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Denver Mile High Rotary

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

## President's Column:

June 21, 2016

What does Rotary mean to you? As we prepare to evolve into a new Rotary year, we should all reexamine why we are Rotarians. The new Rotary year brings us new leadership at all levels of the organization. New R.I. President, District Governors and Club Presidents. New Committee Chairs and Board Members. This is how we reinvigorate our organization. But let's not stop there, let's each recommit ourselves to the ideal of service which is the fundamental core of Rotary.

Our new Rotary President John Germ has chosen the theme "Rotary Serving Humanity" as his catch phrase. He states: "We in Rotary are all playing on the same team, working toward the same goals. If we want to reach those goals together, we all have to move in the same direction – together. Every day that you serve in Rotary, you have the opportunity to change lives. Everything you do matters; every good work makes the world better for us all."

It's certainly easy to embrace these platitudes as a vague philosophy that's left for someone else to act upon. It's easy to look at an organization that has over 1.2 million members worldwide and think "what difference do I make?" Fortunately, that's not how it works. Rotary is an organization of action. That action must come locally as a grassroots effort that starts with you and I. Each of us can and do make a difference.

We each have enormous flexibility in how we choose to serve. Some serve our club directly, others serve our Denver community thru the local community service we provide and yet others serve the world by our many global service projects. We participate in polio eradication and disaster relief efforts by the funding we provide to the Polio Plus and Shelterbox programs, respectively. We share fellowship and fun together.

Make no mistake – we do make a difference in the lives of our neighbors, here and around the world. We will all have a hand in the final eradication of polio, one of the biggest global public health victories of our generation. Equally important – we make a difference when we bring flowers to the residents of a local nursing home or serve dinner to the long term patients at a rehabilitation hospital. We improve the health of our neighbors when we sponsor a health fair. We help local youth to make better life decisions by the mentoring we provide to our Interact kids. So – take a minute to consider, what does Rotary mean to you?

Bob Kemp  
President  
2015-2016



## Denver Mile High Rotary Upcoming Programs

**June 22nd** - Our guest speaker will be City Auditor Tim O'Brien. Mr. O'Brien replaced Dennis Gallagher who retired last year. As City Auditor he is responsible for ensuring that the citizens' money is spent wisely and the systems and processes are in place to ensure both effective and efficient operations of city departments.

**June 29th** - "Pass the Gavel" Day. Each year we pause for one meeting to thank our outgoing president and officers and welcome our new president and her team. Please make sure to attend this meeting to honor Bob for his excellent work this year and support Melanie as she takes the gavel.

**July 6th** - Dark for July 4th holiday.



June 3rd - Brandon Blackenship

June 13th - Melanie Gentz

June 29th - Linda Sue Shirkey

### CLUB RUNNER DATA

Please take a minute to update your club runner data. Critical for club business is your cell phone and personal e-mail. This allows fellow members to reach you, and you to reach them while on projects, weekend events, etc.

Other data such as spouse/partner, business daytime contacts including office address, home address all add value to our data base.

Tomorrow, Wednesday, June 15 will be a drawing for a nice bottle of wine. To qualify the critical data above must be current.

In case you forgot how: [denvermilehigh.org](http://denvermilehigh.org) upper right Member Login next screen password.

Back to home page Member Area My club runner, edit my profile.

**DO NOW.....THANK YOU**

## Weekly Inspirators, Greeters & Hosts

June 22nd -

**Inspiration** - Linda Sue Shirkey

**Greeters** - Roberta Simonton and Vass Sirpolaidis

**Host** - Greg Smith

**Rotary Minute** - Betty Speir

June 29th -

**Inspiration** - Michael Tapp

**Greeters** - Robin Springer and Jeff Sprole

**Host** - Terry Tomsick

**Rotary Minute** - Ann Tull

July 6th - Dark

July 13th -

**Inspiration** - Tony Vaida

**Greeters** - Bruce Ward and Sonny Wiegand

**Host** - Diane Wilson

**Rotary Minute** - Chris Wong



**C.E.C students visit to the Capitol**

# Continental Breakfast

The continental breakfast will be served every 2<sup>nd</sup> Wednesday of the month.

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## Denver Mile High Rotary Calendar

**June 25th** - Mini Dinner -BBQ at Michelle Asby's home - 2635 Madison St. \$30.

**June 29th** - Denver Mile High Rotary Happy Hour at Charlie Brown's

**July 9th** - Denver Mile High Rafting Trip

**July 16th** - Past President's Party 6 PM - 2450 E 5th Ave. Denver - Carriage Houses Clubhouse and Poo

### Rotary Rafting Trip, Saturday, July 9th

We did it!

We now have over 40 Rotarians, family, friends and INTERACT students signed up for our 1/2 day rafting trip down Clear Creek in Idaho Springs. If you have signed up and not yet paid, please give your check made payable to the "Rotary Club of Denver Mile High FOUNDATION" to Geoff Noble as soon as possible. There is still room for more guests, but time is running out. Please contact Geoff at gtnoble@comcast.net or by phone at (303) 669-5281 if you need additional information.

AFTER the rafting trip, you are invited for lunch at Beau Jo's in Idaho Springs. We have a reservation at 12:00 noon for an all you can eat pizza buffet, with a full salad bar and a selection of water, tea and soft-drinks. The price for adult is \$20. Children 12 and under are \$10.00 (A gratuity is NOT included.) The owner of Beau Jo's is a Rotarian and has graciously agreed to donate 20% of our total meal expense back to our non-profit cause, Warriors on Cataract. The head of Warriors on Cataract, Fred Solheim will be eating lunch with us that day. There are also at least four Rotarians who plan to meet us just for lunch following the rafting trip. Hopefully all of our rafters will be attending the lunch at Beau Jo's, BUT you need to confirm your reservation and make payment directly to Geoff Noble BEFORE Wednesday, July 6th. Please make your check payable to "Geoffrey Noble". Geoff has signed the contract with Beau Jo's and will be picking up the tab for everyone in attendance.



# CEC Interact Club Update

## CEC Students Reinforce BrainWise with Cowell Elementary School Students

Administrative and teacher turnover at Cowell Elementary did not stop Abbe Montoya, the school's dynamic social worker and BrainWise champion, from teaching the program's 10 Wise Ways to students in grades 3-5. Her teaching time with the students was enhanced when CEC's Interact sponsors agreed to have their high school students teach BrainWise reinforcement sessions in Fit and Fun, a daily after school program attended by almost a third of the school.

The CEC students became so committed to teaching BrainWise skills to Cowell's students that they requested adding an additional session during the last week of school. The older students, some who were graduates of Cowell themselves, wanted to talk with the younger students about using their thinking skills over the summer, and how they could teach the skills to others. The children showed great respect for the teens, and excitedly exchanged fist bumps with them as they said good-bye.

Stacey Hervey, the CEC Interact Club's faculty sponsor, and Tess Calinicos, CEC's school nurse and Interact supporter, are looking forward to expanding the partnership with Cowell and working with DMHR and with Abbe Montoya, Cowell's school social worker, during the 2016-2017 school year.

After the Be BrainWise with Food session In March, Stacey and Tess next helped the high school students create a BrainWise Jeopardy Game for a reinforcement activity. The game contained the following categories: 1. Just Getting Started, 2. Know Your BrainWise, 3. Fact or Opinion, 4. Get Physical, and 5. Communication. The children played on teams headed by the CEC students, and had an exciting time answering the questions. The game will be expanded next year and involve more students from both CEC and Cowell.



In May, the Interactors gave the Cowell students an opportunity to reinforce their thinking skills by competing in teams and singing the BrainWise Rap Song, with lyrics inspired by a BrainWise class at Emily Griffith High School. The children were coached by CEC Interactors, and gave competitive performances within the short time frame allotted. The activity was so successful that next year the students will be given more time to practice and Ms. Hervey will have CEC's video and music departments work on the project and making a video. The song's refrain stanzas moved some of the Cowell children to request a copy of the lyrics so they could share them with family members who "need to learn thinking skills."



The final session in June involved a discussion with CEC Interactors and Cowell students talking about how they would use the 10 Wise Ways to help others. This activity included helping the Cowell students put together booklets that listed they planned to use their thinking skills. The session closed with a game that involved a review of the ten thinking skills. The older students fist-bumped the children as they left, wished the fifth graders good luck in middle school, and promised the 3rd and 4th graders they would see them next school year.



## **Interactors Attend Legislative Session at the Colorado State Capitol**

Twenty-six Interactors and faculty sponsors Stacey Hervey and Tess Callinicos were guests of Rep. Christiana Duran and Senator Louise Guzman during a visit to a session of the 2016 Colorado State Legislature. Denver Mile High Rotarians Melanie Gentz, Tom Cella and Pat Gorman Barry joined the students for lunch and a tour of the renovated House and Senate chambers. Representatives from the Governor's office and Rep. Duran's office spoke to the students, and served as role models for them when they talked about their similar backgrounds and their paths to college and government service.

Rep. Duran represents CEC's district, and is very involved with the school. She is an attorney as well as a legislator, and introduced the students on the floor of the House – a prestigious event.

The students were invited to sit with inside the chambers, along the wall, and listened to legislators vote on various bills.



The Interactors also observed Senate hearings from the Senate balcony, including discussion of a bill related to health care for underserved populations and payment for services.



A boxed lunch was served in a legislative committee hearing room, and the students learned about the legislative process from legislative staff members. A member of the governor's office who speaks to groups, told the Interactors that they were the first group she had talked that looked like her (Latino).



Tom led the group on a tour of the renovations Spectrum Contractors had made on the House and Senate chambers.

### **Donations for CEC t-shirts**

The Interact Club members were so appreciative and amazed with the \$185 you donated to them for their tee shirts from Bruce's appeal at that one Rotary meeting. That was most generous and thoughtful of all of you. Thank you so much. Each member planned to contribute to them, as they are so proud of their Club and want to advertise for new members by wearing them.

With the money our Club did give them plus money they raised, primarily by parking cars at a lot for one Bronco game, their projects included making turkey baskets for needy families for Thanksgiving. They gave gift cards and shoes to families needing them at Christmas. With their Book Drive they gave 400 new books to siblings of the Career Education Center kids at C.E.C.'s Family Night. (Some of the books we donated via Tom Cella.) They planned and had a C.E.C. Valentine's Day Dance to raise money for the Thirst Project, as well as making posters and having a competition between classes to raise money. They donated over \$300 to Thirst, which helps villages in Africa provide clean water.

Those of us working with the kids were so impressed and learned so much through them. It's a great project for Mile High Rotary, benefiting so many.