



Rotary Club of Grand Junction  
P.O. Box 1888  
Grand Junction, CO 81502

Service Above Self For Over 100 Years

Club 1167  
Chartered September 11, 1919  
Founded June 17, 1919  
District 5470

UPCOMING DATES

Meetings/Programs  
Program Committee  
Steve Schultz, Chair  
Lee Borden

Upcoming Programs

- 10/5 Julia B McHugh Ph.D., Museums of Western Colorado
- 10/12 Annual Meeting
- 10/19 Martha Graf & Kristy Schmidt, Marillac Health
- 10/26 Kristen Lynch, Western Colorado Community Fund
- 11/2 Harmony Acres
- 11/9 Don Campbell, Succulent Society
- 11/16 Eli Gerson, Ramblebine Brewery "The Art of Brewing"
- 11/23 Annual Bellringer Challenge against the Kiwanis

Upcoming Events and Meetings

- 10/6 New Member Reception @ Miffie Blozovich's House
- 10/6 Past Presidents Meeting
- 10/7 Banff Film Festival Committee Meeting
- 10/14-16 District 5470 Conference, Westin Riverfront Resort and Spa in Avon, CO.
- 10/19 Grand Junction Rotary Foundation Board Meeting
- 10/19 Membership Committee Meeting

Board Meetings will be held  
at 5:00 pm every second  
Wednesday of the month at  
Bookcliff Country Club, 2730 G Rd.  
Grand Junction, CO

Club Meeting  
Wednesday, 11:45 pm,  
Bookcliff Country Club  
2730 G Rd,  
Grand Junction, CO

Evening Rotary Group  
1st & 3rd Wednesday, 5:30 pm,  
Location Rotates.  
Check with Club Secretary  
for upcoming location.

Horizon Sunrise  
Thursday at 7:15 am,  
The Venue at Fisher's Liquor Barn  
625 24 1/2 Road  
Grand Junction, CO

Redlands Rotary  
Friday at 12:00 pm,  
The Venue at Fisher's Liquor Barn  
625 24 1/2 Road  
Grand Junction, CO

Palisade Sunrise  
Tuesday at 7:15 am,  
Wine Country Inn  
777 Grand River Drive  
Palisade, CO

Rotary Club of Fruita  
Tuesday at 12:00 pm,  
Fruita Civic Center  
324 N Coulson St.,  
Fruita, CO

Newsletter copy deadline for weekly announcements,  
letters, stories, program info, etc. is  
Monday, week of publication, 10 am

October 5, 2022



IMAGINE  
ROTARY

The  
Spokesman  
The Rotary Club of Grand Junction Weekly Bulletin



Aaron Tice  
President  
2022-2023

BOARD OF DIRECTORS

Aaron Tice  
President  
Steve Schultz  
President Elect  
Peter Booth  
Secretary  
Sharon Woodward  
Treasurer

Kelly Anderson  
Immediate Past President  
Barbara Bowman  
Past Presidents' Representative  
Mari Garland  
Club Administration  
Sheree Fukai  
Public Relations & Media  
Merritt Kinsey  
Paul Harris Chair

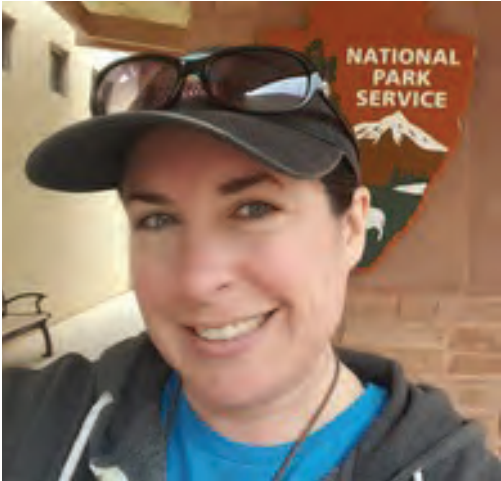
Ken Mabrey  
Community Service  
Joe Kuntz  
Community Service  
Niki Hunn  
Service Projects  
Andy Sweet  
Membership Development  
Katie Davis  
Evening Group Representative

Becky Smith  
District Governor  
Whitney Smyth-Smith  
Assistant District Governor  
Shekhar Mehta  
Rotary International President



Summer 2022: Digging Dinosaurs & Building Museum Collections

Dr. Julia McHugh has served as the Curator of Paleontology of the Museums of Western Colorado, and jointly as an instructor in the geosciences program at Colorado Mesa University, for over eight years. Dr. McHugh is a leading expert in Morrison Formation paleontology, taphonomy, and amphibian evolution. Her recent collaborative research has included discoveries on tooth replacement mechanisms in sauropods like Apatosaurus, cannibalism in the theropod Allosaurus, and evidence for decay and decomposition ecologies at the Mygatt-Moore Quarry. The recent special exhibition at Dinosaur Journey in Fruita (part of the Museums of Western Colorado), Dinosaurs Macabre was largely based on these recent research projects. She has a B.A. in Geology from Hanover College, a M.S. in Geosciences from Idaho State University, and a Ph.D. in Geoscience from The University of Iowa.



Mind Springs Health is the largest provider of mental health services on the Western Slope and they assist individuals and families with behavioral and mental health needs to deal with substance abuse issues also. They are the second largest mental health agency in Colorado. 557 employees and actively recruiting licensed providers and all kinds of positions. Now the highest paying organization in Grand Junction for nurses. Raised salaries of mental health technicians to a base of \$20/hr. and a range up to \$25/hr. to incentivize quality of care and attract talent. Investing more in clinicians and physicians to provide 13 offices among 10 counties, the quality of care our communities deserve.

63,000 sf., inpatient, state of the art mental health hospital that has never really been adequately utilized. Too many patients linger in Emergency Rooms and then get transferred to Denver when they could be getting the quality care they need right here in their own communities of western Colorado and at the West Springs hospital here in Grand Junction. In residential care, we have a program where a mother can have children with her in a care program.

According to NAMI (National Alliance on Mental Illness), in the US roughly 25% of adults have some kind of mental health issue annually. About 10% have a sever mental health concern each year. In prevalence, suicide is now the #2 cause of death among adults age 20-34. We lose a veteran to suicide about every 10 minutes in this country. Approximately 75% of the issues leading to adult crisis are present before the age of 21.

In the US we do a horrible job of treating children and identifying mental health concerns early to prevent such struggles as adults. Trauma is another reason people fall into crisis is untreated trauma, mentally. PTSD is a deadly disease. Those who have untreated PTSD and are going through life just trying to “white knuckle” it through daily life, there's a high likelihood they are art risk for suicide. This is a health care crisis in this country.

Regarding his new role at Mind Springs John said this: “My job is to take a struggling organization that is potentially a jewel for this community - there are resources here that are not in place in other communities - particularly in Grand Junction, we have the mental health hospital, a large outpatient center, a full continuum of care. We just need to do a better job of delivering that care. My commitment to you (western Colorado) is that we are getting to work on that. In order to change the trajectory of the health of this community. To get this community healthier in mental wellness, we have to do a better job of deploying the resources this community helped to build. And take feedback from the community as well.” The Platinum Rule includes understanding and delivering care the way our patients and the community want to receive it.

Fines: If you don’t have a lady at your table. \$10 each at Cliff’s table for something “not the truth”. Duffy’s table \$10 each too. Everyone else \$2 for no gals. Blue or yellow no fine. \$2 fine if you are wearing one or both colors. \$1 fine if you’ve never been to evening group.

**Happy Bucks:**  
**Peter Booth - Dave Huerkamp** provided a connection for a field to train dogs, \$5 apology to Paul DeMarchi for misspelling his name.  
  
**Barb Bowman** - \$5 for being invited to go to Saudi Arabia and help with an inbound tourism campaign. Miffie Blozvitch - Her son was married last week. Celtic theme. Denver zoo, petting a stingray.

**Kirk Rider** - \$10 Paul Demarchi, Aki Fukai, Rod Christ, Kirk all went to the sporting clays match and not Rod, not Paul, not Aki but someone else on the team shot sub par and our club’s team didn’t win this time.

**Ed Hokanson** - \$40 Kansas is leading the big 12 in football! They are off to a 4-0 start!  
  
**Steve Doyle** - \$50 happy to welcome John Sheehan to Grand Junction

**Dave Huerkamp** - President Tice didn’t surpass Dave’s championship bar tab at evening club. Peter Booth said it’s his fault for not being there to run up the bar tab.

**Gifts for the President:**  
**Andy Sweet** - a power packed energy drink and some miscellaneous stuff.

**Merritt Kinsey** - Lois and he spent a couple of weeks traveling in Newfoundland and New York and brought a moosehead beer opener.

**Drawing - Peter Booth won.**

**Four Way Test led by Walid Bou Matar**



October Birthdays  
by Jan Pomrenke

I am late today  
Waiting for my info provider  
I think he's in the mountain  
Where fall colors are brighter  
(Just kidding because I like to)

Therefore I will "Wing it"  
Since I am all about birds  
If I don't have your birthday  
I did not get the new word;-(  
And I don't have the combo  
To the safe  
Where we keep the secret info;-)

They say old dogs  
Can learn new tricks  
But **Michael Lowenstein** (10-04)  
Never does miss a lick  
Now I am not saying  
That he is a dog  
But he's been known  
To lift his leg on some logs

**Paul Sheridan** on October the 5th  
Is all about water  
Our noses know the true "whiff"  
And our bodies need

Frequent hydrating lifts

And now **Kirk Rider** on Oct. 7  
Really seven years ago retired  
And thinks fishing  
now is Heaven  
He's probably been there  
Six or seven

**Thomas Conner** "aka Tom" (10/10)  
Wow....he's a KU guy (so is my son)  
Always is smiling  
and just lots of fun

**Stephen Doyle** was born  
on the 11th of October  
The nice thing about Stephen...  
He is always sober  
(sorry ;-)...rhymes with October)  
I love this man  
He sends me emails  
About how Glam  
My poems are to him  
And for that thankful I am

October the 12th  
Along came **Jim Hale**  
He is a sweet gentle man  
Came in like a gale  
Blessed we are to have him  
We need our Biblical tales

**Miffie Blozvich** born October 15  
She looks just like  
She is still in her teens  
She's all about  
St. Mary's means

Along comes **Jessica Metcalf**  
Born October 22  
She's a Strategic Giving Officer  
I think she often beckons  
"Please donate Monsieur"

**Teresa Anson** (10-23) has hit a milestone  
Very much at home in Rotary  
And totally not mile stoned alone  
And... we won't mention the year  
Some things we just don't want to hear

Dapper **Jack Connolly** also the 23rd  
We always look forward to his wise words  
Dry sometimes with humor  
Sometimes regarding late bloomers

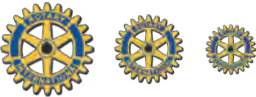
Then there is **Larry Wild** (10-24)  
Definitely not mild  
Leaving I think  
for another winter in Arizona  
He is so full of bologna

Lastly for October on the 27th  
**Rick Adleman**...our CMU com padre  
We love his staff And Rotary relationships  
Very whole downheartedly!

Last but not least **Gar Kennedy**  
Born on the 28th  
He will manage a closing  
I have this month  
Thank you  
To the Abstract and Title Bunch  
They are the BEST  
Here in the west

**Later** this month we will celebrate  
With our **Potentate**  
The Esteemed Great One...  
**President Aaron Tice**  
**About him we don't**  
**Think twice**  
But For Now....  
**Happy Birthdays** to all!

Rotary Club of Grand Junction Spokesman Notes for 9/28/2022 By: Scott Fairbanks



becoming Paul Harris fellows.

**Barb Bowman** - Banff Kickoff Meeting Friday, 10/7 at 8am in the CMU Rotary Building

Golf Committee Meeting and Snowball Sweepstakes coming up. Please remind local nonprofits raising money that Snowball is an 80% profit margin for them.

**Introduction of Speaker - Paul Demarchi**  
John Sheehan joined Wes tSprings Hospital and Mind Springs Health as CEO in Aug. of 2022 bringing with him over 25 years experience in the behavioral health field. He started his career as a mental health technician and worked his way up through various management and executive positions. John has vast knowledge of the healthcare industry and the importance of behavioral health as a key component of the healthcare system. Prior to joining Mind Springs Health, John led one of the oldest healthcare exchanges in the country, the Rochester RHIO.

For seven years John served as the CEO for Harbor Toledo, one of the largest behavioral health providers in the Midwest. Prior to that he was Vice President of behavioral health services for Baycare Health System of Clearwater, Florida. The largest non profit private provider of inpatient care in Florida.

**Presentation - John Sheehan**  
Recently there have been some changes to MInd Springs that haven’t been seen in a positive light locally. The model of community mental health organizations like this one - over 50 years old - was established in the Kennedy administration and is now in need of some significant upgrades. It is now becoming recognized that mental health service is a vital component to overall wellness of individuals and communities. Care to the Community means that throughout western Colorado we need to provide access and quality care to those who need it, in better ways than ever before. There is a genuine effort being made to teach the organization, the Mesa County community and the healthcare system throughout western Colorado how to do this better through integration and cooperation among medical, first responder and mental healthcare providers. It’s a pretty simple approach.

**Pledge of Allegiance - Led by John Duffy**

**Songs - America The Beautiful, You Are my Sunshine**

Shout out to Wayne Salladé who is in Florida providing information to a lot of people who rely on his advice during the aftermath of hurricane Ian. And thanks to Scott Fairbanks for covering the Spokesman in Wayne’s absence.

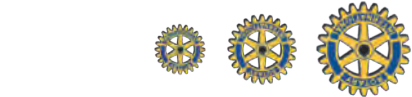
**Introduction of Guests:**  
Paul DeMarchi - Mind Spring CEO, John Sheehan Elizabeth Tice - COO (Pres. Tice’s sister)

**Announcements -**  
**Mari Garland** \$3,886 raised through WooHooManity Also giving Happy Bucks now since she left early for a movie with her husband on his birthday. Mari rode 50 miles. Andy Sweet and Mari’s daughter Jenny both rode 25 miles.

**Cliff and Teresa Anson** and others were there to cheer on the GJ riders and that meant so much to have five people there specifically to cheer her across the finish line when she was so ready to be done. Teresa gave her a little angel pin at the beginning of the ride and said to remember that when she got tired to remember that there are angels here to support her and who are holding her up in their good thoughts for a strong finish. She said that - not on purpose - but when she got tired and looked down she would see that pin and the chorus from Sandy Patty would come to mind, “angels watchin’ over me” and it would give her a boost to keep going.

**Pres. Tice** - Evening Group - next week at Edgewater Brewery 10/5 5:30-7pm  
New Member Reception - 6pm at the home of Miffie Blozvitch.  
Next week is the Club’s Annual Meeting where the slate of new officers and directors for the 2023-24 year will be voted on and changes to bylaws will be ratified.

**Merritt Kinsey-**  
Rotary Foundation - last year \$32,000 raised by our club. Please consider adding that to your contributions and



**President “Lucky Duck” Aaron Tice** called the meeting to order.

After a rainy day last week, this Wed. was beautiful and Pres. Tice lamented being indoors instead of on the golf course. He said, “Since the agenda is short today, there will be more time for Happy Bucks and yes, Gifts for the President! I had lunch with a friend recently and we spoke of better ways to connect with others. I have a problem with telling people what I think. The problem is, what I thInk is not what they think. I know that when they tell me what they think. All too often it’s easy to have the attitude, ‘Well I think differently than you.’ That creates a difference. I was told, ‘Say, thanks for sharing your experience. Something about what you’ve gone through, I can probably relate to. If my experience has any humanity to it, someone else can probably relate to it too.’ Can I share my experience with you? That’s something we should all keep in mind during the Fall campaign season. Let’s try to build connections on common ground and not tell each other how wrong we all are. That seems to be where problems are solved.”

**Words of Inspiration - Mari Garland**

“While it’s hard to part ways with summer, a new season brings new beginnings. As you say goodbye to beach days and let go of the fun-filled craze of summer, embrace autumn with open arms and say hello to cozy sweaters, pumpkin spice, pickling, and the crisp autumn wind.”

“Autumn is my favorite season and I have three quotes about Autumn to share with you today.”

Spring is beautiful and Summer is perfect for vacations but Autumn brings a longing to get away from the unreal things in life, out into the forest at night with a campfire and the rustling leaves.” - Margaret Elizabeth Sangster -

“Autumn is a second Spring where every leaf is a flower.” Albert Camus

“I hope I can be an Autumn leaf who looked at the sky and lived. And when it was time to leave, gracefully it knew life was a gift. - Dodinsky -