



September 27, 2016

Denver Mile High
Rotary
Club

High Rotary on the Web:

- www.denvermilehigh.org
- [Denver Mile High Rotary on Facebook](#)
- [Denver Mile High Rotary on LinkedIn](#)
- [Rotary District 5450 Website](#)
- [Rotary International Website](#)

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President's Column:

Wow! What a great meeting last week! That was fun to have so many people. Robin did a spectacular job with the behind the scenes work. Everyone knew exactly what to do and the meeting went seamless. It was great to have so many guests attend. Greg Thielen did a wonderful job MCing and keeping the meeting right on track. There are too many people to mentioned but everyone stepped up and played a huge part hosting all of the guests, inviting the guests and making the meeting successful.

I hope everyone walked away with a little more understanding of Amendment 69 that will be on the ballot in November. If for any reason you missed or would like to watch the debate again it was streamed live on our Facebook page – you can [CLICK HERE](#) to view.

The calendar continues to be busy and full! World Community Service and Local Community Service committees are in Full Swing.

Tomorrow our program is Patsy Barnes, a nurse for forty years, and will be speaking on the subject of Dementia. and the struggles

of those who care for patients with the disease.

This Friday we are back at Bryant Webster Elementary School from 7:00am – 8:30 for the Food For Thought food bag program! 4 people have signed up when I am writing this, and they will need more. Please sign up online if you can volunteer.

Jeff McAnnellen will be announcing a fun way to raise money for the Denver Mile High Rotary Foundation! On **October 9th** Denver Mile High Rotary will be out on the **Pedal Hopper** down town peddling our way from Brewery to Brewery – there are only 7 seats left! So get yours now!!

The **9 Health Fair** will be here before we know it. Please volunteer on the **14th or 15th of October**. There are more details in the newsletter, see Linda Sue Shirkey to find out where the help is still needed!

If you would like to sign up for the **Hungarian Mini Dinner on October 15th**, please see Diane Wilson or Mark Foseid to sign up.

November 2nd is the Tour of the Tour of the

American Museum of Western History. 25 people have RSVPed already, we will be finalizing numbers in October, so be sure to RSVP if you can make it. Chuck will have more information soon.

November 4th is a Passport Party! Hosted at Carolyn Nobel's House! Bring your passport, show off your stamps, share some stories of your international travels and again help raise money for the Denver Mile High Rotary Foundation! We have \$20,000 to raise between now and June 30th! I believe I have run out of space! Have a great week,

Yours in Rotary

Melanie
President
Denver Mile High Rotary



Denver Mile High Rotary Upcoming Programs

September 28th - Patsy Barnes has been a nurse for forty years, thirty-four in emergency medicine and six in hospice. Patsy will share her knowledge gathered over forty years in patient care, particularly regarding the disease of dementia and the struggles of those who care for patients with the disease.

October 5th - We will be dark at the University Club. Our meeting will be at CEC Middle College (2650 Eliot St, Denver, CO 80211) with the CEC Interactors.

October 12th - One of our own, Carolyn Nobel and her husband, Jim, recently returned after a year of traveling the world with their two children, Xander and Liam. Please join us as Carolyn and her family share stories and photographs from their amazing globe trekking adventures.

September Birthdays



2nd—Greg Thielen
8th—Roberta Simonton
10th—Susan Kelly
27th—Jeff McAnallen

Denver Mile High
Rotary
 Club





Weekly Inspirators, Greeters & Hosts

September 28th

Inspiration - Michael Tapp

Greeters - Terry Tomsick & Chris Wong

Host - Paul Anderson

Vocational - Melanie Gentz

October 5th

Inspiration - Michele Ashby

Greeters - Pat Gorman Barry and Kurt Bartley

Host - Preston Dickey

Rotary Minute - Debra Flick

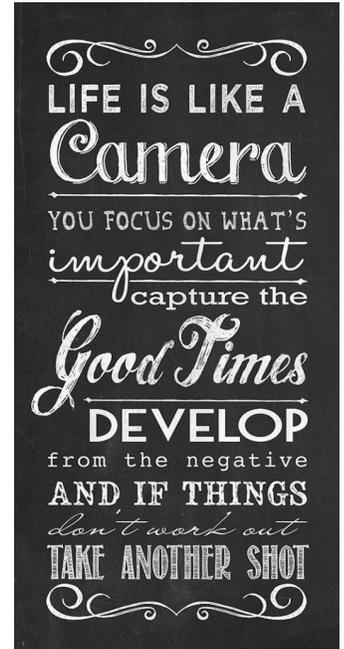
October 12th

Inspiration - Mark Foseid

Greeters - Kevin Gallaway & Kim Gardner

Host - Tom Giordano

Rotary Minute - Dan Himmelspach



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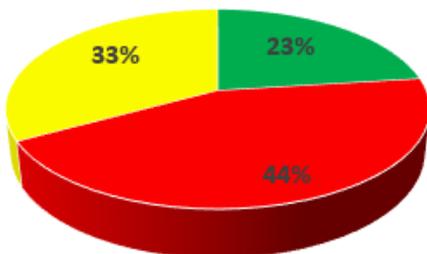


Wednesday September 21, 2016

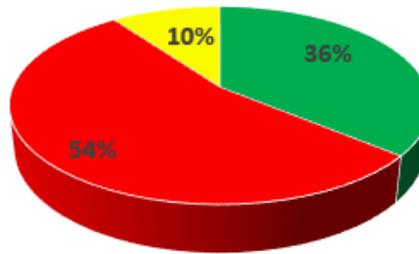
The Colorado Universal Healthcare Debate Results

Below are the results from voting at last week's debate. 77 and 81 votes were tallied in the before and after rounds, respectively. Thank you to all those involved in making the event well attended and run extremely smoothly!

Before



After



■ For ■ Against ■ Undecided ■ For ■ Against ■ Undecided





DENVER MILE HIGH ROTARY PASSPORT PARTY

Denver Mile High Rotarians are well traveled and have stories, stamps, photos and videos to share

Join other members at The Passport Party

NOVEMBER 4, 2016 6 - 9 PM

HOSTED BY WELL TRAVELED ROTARIANS - LOCATION CAROLYN NOBELS HOUSE

3255 BEECH COURT GOLDEN, CO 80401

\$20 per a person donation to the Denver Mile High Rotary Foundation plus either a bottle of wine (or 6 pack) OR your favorite cultural appetizer or dish (French, Italian, Ethiopian, German, Mexican, etc)

Be prepared to share a favorite travel story or adventure from a most recent trip or even a tour of the past. Bring your passport and show off your stamps!



Update from Warriors On Cataract

Below is an update from the September newsletter for Warriors on Cataract. We have supported this non-profit (Warriors On Cataract) for the past five years. This year our club donated over \$2,000 in support of these raft trips for disabled Veterans. The letter below shares some of the benefits and rewards for our contributions.

Greetings,

We just completed the second All Female Disabled Veterans raft trip down the Colorado River through Canyonlands National Park. Of the eighteen 4-day trips we have conducted since 2011 (4 have been all female), this was perhaps the best for a number of reasons, including the orchestration of Counselor Karen House, the water sport activities, the mild weather, and the guides.

Sheri Griffith Expeditions was our outfitter, with guides Max, Tabitha, Brenda, and Zach. They furnished 3 rowing rigs, a paddle boat, a paddle board, and two Sportyaks (duckies). On the flat water we could lash the boats together in a "floatilla." Because the late season river flow is low hazard, there was much paddle boat and duckie time. Sections of flat water gave the opportunity to float and soak in life jackets.

Extraordinary counselor Karen House guided the women through many early morning yoga, meditation, mindfulness therapy, and other healing activities. Karen helped the women to leave their crippling issues behind in the river, and take home the new tools they learned on the river.

And there were HulaHoop tryouts and a performance by Tabitha on the evening of the last river camp. We had two Brits join us from the UK Military, and they spent several extra days in Moab and on the return drive to Denver.

The late season trip gave us warm river water, wide beaches, mild weather, no rain. It also meant rocks, which took a bit of a toll on motors and propellers.

We benefit greatly from the great support of the Moab Elks and VFW. They transport our two trailers to Hite Marina on Lake Powell and back (300+ miles round trip) to recover our boat and gear. And they feed all of us on the evening before the launch at the Elks Club, and furnish a Great prime rib dinner upon the evening of our return from the river. I've never had prime rib so large and so thick. They refuse any compensation, even gas money. Without all of this help, our effort and expense would be greatly increased and made more complex. Many thanks to the Elks and VFW especially Dan Stott and Fred Every..

Thanks for all of your support. These river trips are a very effective healing activity. Rather than a long course or lifetime of pharmaceuticals and formal therapy, these trips are a short path to healing and recovery. There seems to be no substitute for being with other soldiers, sharing experiences and difficulties, and forming a support network. Canyonlands is an excellent setting for this. And these river trips are a lot of fun.

**Best regards,
Fred**

Pictures from Warriors On Cataract





TRAINING

Would you like more knowledge and training from Rotary. Our District hosts **District Learning and Leadership Development**—Plans and carries out, with the direction of the District Governor Elect, the District Assembly in the spring of each year; serves as a resource to club trainers, and assists in other District seminars, workshops, and conferences as requested.

The Rotary Leadership Institute (RLI) - Rocky Mountain Division

A training program dedicated to improving the Rotary knowledge and leadership skills of the future leaders of Rotary Clubs and Districts. [Click here to view the RLI Brochure.](#)

Don't be afraid to ask, there are resources out there. Become a better leader, member of Rotary of society.

<http://www.rotary5450.org/SitePage/training>

100 Acts of Good

To mark the Rotary Foundation centennial, we're encouraging members everywhere to do 100 acts of good throughout the year. Let others know by posting photos of yourself on social media, along with a brief description of the act, using #100actsofgood.

<http://centennial.rotary.org/en/get-caught-act-doing-good>



Tour of the American Museum of Western Art PLEASE MAKE YOUR RESERVATION

At our July 27 DMHR meeting, Kristin Fong, Educator of the American Museum of Western Art invited the club members and guests for a private tour. We have scheduled our visit for Wednesday November 2 at 3 pm. This will be our get together in lieu of our club meeting for that date.

After an approximate 1 ½ hour audio tour, we will adjourn to the Brown Palace's Ships Tavern which is just across the street from the Museum at 1727 Tremont Place for no-host libation and club provided snacks.

We have ample space (limited by audio devices) at 50 units but we need to get your reservation. Please bring a spouse or friend. This is also a great way to introduce new people to the club. Your sole cost at the Museum will be \$5 per audio set.

Please also respond if you only expect to come to the Ship's Tavern, indicating "Ship's Tavern Only".

A Evite invitation will be sent out to all members. Please reply to the invitation as it will make it easier to track responses. If you did not receive the evite, you can also follow the following web address:

http://www.evite.com/event/0249TMSGKK4PPECVCEPGLGS3JFGELY/activity?gid=006AQ6OB5WBWA4A7IEPGLGTA5W2DPU&utm_campaign=view_invitation_button&utm_medium=email&utm_source=GUEST_INVITE_EVENT

The American Museum of Western Art provides access to one of the world's most comprehensive collections of Western art in one of the most unique settings in the country, the historic Navarre Building. The Collection is displayed in a salon style, which is in keeping with the Navarre's 19th Century origins and allows the Museum to exhibit a survey of Western art and history. The Museum's permanent exhibition (which includes over 300 paintings, drawings, and sculptures by more than 180 artists and spans nearly 200 years of American history) promotes the public's understanding and appreciation of art depicting the American West from the early 1800s through the present day.

WHAT WOULD IT TAKE TO CHANGE THE WORLD?

ROTARY'S 1.2 MILLION MEMBERS
BELIEVE IT STARTS WITH A COMMITMENT TO
SERVICE ABOVE SELF

Continental Breakfast

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

Denver Mile High Rotary Calendar

October 15th - Greg Thielen will host a Hungarian themed mini dinner.

November 2nd - Tour of American Museum of Western Art. 3:00 to 4:30PM

January 7th - RI President's Dinner & Polio Fundraiser 5:30—8:30PM

Upcoming Happy Hours

October 6th - Dazzle (930 N Lincoln St., Denver, CO 80203)

November 2nd - Brown Palace, following the Tour of the American Museum of Western Art

King Soopers Cards

Did you know the minute you load your King Soopers card our club gets a percentage of the money you add? You don't even need to spend it and our club gets a percentage! Use it for your daily coffee run. That's right, it's good at King Soopers' Starbucks too!

Sarah Hite has King Sooper's cards. It's an easy way to make money for our Club and make shopping easier for you! They also make great gifts.



9 Health Fair Update:

Denver Parks & Rec at Barnum Recreation Center

Date: 10/15/2016 - 10/15/2016

Time: 7:00AM - 12:00PM

360 Hooker St, Denver, CO, 80219

~~About Our Fair

Welcome to our fair! This is where you will find the most comprehensive health screenings that are convenient and affordable. We pride ourselves on providing a welcoming and comfortable environment for everyone, and we want you to take the step to attend our fair and Own Your Health. Check out our screenings listed below. Remember, many health issues have no symptoms but if you catch issues early, you can make a big difference in your health. We are here to help! You can sign up online today.

<https://www.9healthfair.org/health-fairs/fall/9/index>

Invitation to hear John Hewko on Oct. 6

We have a unique opportunity to hear from John Hewko, General Secretary and CEO of Rotary International, who will be in Denver on October 6, 2016 in conjunction with another speaking engagement. Here is John's bio for your information: <https://www.rotary.org/myrotary/en/learning-reference/about-rotary/general-secretary>

You are invited to attend either of the following meetings – space is limited so you must register no later than September 30:

Denver Southeast Rotary, 7:15 a.m. to 8:45 a.m.

Cherry Hills Country Club, 4125 S University Blvd., Cherry Hills Village, CO 80113

\$15 per person includes breakfast

Contact John Wetherington to register for breakfast: john.wetherington@att.net

Denver Rotary, 11:45 a.m. to 1 p.m.

Denver Athletic Club, 1325 Glenarm Place, Denver, CO 80204

\$25 per person includes lunch

Click here to register for lunch: <http://www.IsMyRotaryClub.org/Register/index.cfm?EventID=77309472>

I hope you will take advantage of this opportunity.

Yours in Rotary Service,

Bill Downes

William A. (Bill) Downes

District Governor 2016-17

District 5450, Rotary

DMHR Foundation Board

The DMHR Foundation Board has allocated \$21,500 for club projects in the current Rotary year.

Denver Mile High Rotary gifting Goals 2016—2017 to the Rotary International Foundation and Polio Plus campaign.

Year to date in 2015-2016 the Denver Mile High Club donated \$10,884 to the RI Foundation and \$5,614 to the Polio Plus fund.

I thought it would be fun to track our success this year on these goals that the district and Rotary International asks us to achieve!

Progress as of September 13, 2016

