

NARFE Chapter 256 – Fort Collins, CO

Previous Luncheon Programs

2020 – SPEAKERS PROGRAMS

(Please see the individual months on this web site or Current Year's Programs and Dates).

2019 – SPEAKERS PROGRAMS

January 21, 2019: James K. Dye, CPA, Black Mountain Tax & Consulting, Fort Collins, CO

TOPIC: Your Taxes for 2018. and Brief Annual Business Meeting .

February 18, 2019: Joanna Friedt, Community Health Officer, and Stacie Kenny, RN

TOPIC: Health Living for Your Brain and Body

March 18, 2019: Lynda Meyer, Licensed Clinical Social Worker (LCSW) and Program Manager for Larimer County Office on Aging

TOPIC: The Larimer County Office on Aging - Who We Are and What We Do

The Larimer County Office on Aging is the Area Agency on Aging for northern Colorado. The programs include the Office on Aging, a Partner in No Wrong Door, and part of the Human Services Department in Larimer County.

April 15, 2019: Kristen Draper, Digital Literacy Librarian from the Poudre River Public Library District

TOPIC: Fort Collins Library - How we can use electronic devices, i.e., smartphones, tablets and personal pc's, to access the different library resources
The basics of downloading free apps from Overdrive, hoopla, kanopy, and RB Digital so you can read, listen to and watch library materials anytime, anywhere.

May 20, 2019: Dr. Kimberly Hart, Hearing HealthCare Centers, Loveland, CO

TOPIC: Your Hearing Loss Affects your Brain and your overall Health

Kimberly taught about the importance of getting your hearing checked. How life is often impacted by loss of hearing and social impacts on you and those around you. Presented newer technologies for hearing aids.

June 17, 2019: Angel Hoffman, M.A., Program Coordinator, Alzheimer's Association, Colorado Chapter

TOPIC: Healthy Living for your Brain and Body

Angel presented what research tells us about healthy aging and the influence of: Diet and Nutrition; Physical Health and Exercise; Cognitive Stimulation; and Social Interaction.

July 15, 2019: ANNUAL PICNIC AT ELKS LODGE; NO PROGRAM – just good food and a social get together at 5:00pm.

August 19, 2019:

September 16, 2019: Kurt Friesen, Department Head, Parks Planning & Development; City of Fort Collins, CO

TOPIC: Poudre River Whitewater Park

All about the New Whitewater Park; a complete update and renewal of the Poudre River through north downtown Fort Collins. The Park had a grand opening on October 12, 2019. This presentation was all about the improvements and how to access the river.

October 21, 2019: Laurie Seiler (daughter of our Chapter 256 Member Cherrie Tankersley) Client and Family Advocate as well as a Certified Family Peer Specialist in Fort Collins.

TOPIC: How Do You View People? Understanding People with Brain Differences.

Laurie did not know anything about behavioral health challenges until her oldest child received their first diagnosis at the age of 6 (24 years ago). She has learned a lot since then! She will be speaking from her own experiences on the subject of "How Do You View People? Understanding People with Brain Differences".

November 18, 2019: Detective Allen Benbow, Certified Fraud Examiner (CFE), Financial Crimes Unit, Fort Collins Police Services

TOPIC: Fraud Scams Going Around and How to Defend Against These Attacks.

Detective Benbow spoke about several different fraud scams that are being perpetrated on the public and ways to defend against such attacks.

December 16, 2019: THE SUNSHINE SINGERS Vocal Group

TOPIC: THE SUNSHINE SINGERS ANNUAL HOLIDAY ENTERTAINMENT

2018 – SPEAKERS PROGRAMS

JANUARY 15, 2018: ANNUAL BUSINESS MEETING; NO PROGRAM

FEBRUARY 19, 2018: Don Eversoll, Wildflower Botanist and Entrepreneur

TOPIC: The amazing Colorado wildflowers, and the story behind Beauty Beyond Belief. Don spoke about and presented heirloom vegetable seeds, native wildflower plantings that support wild bee abundance and diversity in agricultural landscapes.

MARCH 19, 2018: Beth Bruno, Founder and Director, A Face to Reframe

TOPIC: The Reality of Human Trafficking in Larimer County.

Beth addressed what human trafficking means, most think of it as a problem "over there," not in a nice community like ours. But any community only needs 3 things for trafficking to flourish: uneducated citizens, a vulnerable population, and viable perpetrators. We have all 3. Learn what it looks like, how it happens, and what you can do to prevent it.

APRIL 16, 2018: Laurel Kubin, AARP Volunteer Life Reimagined Guide

TOPIC: What's Next? Life Reimagined?

Laurel described the possibilities in all phases of your life: new passions to pursue, people to connect with, healthier ways to live. When you look ahead with curiosity and courage, who knows what will happen? That's what AARP's Life Reimagined is all about - - the

opportunity to discover and pursue new possibilities. Backed by decades of research, Life Reimagined offers guidance, tools, and connections to help you plan your next move.

MAY 21, 2018: Leisa Taylor, Outreach Coordinator Global Village Museum of Arts and Cultures

TOPIC: Global Village Museum of Arts and Cultures, Fort Collins

The Global Village Museum of Arts and Cultures showcases arts and artifacts from around the world. The Museum offers four galleries - two permanent and two rotating - as well as an international Museum Shop. Leisa's presentation will introduce the four galleries and the Museum's other benefits, such as tours, youth activities, free storytime for youth, and educational opportunities for adults. The Museum also features a display dedicated to the Peace Corps, a music room with international musical instruments, and an exhibit area with international textiles.

JUNE 18, 2018: Dr. Marshall Flug, PhD, PE and 2nd Vice-Pres. NARFE Chapter 256

TOPIC: Judaism, religious items, practice, what's kosher, and more.

Marshall provided a "show and tell" of numerous religious items. He provided insight to many questions about Judaism and answered questions. Ever wonder what a Jewish service is like? What are the big and important Jewish Holidays? There are Rosh Hashana and Yom Kippur in the fall (often during the World Series). Anyone remember when Sandy Koufax would not pitch on Yom Kippur? No chanukah (Hanukah) is not a Jewish Christmas and there is no such thing as a Chanukah bush. Ever wonder why Jewish holidays are not the same time every year? What is the Old Testament and how is it used in Judaism? What is the real meaning of Kosher food and observing kashruth?

JULY 16, 2018: ANNUAL PICNIC AT ELKS LODGE; NO PROGRAM – just social get together.

AUGUST 2018: NO MEETING – the one month we have no get together.

SEPTEMBER 17, 2018: Jody Shadduck-McNally, Treasurer; and Gil Barela, Project Manager, both with LCCforMHM

TOPIC: Larimer County Citizens for Mental Health Matters supporting The Larimer County Community Master Plan for Behavioral Health: Changing the Paradigm
Larimer County Citizens for Mental Health Matters is an Issue Committee made up of residents from across the county who are committed to passing this ballot issue. On Nov. 6, 2018 voters will be asked to approve a sales tax that will fund a mental health initiative in Larimer County. The Larimer County Community Master Plan for Behavioral Health: Changing the Paradigm, lays out a strategic plan to positively impact our community's behavioral health with a 20-year investment in our community.

OCTOBER 15, 2018: Jared Fiel, Regional Communications Manager for CDOT

TOPIC: I-25 North and beyond: Transportation by car, bus ... and hyperloop!

In Northern Colorado, we have known for years about the need for I-25 to expand to meet the needs of our growing population. Now we are in the beginning of a construction project that will not only add an Express Lane on I-25 from Johnstown to Fort Collins, but will also expand bus service, make the whole corridor safer in the event of flood, and also allow for the connection of the Poudre River Trail between Larimer and Weld counties. This

project is expected to be complete in 2021, but what happens after that? Between the ballot issues in November and the future of technology, we could be seeing a very different future all together.

NOVEMBER 19, 2018: Tim Cochran, Beer Guy, Horse & Dragon Brewing Company

TOPIC: The Craft Beer Wave: Fort Collins and Colorado craft beer business from the perspective of a small, independent Fort Collins brewery, Horse & Dragon Brewing

Company.

Northern Colorado has been described as the Napa Valley of Craft Beer and for good reason. Colorado is known among craft beer lovers across the country and the globe as a leader in this continually growing, innovative economic engine that has strong roots in the state. Colorado is among national leaders across many categories – number of breweries, number of breweries per capita, craft beer consumption per capita, etc – and is also known as one of the pioneering states where the craft movement began and continues to flourish. Here in Fort Collins we are one of the beacon cities for beer in the United States with more than 20 brewers producing and participating in the Craft Beer market. – Today’s presentation will take a look at more detail about the business of craft beer, in Fort Collins, Colorado and the US all from the perspective of the co-owner of one of our small, independent breweries. Dive into this continually growing segment of refreshment and enjoy the time to hopefully learn more about one of the products that makes Fort Collins great!

DECEMBER 17, 2018: SANDEE MICHAELSON AND THE SUNSHINE SINGERS

TOPIC: THE SUNSHINE SINGERS ANNUAL HOLIDAY ENTERTAINMENT

2017 – SPEAKERS PROGRAMS

JANUARY 16, 2017: ANNUAL BUSINESS MEETING; NO PROGRAM

**FEBRUARY 20, 2017: THOMAS AND VIOLETTE GORELL, RETIRED CSU
ASSOCIATE PROVOST**

**TOPIC: A VISIT TO EXPERIENCE THIS UNIQUE CULTURE IN THE MIDST OF
CHANGE**

TOM AND VIOLETTE TOURED CUBA IN FEBRUARY 2013 AND SHARED THEIR OBSERVATIONS WITH US. A BEAUTIFUL, CONFLICTED ISLAND OF PEOPLE.

**MARCH 20, 2017: SARAH HARLOW, HOME CARE LIAISON WITH HOME
INSTEAD SENIOR CARE**

TOPIC: THE HOME CARE SOLUTION AND PRESERVING FAMILY MEMORIES

SARAH SHARED HOW ORGANIZATIONS CAN ASSIST OLDER ADULTS WITH THEIR DESIRE TO LIVE AT HOME AS LONG AS POSSIBLE. SHE ALSO

DISCUSSED SHARING STORIES OF THE PAST WITH FUTURE GENERATIONS.

APRIL 17, 2017: N. THOMPSON HOBBS, PROFESSOR, CSU DEPT. OF ECOSYSTEM SCIENCE & SUSTAINABILITY

TOPIC: HAVE WOLVES SAVED THE WILLOWS IN YELLOWSTONE?

TOM DISCUSSED HIS RESEARCH ABOUT THE RESTORATION OF WOLVES AND THEIR IMPACT ON THE WILLOW COMMUNITIES ALONG SMALL STREAMS.

MAY 15, 2017: MARIE HORNBACK, CALLIGRAPHER

TOPIC: HISTORY OF HANDWRITTEN DOCUMENTS AND COMMUNICATION

MARIE INFORMED US ON HISTORIC WRITTEN DOCUMENTS AND IS THERE ANY BENEFIT TO TEACHING HANDWRITING IN AN AGE OF TECHNOLOGY AND ELECTRONIC COMMUNICATION.

JUNE 19, 2017: RAYMOND GOODRICH, EXEC. DIR., CSU INFECTIOUS DISEASE RESEARCH CENTER

TOPIC: AN OVERVIEW OF THE INFECTIOUS DISEASE RESEARCH CENTER AT CSU

RAYMOND DESCRIBED THE GLOBAL SCOPE OF INFECTIOUS DISEASES AND HOW THE RESEARCH CENTER IS ADDRESSING THESE THREATS INTERNATIONALLY.

JULY 17, 2017: ANNUAL PICNIC AT ELKS LODGE; NO PROGRAM

AUGUST 21, 2017: NO MEETING

SEPTEMBER 18, 2017: RAY AND MELANIE CHAMBERLAIN, EMERITUS PROFESSOR AND TRAVEL AGENT, RESP.

TOPIC: EXPEDITION IMAGES FROM THE ARCTIC AND ANTARCTICA

RAY AND MELANIE SHARED THEIR EXPERIENCES AND OBSERVATIONS WHILE VISITING THE TWO COLDEST PLACES ON EARTH. THE GROWTH OF ECOTOURISM WAS DISCUSSED.

OCTOBER 16, 2017: AMY PEZZANI, CEO, FOOD BANK OF LARIMER COUNTY

TOPIC: THE FACE OF HUNGER WILL SURPRISE YOU!!

AMY DESCRIBED THE SIZE AND SCOPE OF HUNGER AND POVERTY IN LARIMER COUNTY. THIS IS DRIVING STRATEGIC DECISIONS AND DETERMINING THE FUTURE DIRECTION.

NOVEMBER 20, 2017: CHERYL GLANZ, MGR. OF WELCOME CENTER OF FORT COLLINS

TOPIC: ALL ABOUT THE COLORADO WELCOME CENTER AT FORT COLLINS

CHERYL DESCRIBED HOW THE WELCOME CENTERS ACROSS THE STATE FUNCTION AND WHAT ROLE THE WELCOME CENTERS PLAY IN COLORADO TOURISM TODAY.

DECEMBER 18, 2017: SANDEE MICHAELSON AND THE SUNSHINE SINGERS
TOPIC: THE SUNSHINE SINGERS ANNUAL HOLIDAY ENTERTAINMENT

2016 – SPEAKERS PROGRAMS

January 18, 2016: Chapter Annual Membership Business Meeting is always held at the January lunch. No other program is included.

February 15, 2016: Eva Sue Littleton, Volunteer and History buff

Title: Sandra Day O’Connor,

(the first woman of the Supreme Court)

Ms. Littleton enjoys portraying various current and historical characters, primarily women, and her wardrobe for her presentations is appropriate for the time period.

March 21, 2016: Bob Meroney, Master Naturalist - Fort Collins Natural Areas Program, and a 50 year resident of Fort Collins who spent 40 years teaching engineering at Colorado State University in the Civil Engineering Department.

Title: Hidden History of the Poudre

Apache Indians ruled the eastern plains of Colorado up to

1700, pioneer pressures subsequently moved Comanche (1700-1820), and Arapaho and Cheyenne (1820-1870) in and out of the Poudre River valley. The talk follows the western movement up the Cherokee trail, reveals the legend of Horsetooth Mountain, considers the days of Jack Slade and the Overland Stage, and even tells the story of the first marriage in Larimer County held over a volume of Shakespeare plays.

April 18, 2016: Jean Messinger, Author and Lecturer

Title: World War II narratives by Germans and multinationals from the Front Range Recently, Jean has collected memoirs from Germans and multinationals mostly in northern Colorado, and those stories are the topic of her presentation. These stories are taken from two books: *Voices from the Other Side* and *Same War Different Battlefields*.

May 16, 2016: Clifford E. Riedel; District Attorney for the Eighth Judicial District

Title: Elder Fraud- “Just Say No.”

America’s population is rapidly aging. Currently the U.S population has approximately 33 million people age 65 or older. By 2030 that number is expected to be 73 million! Seniors account for about 15-20 percent of the United States population but comprise about 30 percent of fraud victims.

June 20, 2016: Dick Stenzel, Consultant Applegate Group, Inc. Retired from the Colorado State Engineers office in

2002 after 25 years of service.

Title: Water - Colorado's Real Gold

Dick wrote a book published in January of 2013 titled "Water Colorado's Real Gold" which is about the history of the development of Colorado's water resources, the appropriation doctrine and the State Engineers Office.

July 18, 2016: late afternoon

July is traditionally a picnic format every year held around 5 pm.

August – No Lunch, Meeting or Program.

September 19, 2016: Cyndy Hunt Luzinski, MS, RN, Certified Dementia Practitioner. Learn more about her work at dfcnoco.org or on the "Dementia-Friendly Communities of Northern Colorado" Facebook page.

Title: Becoming Dementia Friends-Why would we want to do that?

Cyndy shares her own experience as a catalyst for building and sustaining "Dementia-Friendly Communities of Northern Colorado." She will answer the questions:

- Why now for dementia-friendly communities?
- What are dementia-friendly communities?
- What is going on in Northern Colorado?
- What are some practical strategies we can use to become more dementia-friendly ourselves?

October 17, 2016: Doug Max, BS, MS, CSU Senior Associate Athletic Director for Athletic Facilities

Title: Creating A New Culture: Developing Community Plans During Construction

Review Game Day Operations involving Parking, Transportation and Tailgating at the new on campus stadium.

November 21, 2016: Melissa Wdowik, PhD, RDN, FAND; Director, Kendall Reagan Nutrition Center, CSU

Overview: Eating mindfully can help prevent chronic disease while nourishing both body and soul. Learn how and why to incorporate this into your own life.

December 19: The Sunshine Singers

Topic: The Sunshine Singers Annual Holiday Entertainment. This Is A Recurring Annual Event.

2015 – SPEAKERS PROGRAMS – CHAPTER 256

January 19: Annual Members Business Meeting; No Speaker.

February 16: Dr. Wade Troxell

CSU Faculty And Fort Collins Mayor

Topic: The History Of Stadia At Colorado State University

Wade Presented The History Of Football Stadia Since The Founding Of CSU Until The Present Day

March 16: Dr. Paula Fornwalt, Usfs Research Ecologist

Topic: Ten Years Of Ecosystem Changes Following The Hayman Fire.

Paula Described And Showed What Has Transpired,

Ecologically, In The Subsequent 12 Years Since The
140,000 Acre Fire

April 20: Col. Stan Cass, Retired Military And

Founder Of Honor Flight Northern Colorado

Topic: How Honor Flight Started And What Honor
Flight Has Accomplished

Col. Cass Shared With Us How Honor Flight Operates,
Raises Financial Support And The Number Of People
Who Have Participated.

[Www.Honorflightnortherncolorado.Org](http://www.Honorflightnortherncolorado.Org)

May 18: Bob Briggs, Founder Of “commuter Rail Now”
and Mayor Pro Tem Of Westminster

Topic: Imagine Passenger Rail Service Again To The
CSU Campus

Bob Described This Nonprofit Corporation And The
Vision For Passenger Rail Service From Pueblo To
Cheyenne

June 15: Lew Wymisner, Magician

Topic: Do You Believe In Magic?

Lew Gave An Entertaining, Light-Hearted Magic Act

July 20: Annual Picnic At Rolland Moore Park; No
Speaker.

August: No Meeting

September 21: Selina Lujan And Mary Pat Aardrup
Healthy Homes Asst. Prog. Coord. And Prog. Coord.,
Respectively

Topic: Be Air Aware City Of Fort Collins’ Healthy

Homes Program.

The Healthy Homes Program Is A Free Program That Helps Families Improve The Indoor Air Quality In Their Homes

October 19: Bill Ciesla

Forest Health Management International, Fort Collins

Topic: Leaf Diseases Of Aspen And Cottonwood – Why Didn't Many Trees Turn Bright Colors This Fall?

Bill Discussed Various Species Of Fungi That Infect Trees And Why They Were So Abundant This Year

November 16: Nolan Doesken

Colorado State Climatologist, CSU

Topic: The Climate Of Colorado – Has It Changed Direction?

Nolan Talked About The Recent Remarkable Variations In Our Local Climate And Compared How The Last Few Years Compare To Over 100 Years Ago

December 21: Patsy Nix And The Sunshine Singers

Topic: The Sunshine Singers Annual Holiday Entertainment. This Is A Recurring Annual Event.

2014 Programs:

- Global Crop Diversity
- Fort Collins City Water Conservation Programs
- Investment and Financial Management
- Funeral Consumer Society
- Life Assist Skills and Emergency Preparedness, by the

Poudre Fire Authority

- Fort Collins Museum of Discovery Overview and Programs
- Tea Sampling and History of Tea