



Be a gift to the world

Denver Mile High Rotary

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Inside this issue:

Weekly Programs 2

Greeters, Hosts, 3
Inspirators

Denver Mile High 4
Rotary Calendar

El Tule and Apatú, 7
Nicaragua Water and
Sanitation Projects



Denver Mile High Rotary where commitment and service rise above the mountain tops

December 8th, 2015



2015 Holiday Party



WHAT WOULD IT TAKE TO **CHANGE THE WORLD?**

ROTARY'S 1.2 MILLION MEMBERS
BELIEVE IT STARTS WITH A COMMITMENT

SERVICE ABOVE SELF

Denver Mile High Rotary Upcoming Programs

December 9th - Dr. Li Xin Zhang will be our guest speaker. Dr. Zhang is one of the most renowned expert in the world on acupuncture. While some of us have experienced acupuncture treatments, many have not. Dr. Zhang will enlighten us by addressing some of these common question: "What is Acupuncture?", "How does it work?", "What causes humans to be sick and why?", "What is the great part of Western medicine?", "What kind of problems can be helped with Acupuncture?", "Why Acupuncture is so good in healing." "How to have a better and healthy life."

December 16th - Our last meeting of the year is a perfect opportunity to learn more about some of the amazing global service projects that our club sponsors and supports. Carolyn Shrader and her team will get us in the holiday spirit by showing us the impact that we have far from home.

December 23rd - No meeting. Dark for Holiday Break.

December 30th - No meeting. Dark for Holiday Break.

Here are some creative ways to use it your King Soopers Card:

- Buy it as a gift: College kids, newlyweds and new parents appreciate groceries!
- Use it to buy supplies for special events; like bbq, mini-dinners or fundraisers.
- Purchase two, one for you and your spouse so that you always have it handy.
- Leave it in your car next to your re-usable bags, so you can grab both on the way out!



Every little bit adds up to funds that our club can use to treat guests or have events.

Thanks for your support!

Contact Sarah Hite at schite2000@yahoo.com or

Heidi Restarits at Heidi.rr@gmail.com

By using our King Soopers gift cards the month of October, our treasurer Adams deposited \$367.81 for our Club! Thank you all. It's such a great money maker and so easy to use. I have more cards to sell. Although they have \$5.00 on them, add more, and they become a fantastic Christmas present either for a family member or for a casual gift!!



Weekly Inspirators, Greeters & Hosts

December 9th -

Inspiration - Jeff Sprole

Greeters - Robin Springer and Michael Tapp

Host - Greg Thielen

Rotary Minute - Ann Tull

December 16th -

Inspiration - Tony Vaida

Greeters - Sonny Wiegand and Diane Wilson

Host - Chris Wong

Rotary Minute - Paul Anderson

December 23rd -

Dark -Holiday Break

December 30th -

Dark -Holiday Break



Continental Breakfast

The continental breakfast will be served every 2nd Wednesday of the month.

Denver Mile High Rotary Calendar

December 10th - State of the State Luncheon: Rotary and Mental Health

January 9th - Presidents Dinner

January 16th - Grants Qualification Training

February 6th - Rotary Leadership Institute

March 11th - 13th - PETS

April 2nd - Rotary Leadership Institute

April 22nd - 24th - District Conference

May 28th - June 1st - International Convention - Seoul, Korea

State of the State Luncheon

December 10th 12-1:30 PM

Hyatt Regency Denver Tech Center

Colorado Rotary District 5450 Presents:
9th Annual State of the State Luncheon



Colorado Rotary District 5450 and the Rotary Club of Denver Southeast invite Rotarians, Guests, Business Leaders, Elected Government Officials, and Prospective Members

Speakers Include:

John Hickenlooper, Colorado Governor (Invited Honorary Chair)
Katherine Switz, Senior Program Advisor for the Bill and Melinda Gates Foundation
Katherine will share her experiences living with mental health conditions while serving in management and senior executive positions with McKinsey & Company, General Electric, Unitus, and the Initiative for Global Development.
Cheryl Preheim, Channel 9 News, Emcee

Thursday, December 10, 2015 | 12:00pm - 1:30pm

Hyatt Regency Denver Tech Center

Registration: 11:30am - 12:00pm | Lunch and Program: 12:00pm - 1:30pm |

Mental Health Expo 11am - 11:55am and 1:30pm - 2:30pm

Registration Information to follow

This year's luncheon, emceed by Cheryl Preheim Channel 9 News, will include a report on the State of the State, with a focus on the challenges mental illness creates in our community, and what can be done to address these challenges.

For more information:
John Hughes - J.hugh63@gmail.com
Cheryl Radke - radke6775@msn.com

PRESENTED BY
ROTARY CLUB OF DENVER SOUTHEAST
ROTARY DISTRICT 5450

This year's luncheon, emceed by Cheryl Preheim Channel 9 News, will include a report on the State of the State, with a focus on the challenges mental illness creates in our community, and what can be done to address these challenges.

Before and after the event the Rotary Mental Health Expo (information booths). It is a great opportunity to see what our Mental Health Community is doing today, and also an opportunity for us, and our fellow club members, to look for possible Club projects that can further Mental Health awareness and wellness.

For more information:

John Hughes - J.hugh63@gmail.com

Cheryl Radke - radke6775@msn.com

RI President's Dinner & Polio Plus Fundraiser

January 9, 2016

District 5450 invites you to hear Rotary International President K.R. "Ravi" Ravindran speak on the **2015-2016 Rotary Theme "Be a Gift to the World"**. In addition Rachel Lonsdale with the Bill & Melinda Gates Foundation will give an update on their **Polio eradication efforts**.

The event will be a fundraiser for the **End Polio Now** campaign, and all net proceeds from the dinner and additional contributions will be matched \$2 to \$1 by the Bill and Melinda Gates Foundation.

Individuals can register for the dinner for \$65 per person, and tables of 10 can be reserved for \$650. Click on the ["Register for the Dinner"](#) link below.

We are asking that everyone make an additional donation to Polio when you register for the dinner. You will be given individual and club credit for your donation.

If you choose to not attend the dinner (or your Club registers for a table) you can still make a donation to end Polio. Just click on the ["Donate to end Polio"](#) link below.

Thank you for supporting this event and helping Rotary achieve it's number one goal:
End Polio Now!

[Register For the Dinner](#)

[Donate to End Polio Now!](#)



December 13th - Thomas Cella

December 16th - Bob Kemp

December 30th - Jeff Sprole

Denver Rescue Mission Adopt-A-Family Sponsorship.



In lieu of our Villa Park Holiday Party, and in the spirit of the Holidays, this year the Denver Mile High Rotary Club will adopt a family through the Denver Rescue Mission to provide presents and traditional holiday items to a homeless or struggling family identified through the Denver Rescue Mission. This will be the 24th year that the Denver Rescue Mission has run the program where its most trusted members step forward to nominate needy families to receive Christmas (or other holiday) gifts from generous sponsors, like Denver Mile High Rotary. We have requested a large family, because they are the hardest to place with a sponsor.

The Family: The Nellis - Martinez family was nominated by a social worker at Whittier Elementary School as a family in need of help this Holiday season. This family has 2 adults and 5 children ages 13 years to 7 months.

How you can help:

- 1) We are asked to deliver 2 or more gifts per family member (a clothing item and another item).
- 2.) Please sign up to purchase and wrap one or more gifts for members of our adopted family. You can sign up for more than one item, if you would like. The requested items are pretty simple and available at most department or discount stores.
- 3.) **Be sure to e-mail Michael Tapp at michael.tapp@wellsfargo.com which gift(s) you are committing to purchase, wrap and bring to an early December Rotary meeting. Michael will coordinate who is buying what for whom, so we do not duplicate gifts for any single family member and lack a gift for someone else.**
- 4.) Please use the NellisFamilyWishlist as a guide for what each family member would like to receive. It includes detailed descriptions of each family member and their desired gift to help you purchase exactly what is needed.
- 5.) Please neatly WRAP your gift and label it with the appropriate name of the recipient.
- 6.) Michael Tapp will collect the wrapped gifts at our regular meetings on December 2nd and 9th; you can also bring them to our Holiday party on December 6th at Sarah Hite's home.
- 7.) We will deliver the gifts to the Nellis-Martinez family on December 12th (time to be determined). If you are available to help deliver our gifts, please let Michael Tapp know. We have a Santa suit available for anyone interested in playing that role. It would be great to see the expression on the kids' faces when Santa arrives with presents for all!

Please see November 18th email for WishList and Sponsor obligations.

El Tule and Apatú, Nicaragua Water and Sanitation Projects (GG1526006)

SCOPE

This Water and Sanitation project will benefit two villages in Nicaragua, El Tule and Apatú.

In El Tule, the original scope was to construct double pit latrines for 74 homes. The Host Club is Club Rotario de Managua, the International Partner is Denver Mile High Rotary, and the Cooperating Organization is El Porvenir. Rotary clubs in Districts 5450 and 5470 have provided funding.

The original scope in Apatú task was to construct an electric pump water system with a tap and meter in each home and to construct double pit latrines for 27 homes. During the project, the scope was changed slightly because 8 families in El Tule declined latrines. The additional latrines were constructed in Apatú.

APPROACH

Community members selected these projects. After selection, diagnostic sessions were held, with the support of El Porvenir, to confirm the need for these projects. The communities and local municipalities provided cement and concrete blocks. Community members performed the construction labor

In both communities, El Porvenir instructs residents in latrine use and maintenance, as well as personal hygiene. In Apatú an electric pump water system has been constructed from the existing well to a new storage tank and then to a metered tap in each home. Payments, which will be based on water use, will go into a maintenance fund for future repairs and replacement of system components. A Potable Water and Sanitation Committee (CAPS, the Spanish acronym), a trained group that is registered with the government, will hold and disburse the funds.

There are five training sessions scheduled to train residents who will be responsible for training members of the community (train-the-trainers). Usually there are two persons who are trained in each community although more may be trained in larger communities. Training sessions (1.5 days each) are held monthly.

After train-the-trainers sessions are complete, the new trainers replicate key training for residents, usually in two sessions focused on sanitation and hygiene. Then they follow-up with house-to-house visits and further training sessions as the need arises. In the early months, this could include monthly or semimonthly sessions. As community residents begin to understand the training message, sessions would be reduced to quarterly. Finally, training would consist of yearly refresher sessions.

El Tule and Apatú, Nicaragua Water and Sanitation Projects (GG1526006)

RESULTS TO DATE

In EL Tule, the first phase of latrines is complete. The concrete work is complete for the second phase, which will be completed when the metal superstructures arrive.

In Apatú, the water system is complete all the latrines (including 10 extra) are complete. The extra latrines were installed as a result of reduced need in El Tule. Figures 1-4 show Apatú community members with clean water. Figure 5 shows a completed latrine.

The goal is to complete construction and have everything operational by the end of 2015. Sanitation and maintenance training is in progress.

Figures 1 – 4. Apatú Residents Enjoying Clean Water from Water System



Figure 1

El Tule and Apatú, Nicaragua Water and Sanitation Projects (GG1526006)



Figure 2



Figure 3

El Tule and Apatú, Nicaragua Water and Sanitation Projects (GG1526006)



Figure 4



Figure 5. Completed Double-Pit Latrine

El Tule and Apatú, Nicaragua Water and Sanitation Projects (GG1526006)

VISIT BY ROTARIANS – APRIL 2015

District 5450 Rotarians and other interested parties visited Nicaragua in April 2015. Rotarians were Charles Rudolph and Bob Kemp of Denver Mile High Rotary and Dr. Scott Nelson of the Boulder Rotary Club.

One visitor was a civil engineer, Mark Van Nostrand, a volunteer with Boulder Valley Friendship Cities Association, which is working on a separate Water and Sanitation Global Grant in Northern Nicaragua in concert with Boulder Valley Rotary. Mark wanted to compare his project's practices with ours and to gain some knowledge of area problems.

The trip included hosting a lunch for representatives of Club Rotario de Managua (Figure 6), attending their club meeting (Figure 7), and making a social visit Club Rotario de Ciudad Sandino, a small club of American expats and local professionals (Figure 8).

Discussion topics at the lunch with Club Rotario de Managua included the club's other humanitarian projects, potential future projects, and the Rotary Foundation goal of having clubs (Host and Foreign) take on more of the initial development of Global Grant projects.

Trip members were impressed with the Rotary Club Ciudad Sandino, especially members' upbeat attitude and their desire to improve the conditions in their area through Rotary relationships and Global Grants.



Figure 6. Hosted Lunch for Members of Club Rotario de Managua

El Tule and Apatú, Nicaragua Water and Sanitation Projects (GG1526006)



Figure 7. Visit to Club Rotario de Managua



Figure 8. Visit to Club Rotario de Ciudad Sandino

El Tule and Apatú, Nicaragua Water and Sanitation Projects (GG1526006)

Visitors spent 3 days touring the following sites: El Chaguitillo, location of a past Rotary project; El Tule and Apatú, locations of the current Global Grant; and, sites for potential future Rotary projects. These sites were generally on 4-wheel drive roads/paths, 5 to 10 miles from decent graded dirt roads and usually, 10 to 20 miles from paved highways. All sites were 3 to 4 hours North to Northeast of Managua.

Maria Soler of Club Rotario de Managua met the visitors in the field to discuss the ongoing progress of the Global Grant.

Activities at El Tule included visiting the community well (Figure 9) and one of the latrines under construction. Bob Kemp, Denver Mile High Rotary President is shown mortaring cement during construction of the base for the double pit latrine (Figure 10).

At Apatú, the water source is a partially dry creek bed with milky water as a result of clothes washing and bathing (Figure 11). Visitors inspected the pump that now takes water from the aquifer below the streambed and delivers it to just above the streambed (Figure 12). The electrified system will pump water to a tank about 200 feet uphill to the highest point in the community. Water purification (chlorine) will be applied at the tank before the gravity system is used to distribute water to each home.

At the time of the visit, community members had dug the trench and laid the pipe to the water tank site and were installing bricks for the tank (Figure 13).



Figure 9. El Tule Community Well

El Tule and Apatú, Nicaragua Water and Sanitation Projects (GG1526006)



Figure 10. Bob Kemp Mortaring Bricks for Latrine at El Tule



Figure 11. Stream Bed at Apatú

El Tule and Apatú, Nicaragua Water and Sanitation Projects (GG1526006)



Figure 12. Apatú Well Pump (located just above the stream bed)



Figure 13. Apatú Water Tank Construction

El Tule and Apatú, Nicaragua Water and Sanitation Projects (GG1526006)

El Chaguitillo was the site for a Boulder RC matching grant project in 2012 – 2013. We visited the village as part of our check on sustainability of former grants. All the latrines were in use and being kept clean and were properly signed for Rotary (Figure 17).

Well construction in this grant was not successful because there was not adequate water flow. Figure 18 shows the well site. During the visit a Boulder Rotarian, the operations director for El Porvenir (the cooperating partner on the earlier matching grant), and a village representative discussed potential remedies.



Figure 14. El Chaguitillo Latrine



Figure 15. Dry Water Well Site at El Chaguitillo

El Tule and Apatú, Nicaragua Water and Sanitation Projects (GG1526006)

During community visits trip participants greeted the children who were very outgoing. Participants brought baseballs, bats and soccer balls. They were distributed to the village elders, but were immediately used by the children. Figure 16 shows a boy who had carved his own baseball bat and also holding an H&B bat and baseball that the village received.



Figure 16. Baseball, Anyone?

The Nicaraguan visit was entirely hosted by El Porvenir (EP) staff members who acted as guides and drivers. Participants visited two EP field offices to observe how EP staff develops sustainable projects. They were impressed by EPs smoothly running operation. Activity is focused in these field offices where small outlying communities, such as El Tule and Apatú, bring their proposals for support and funding. EP receives initial requests, guides representatives for those communities on how to organize and advises them on proper sanitation and water practices.

When outside funding is required, EP develops a funding application that requires the community to organize, come up with their own contribution to a project in terms of money and sweat. For example, El Tule and Apatú residents provided construction materials and labor. EP provides ongoing training as part of any grant in water handling, latrine and water system maintenance, and sanitary practices.

El Tule and Apatú, Nicaragua Water and Sanitation Projects (GG1526006)

FUTURE PROJECTS

El Porvenir will provide future funding opportunities for water and sanitation and reforestation projects in the future. Trip participants (Figure 17) have heartily endorsed EP's mission in Nicaragua.



Figure 20. Trip Participants

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