

President's Column:

October 9, 2018



Hi everyone,

Welcome to fall in the Rockies.

Don't forget that this week our meeting is not at the U Club but at CEC Middle College at 2650 Eliot St, Denver, CO 80211. This is the location of Denver Mile High's Interact Club.

You will have a chance to meet some of the Interactors and also see a special program: Steve Spangler doing science experiments. The meeting time is the same and there will be a continental breakfast.

Even though we are not meeting at our normal location, please remember to bring your citrus sales reports and money for Amy Weed or email them to her at ae-weed7@yahoo.com

Both Local and World Community Service Committees are meeting this month. Please check the calendar on

the DMHR website for details.

Have a great week and I'll see you Wednesday at CEC.

Carolyn

Brian Duran has applied for membership to The Rotary Club Of Denver Mile High. The Club's Board of Directors has approved the application. If there is any objection to the application, it must be sent by a Club member in writing to the Club president as the Board's representative within the next Week. If no written objection is received within the next week, the membership application shall be considered Final, and Brian Duran shall become a member of Our Club. Posted and published this October 9, 2018.



High Rotary on the Web:

www.denvermilehigh.org

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Denver Mile High Rotary Upcoming Programs

October 10th - We are off-site this week and will meet at 7:00 am at the CEC (2650 Eliot St, Denver, CO 80211). **Steve Spangler** will be our speaker. Steve's goal has always been and will always be to create amazing experiences that make people of all ages fall in love with science. Steve's company, Steve Spangler Science, is one of the country's leading advocates of STEM (science, technology, engineering, math) and never loses its focus of the paramount goal... to inspire the next generation of scientists and engineers

October 17th – **Greg Aden**, a business consultant and leadership coach, will be our speaker. We all learn in different ways and lead according to beliefs we learned along the way. One irrefutable approach is to compare what is not serving you and others and a comparable to what is good for self, team and organization. Greg will walk through a group of leadership distinctions that he has been coaching with for years.

October 24th – **Nancy Gaines of Gain Advantages, Inc.**, will join us to share how to grow your business with free, national media attention. Help a Reporter (aka HARO) is a tool that connects sources with reporters from magazines, TV, and radio. If the reporter likes your submission, you and your company will be featured in their story - which often leads to new business. Nancy will share why HARO must be part of your marketing strategy, how to stand out so you are selected by reporters, and how to avoid rookie mistakes that get you on the media blacklist. Discover how just one email can increase the exposure of your business - for free!



October Birthdays

October 6th - **Scott Smeester**
October 7th - **Carolyn Nobel**
October 8th - **Kevin Gallaway**
October 15th—**Alessandro Eichstaedt**
October 25th - **Heidi Resetarits**

*If you would like your birthday listed be sure to update your membership info so we can wish you Happy Birthday!



Weekly Inspirators, Greeters & Hosts

October 10th

Inspiration - **Ted Hendryx**

Greeters - **Dan Himelspach and Sarah Hite**

Host - **Noreen Keleshian**

October 17th

Inspiration - **Bob Kemp**

Greeters - **Audrey Leavitt and Kevin LeVezu**

Host - **Jeff McAnallen**

October 24th

Inspiration - **Geoff Noble**

Greeters - **Constance Mortell and Lawrence Mundy**

Host - **Carolyn Nobel**

October 31st

Inspiration - **Diane Messamore**

Greeters - **Alex Orkow and Karl Paulson**

Host - **Adams Price**



Denver Mile High Rotary Calendar

Be sure to check the calendar online for all events (meetings, happy hours, committee meetings)

<http://denvermilehigh.org/Events/Calendar>

October 9th - Board Meeting 4:30 to 6:30

October 13th - 9 Health Fair at CED from 8am to 12noon - Volunteers should be there by 7:30am. If you would like to volunteer - contact Ronnie - ronnie.weiss@conflictcenter.org

October 13th - Rotary Leadership Institution

October 16th - World Community Service Committee meeting—@5:00 at Carolyn Noble's office

October 20th - Mary Walta and Linda Sue Shirkey are hosting the Fall mini dinner. The proceeds from the dinner will be donated to the Denver Mile High Foundation. **Please RSVP to Linda Sue.**

October 23rd - Local Community Service Meeting

October 24th - World Polio Day - <https://www.youtube.com/watch?v=obRI8Hm93uI&feature=youtu.be>

October 25th - World Polio Day Fundraiser 5p - 7p
- \$20 and a bottle of wine/or appetizer. Location The Acoma - 816 Acoma, Denver

Oct. 6 - WASH Symposium

Nov. 10 - Membership Workshop

Nov. 10 - Foundation Workshop



Do Business with Fellow Rotarians!

[Click Here of on the Photo to Access the 2018 Rotary Business Directory](#)

Rotary
Club of Denver Mile High



Holiday Citrus Fruit

20lb gift boxes of fresh ruby red grapefruits and fresh navel oranges straight from the Rio Grande valley in Texas. The perfect gift for clients, friends and family! To top it off, proceeds from these gifts go to projects serving the Denver and global communities via Denver Mile High Rotary. A fantastic way to give twice!

There are three choices of box:

20lbs Red Ruby Grapefruit (16 to 24 per box)

20lbs Navel Oranges (36 to 50 per box)

20lbs mix of Red Ruby Grapefruit and Navel Oranges.

Each box is \$32. Orders can be picked up downtown or delivery can be arranged. They will arrive in early December. Payments in advance for boxes go to Denver Mile High Rotary (DMHR) Foundation.

All proceeds of the sale go to projects in Denver, including:

9Health Fair

Rotary Youth Leadership Awards (RYLA)

Veterans Honor Flight

Warriors on Cataract

Outdoor activities for low-income kids

Mental Health Awareness

Food for Thought Program



To Order:

Name:			
Address:			
	Box Count	Cost Per Box	Extended Cost
Grapefruit only		X \$32 =	
Navel Orange Only		X \$32 =	
Grapefruit/Navel Orange mix		X \$32 =	
Total Order			

To order on line, go to <https://squareup.com/store/dmhr>

_____ *Cut Here; Receipt Below is for Buyer*

Rotarian Name				
Rotarian Contact (email or phone)				
Amount Due		Amount Paid		
Boxes Ordered	Grapefruit	Oranges	Mixed	Total



130 Mohawk Drive
Boulder, CO 80303-3648
303.818.7600
www.WarriorsOnCataract.org
Facebook: Warriors on Cataract
Instagram [WarriorsOnCataract](https://www.instagram.com/WarriorsOnCataract)

We owe much to those who served and defended our Nation at great personal cost

Rotarian Geoff Noble accompanied the Warriors On Cataract on their May 18th rafting trip down Cataract Canyon.

Subject: Newsletter #62 - A very successful rafting season



This was be our biggest year for rafters. The word is getting out. We have now conducted 26 trips. We were slightly over-booked and had had to put some vets on standby. The trips were:

Sheri Griffith River Expeditions took 26 rafters and 5 SAG crew on the Air Force Pararescue (PJ) May 18 launch. A lively and close knit group. PJs are highly trained in a myriad of combat and medical skills, trained for two years before deployed.

Navtec took 23 rafters and 5 SAG crew on the Doc Gwinn Cataract Run that launched May 25. Doc got killed a year ago July. Many of his 2/7 Marine combat buddies were on the trip. They had a rough time in Helmand Province, lost many. Marines. They tend to gather around the family of their fallen buddies, so we had Doc's wife Amanda and sister, mother Jackie, and younger brother Luke along. It got quite emotional.



We had 26 rafters and 6 SAG crew on the Open Manifest trip, all conflicts, all branches of the Military, both sexes. Navtec conducted this trip.



Sheri Griffith took 22 women on the September 20 All Female 5 day launch. We extended this trip to 5 days rather than the usual 4 days to give more bonding, campfire, and therapy time. As judged by the Faewell Dinner and the comments in email and Facebook commerce, this was by far our most successful, most healing trip. Therapist/counselor Karen House has a great program of very healing activities for them. Three female Royal British soldiers were along. The river flow was anomalously low this late in the season, so the Blue J-rig Near Death Experience was not put in the water. It would have had difficulty through Big Drop Rapids.



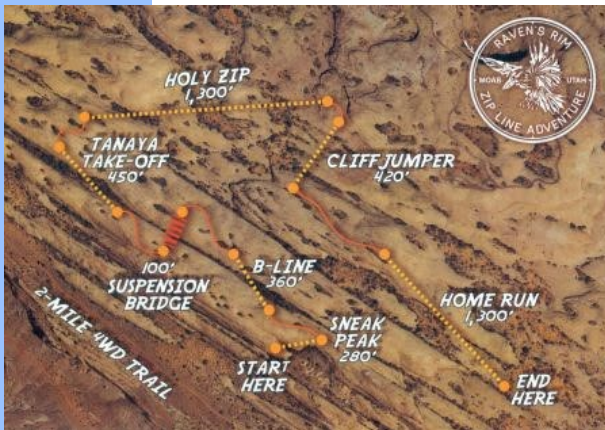
Several of the women were treated to zipline rides by Ravens Rim Zip Line Adventure, six zip lines up on the slick rock. A challenge and confidence builder.

We didn't have wheel chairs this year or a blind person, but had amputees and service dogs and doggie life preservers (Outward Hound brand). took along wheel chair batteries so we could charge the batteries in a prosthetic.

Thanks for making this all possible.

Best regards,
Fred

Warriors On Cataract



130 Mohawk Drive
Boulder, CO 80303-3648
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www.WarriorsOnCataract.org
Facebook: Warriors on Cataract
Instagram [WarriorsOnCataract](https://www.instagram.com/WarriorsOnCataract)

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You Are Invited: The Opioid Abuse Epidemic--Panel Discussion at McAullife High 10/19/18

The Opioid Epidemic

LET'S TALK ABOUT IT...

Learn about the epidemic of Opioid Abuse in our community

- understand the issue and how it effects our children
- recognize the signs
- learn how you can help with prevention and recovery

MONDAY, OCT 29th 6:30-8:00pm

McAuliffe International School - 2540 Holly Street

Panel discussion with:

- Dr. Rob Valuck, Colorado Consortium for the Prevention of Prescription Drug Abuse
- Suzi Stolte, The JP Opioid Interaction Awareness Alliance
- Michael Miller, Young People in Recovery
- Video and handout from SAFE Project

Generously sponsored by Cherry Creek Rotary Club

Open to the public, free of charge

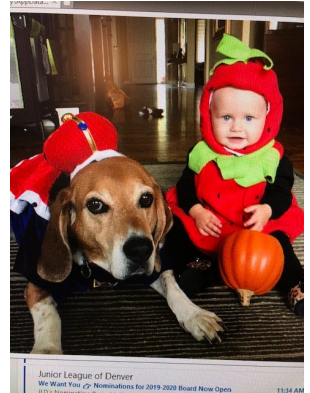
FAMILY OF ROTARY

Do you want to experience the sweet and softer side of Vass? Ask him to tell you about Henry, his daughter, Elena's, beloved Beagle-Basset mix.

In 2010, Elena found Henry along Highway 6 near Avon. She rescued him, posted fliers around the town, quickly fell in love with him, named him Henry, and was devastated when his owner showed up. The owner, a woman who travelled a lot, was surprised when she found that Elena had named him Henry. That was what she had named him! She said that she was getting divorced and had been thinking about finding another home for him. A happy Elena welcomed Henry into the Sirpolaidis household and family business that day.



Vass and his wife, Lynn, are his honorary pet owners and care for him when Elena is out of town. The family loves Henry, and have many stories about the love he has brought into their lives, and the joy he provides Elena's two young children. Here are adorable pictures Vass shared.



Anson arranged for DMHR to clean up a mile of the river pathways along Speer Blvd. between 11th and Larimer. We had a great group of Rotarians, family members, and volunteers who helped pick up the range of debris. Among the straws, plastic cups, and shreds of paper was a backpack hidden in the weeds containing unused needles and vials (quickly turned over to the accompanying Denver Parks supervisor), a bicycle tire and tube, and a deceased rat. (Brad decided against putting it in his bag....)

Audrey brought her granddaughter, Jennie, and a classmate, Noah, both 5th graders in DPS' Carson Elementary's HGT program. Jennie has learned about the U.S. Constitution and its Amendments, and her depth of knowledge is impressive. She knows them all in great detail and identified Amendment XXVI – the right to vote -- as one of her favorites. The future of American will be in good hands!



Contributions to DMHR Foundation

Contributions to the DMHR Foundation can be made by giving them to Tom Giordano at club meetings or by mailing checks directly to
Tom Giordano
7271 East Wesley Avenue
Denver, CO 80224

Checks should be made out the Rotary Club of Denver Mile High Foundation (although DMHR Foundation will work). For questions, contact Tom at 303-263-5091

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