



The Spoke


Rotary Club of Estes Park's Newsletter

Welcome to our Club!



We meet Thursdays at 12:00 PM
Rodeway Inn (The Ridgeline Hotel
beginning 5/24)
1701 North Lake Avenue
Ridgeline: South St. Vrain Ave.
Estes Park, CO 80517
United States

 [District Site](#)

 [Venue Map](#)

Thursday's program: keeping you strong, safe and in your own home

Our speaker this week will be Bethany Matthias of In Home Fitness Solutions. In Home Fitness Solutions is personal training that specializes in the older adult population with the #1 goal of keeping the older adult strong and safe in his/her home for as long as possible. In Home Fitness Solutions is dedicated to proactive health and fitness for the older adult to reduce chance of falls and keeping the client strong, and staying in their home as long as possible.



Bethany Matthias

"I design and implement a health program specific to the needs of the client, all the while in the comfort of his/her home," Matthias said.

Matthias has been a licensed Physical Therapist Assistant for the last 19 years. She has worked full time in the hospital, home health, and nursing home settings in northwest Iowa. She moved to Estes Park last July and started In Home Fitness Solutions. She is also a Senior

May 3 Duty Roster

Invocation: **Dale Bonza**

Song & Pledge: **Dave Evans**

Guest Intro: **Chuck Bonza**

Scribe: **Dale Bonze**

Greeter: **Scott Thompson**

Program Intro: **Rick Taylor**

May 10 Duty Roster

Invocation: **Virgil Holtgrewe**

Song & Pledge: **Dave Evans**

Guest Intro: **Dana Fritz**

Scribe: **Rita DuChateau**

Greeter: **Hariette Woodard**

Program Intro: **Rick Taylor**

Speakers

May 03, 2018

[Bethany Mathias](#)

In-home Fitness Solutions

May 10, 2018

[Nancy Almond](#)

EVICS and Child Care in EP

May 17, 2018

[Martin Limbird](#)

Your Rotary Legacy

Fitness Specialist, Certified Personal Trainer, and Certified Pilates Instructor. She has a passion working with older adults, keeping them strong, improving balance, and overall mobility.

It's the Week of the Duck!



It's Duck Race Week! The largest fundraiser in the Estes Valley, our very own Estes Park Rotary Duck Race Festival kicks off at 9 a.m. Saturday, May 5. Be sure to adopt a few ducks for some chances to win tremendous prizes. Circle or select The Estes Park Rotary Foundation to send \$19 of your adoption fee to our Community Grants program.

Here's a brief overview of the Festival schedule:

Bond Park

9 a.m. Duck Waddle/5K Run/Walk. Information and registration at <http://estesparkrunning.org/our-races/duck-waddle-5k/>

10 a.m. to noon- Visit displays sponsored by more than 25 nonprofit organizations and charities offering games, duck adoptions, duck-themed merchandise for sale.

10 a.m. to noon- Cascade Crescendo, Portland-Oregon-based bluegrass band onstage.

10 a.m. to 2 p.m.- Duck Squat split-the-pot raffles, benefiting the Estes Park Rotary Foundation. Buy a square for \$10 and see if the duck deposits anything there.

10 a.m. to 4 p.m.- Food: coffee vendor, food trucks, food tents, and Rotary beer garden featuring our special brew, Ruffled Feathers. Plus, Cinco de Mayo lunch by Mountain Home Café.

Noon- Cutoff of sales of duck adoptions

1 to 3 p.m.- Cowboy Brad Fitch performs his John Denver Tribute onstage in Bond Park

Nicky's

11 a.m.- Festivities begin with display of sponsor ducks, Dixieland Jazz performance by Riverside Ramblers, dancing by the Ballerina Duckies

Noon- Cutoff of sales of duck adoptions

12:45 p.m.- EPHS choir members perform, duck cage hoisted into place above the Fall River, remarks by Duck Dignitaries.

1 p.m. Duck Drop!

Riverside Plaza

12:30 to 4 p.m.- face-painting, balloon art, sales of baked goods and duck-themed merchandise

Noon to 1:45 p.m. Folk artists Great Blue perform

1:30 p.m. - Kris Hazelton announces the ducks' progress toward the finish line and acknowledges race sponsor ducks. Watch the volunteers net the little yellow ducks. Visit the prize boards outside The Wheel Bar.

May 24, 2018

[Brad Rosenbaum](#)

Duck Race Sponsor Appreciation

[View entire list](#)

Upcoming Events

[Club Board Meeting](#)

Wasson Room, Library

May 01, 2018

5:00 PM – 6:30 PM

[District 5440 Conference](#)

Estes Park Events Complex

May 03, 2018 – May 05, 2018

[30th Annual Rotary Duck Race Festival](#)

May 05, 2018

8:00 AM – 3:00 PM

[Golf Committee Meeting](#)

Hangar Restaurant

May 08, 2018

8:00 AM – 9:00 AM

[Foundation Board Meeting](#)

Quality Inn

May 17, 2018

1:15 PM – 2:00 PM

[Golf Committee Meeting](#)

Hangar Restaurant

May 22, 2018

8:00 AM – 9:00 AM

[First Club Meeting at The Ridgeline Hotel](#)

May 24, 2018

11:30 AM – 1:00 PM

[Shred-a-Thon \(Rescheduled\)](#)

Presbyterian Community Church of the Rockies

Jun 23, 2018

9:00 AM – 12:00 PM

Birthdays, Anniversaries

Member Birthdays

Karen McClure

April 5

Lee Machin

2 to 3:45 p.m.- Highland Brass Quintet performance, Ballerina Duckies dance.

Be a part of the fun and fundraising!

April 26, 2018 meeting highlights

The Rotary Club of Estes Park noon meeting was called to order by President Kathy on 4/26. An invocation was given by Madison Casey, followed by the pledge and a song. There were no visiting Rotarians or guests.

Announcements

- Bill Smith announced a memorial service for Bruce Carmichael will be held on 4/29, 10 a.m. at the Community Church.
- Rick announced a meeting for Habitat will be this evening at 7:30.
- Tara thanked Scott, Karen, and Bill Smith for showing up on a cold, snowy day for the shredding which was then canceled due to the weather. The shred has been rescheduled for 6/23, 9-noon at the Community Church. Our loyal Rotarians stayed to help the electronics collectors and collected \$646.
- Chuck Bonza announced Josh the Otter program will be returning to Estes schools on 5/18. He asked for volunteers to read to the children.
- Dana shared samples of t-shirts which will be sold at the duck race.
- Ron Gordon shared the history of the Bolivia Water Project which was originated by our club many years ago.

The meeting adjourned and was followed by committee meetings.

Submitted by Dana Fritz, scribe



Time to Move!

Beginning **Thursday, May 24**, our club will meet at **The Ridgeline Hotel**. Mark your calendar, write yourself a note, tell your Rotary friends about our new meeting place. Help us get the word out to club members who may not read The Spoke every week or attend weekly meetings.

Our last meeting at the Rodeway Inn will be Thursday, May 17, so please be there to say goodbye to Chester, Lil and the gang.

Details:

May 17: **Last** meeting at Rodeway Inn

May 24: **First** meeting at the Ridgeline Hotel, 101 South St. Vrain Ave., Estes Park. See you in the Trail Ridge Room. Luncheon cost: \$15.

April 11

Jim Austin
April 20

Trudy Collar
April 21

David Tavel
April 25

Marsha Yelick
May 1

Tara Moenning
May 3

Jack Vaughan
May 6

Tom Anderson
May 10

Rob Cohen
May 14

Sue Fereday
May 17

Jack Boatman
May 18

Clark Lupton
May 20

Brad Rosenbaum
May 22

Dmitri Galcovski
May 24

Gladys Van Drie
May 24

Scott Thompson
May 27

Karen Thompson
May 28

Anniversaries

Guy Van der Werf
Leslie
April 5

Karen Thompson



Shred-a-Thon Rescheduled

So, you saved your papers to be shredded on April 21, and then the snow canceled your fun? Tara to the rescue! She's rescheduled the Shred-a-Thon for 9 a.m. to noon on Saturday, June 23 at the Presbyterian Community Church of the Rockies on Brodie Avenue. The event will be for paper only. Tara needs 10-12 volunteers.



Thanks, sponsors!



Our Estes Park Rotary Duck Race Sponsors make our travel prizes possible and help keep our operating cost low. Thanks! Ask Bill Solms for the complete list of Major, Associate and In-Kind Sponsors!

Rotary Quote of the Week

Scott Thompson
April 16

Scott Thompson
Karen
April 16

Peter Sinnott
Stephanie
April 20

Harry Livingston
Mary
April 23

Virgil Holtgrewe
Carol
May 8

Madison Casey
Marty Yochum
May 20

Jeff Liddle
Nannette Chisholm
May 21

Pete Sumey
Lois
May 23

Dana Fritz
Bill
May 28

Kathy Groesbeck
Alan Groesbeck
May 28

Tom Anderson
Kathleen
May 28

Join Date

Gladys Van Drie
April 3, 1997
21 years

Mike Connolly
April 3, 2008
10 years

Peter Sinnott
April 5, 2007
11 years



Paul Harris
Rotary Founder

"I would like to think that the pioneering days of Rotary have only just begun. There are just as many new things to be done as ever there were. Kaleidoscopic changes are taking place, many of them without our will. Even to hang on to the fringe of this fast-changing world is about all most of us can do. Rotary simply must continue to pioneer or be left in the rear of progress."

The Rotarian Magazine - 1945

Executives & Directors

President

[Kathy Groesbeck](#)

President Elect

[Dave Evans](#)

Treasurer

[Longley Parker](#)

Secretary

[Rita DuChateau](#)

Sergeant-at-Arms

[Bill Solms](#)

Past President

[Thor Homme](#)

Club Administration

[Karol Rinehart](#)

Community Service

[Roger Thorp](#)

Fund Development

[Karen Thompson](#)

International Service

[Doug Mann](#)

Membership

[Scott Thompson](#)

Youth/New Generation Services

[Sue Fereday](#)

Program Committee Chair

[Rick Taylor](#)

David Tavel

April 10, 2000

18 years

Gregg Jurgens

April 14, 2011

7 years

Trudy Collar

April 16, 2015

3 years

Chuck Bonza

April 25, 2008

10 years

Dale Bonza

April 25, 2008

10 years

Philip Moenning

April 25, 2008

10 years

Scott Thompson

April 25, 2008

10 years

Tara Moenning

April 25, 2008

10 years

Virgil Yarbrough

April 28, 2016

2 years

Bill Solms

May 1, 1987

31 years

Debbie Delaney

May 1, 2014

4 years

Staci Galloway

May 8, 2014

4 years

Wayne Andersen

May 25, 2000

18 years

Clark Lupton

May 27, 1999

19 years

Lee Machin

May 31, 1973
45 years

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Bulletin Editor

[Rita DuChateau](#)

(If you have any comments or questions, please contact the editor)

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Rotary Club of Estes Park Welcomes You!

Learn more at: www.clubrunner.ca/estespark
Like us on Facebook: www.facebook.com/estesparkrotary