



THE PIKES PEAK CLUB
www.thepikespeakclub.org

A fellowship serving in partnership with the regional non-profit community

July 10, 2014

The room filled in today as members and one guest welcomed in another club year with our new president, **Sam Rush-Walton**. “Sam’s Club” started off with a lot of energy and enthusiasm. As **Sam** sent off for more change, anticipating heavy fines, **Mike Verble** asked for any special prayer intentions. **Mark Elliott** asked us to remember his mother-in-law who has broken her leg. She is also suffering with leg cancer. **Dick Wilhelm** asked us to remember **Mike Eddy’s** daughter who was involved in a bad bike accident. Remembering these intentions, we prayed for God’s guidance through our lives, our country, and the problems in the world. **Frank Ulrich** led us in the pledge.

Guests – **Sam** introduced *Lyn Harwell* from *Seeds Community Café* who just happened to be our program for today. More on this later.

Announcements

Mark Elliott noted that a check for \$3455.00 has been deposited into the scholarship fund. This check, along with tips, resulted from our labors at the Celtic Festival fund raiser. When calculating the amount earned against hours worked, the volunteers averaged about \$19.00/hour. A portion of the money earned will be given to the Kiwanis club.

Frank Ulrich had two announcements. Next week we will have new menus. I’m not sure how they can improve on the current fare, but reportedly, few of the regularly unordered items will be replaced.

The *Octogenarian Golf Tournament* is scheduled to be held next Monday at Cherokee Ridge. There are 48 players signed up for free coffee, donuts, range balls and a round of golf with cart. **Frank** has obtained \$800.00 in donations. **Mike Holder** has donated \$500.00 of this sum while the board approved the other \$300.00. Other sponsors include Wells Fargo and Larry H. Miller Toyota.

Mike Verble reported that the Broadmoor is buying the Penrose Equestrian Center. This not only gives them around 75 more acres, but brings the Pikes Peak or Bust Rodeo back to the Broadmoor, where it began.

Dana Franzen, our new board Chairman, announced that the next board meeting will be held July 30th, 5:30, at his office.

Sam informed us that **John Poyzer** has agreed to join the board of directors for this year. While still holding the floor, she has put into motion efforts to coordinate with the Kiwanis Club for upcoming joint meetings and projects. On that same vein, **Frank Ulrich** has been in contact with Rocky Mountain Sertoma in an effort to bring them on board also.

According to new board member, **John Poyzer**, the Bear Creek Garden Association, of which he is a member, has been picked this year for the “Gives” campaign of which only 76 organizations are included.

Business notes – none

Culture – no one was prepared

Program

As mentioned earlier, **Sam** introduced *Lyn Harwell* of *Seeds Community Café* as our guest and program today. Seeds, located at 109 East Pikes Peak, is a nonprofit café open from 10:00am to 2:30pm Monday through Saturday. Of the 18 daily workers, only 3 and one half of them are paid. The rest are volunteers.

The café uses locally available organic food and has been open since September of last year. Patrons can either pay for their meal via a donation, or work for 1 hour in exchange for a good healthy meal. About 35 percent of the 100 to 120 patrons per day put in the 1 hour of service. The other diners average paying between \$10.00 to \$15.00 per meal. Most of those eating pay at the time of their lunch. Also available, tokens can be purchased in lieu of money or given out as donations to be used by those in need.

Lyn previously worked at the Marion House and the Rescue Mission prior to opening the café. He was concerned that although supplying a need, these venues did not always offer healthy meals. Through Seeds Café, people are offered a sense of community while at the same time, afforded a healthy meal.

Lyn's own healthy journey has led him to cut out white sugar and white flour among other items. In the process, he has lost his pre-diabetic status and 65 pounds. This just another reason why he feels passionate about eating healthy.

They have served over 17,000 meals since opening in September. Many of the patrons are single moms with kids. He has witnessed many stories of how people's lives have changed and have therefore been able to get off of a life on the streets.

The food comes from Pikes Peak Urban Gardens and Ranch Food Direct. It is gluten free. Unfortunately the tons of leftover food from restaurants cannot legally be donated to a program like Seeds Cafe. As a result, approximately 3000 lbs. of food per minute gets wasted in the USA daily.

Lyn is working on developing a catering business. Through this venue, he hopes to train alcoholic and drug dependent people to work and become productive contributors to our community. 10% of the population is on food assistance. This is just another way to get people back to work and break the bonds of poverty.

Thank you Lyn for a very interesting and insightful program. We should applaud and support such a great program. By the way, if you shop at Whole Foods next Wednesday, 5% of the proceeds go towards this program.

Drawings

Small money - **Terry Zebarth**

Big Bucks - I should have traded tickets with **Mark!**

Dates to Remember

July 14th
July 30th

Octogenarian Golf
Board Meeting

Cherokee Ridge Golf Course
Dana's Office, 5:30