



# Capitol Hill Kiwanian

Mar 2009 News—Salt Lake Capitol Hill Kiwanis Club—Serving the Children of the World—Sponsor of Capitol Hill Charities—Focusing on BabyCare Cupboard



## Tied Up with Depression? There's Good News...

The Club's first speaker in March, Jacob Hess, demonstrated on Scott Jenkins, with a long rope, how depression is like being tied

up with a rope. Every loop and knot are differing elements that add to the likelihood of a person getting depressed. By the same

token, identifying and removing these elements leads to the cure. This is the good news. There can truly be a way out of depression.



Jacob Hess

Scott Jenkins

### Other Speakers Add Interest

↓ New club member, Tim Huffaker, spoke on March 12 to the club about improving business performance by focusing most on things that are important but not urgent. He said this is the way to achieve better quality with less stress. We should pay attention to life-time goals. There's no "someday" in the calendar.

→ Rob Simmons, a lawyer who represents Utah Science Technology Research Team to state

government, presented a very informative discussion, Mar 19, about the positive economic impact of energy solutions developed in Utah. Rob helps promote such development before the state legislature. He also works to foster energy development grants with local universities. Note below that he and Kathie Olsen are family, along with Rob's brother-in-law, Ken Petersen, and parents, Lynda and Mark Simmons to the right. ↓

↘ Bryson Garbett spoke March 26. He is owner of Garbett Homes and showed how the homebuilding industry has changed in these economic times without business loans. He then caught the interest of the club and a second invite to talk about his humanitarian work in Mexico.



Tim Huffaker

Rob Simmons

Kathie Olsen

Ken Petersen

Lynda Simmons

Mark Simmons

Bryson Garbett

## BUG (Bring-Up-Grades) Awards Motivate Elementary Students



Carol Wood

Jim Archuleta

Bonnie Archer

Dean Larsen

Under Jim Archuleta's direction, students receive incentive awards at Escalante Elementary (above left) on Thurs, Mar 19, and Washington Elementary, Fri, Mar 20.



John Brown accepts gift from CHK and welcomes new CHK members



Carol Wood and Mike Bennett start the breakfast line on Thursday, March 12. Every week fine food awaits CH Kiwanians.

John Brown, on left above, currently serving as the Utah-Idaho Kiwanis Lieutenant Governor, drove all the way from Tooele early Thursday morning, March 12, to officially welcome Tim Huffaker, second from left above, and Jon Carpenter, far right, into the CHK Club. Joel Chambers, second from right, club president, joins in the ceremony.

Fae Heslop's Final Goodbye



The Salt Lake Capitol Building, where CHK meets, poses beautifully at any season of the year. Here are a couple of wintry views of this fine edifice on March 5, taken from LDS Church Offices.

Several club members attended funeral services held at the Ensign Peak Ward chapel, March 26, after she succumbed to a lingering illness. She was the wife of J Malan Heslop, recently retired member of the club.



Bill Archibald

Bill is Back with the Club in Fine Form

Bill Archibald had to deal with some health issues for a few months, but is now back in great form. Bill takes care of the club banner and placing of the flag and bell every Thursday morning before and after breakfast meetings. He's also a member of the this year's CHK Club Board. Welcome back, Bill!

chk.homestead.com

Capitol Hill Club Website Now Online



Now you can access all kinds of great information about the Capitol Hill Kiwanis Club at chk.homestead.com. Future speakers, historical facts, coming events, special service projects, and much more are available. You will also be able to get this and past issues of the CHK Kiwanian newsletter.

Thanks goes to Darrell Thueson who architected the new site, which is operational, though still being refined and modified. Ask about a password to access directory & other info.

Upcoming Speakers

Thursday Breakfast Agenda:

- April 9—Scott Loveless (personal bio and mergers and acquisitions)
April 16—Bryson & Jan Garbett (humanitarian project in Mexico)
April 23—Scott Jenkins (report on recent humanitarian trip to Sudan)

Upcoming Events

- April 11—BabyCare food drive at Smith's in the Avenues
May 2—Southern Sudan fund-raiser Walkathon up Ensign Peak begins at 8:30 a.m. at Ensign Peak Park.
Aug, Sep, Oct—Note that we will be doing concessions at WHS football (Fridays)

E-Mail Alan Schulz in China... schulz1493@yahoo.com He'd love to hear from you.