

NARFE Chapter 256 – Fort Collins, CO Previous Luncheon Programs 2025 - 2015

2026 – SPEAKER PROGRAMS

(Please see the current month's lunch program on this web site or Lunch Info 2026 for programs and Dates).

2025 – SPEAKER PROGRAMS

January 20, 2025

NOTE this Luncheon and Program were canceled due to extreme temperatures and snow.

Chapter Annual Membership Business Meeting is always held at the January lunch.

February 17, 2025

Title: Federal Cuts and Impact on Forest Fighting and Forest Services

Speaker: Cass Cairns

Overview: Cass filled in last minute for our scheduled program. She discussed the latest activities impacting local Forest Service employees and activities.

March 17, 2025

Title: Foot Care for Seniors

Speaker: Jason Bradshaw, Board Certified Orthotist.

Overview: How our feet change as we age and how to mitigate the negative impacts of those changes.

April 21, 2025

Title: The Perfect Storm: When Drugs and Supplements Collide

Speaker: Haley Huddleston, PharmD (doctor of pharmacy).

Overview: This presentation will explore the topic of drug and supplement interactions, highlighting how these substances can sometimes cause harmful effects when taken together. We'll begin by discussing the legal and logistical differences that separate drugs from supplements, explaining why regulations for each category vary. Next, we'll dive into why certain combinations of drugs and supplements can lead to dangerous side effects, and what to watch

out for. Finally, we'll offer practical advice on what to consider and how to approach adding a new dietary supplement to your routine safely.

May 19, 2025

Title: Public Media: Past, Present, and Future

Speaker: Tammy Terwelp, President & CEO of KUNC
& The Colorado Sound

Overview: Public media has played a crucial role in informing and engaging communities for over half a century. This presentation explores its origins, beginning with the 1967 Public Broadcasting Act, and how the unique structure of public media has shaped its growth and service, and takes a look into the workings of your local station, KUNC and The Colorado Sound.

June 16, 2025

Title: City Sustainability Initiatives from an Executive Leadership Perspective

Speaker: Chief Jacob Castillo, Chief Sustainability Officer for the City of Fort Collins

Bio: Jacob Castillo serves as the Chief Sustainability Officer for the City of Fort Collins. He has two decades of diverse experience in regional economic and workforce development with a focus on activities that support upward mobility, economic inclusion, and environmental stewardship. He was the co-founder of two business ventures, both with a strong commitment to positive social and environmental impact. He was a contributing author to a textbook on sustainable venturing and has served as an instructor at Colorado State University (CSU) on "Issues in Global Sustainability." He served as a consultant to organizations across the U.S. and on a variety of local and state boards. He holds three undergraduate degrees in Agricultural Business, Foreign Language and Literature, and Economics from CSU and pursued a double masters in Global Social & Sustainable Enterprise and Agricultural & Resource Economics at CSU.

July 21, 2025 – 5:00 pm

ANNUAL CHAPTER 256 Afternoon/Evening PICNIC

Cost is only \$5.00 per person, with the rest getting subsidized by your Chapter 256.

Where: This event is at the Elks Lodge, outside if weather permits. 1424 East

Mulberry Street.

Menu: Broiled Cilantro Lime Chicken Breast / Scallop Potatoes/ Steamed Broccoli With Cheese Sauce/Garden Salad/ Dinner Rolls & Butter/Apple Pie. All prepared by the Elks Lodge. You do not need to bring anything other than yourself and any guests that are interested in NARFE.

What: This is our event to just meet, eat and chat! We are accepting RSVPs as normal each month.

August – No Lunch, Meeting or Program

September 15, 2025

Title: Larimer Emergency Management: Designing For Disruption

Speakers: Lori Hodges and Camille Millard
(see their Bios below)

Overview: This presentation will provide the audience with an overview of Larimer Emergency Management activities and programs, our philosophy regarding disruptions and how our office successfully moves through chaos to help our community. We will also discuss how recent challenges at the state and federal levels have impacted county programs and services.

Bios: **Lori Hodges** has over thirty years of experience at both the state and local levels in the emergency services and emergency management fields. She currently works as the Director of Emergency Management for Larimer County, Colorado. Lori is a Certified Emergency Manager through the International Association of Emergency Managers (IAEM) and the State of Colorado. Her education includes a bachelor's degree in Emergency Management and Planning, a master's degree in Political Science and Public Policy and a master's degree in Defense Studies from the Naval Postgraduate School. Lori received the Emergency Manager of the Year Award from the Colorado Emergency Management Association (CEMA) in 2008 and 2013 and received the CEMA President's Award in 2020.

Camille Millard is the Preparedness and Resilience Emergency Management Coordinator for Larimer OEM. Camille provides programs, activities, and technical expertise for resilience-related activities within OEM and manages

the Larimer Connects Program to increase social capital throughout the county. Camille also develops and maintains the community education programs within OEM.

October 20, 2025

Title: What's New in Medicare

Speaker: Lisa Wentz – Kinnison, CIC Independent Licensed Insurance Agent; Lisa Trozan Insurance Agency, MVIP Inc

Overview: Overview of optional insurance bundles (although without a specific form I cannot provide pricing). There will be changes for 2026. I will go over legislation and also cover what we anticipate the fall out will be. We are seeing quite a bit in the forecast. I will have the full details by 10.1 so that will give me plenty of time to get the presentation updated.

Bio: Starting as a receptionist for Trozan Insurance Agency in the mid 90's, Lisa Trozan Insurance Agency in January 2019, incorporating it with, MVIP Inc, bringing extensive insurance experience to the agency. She understands that spending time to get the correct insurance is very important. The risk of not having good health coverage can destroy a person's finances and their mental and physical health. Her own experience doesn't just include being an insurance agent, but also in having immense experience with health claims for her own family. Lisa wants you to understand what plans you do have and how to use those plans so you can get out there and enjoy your life!

November 17, 2025

Title: FEHB Health Fair Open Season

Speaker: Jane Fluekiger, BCBS

Overview: What's new with Blue Cross Blue Shield, FEHB, and other plans for 2026. Other plans and representatives may also be present.

December 15, 2025

Topic: *The Senior Serenaders, a local musical and Vocal Group.*

2024 – SPEAKER PROGRAMS

January 15, 2024

NOTE this Luncheon and Program were canceled due to extreme temperatures and snow.

Chapter Annual Membership Business Meeting is always held at the January lunch.
2023 Federal tax updates relevant to your tax submission in 2024.

February 19, 2024

Title: Insomnia in Seniors; causes, effects and how to mitigate.

Speaker: Rene DeMattei, Registered Polysomnographic Technologist (RPSGT), Clinical Sleep Educator, retired.

Overview: Rene will cover the following topics during her presentation: Why Sleep? Sleep Deprivation Sleep and Aging Sleep Disorders Good Sleep Hygiene Your Sleep and Your Health

March 18, 2024

Title: Saving a Life through Overdose Prevention Training

Speaker: Hannah Groves; Brooke Cowden; and Rachel Larson; Health District of Larimer County.

Overview: The science behind Substance Use Disorders (SUDs) and how to identify, respond to, and reverse an opioid overdose.

April 15, 2024

Title: The Food Bank for Larimer County: Striving for a Hunger-Free Larimer County

Speaker: Morgan Villnave, Community Engagement Manager

Overview: The working of the Larimer County Food Bank, how you can help, and how they are assisting people and families.

May 20, 2024

Title: Public Safety

Speaker: Officer Caleb McDowell, Fort Collins Police Neighborhood Engagement Team (NET)

Overview:

June 17, 2024

Title: Update on the Northern Integrated Supply Project Construction.

Speaker: Jeff Stahla, Northern Water Public Information Officer. Jeff Stahla is a native of Greeley and a graduate of Colorado State University. Before joining Northern Water in 2017, he served as an editor at the Loveland Reporter-Herald for nearly 20 years.

Overview: As Northern Colorado grows, communities are looking for solutions to help ensure their residents both longtime and new arrivals have the water they need, but not at the expense of drying up the local agriculture industry. The Northern Integrated Supply Project helps to meet those goals, and permitting agencies at the federal, state and local level agree that it can be done in a responsible manner. Learn more about this generational water project from the source.

July 15, 2024 – 5:00 pm

ANNUAL CHAPTER 256 Afternoon/Evening PICNIC

Cost is estimated at \$ 5.00 per person, with the rest subsidized by your Chapter 256.

Where: This event is at the Elks Lodge, outside if weather permits. 1424 East Mulberry Street.

Menu: The menu is BBQ Chicken, potato salad, green salad, dessert, coffee and iced tea. All prepared by the Elks Lodge. You do not need to bring anything other than yourself and any guests that are interested in NARFE.

What: This is our event to just meet, eat and chat! We are accepting RSVPs as normal each month.

August – No Lunch, Meeting or Program

September 15, 2024

Title: Is Medicare Advantage Right for Me?

Speakers: Lisa Wentz – Kinnison, CIC Independent Licensed Insurance Agent; Lisa Trozan Insurance Agency, MVIP Inc

Overview: Discussion of Medicare Advantage; where it came from, the intention of the plans, and what you can anticipate for the 2025 year. Why it is important to review your entire set of options for not just insurance but also your entire HealthCare Portfolio. Finally, a review of how we stack up plans side by side to give you a convenient way to compare options, like comparing Apples to Bananas.

October 21, 2024

Title: Federal Health Benefits Programs for 2025

Speaker: Jane Fluekiger, Blue Cross Blue Shield (BCBS) Federal Health Benefits Program Representative.

Overview: An overview of the upcoming 2025 FEHB health plans, changes, and insights to selecting a plan for you. This is before the annual Open Season, November 11 – December 9, 2025.

November 18, 2024

Title: Hospice 101

Speaker: Jacque Taylor, Pathways Care, Director of Business Development

Overview: The difference between palliative and hospice, the benefits/resources, and the myths around hospice and how hospice can benefit a family.

December 16, 2024

Topic: *The Senior Serenaders, a local musical and Vocal Group.*

2023 – SPEAKER PROGRAMS

January 16, 2023

Chapter Annual Membership Business Meeting is always held at the January lunch.

Program 2023: 2022 Federal tax updates relevant to your 2022 taxes for submission in 2023. Changes in tax laws and tips for filing your 2022 taxes.

Speaker: Larry Bowers, Bill Daknis and Cindy, CPAs, Legacy Tax Services LLC, Fort Collins, CO

February 20, 2023

Title: Sleep in Our Lives. Sleep Deprivation.

Speaker: Rene DeMattei, Registered Polysomnographic Technologist, Clinical Sleep Educator

Overview: Rene will cover the following topics during her presentation: Why Sleep? Sleep Deprivation Sleep and Aging Sleep Disorders Good Sleep Hygiene

March 20, 2023

Title: Common Scams: How to protect yourself from them. Identity Theft Prevention.

Speaker: Allen Benbow, Financial and Cybercrimes Detective

Overview: This presentation will cover the most common scams affecting members of our community. It will give an overview of how these scams work, who is usually responsible for them and how many of them are connected. We will discuss the best ways to protect yourself, both proactive and reactive.

April 17, 2023

Title: Eastern Medicine and Health

Speaker: Dr. Ping Dou. Ping was born in Beijing, China and graduated from Beijing Medical University and worked as a neurologist at Beijing Friendship Hospital. She

is now retired from Colorado State University after 26 years as a research neuroscientist in the Neuroscience Program.

Overview: Learn about medicine herbs, clinic practices, culture, and more.

May 15, 2023

Title: Confronting the Wildfire Crisis

Speaker: Dr. Frank McCormick, Senior Advisory to the Station Director and the Science Program Manager for Water and Watersheds Science Program at the USDA Forest Service Rocky Mountain Research Station

Overview: In 2022 the US Forest Service launched an ambitious 10-year strategy to address the escalating wildfire danger in the U.S. “Confronting the Wildfire Crisis: A Strategy for Protecting Communities and Improving Resilience in America’s Forests.” This strategy includes a 10-year plan to substantially increase the scale of forest health and risk reduction fuel treatments over the next decade. The Rocky Mountain Research Station is poised to provide foundational and applied science to support these efforts.

June 19, 2023

Canceled this year

Title:

Speaker:

Overview:

July 17, 2023 – 5:00 pm

ANNUAL CHAPTER 256 Afternoon/Evening PICNIC

Cost is estimated at \$10.00 per person, with the rest getting subsidized by your Chapter 256.

Where: This event is at the Elks Lodge, outside if weather permits. 1424 East Mulberry Street.

Menu: The menu is BBQ Chicken, potato salad, green salad, dessert, coffee and iced tea. All prepared by the Elks Lodge. You do not need to bring anything other than yourself and any guests that are interested in NARFE.

What: This is our event to just meet, eat and chat! We are accepting RSVPs as normal each month.

August – No Lunch, Meeting or Program

September 18, 2023

Title: Update on Issues Congressman Joe Neguse (D-CO-2) is Supporting

Speakers: Staff for Representative Joe Neguse

Overview: Attendees will have a chance to ask questions about the progress of key legislation including the Social Security Fairness Act of 2023 (H.R. 82) of which Neguse is

a co-sponsor.

October 16, 2023

Title: Cameron Peak post-fire impacts to the Poudre River

Speaker: Professor Stephanie Kampf, Water Science, Department of Ecosystem Science and Sustainability, Colorado State University.

Overview: Insight to the impacts of post-fire hazards from flash floods, debris flows and water quality problems from sediment in both high and low elevations of the Cameron Peak Fire burn scar.

November 20, 2023

Title: Northern Integrated Supply Project: providing water to Northern Colorado

Speaker: Jeff Stahla, Northern Water Public Information Officer.

BIO: Jeff Stahla is a native of Greeley and a graduate of Colorado State University. Before joining Northern Water in 2017, he served as an editor at the Loveland Reporter-Herald for nearly 20 years.

Overview: As Northern Colorado grows, communities are looking for solutions to help ensure their residents both longtime and new arrivals have the water they need, but not at the expense of drying up the local agriculture industry. The Northern Integrated Supply Project helps to meet those goals, and permitting agencies at the federal, state and local level agree that it can be done in a responsible manner. Learn more about this generational water project from the source.

December 18, 2023

Topic: *The Senior Serenaders, a local musical and Vocal Group.*

2022 – SPEAKER PROGRAMS

Due to Covid infections, the January, February, and March meetings were cancelled.

January 17, 2022 - cancelled

Chapter Annual Membership Business Meeting is always held at the January lunch.

Program 2022: 2021 Federal tax updates

February 21, 2022 - cancelled

Title:

Speaker:

March 21, 2022 - cancelled

Title:

Speaker:

April 18, 2022

Title: Forest Service Wildfire Incident Management Teams and Related Wildfire Information

Speaker: Cass Cairns, Functionality and Public Information Group USFS

May 16, 2022

Title: Human Evolution

Speaker: Mary McClintock, a member of our chapter

June 20, 2022

Title: : Meet Roman Centurion, Longinus or Centurion of the Cross, from the biblical accounts of the crucifixion.

Speaker: Mr. Richard Stenbakken, Retired U.S. Army Chaplain

Overview: He will be in costume and metal armor for the enactment of this story.

July 18, 2022 – 5:00 pm

ANNUAL CHAPTER 256 Afternoon/Evening PICNIC

What: This is our event to just meet, eat and chat! We are accepting RSVPs as normal each month.

August – No Lunch, Meeting or Program

September 19, 2022

Title: Capacity Building for Global Collective Land Use Decisions

Speakers: Ryan Finchum, Director, Center for Protected Area Management, Colorado State University.

October 17, 2022

Title: Drug sniffing dogs with a live demonstration

Speaker: Kathleen Donnelly, Sherlock Hounds Detection Canines

November 21, 2022

Title: Summer on the Ice, Working at the McMurdo Station, Antarctica

Speaker: Karen Roth, USFS retired

December 19, 2022

Topic: *The Senior Serenaders, a local musical and Vocal Group.*

2021 – SPEAKERS PROGRAMS

Programs started again with our “picnic” in July 19, 2021.

July 19, 2021: ANNUAL PICNIC AT ELKS LODGE; NO PROGRAM – just good food and a social get together at 5:00pm.

August 19, 2019: No Lunch, Meeting or Program. This is our month off\ every year.

September 20, 2021: Forest Service’s Cameron Pass Nordic Trail System

Speakers: Karen Roth, Henry Shands, and Don Homan; volunteers working

the trails.

Overview: Forest Service's Cameron Pass Nordic Trail system and the impact of the Cameron Peak 2020 wildfires on the terrain.

October 18, 2021: Family Housing Network and Housing the Homeless

Speaker: Annette Zacharias, Executive Director of the Family Housing Network

Overview: About efforts to house the homeless in Larimer County

November 15, 2021: My Non-Political FBI from Hoover to a Violent America;

the title of his recent book. [Book reviews and information by clicking here.](#)

Speaker: Bob Pence, Retired as Special Agent in Charge of FBI offices in the Rocky Mountain States with Division Headquarters in Denver.

[Full background by clicking here.](#)

Overview: International speaker and law enforcement consultant in matters involving crime and terrorism. Bob has a book entitled "My Non-Political FBI from Hoover to a Violent America".

December 20, 2021: The Senior Serenaders, a local musical and Vocal Group.

2020 – SPEAKERS PROGRAMS

**January 20, 2020: Larry Bowers, CPA and President of Legacy Tax Services LLC.
Fort Collins, CO**

TOPIC: 2019 Federal Income Tax Updates and Brief Annual Business Meeting .

February 17, 2020:

TOPIC: Volunteers of America and its work in northern Colorado

March 16, 2020: Bill Payne, FAA

TOPIC: Colorado Remote Control Air Traffic Tower, Fort Collins/Loveland Airport

Please note that the rest of 2020 monthly lunch and programs were canceled due to COVID. Programs started again with our "picnic" in July 19, 2021.

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