



# Rocky Mountain Exchanger

Serving 18 Clubs in Colorado, Nevada, and Utah

1<sup>st</sup> Quarter September 2015



## National Exchange Mission Statement

Exchange, America's Premier Service Club, working to make our communities better places to live.

**Core Values: Family, Community, Country**

### Rocky Mountain District Officers — 2015-2016

#### District President

Jeffrey V. Bushnell (St. George)  
435-688-9870, ext 103  
jvbushnell@yahoo.com

#### District President-Elect

Steve Geisert (Greeley)  
970-397-1063  
scgeisert@msn.com

#### District Secretary

Mindy Suttner (St. George)  
435-256-5550  
msuttner@dxatc.edu

#### District Treasurer

Floyd Holm (St. George, Sandy)  
801-913-0054  
fholm@wfcgroup.com or

#### Immediate Past President

Scott Swain (Utah Valley)  
(c) (801) 836-3781  
scottpswain@gmail.com

#### Directors

##### Division 1—Brett Labrum ()

(h) 435-674-3108, (c) 435-467-9684  
brett@msiagency.com

##### Division 2—Sheri Van Bibber (Mrry)

(h) 801-266-3323 (c) 801-808-0830  
sherivan@gmail.com

##### Division 3—Deb Jackson (UT Valley)

617-901-4673  
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##### Division 4—Gary W. Manville (SL)

(801)953-9681, garyman40@gmail.com

##### Division 5—Leon Thurgood (Btfl)

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##### Division 6—Kenneth Knutson (Grly)

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## President's-Message

Dear Awesome Exchangites!



Our primary goal this year is to earn the Outstanding District Award, which includes the following three areas:

#### Program Excellence

- At least 50 percent of clubs in district received the National Service Award.
- At least 50 percent of clubs in district conducted child abuse prevention projects.

#### Growth

- Achieve district membership increase of two percent, including new clubs, we would like to see at least 20 new members in the district.
- Achieve a net increase of one new club in district.

#### Communication

- Regularly publish a district bulletin, at least four times a year.
- Create and maintain a district website or Facebook page.

By earning the **Outstanding District Award** we will accomplish our tangible goals, but we also have intangible goals that will touch each member and each club and build momentum for the future, those are:

#### From a member perspective:

- each member becoming more active and involved,
- each member mentoring new and less active members, and,
- each member frequently recommending their club to others.

#### From a Club perspective:

- each club improving the quality of their touch points,
- each club improving the impact and reach of their projects, and,
- each club building a greater community profile

#### Touch Points for Exchange

The Exchange membership experience is about connecting with other Exchangites for professional and personal growth and service to others. We try to create that experience

by providing “Exchange Touch Points.” What are “Touch Points?” Simply the breadth of club activities, experiences, and projects across all Programs of Service that comprise the heart and soul of the club’s life. An Exchange Touch Point can be any Exchange experience that enhances member engagement and commitment to the club and Exchange overall.

Members join Exchange because they want to get involved, get to know other fellow club members, form personal relationships, volunteer their time in meaningful ways for their communities, feel like they are making a difference, have their families become connected to other Exchangite members families, and use their professional and personal skill sets and talents to help themselves and the club. We believe Touch Points accomplish all these.

Kind regards

Jeff Bushnell  
District President

### RVP Corner

I am excited to serve again as your Regional Vice President. It is wonderful to get to know the members and the clubs in the Rocky Mountain District. National President, Dan McQueeney’s theme this year is “Exchange Strong.” What a simple but yet powerful theme. Think about the benefit all of our clubs have given to our communities because we are “Exchange Strong”. We need to continue to grow so that our communities will become even stronger.



As the first quarter of the 2015-16 Exchange year comes to a close, many of the clubs in the Rocky Mountain District have completed many projects and the Murray Club has even earned their National Service Award. I’m sure there are many of our clubs that have not yet reported the projects they have completed to show how strong Exchange is.

I have challenged the District Board to encourage clubs to work cohesively this next year. We should spread the word of our projects and programs to the other Exchange clubs in our areas. Ask those clubs for support whether it is to assist or help or just be present. The project could be is a fundraiser, a project like “1,000 Flags Over Mesquite,” a child abuse awareness event, Giveakidaflagtowave, etc. Not only is there power in numbers but we can all learn something from another club. It will help us all to become “Exchange Strong.”

Carolyn Geisert  
Region 4 Vice President

### Membership As of July 31, 2015

Club Nr	Name	Members
1221	Greeley, CO—1980	18
2192	Breakfast Bountiful, UT—1972	16
2194	Ogden, UT—1936	35
2195	Breakfast Ogden, UT—1972	39
2196	Utah Valley, UT—1948	14
2197	St. George, UT—1974	34
2198	Salt Lake City, UT—1923	16
2199	Bonneville-SLC, UT—1968	13
2202	Sandy, UT—1980	27
2635	Taylorsville, UT—1996	20
2664	Mesquite, NV—1997	21
2765	Murray, UT—2002	13
2785	West Jordan, UT—2003	19
2866	Falcon, CO—2006	34
3019	Excel Club of Orem High, UT—2014	21
182314	Union Colony, Greeley, CO—2011	30
3040	Timpanogos of Orem, UT 2014	2
3057	Excel Club of Murray—2015	31
Total	18 Clubs	404



## Member Spotlight

### Ken Knutson of Greeley

- Born in Minnesota



- Graduated Wmona State University
- Viet Nam veteran
- Owned financial services business 38 years
- Exchange member 34 years
- President of Exchange Club 3 times

After several years of being introduced to the Exchange Club I joined Exchange in February 1992 – I've been a member now for over 22 years. During that time period I've served in every position in the Club, sometimes several times, including the club president. Recently I've been privileged to serve as Division Director for Division 1.

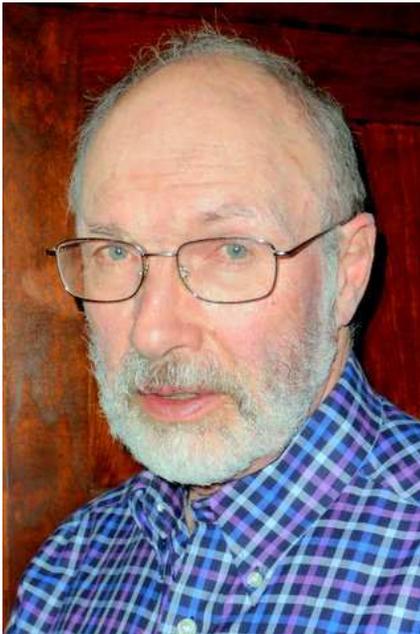


Throughout my years in Exchange I've met many people and made many great friends, which has been the best part of my membership. In addition, the projects

we've done and the lives we've been able to touch in a positive way have made a big difference in my life.

Educationally, I obtained a BS in Information Systems from Brigham Young University and an MBA from Southern Utah University. I've been in management positions in banking, building materials distribution, and communications; I currently do commercial property management.

### Gary Manville of Salt Lake



Member, Salt Lake XC, formerly member of Sugarhouse-Cottonwood club until it merged with the Sal Lake club. I have been a member or Exchange since 1983. Served as president of the newly merged clubs, 2011-2013. Retired from Moreton Insurance Group where I served as surety manager

## Clubs Exchange

### Division 1

### Brett Labrum

**St. George Club (2197) President:** James McFadden  
The September Students of the Month recipients were recently honored by the St. George Exchange Club. The St. George Exchange Club sponsors the Student of the Month Program, which honors one student from the area high schools each month. This program recognizes the students' accomplishments in academics, service and leadership in their respective schools. Dixie State University has partnered with the St. George Exchange Club and will provide a one-year, full-tuition scholarship to the Student of the Year from each high school at the end of the school year as selected by the St. George Exchange Club's Student of the Month Committee. The Exchange Club is honored to work with Dixie State University in recognizing and supporting the outstanding high school students of our community.

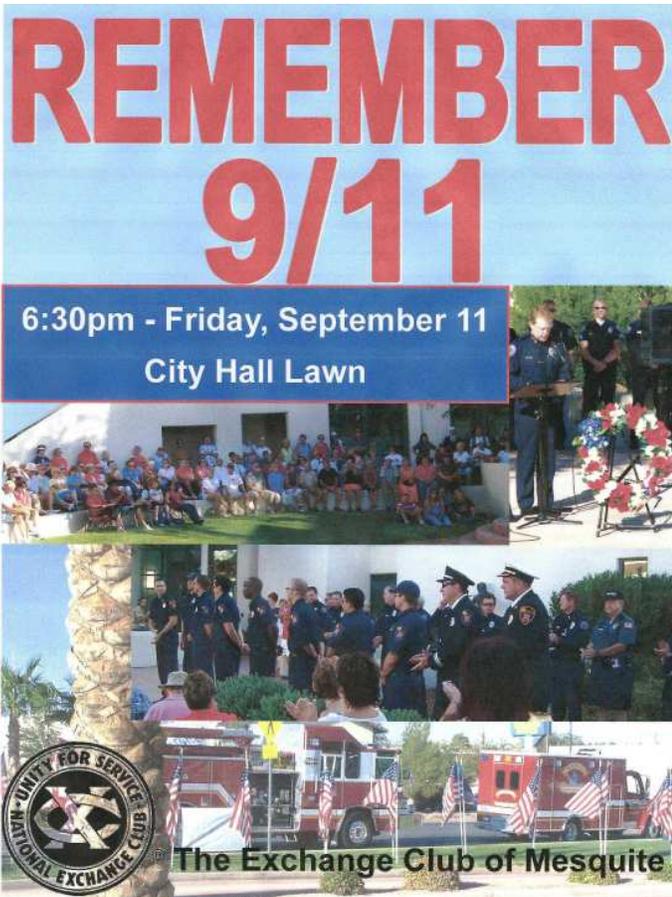
In addition, one student from the eight students honored as Student of the Month from each high school will have the opportunity to become Student of the Year for their school and receive a college scholarship to the college of their choice from the St. George Exchange Club. The 2013 Student of the Year, EmRee Moody from St. George, was selected as the National Student of

### Jeff Bushnell of St. George

the Year and received a \$10,000 scholarship from the National Exchange Club.



**Mesquite Club (2664)** President: Pamela S. Gagnon



**Division 2** *Sheri Van Bibber*

**Murray Club (2765)**

After a very successful summer picnic in August, at which we inducted new members, inducted members of the newly formed Excel Club, installed new officers, and presented community service awards to Murray Mayor Eyre and to members of the now

disbanded Lions Club of Murray, we are embarking on a Service-full September. We had a great dinner, too!

On 9/11, in conjunction with The Murray Area Chamber of Commerce, The Chamber of South Salt Lake, and The American Red Cross, there held an honorable and patriotic Flag Retirement Ceremony presented by The American Legion. This ceremony was held at 6:00 pm at American Legion Post 112, located at 320 East 3900 South in Salt Lake City. It was open to the public; at no charge. At this ceremony, 40 flags that were no longer serviceable, that are tattered or torn; were respectfully burned to be laid to rest. Prior to the ceremony, as a service to all, there was a blood drive held. Afterward they sold grilled hot dogs and hamburgers for \$2:00.

And, on 9/15 we presented two Proudly We Hail awards to members of our community at The Murray City Council Meeting. These awardees have exhibited a particular honor of the flag: one of the nominees is a local business, and one is an 8-yr-old!

Respectfully submitted,  
Jennifer Brass, President

**West Jordan (2785)** President: Jennifer Campbell

Comcast Cares presented a check for \$1,000 to the Exchange Club for their help on the Comcast Cares day!

**Division 3** *Deb Jackson*

**Excel Club of Orem (3019)** No Report

**Sandy Club (2202)** No Report  
President: Michael J. Veenendaa

**Utah Valley (2196)** No Report  
President: Deb Jackson

**Timpanogos Club (3040)** No Report  
President: Rick Segeberg

**Division 4** *Gary W. Manville*

**Salt Lake Club(2198)** No Report  
President: Niki Wolfe

**Bonneville Club (2199)** No Report  
President: Richard Loomis

**Taylorville Club (2635)**  
President: Fred Jepsen



We assisted with the Taylorville Dayz annual parade on June 27th and took July off for the summer vacation. We resumed activities in August. That included a slide presentation by our own Ralph Carlson of his participation in the Freedom Flight for vets to travel to Washington D.C. to view the war memorials. It was a stirring reminder that freedom isn't free.

Division Director Gary Manville



installed our officers at that same meeting.

We also heard from Al Hopkins from the SL Club, a West Point graduate, who spoke later in August about drugs both legal and illegal and his work as an FDA investigator in Texas.

In September we held a Meet the Candidates night for the six candidates for three city council positions.

## Division 5

## Leon Thurgood

**Bountiful Club (2192)** No Report  
President: Dennis Yarrington

**Ogden Noon Club (2194)** No Report  
President: Ronald L. Thornburg

**Ogden Breakfast Club (2195)**  
Guest Speaker Dr. Carol McNamara of the Walker Institute of Politics. She brought to light how millennials can have a disconnect with politics, but the Institute working to change that on Weber State campus.

We discussed how some people seem to like Trump for the fact that he's not afraid to say what's on his mind. (Maybe they should hear some of the stuff our members say on Thursday morning.)

We were happy to host Hanko Kiessner who founded Leaders



for Clean Air. We learned about what is being done in the Salt Lake Valley to reduce particulate matter in the air (<2.5 microns). This material exacerbates asthma and has most recently been linked to autism. Leaders for Clean Air employs a "pay-it-forward" model to place electric chargers through the valley, encouraging residents to consider low- and no-emission transportation options.

The Classic Jubilee for PCAU was a great success. It was held at This Is The Place Park. We were proud to see

representation from several Exchange Clubs throughout the state. Wonder if we could challenge ALL Utah Exchange Club affiliates to step up and sponsor a table next year.

We are very proud of fellow Exchangite Sheryl Cox as she was honored with the 2015 Wingman Award. This award is given annually to people in the community whose actions are consis-



tently above and beyond in support of the Hill Air Force Base installation.

President: Joel Lee

## Division 6

## Kenneth Knutson

**Greeley Club (1221)**

The first picture is when we did our Highway Clean-up in September. In the picture are (left to right) Luann Barlow, Lynn Weitzel (in back), Stacey Thomas, Bill Baker. The second picture is our donation to the Salvation Army for their new stove. In the picture are Lynn Weitzel and Lt. Marcos Roman.

Lynn Weitzel, President, Exchange Club of Greeley

**Falcon Club (2866)**

President: Robert J. Miller

**Falcon Exchange Club Excels**

The Rocky Mountain District Exchange Club Convention, was held in Colorado Springs at Hotel Elegante' on May 1st and 2nd. The Exchange Club of Falcon, one of 18 clubs in the district,



soared above all in several categories: "Best Club Award" for the most club projects (38 projects divided equally among the four areas: Americanism, Community Service, Child Abuse Prevention, and Recognizing Youth); one of the best in growth (30% increase in this fiscal year "Best President Award" for President Bob Miller's dedicated service; and "Best Public Relations Award" for exceptional service in this area by Leonore Misner.



**Key Note**  
 Speaker, Wilene Lamport, PHD director of Safe Passage in El Paso County, emphasized that “there is something every adult in our community can easily do to stop child abuse: when you suspect that a child has been harmed, report to law enforcement or child protective services right away.”

**Golf Tournament for Charity!**

The Exchange Club still needs golfers for this annual fundraiser to be held on June 18th at the Antlers Creek Golf Course in Falcon. Funds will go to support programs to Stop Child Abuse, promote Americanism, recognize our Youth and for our Community. \$100 will get you in with the possibility of winning many prizes, including a “Hole In One Silverado or automobile” and eating from a special buffet.

**“You” Really Can Stop Child Abuse**

Every year Safe Passage is stopping and preventing child abuse. As a clear effort to do this, the “Not One More Child Task Force” came into being after January 2005, where transformations are accomplished daily. Helping one child at a time every single day is their mantra. “Unfortunately,” says Wilene Lamport, PHD, director of Safe Passage, “we don’t see the child until the abuse has already happened.” But for that child, “the abuse will stop, so we do have a part in the prevention of child abuse.”

Also, the good news is that there is something every adult in our community can easily do to stop child abuse: when you suspect that a child has been harmed report to law enforcement or child protective services right away.

**Union Colony (182314)**

President: John Zack

The meeting also featured District Youth of the Year, Lydia Trotter from Utah, and ACE (Accepting the Challenge of Excellence) award winner, Hillary Niyema, also from Utah. Lydia read her inspiring essay “Making the Community a Better Place to Live”. Exchange National Vice President Phil Howard offered congratulations to the Rocky Mountain District for its contributions toward a new vision, “Inspiring communities to become better places to live,” through building a strong America, safe communities and a unified people. Retired Major General David J. Scott, in his talk, stressed that “One Nation Under God” is what our forefathers wanted us to be.

**Auction to Help Hearing Impaired American Veterans**

The District meeting was hosted by the Exchange Club of Falcon, and included their own Silent Auction, boasting of a number of donated items, one bringing in the largest donation - \$1,000 - a beautifully executed quilt made by Marge Gentry, a member of the club, using mostly civil war fabric reproductions. (The quilt pattern “America, The Pride of My Heart” was originally designed



by Vida Wilhite.) The total received from the auction will be used to equip American Veterans at Laurel Manor Care in Colorado Springs with hearing aid devices.

**NATIONAL DAY OF SERVICE**



## Calendar

**JANUARY 2016** — Details to follow. Regional Conference, Las Vegas, NV

**APRIL 28 - APRIL 30, 2016** — District Convention Abbey Inn, St. George, UT

**JULY 13 - 16, 2016** — 98th National Exchange Club Convention, Hyatt Houston, Houston, TX

**JULY 12 - 15, 2017** — 99th National Exchange Club Convention,



## District Goals

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### Growth

- Achieve district membership increase of two percent, including new clubs, we would like to see at least 20 new members in the district.
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### Communication

- Regularly publish a district bulletin, at least four times a year.
- Create and maintain a district website or Facebook page.

## Welcome New Members

### Ogden Breakfast

Bosley, Roy

### Ogden

Harline, Wesley Jr.  
Ogden Weber Applied  
Technology Center  
Patterson, James  
R & O Construction  
Weber State Continuing  
Education Dept.

### Utah Valley

Jackson, Dave

### Mesquite

Benedict, Paul  
Clark, Elizabeth  
Killian, Patricia

### St. George

Holmes, Richard  
Halterman, Dustin  
Johnson, Steven  
Merrill, Carly  
Reith, Greg

### Greeley

Howell, Kate  
Kempema, Michelle  
Reid, Elsie  
Summey, Sally

### Bonneville

Gordon, Richard F.  
Lambert, Patrick  
Young, Robert

### Taylorsville

Heiner, Joann  
Paul Ricks  
Jeff Levenson

### Timpanogos

Moore, Natalie  
Petersen, Dalin

### Orem High Excel

Chandler, McKenna  
Johnson, Maren

### West Jordan

Frankenberger, John  
Jacobsen, Cindy  
Parent, Teri

### Murray

Brass, James A.  
Brass, Jennifer  
Burningham, Brandon  
DeFosse, Carlton  
DeFosse, Ethel  
Welch, James  
VanBibber, Robert  
Zel Pappas, Mercedes

### Falcon

Carson, Joann  
Cohen, Steve  
Gurtler, Karl  
Gurtler, Lori  
Henry, Jeffrey  
Lendsey, Barbara  
Lendsey, Clifford  
McCarthy, Betty  
Macintyre, Kerry  
Moore, Michael  
Moore, Stephine  
Reeder, Wallace  
Walls, Amanda

### Salt Lake

Palmer, Kim  
Pascadlo, Lisa  
Wolfe, John  
Wolfe, Paula

### Murray Excel

Abbe, McKayli  
Cox, Brittany  
Cutler, Kaitlyn  
Dean, Abby  
Dean, Talia  
Goh, Aaron  
Hansen, Charles  
Heaton, Anna  
Heaton, Rebekah  
Hernandez, Francesca  
Keys, Jackson  
Keys, Thomas  
Larsen, Amy  
Lewis, Hannah  
Marin, Rosangel  
Marin, Valerie  
Maynes, Karli  
Oaks, Melisa  
Petersen, Jaedon  
Pollan, Carter  
Rasmussen, Sarah  
Rose, Jackson  
Rose, Zach

## Rocky Mountain Exchanger

4940 S Bitter Root Drive  
Taylorsville UT 84129-2951



# EXCHANGE

ROCKY MOUNTAIN DISTRICT EXCHANGE CLUBS

[www.rockymountainexchangeclubs.com](http://www.rockymountainexchangeclubs.com)

### Next issue deadline:

Nov 30, 2015. Send reports, articles, digital photos to [lderlore@xmission.com](mailto:lderlore@xmission.com)



# EXCHANGE STRONG

2015/2016



### National Service Award

When clubs earn one patch in each of the four service areas and sponsor any two additional projects, they will receive:

1. National Service Award Banner (first-time winner)
2. National Service Award Banner Patch
3. Individual lapel pins for each club member

Application: Winners will be based on Program and Activities Applications received at National Headquarters by June 30. All online applications must be received by June 25.

### Distinguished Club President Award

A plaque will be awarded to each club president whose club meets the following requirements:

1. Wins Club Membership Achievement Award, the Big "E" Award or builds a new club.
2. Conducts a program development meeting by June 30, and sends a copy of the report to the district director, district president and National Headquarters by July 15.
3. Earns National Service Award.
4. Earns Club Fundraising Award.
5. Conducts New Member Orientation for every new member and submits
6. President completes the online training module for presidents. New Member Activation forms found in the club planner.

Application: None required, data tracked by National Headquarters.

### The Big "E" Award

**Extension/Expansion** (One of the following requirements must be fulfilled.)

1. Build a new club.
2. Achieve a net membership increase of two (2) for the year.
3. Aid an under-strength club (fewer than 25 members) to achieve at least a 30 percent membership increase, bringing the club to a minimum of 25 members.
4. Assist any 25-member or larger club to achieve a net member increase of 10 or more with documentation of the effort being reported to Headquarters.

**Efficiency** (All five of the following requirements must be fulfilled.)

1. Return completed Officer Election Report to National Headquarters by April 30, and send in membership applications when completed.
2. Return completed Activities Summary by June 30.
3. Publish or electronically post a club bulletin at least twice monthly (one of these may be board meeting minutes). Send a copy to National Headquarters. Alternatively, a club can post its club bulletins and board minutes on the club website and email the link or newsletter to members, district officers and National Headquarters ([cdsd@nationalexchangeclub.org](mailto:cdsd@nationalexchangeclub.org)).
4. Remain current in all club accounts with The National Exchange Club, as required under the national bylaws.
5. The Club Program Development Meeting needs to be done by June 30 and the form returned to Headquarters by July 15. Form and instructions can be found in the Club Leader's Monthly Planner.

**Education** (All five of the following requirements must be fulfilled.)

1. Earn the National Service Award.
2. Dedicate or rededicate at least one Freedom Shrine.
3. Sponsor a child abuse prevention fundraiser or community education program.
4. Install an official Exchange Club road sign on a major roadway in your community. If all major roads leading to the community already have signs, annually inspect and replace any signs in poor condition.
5. Install an official "The Exchange Club of \_\_\_\_ Meets Here." plaque prominently at your club's regular meeting place.

### 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 Comradship in my social and business relationships;
- To serve in Unity with those seeking better conditions, better understandings, and greater opportunities for all.

# Western Regional Midwinter Education Conference CA/NV District Exchange Clubs

(Other Districts involved: Northwest, Rocky Mountain, Sierra Pacific, Southwest, and Yellowstone)



## Registration Info

Hotel: Palace Station  
2411 W Sahara Ave  
Las Vegas, NV 89102

**800-634-3101 for room reservations**



Room rate = \$39/room Thursday & \$85 Friday/Saturday - free self parking, Airport & Strip Shuttle

**Must mention National Exchange Club (group) for this rate**

**(reservation cutoff date is January 27, 2016)**

Dates: Friday, Saturday & Sunday - February 19-21, 2016

Events Planned: **Other District's will have Board meetings when and where called!**

**Friday** Feb 19, 2016

- Regional Educational Conference  
(1:00 PM to 5:00 PM)

**Sunday** Feb 21, 2016

- CA/NV District Board of Directors  
Meeting (9:00 AM - 1:00 PM)

**Saturday** Feb 20, 2016

- Regional Educational Conference  
(8:00 AM - 5:00 PM)  
Morning Continental Breakfast &  
Luncheon

**Checkout Palace Station online at:**

**<https://> To be provided later!**

You can make reservations on-line using the group reservation URL above when available!

There will be Free time to enjoy Las Vegas  
and a **hosted hospitality room** both nights!



**EXCHANGE**  
THE NATIONAL EXCHANGE CLUB

## Western Regional Midwinter Leadership Conference Registration Coupon

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City, State, Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ E-mail - \_\_\_\_\_  
Club: \_\_\_\_\_  
Club or District Office Held: \_\_\_\_\_

**(Please complete  
one slip per  
attendee)**

*To register, send one of these forms per person with your check for \$75 (\$85 at the door or late) to the address below. Conference Registration includes hosted Hospitality, Saturday coffee and Luncheon.*

*Don't wait until the last minute to register (late fees apply). We have to give the hotel our food counts in advance.*

*Make your own hotel reservation by calling 800-634-3101 number. Ask for rooms in the "National Exchange Club" block to get the proper room rate (there are other options). Hotel Reservations must be made by January 27, 2016 to guarantee the quoted rate. Group code .*

Make checks payable to: **CA/NV District Exchange Clubs**  
Mail to: Ken Owens, District Treasurer  
1117 Franklin St, Santa Monica, CA 90403-2323

**Conference Registration must be  
received by: Jan 30, 2016  
Registration received after Feb 1st is  
\$85 including at the door!**