegas during the weekend of January 26, 2008. Please plan on attending. It's always great to see what going on in other areas of Exchange. We also have fun, and make new friends and renew old friendships.

As you know the Holiday Season is literally around the corner. We should begin planning whatever projects deemed necessary to help in our communities. May we be a blessing to others and may God Bless Exchange, America and each of you.

Thanks for all you do for exchange!

—Sid Mobley

## In Memoriam

At the District Convention in June, Carolyn Geisert paid tribute to the memory of district exchangers who have passed away. The people we honored were:  
 Ray Davenport – Colorado Springs, died 2001  
 LaMont Epperson – Salt Lake City/Taylorville, died 2004  
 Lowell Lile – Salt Lake City, died 2004  
 Ray Boman – Bountiful, died 2005  
 Avarid Rigby – Salt Lake City, died 2006

## The Dash

—Linda Ellis

I read of a man who stood to speak  
 At the funeral of a friend.  
 He referred to the dates on her tombstone  
 From the beginning . . . to the end.

He noted that first came her date of birth  
 And spoke the following date with tears,  
 But he said what mattered most of all  
 Was the dash between those years. (1934 -1998)

For that dash represents all the time  
 That she spent alive on earth . . .  
 And now only those who loved her  
 Know what that little line is worth.

For it matters not, how much we own;  
 The cars . . . the house . . . the cash,  
 What matters is how we live and love  
 And how we spend our dash.

So think about this long and hard . . .  
 Are there things you'd like to change?  
 For you never know how much time is left,  
 That can still be rearranged.

If we could just slow down enough  
 To consider what's true and real,  
 And always try to understand  
 The way other people feel.

And be less quick to anger,  
 And show appreciation more  
 And love the people in our lives  
 Like we've never loved before.

If we treat each other with respect,  
 And more often wear a smile.

Remembering that this special dash  
Might only last a little while.

So, when your eulogy's being read  
With your life's actions to rehash . . .  
Would you be proud of the things they say  
About how you spent your dash?

### Welcome New Members

<b>Greeley</b> Susan J. Burrows	<b>Mesquite</b> Charlotte K. Alsmann
<b>St. George</b> Blake L. Bench	<b>Falcon</b> Douglas A. Burrer
<b>Salt Lake City</b> Jennifer R. Miller	<b>Colorado Springs</b> Myla A.W. Wray

### Calendar

October is National Fire Prevention Month  
November is One Nation Under God Month.  
JANUARY 25-26 2008 — District Mid-Winter Conference  
with the Southwest District in Las Vegas.

### Club's Exchange

#### Falcon Cub

*The New Falcon Herald*, a local newspaper publishes twice a month. We have an article in every issue. This from a recent one:



Glenda Enderle, Ursula & Bob Miller, Joe Bauer, Nance Hayes, Chuck Burnett, Butch Enderle. Center are staff members.

Exchange club members provided a cook-out of hamburgers, hot dogs and side dishes for the staff and residents of Children's ARK on 25

Aug. Children's ARK is a therapeutic treatment center located on highway 24, east of Woodland Park. The facility is capable of accommodating 60 males and 27 females. The age group for the children ranges from 10 to 19 and

are referred to the facility from various sources: Departments of Human Services and Youth Corrections, mental health agencies and parents seeking private placement. The staff and facilities are equipped to customize solutions for alcohol and drug abuse, depression, grief & loss anxiety, sexual abuse, compulsive behavior and mental health disorder. The children were very receptive to club members and were well mannered and polite. Based on the club's experience in this project it will most likely adopt it as a continuing effort.

The Falcon Exchange Club celebrated its Charter Night on 3 Feb 07 at the Embassy Estates Hotel in Colorado Springs. In addition to National President, Kim Hodges, RVP Sid Mobley, Dist Pres Floyd Holm and wife Sandy, Div Dir Carolyn Geisert and Colorado Springs XC Pres Susan McAfee Aker attended. Since the club POM date of 20 Nov with 20 members, by charter night the membership grew to 27 members. Before the end of the banquet, four additional members joined giving the club a strength of 31.

The Club continues to make it self known in the Falcon community. A donation of \$100 was given to the El Paso County Sheriff Department. Another \$100 gift was given to the Court Appointed Special Advocate (CASA) organization in Colorado Springs. Although located in the Springs, CASA provides services in the Falcon area. Other projects include participation in the National Exchange Club CAP program on 21 April; assisting the Woodman Hills Community Center pool opening party on 28 May; providing a food court as a fund raiser at the Woodman Hills Business Fair on 2 Jun. Sponsorship for a Freedom Shrine in the new Falcon High School has been obtained and the shrine will be installed and dedicated in late summer or early fall pending completion of construction.

The club, in concert with the Colorado Springs Club will again conduct a raffle. The prize consists of a 2-horse trailer or one of the following: 4 day/3 night cruise to the Caribbean; 3 day/2 night stay in Key West, Orlando, Las Vegas, or San Francisco. These vacation packages are donated by a member of the club who are travel agents and will use this opportunity as a promotional campaign. Included with the trip will be round-trip air to each destination, rental car for the city destinations and \$500 "mad money". Proceeds will be divided between the two clubs based on ticket sales.

We are a dinner club without dinner. We are optimistic that the new Wal-Mart in town will attract a restaurant

that can accommodate a meeting room.

Officers and Board of Directors currently in place will remain in place for the 07-08 year.

—Joe Bauer

### West Jordan Club

is starting to think about and work toward next year's Healing Field in April. Any Club in the valley is welcome to join in and help make a difference with this great Prevention Child Abuse Program. Starting early we hope to get into the budgets of companies who can make a bigger donation. If you know of a company, group, organization, etc. we can or should send information to please let us know. The West Jordan Club has had a booth at two City activities the past two months, looking for new members and letting people know about Exchange.

### Murray Club



is busy doing a lot of fun projects. A Health and Safety Fair, with a breakfast and booth. Good speakers each week. Memorial Tree Planting for Denver Snarr, son of Mayor Dan Snarr who passed away. Planning a good project for the



National Day of Service.

We are also building a new club in **Cottonwood Heights**, please think of someone you know who lives there and we can get information about Exchange to. Remember that each one of us can and is making a difference. Thanks for all you are doing.

—Dil Strasser

### Herriman Club

On Saturday, September 15, from 10 am to 2 pm, the club handed out approx. 1,000 Shaken Baby Syndrome brochures — donated by Dil Strasser's foundation — in front of Smith's grocery store for National Baby Safety Month. Ralph Carlson personally handed one to the Herriman



City Mayor, Lynn Crane. One member's biggest challenge was to not say "here's a brochure for National Baby Exchange Month."

Board Member, Linda McPharlin, designed two large posters and an insert that went into the brochure explaining who the Herriman Exchange club is, what we do, and information about our weekly meeting. Eight club members participated.

### From the South Valley Journal



Deputy Mike Marshall, Herriman Station, spoke to the Exchange Club of Herriman Aug. 7. Marshall, who is in charge of community policing, warned members on

the many dangers facing citizens.

He emphasized that crime never sleeps. Among the many challenges:

- Burglary
- Larceny
- Vehicle Theft
- Computer and Identity Fraud

These, coupled with domestic violence, keep the department very busy.

Know your neighbors by being active in Neighborhood Watch. Marshall warned members to keep their garage doors closed.

Parking your car on the street will be a temptation to thieves. Above all, don't leave valuables such as laptops and purses lying on the seats.

Marshall encouraged citizens to get training with the Community Emergency Response Team as a member. Classes started Aug. 28 at the Unified Fire Station, 4124 West 12600 South and more are tentatively scheduled for October. Details are available at the Herriman City offices.

If we are to combat crime and be prepared for emergencies, we, as citizens, must be organized, Marshall stated.

## Taylorville Club

The club continues to move forward, this year adding some new programs sure to become traditions. We



Principal Sally Sanders, Becky Okelberry, Donna Catlin, Kaye Lee Day. Councilman Morris Pratt, Richard Russell, Ken Moore, Chief Del Craig, David Richardson, Asst Chief Wayne Dial

started a regular monthly four-page bulletin. For several years we tried the internet but have returned to the print format. On Patriot's Day, (9-11) we dedicated a Freedom Gallery at Plymouth Elementary whose mascot is The Patriots.

September 26, we honored a Citizen of the Year, Fire Fighter of the Year, Law Enforcement Officer of the Year and Coldwell Banker Community Foundation for their support of



Adrian Bogart, Sgt. Rosie Perez, Cpt. Jim DeGering, Max Thompson, CEO, Coldwell Banker, Tony Carter, President of Community Foundation, Linda Hardman, Vice President of the Foundation

Exchange programs. The event was covered by the Valley Journals and Channel 4 News.

Other highlights include: Aug 7—National Night Out against Crime, Valley Regional Park. Our club distributed prevention of child abuse pamphlets.

August 29—David Grauer, Administrator, IHC Medical Center Murray, Utah, and Erica Dahl, Community Relations Representative told us about the new center scheduled to open the end of September. There are nine buildings in a customer service centered and healing environment.

September 5 — David Richardson, club board member, retired June 30 after 15 years with SLCC, most recently as Vice President of Academic Affairs. He told us that he wants to do something now to lighten loads in communities. He has founded Institute for Services to Humanity, a foundation to honor his old mentors, Lawrence and Gertrude Hutton and the missionary spirit they instilled in him.

September 9 — Sandy Healing Field

## Bonneville Club

We had an outstanding meeting in September. Gary Sandquist gave us an in-depth education about nuclear power and the pros and cons of this resource as part of the solution for the energy requirements of the future. He combined humor with facts and when we next looked at our watches it was nearly 9:00 am!

Larry Mulcock gave us insights from Dr. Laura's perspective as to what women look for in men. Seems like those things they look for they also don't want so it is a dilemma.

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Ralph Carlson

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Dill Strasser  
Jerry Van Casteren  
Joe Bauer

Your company could have placed an ad  
here for all Exchangites to see.  
Contact Richard Russell at  
lderlore@xmission.com for information.



**EXPANDING OUR HORIZONS**

**The Exchange Club  
Covenant of Service**

Accepting the divine privilege of single and collective responsibility as life's noblest gift, I covenant with my fellow Exchangites:

- To consecrate my best energies to the uplifting of Social, Religious, Political and Business ideals;
- To discharge the debt I owe to those of high and low estate who have served and sacrificed that the heritage of American citizenship might be mine;
- To honor and respect law, to serve my fellow men, and to uphold the ideals and institutions of my Country;
- To implant the life-giving, society-building spirit of Service and Comradeship in my social and business relationships;
- To serve in Unity with those seeking better conditions, better understandings, and greater opportunities for all.