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Denver Mile High Rotary

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Rotary



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

President's Column:

June 7, 2016

This week marks a good time to reflect on the Rotary International Annual Convention. This year's convention was held in Seoul, Korea from May 28th to June 1st. Denver Mile High was represented by P.E. Melanie Gentz, PDG Dan Himelspace and myself.

This year's convention was well attended with over 43,000 Rotarians from 130 countries participating. The Annual Convention is always an amazing spectacle to participate in. Rotarians from all corners of the planet, meeting to celebrate the global reach of our organization. R. I. President Ravi Ravindran reflected on his year as President. He shared a personal memory of his mother contracting polio in 1963 and how local Rotarians came together to obtain a ventilator for her. This was not an easy feat in Sri Lanka at that time and likely saved her life.

We were privileged to be addressed by the Secretary General of the United Nations, Ban Ki-moon who spoke on the long standing relationship between the U.N. and Rotary. Who knew that the then R.I. President was instrumental in the formation of the U.N. over 70 years ago! We also heard from the Prime Ministers of both South Korea and Sri Lanka.

We had the opportunity to speak with incoming R.I. President John F. Germ of Chattanooga, Tenn. John rolled out the theme of his Presidency – Rotary Serving Humanity. He reminded us that the fight to eradicate polio wasn't over and that Rotary and our partners needed \$1.5 Billion USD to complete the task. The soon-to-be President Elect Ian H. S. Riseley from Australia was introduced to the convention as well.

Afternoons were largely dedicated to a large variety of breakout sessions with topics ranging from social media best practices to the Rotary Action Group for Endangered Species. Who knew that Rotarians were working to stop Rhino poaching in southern Africa. A special treat was a session dedicated to the Rotary Global Women of Action. Our good friend Stella Dongo from Zimbabwe was one of the featured panelists. Always great to catch up with Stella!

I would be remiss if I didn't mention the wonderful experience of visiting Korea. Seoul is the 4th largest metropolitan area in the world with over 25 million residents. The population density is twice that of New York City! A cosmopolitan, vibrant and modern city. We mastered the clean, efficient subway system and traveled the city. The people were extremely friendly and helpful, overcoming the language barrier. When we got lost someone always appeared to help us. We indulged the local cuisine and sampled the famous barbeque.

The sobering part of our visit was going to the DMZ. We were reminded that the Korean War has not ended but is still held by a nervous truce. Difficult to comprehend that the residents of Seoul live with North Korean troops about an hour by car away!

I would recommend attending the R.I. Convention to anyone wanting to experience the global reach of Rotary first hand. Next year's convention will be held in Atlanta, Georgia from June 10 – 14th, 2017.



Denver Mile High Rotary Upcoming Programs

June 8th - We hear conflicting messages about the economy. Some say that the economy is in good shape and humming right along. Others say that it is sputtering and slowing down. Our guest speaker, Mike Serio, will help us understand what's really happening in the economy both on a national and state level. Mr. Serio is the Regional Chief Investment Officer for Wells Fargo - the world's largest bank by market capitalization.

June 15th - Since Rutt Bridges spoke to our Club last year about the quickly approaching world of driverless cars, the media has produced countless articles and programs examining what these new "cars" will look like and how they will operate. This potentially fundamental shift in transportation has innumerable implications for all of us and none likely more than the Colorado Department of Transportation. Peter Kozinski, Director of CDOT's RoadX Program, will be our guest speaker. Mr. Kozinski will help us understand the affects on us and the Colorado highway system of driverless cars.

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 3rd - Brandon Blackenship
June 13th - Melanie Gentz
June 29th - Linda Sue Shirkey

- 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



Weekly Inspirators, Greeters & Hosts

June 8th -

Inspiration - Lawrence Mundy

Greeters - Geoff Noble and Alex Orkow

Host - Karl Paulson

Rotary Minute - Adams Price

June 15th -

Inspiration - Heidi Resetarits

Greeters - Chuck Rudolph and Bart Schaeffer

Host - Sara Schaeffer

Rotary Minute - Carolyn Schrader

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



Your World Community Service Committee is currently active in Nicaragua, Zimbabwe and Nepal. Attached are pictures of a Women's Empowerment Project that is now being accomplished. The village is Thulo Parcel, Nepal. We have financed an \$8000 project to teach women marketable skills and to market these products through the internet to their trekking clientele. This phase and attached pictures is teaching them to grow several food and candy making ingredients. They will also learn to use their cell phones to take pictures, and develop a marketing scheme to sell those food products, carvings, weavings, etc. to their trekking clientele.

We are planning to make a visit to the country and village in November. Let Linda Sue or Chuck know if you are interested in more information.



Continental Breakfast

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

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 [Dazzle](#).

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.