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Denver Mile High Rotary

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Rotary Club of
Denver Mile High

"Service Above Self"



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

President's Column:

February 23, 2016

Yesterday a group of about 8 Rotarians from our club visited the Little Sisters of the Poor Nursing Home in North Denver. We delivered flowers that our friends from the Arvada Rotary Club rescued from the Home and Garden Show. They would otherwise have been thrown out. We were warmly received and got to see a part of our community that most of us would otherwise not typically experience.

So what were my takeaways from this project?

First: Several of you emailed me over the weekend apologizing that you would be unable to attend. None of us should ever feel pressured to participate in any of our activities. It's always great to have our members turn out to support something we are doing but we are an organization of volunteers. Our members have commitments to family, job obligations and life in general. We understand that Rotary is not always at the top of the list! Our job as a club is to offer a wide enough variety of activities so that everyone can find something that works for them. As long as we offer each of you some opportunity for service we are holding up our side of the value proposition that is Rotary membership. Join us whenever or however you can, but no apology necessary when life precludes your participation. We occasionally will ask for signups – typically this is just to help with planning and organization.

Second: This was a new activity for us. I don't believe Mile High had previously participated in the "Flower Power" initiative. We shouldn't be reluctant to try new projects. Some will work for us and others won't. We welcome the feedback of those who went to the Little Sisters Home. Was it worth your time and effort? We will eventually decide if we participate again next year. Several members jumped in to help organize our participation. Their Rotary spirit in making this happen is what we are all about. Everything we do takes individuals offering their time to make good things happen. Sometimes you may lead, other times you may follow and occasionally you may elect to sit one out.

All are perfectly acceptable outcomes. On this particular occasion we followed the lead of the Arvada Rotary. We participated as part of a much larger Rotary project. Over 6000 plants went out to nursing homes all over the metro area. Most of us will never inoculate a child against polio. We know we are doing our part by our participation in a much larger global initiative.

I was told that the resident population of the Little Sisters home is approximately 65 people. Most are elderly, most are poor. In some small way we improved the quality of life for our neighbors yesterday. We brought some smiles to the faces of the people we served. I think we had fun doing it. We built a relationship with another part of our community. That relationship may lead to other service opportunities with the Home. Expect to hear more about that particular subject.

So where does this lead us? In about 3 weeks we will have another one-off service project at Craig Hospital. We will serve dinner to the long term patients and their families. This is a different population and a different group dynamic. This project is deliberately intended to be after work to allow more of our members to participate. The date is Monday, March 14th. We are asking for a sign up – simply just to help determine a head count for the food order. Please consider joining us.

Parting thought: This week Rotary International celebrates our 111th anniversary. R.I. has a presence in over 200 countries around the globe. Most organizations last a decade or two, many much less. Few last over a century or have the worldwide presence of Rotary. Despite our challenges, we must be doing something right! Cheers and Happy Birthday to Rotary!

Bob Kemp
President
Denver Mile High
Rotary 2015-2016

Denver Mile High Rotary Upcoming Programs

February 24th - There is an extensive effort underway to reduce CO2 emissions which are believed to be a major cause of global warming. One effective way to do this is by converting coal generated electricity to wind power and solar power. Each has positive characteristics and problems associated with the technology, including environmental concerns, power distribution and power storage necessitated by the intermittent nature of these sources. This talk will look at what is happening locally, nationally, and worldwide.

David Weisberg is a graduate of MIT with a BS and MS in civil engineering. He spent most of his career applying computer technology to a variety of engineering problems including in the oil and gas industry. He is the author of "The Engineering Design Revolution" which examines how computer technology has changed the practice of engineering forever.

March 2nd - As Rotarians, we are very familiar with Polio Plus and the incredible effort Rotary International has made over the last 20 years to eradicate polio. Fortunately, there have been no new cases of polio in the United States for many years. There are, however, many Americans who still live with the effects of that terrible disease. Some of them have achieved incredible things during their life times.

Our guest speak will be David Talbot. David is a polio survivor and founder of an organization called Crutches 4 Africa. His organization collects, ships, and distributes gently used mobility devices to victims of polio and other diseases in developing countries. David's experience and the great work of Crutches 4 Africa is a heartwarming and touching humanitarian story.

March 9th - Our own Greg Smith, the Executive Director of Colorado Public Employees Retirement Association, will be our guest speaker. Greg will speak about PERA and the task of maintaining an organization responsible for retirement plans of Colorado public employees.

Denver Mile High Rotary Happy Hours

March 3rd - [Avenue Grill](#)

March 31st - [Denver Athletic Club](#)

April 25th - [Infinite Money](#)

May 26th - [Alpine Dog Brewery](#)



Weekly Inspirators, Greeters & Hosts

Febuary 24th-

Inspiration - Greg Smith

Greeters - Betty Speir and Robin Springer

Host - Jeff Sprole

Rotary Minute - Michael Tapp

March 2nd-

Inspiration - Greg Thielen

Greeters - Ann Tull and Tony Vaida

Host - Bruce Ward

Rotary Minute - Sonny Wiegand

March 9th-

Inspiration - Diane Wilson

Greeters - Chris Wong and Paul Anderson

Host - Pat Barry

Rotary Minute - Kurt Bartley

March 16th-

Inspiration - Brandon Blankenship

Greeters - Elizabeth Daigle and Preston Dickey

Host - Kevin Gallaway

Rotary Minute - Kim Gardner

March 23rd-

Inspiration - Melanie Gentz

Greeters - Tom Giordano and Tom Gregory

Host - Susan Henderson

Rotary Minute - Endryx

March 30th-

Inspiration - Dan Himelspace

Greeters - Sarah Hite and Noreen Keleshian

Host - Audrey Leavitt

Rotary Minute - Jeff McAnallen



Be a gift to the world

Continental Breakfast

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

Denver Mile High Rotary Calendar

March 3rd - Denver Mile High Rotary Club Happy Hour at Avenue Grill.

March 11th - 13th - PETS

March 31st - Denver Mile High Rotary Club Happy Hour at Denver Athletic Club..

April 2nd - Rotary Leadership Institute

April 22nd - 24th - District Conference

April 28th - Denver Mile High Rotary Club Happy Hour at Infinite Monkey.

May 26th - Denver Mile High Rotary Club Happy Hour at Alpie Dog Brewery.

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



February 25th - Adams Price

Get Involved - Volunteer Opportunities

Warriors on Cataract is looking for volunteers for their future rafting trips this Spring. Please contact Goeff Noble for more information at gtnoble@comcast.net.

Upcoming Rafting Trips:

Participants	Motel check-in.	River launch.	Post-trip motel
Special Ops Veterans.	May 5 CBW.	May 6 Western River Exp.	May 9 CBW
All Female Veterans.	May 13 CBW.	May 14 Tag-a-Long.	May 17 CBW
Salt Lake VA and others.	May 20 CBW.	May 21 Tag-a-Long.	May 24 CBW
Cheyenne VA and Others.	May 27 Aarchway.	May 28 Tag-a-Long.	May 31 CBW

CBW = Canyonlands Best Western
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Craig Hospital - March 14th

Denver Mile High Roatary and Cherry Creek Rotary will provide dinner to paitents.
4:30 PM Set Up
6 PM Serving Dinner

Volunteers needs and may come anytime during the event!

Sign Up [Here!](#)

CEC Interact Club Update

CEC Interact Application for Ron Prasher District Interact Award

BACKGROUND. The Career Education Center Early College (CEC) is a Denver Public Schools high school serving 430 full-time students and 320 who bus to CEC from other Denver high schools to take career-focused classes not offered at their home schools. CEC offers 22 career-track programs, from auto mechanics to forensic skills and certified nursing assistants to construction trades. The students also can earn an associates degree through the Community College of Denver. It is precisely this approach that has helped CEC students succeed when schools with similar demographics -- 86 percent of CEC students qualify for free or reduced-price lunch and more than 80 percent are Hispanic -- struggle with attendance, grades, drop out rates above 40 per cent, and low graduation rates. At CEC, few students drop out and almost every student graduates with a technical certificate or enough college credits to send them on their way to earn associate's degree.

Lee Mulberry, a member of Denver Mile High Rotary Club, started the CEC Interact Club in 2011 with Stacey Hervey, a CEC criminal justice instructor and professor at Community College of Denver. Lee transferred to South Denver Rotary in 2013, and a team of Denver Mile High Rotarians now serve as Interact's advisors: Pat Gorman Barry, Bob Kemp and Sarah Hite. The 2015-2016 CEC Interact Club has as many as 25 students attend their meetings, and a core group of 15 students who attend meetings every Thursdays after school. Aracely Fuentes, a junior at CEC, is President of CEC's Interact Club. Five CEC Interactors attended RYLA last summer.

When asked what they liked about Interact, a student said that he appreciated having an opportunity to give back. "So many times, we are given things. Interact gives us an opportunity to help others."

CEC Interact Club Meeting



Ron Prascher District Interact Award Application

The following list of activities and projects showcases the quality projects that CEC's Interactors have initiated, completed or are in progress. The Interactors fulfilled all of the categories listed on the application: school activities, local community projects, district, national or international projects, leadership accomplishments, and successful fundraising.

1. 9 FAMILY HEALTH FAIR – Local Community Project

CEC Interactors helped (DMHR) set up the 9 Family Health Fair at Barnum Community Center in North Denver. This is the fifth year the Interactors have been involved with the health fair. (October, 2015)

2. HOSTING DENVER MILE HIGH ROTARY CLUB – Leadership Accomplishments

CEC Interactors hosted DMHR at the school's Eliot Street Cafe and made presentations about the experiences at RYLA and shared projects the Interact club was planning. (October, 2015)

Baldo tells DMHR Members about his RYLA Experience



3. THANKSGIVING BASKETS – Fundraising Activity and Local Community Project

CEC Interactors raised money by parking cars at Mile High Stadium and used the proceeds to purchase contents for Thanksgiving baskets that were distributed by the school nurse to needy families. (November, 2015)

4. BOOK GIVE-AWAY – Local Community Project

CEC Interactors obtained children's books from DMHR and distributed them to CEC families to give as Christmas presents. They researched where to distribute leftover books, and selected a Denver agency that serves families. (December)

CEC Interactors Prepare Children's Books for Give Away to CEC Families



5. BABYSITTING SERVICES – Local Community Project

CEC Interactors provided babysitting so parents could attend the CEC Student Awards Program. (December)

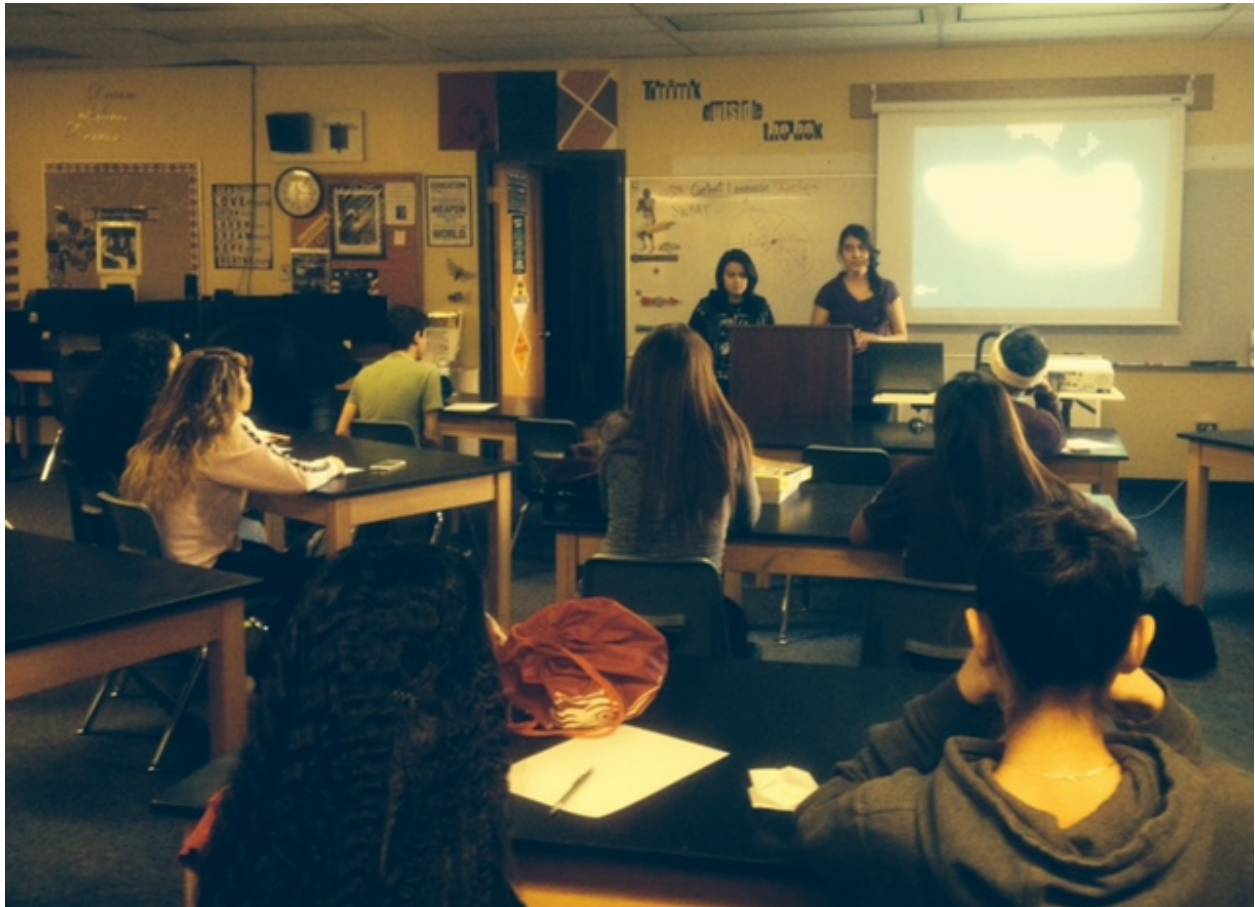
6. VALENTINE'S DANCE FOR AFRICA WATER PROJECT - Fundraising Activity and International Project

CEC Interactors planned a Valentine's Dance to raise money for The Thirst Project in Swaziland (January/February). Related to the Dance, the Interactors did the following:

a. Interact leaders created a PowerPoint and made two presentations to gather support from 1) the Interactors and students in CEC Marketing club and 2) to create awareness among CEC

students by offering a discount on dance tickets if students attended the a presentation on the Thirst project.(January)

CEC Interactors Present Thirst Project PowerPoint

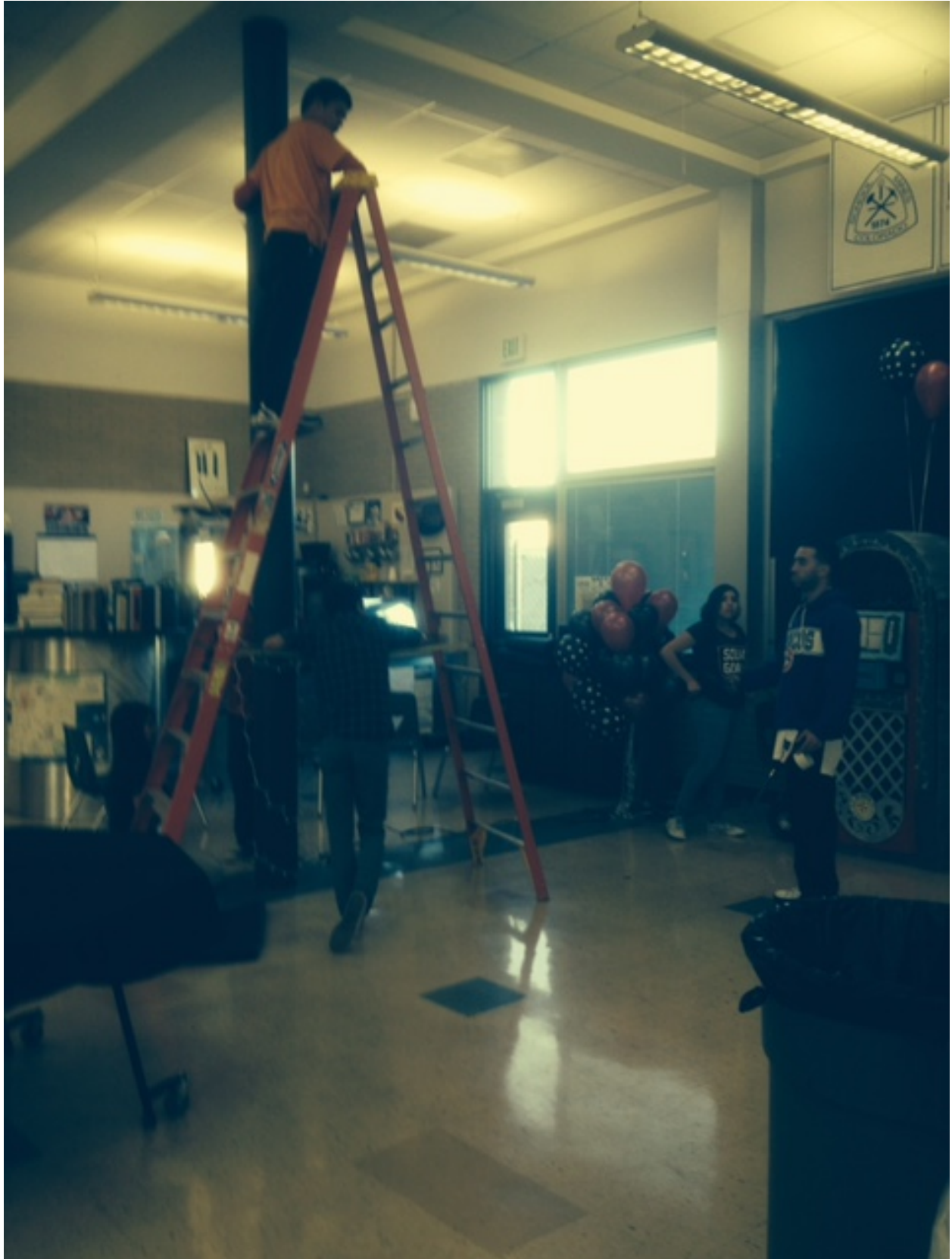


b. CEC Interactors picked "The '50's" as their dance theme and built a jukebox and ran a photo booth, with proceeds going to the Thirst project. The dance and activities raised \$1200. After r sharing half of the proceeds with the marketing club, the Interactors contributed \$600 to the Thirst Project. At the Interact meeting following the dance, President Aracely brought thank-you cards and the club members hand-wrote thank you notes to the teachers and staff members who helped them. (February)

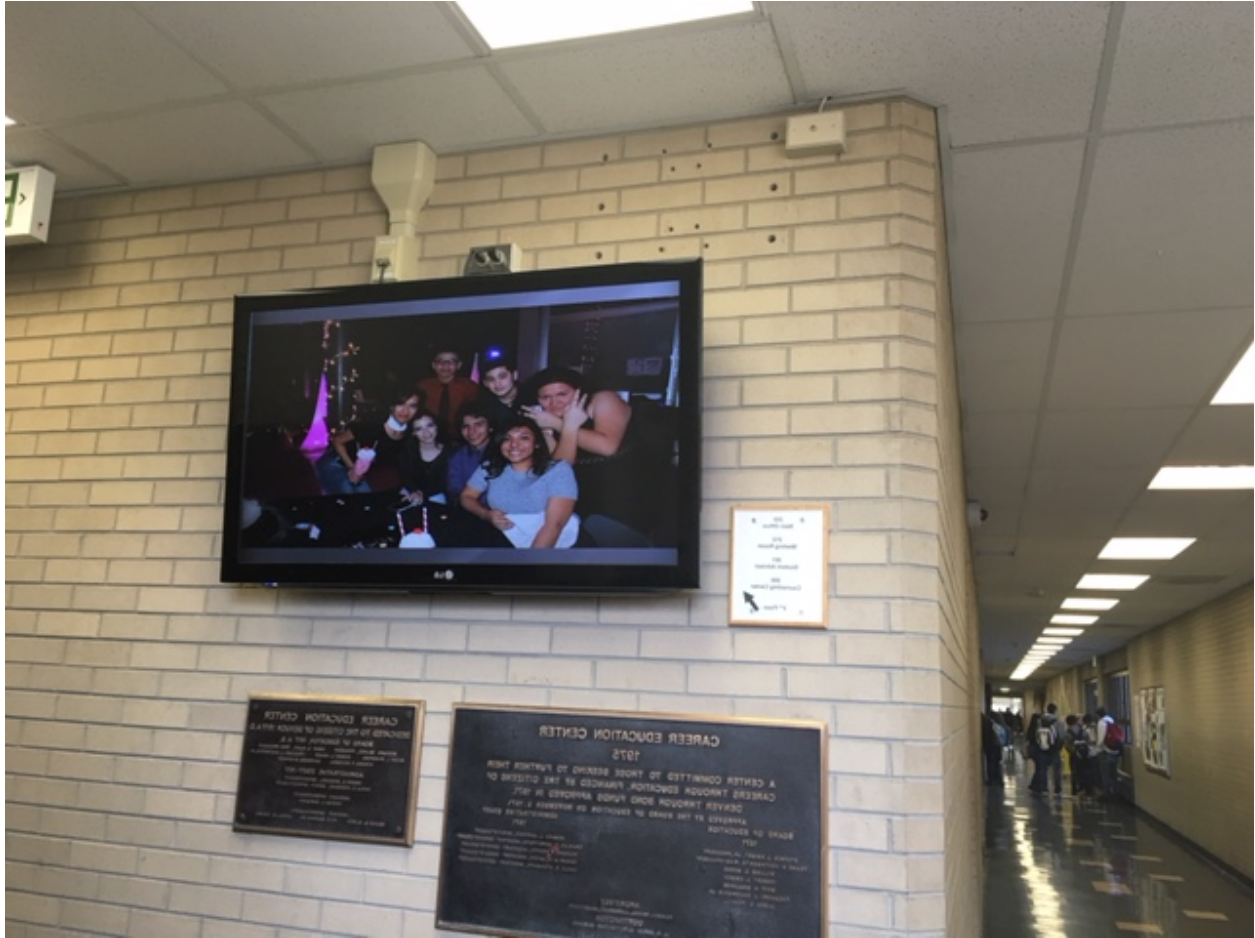
Jukebox the Interactors Built



Decorating for Valentine's Dance set up



Successful Dance - \$600 Raised for Thirst Project!



c. CEC Interactors are raising additional money for the Thirst Project by putting Penny Jars in career classrooms and having a contest to see which class collects the most money. (March/April) To promote donations and educate donors, they will give away bottles of water, and use it as a “hook” to talk with potential donors about the project. They also will distribute stats on how money will be used -- \$25 provides clean water for one person for life, etc. Additionally, they will make up "dirty water" bottles to visually demonstrate what the residents of Swaziland are drinking.

7. CEC INTERACTORS MENTOR COWELL ELEMENTARY STUDENTS ON HEALTHY EATING – Local Community Project and Involvement with School Activities

CEC Interactors and students will serve as mentors for the DMHR-supported BrainWise project at Cowell Elementary. The Interactors and students will use games and activities to teach children to Be BrainWise with Food/Nutrition). The activities they introduce will be used by the Fit Fun staff and Cowell faculty. The Interactors will be supported by Denver Mile High Rotarians, the Cowell school social worker, Cowell's Fit Fun Staff, and CEC's school nurse and CEC's Interact Advisor. (March-April)

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