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FOR 8
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WELLNESS



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

President's Column:

February 2, 2016

Welcome to February! As most of us know this is the time when winter gets serious in Colorado. Fortunately the weather forecast for our regular Wednesday breakfast looks promising and hopefully the roads will be much improved. We will do our best to help you avoid cabin fever by providing a variety of activities designed to get you out of the house!

Our February programs schedule looks great. On February 3rd we will have Ken Green – Executive VP of DIA as our speaker. On February 10th Dr. James Greisman, Director of the Strategic Issues Program at D.U. will speak on legislative gridlock. February 17th we will have Iman Jodeh as our guest speaker. Iman Jodeh is a first generation Palestinian American and will speak on being Muslim in America. We will finish up our February schedule on the 24th with David Weisberg who is an engineer and author. David will speak on efforts to reduce CO2 emissions by replacing coal fired electrical generation with wind and solar power.

All of these programs are great opportunities for inviting guests! Please remember that our club provides complimentary breakfast to 1st time guests who are prospective new members. Please let us know in advance (whenever possible) if you have a guest in order to ensure seating for everyone.



President's Dinner 2016

For those in search of something slightly more hands on, we have two new service projects coming up. On the morning of Monday, February 22nd we will be delivering potted plants to the residents of the Little Sisters of the Poor - Mullen Nursing Home. The elderly who live at this facility are always delighted to host visitors and this is a chance to brighten their day. All are welcome to go! We will pick up our allotment of plants from the Garden and Home Show on late Sunday afternoon (2/21). This will be an opportunity for a free peek at the Garden show – on a space available basis. We will grab a bite to eat after we load the plants.

Last – We haven't gone to visit our friends at Craig Hospital in several years. We will serve dinner to the long term patients and their families at Craig on March 14th. This is an opportunity to meet some amazing people who are overcoming significant life challenges. One highlight of this activity is the tour of the Craig facilities. You will be blown away by the leading edge technology being used to restore mobility to the patients at Craig. We will do this as a service project in conjunction with our friends at Cherry Creek Rotary. All are welcome but we do need a headcount. Look for the sign up on our website shortly!

Bob Kemp
President
Denver Mile High Rotary
2015-2016



Denver Mile High Rotary Upcoming Programs

February 3rd - Denver International Airport is not only a major transportation center, but a powerful economic engine for all of northern Colorado. Ken Greene, executive vice president for DIA, will be our guest speaker. He will talk about DIA and some of the significant changes that we can expect in the future.

February 10th - Searching for Legislative Accountability. Congress, and some state legislatures, have been described as dysfunctional institutions. Public approval of Congress is at all-time lows, while declining citizen trust in government reflects frustration with seemingly endless political polarization and legislative gridlock. What can be done about the apparent inability of Congress and state legislatures to address pressing public issues? Dr. Jim Griesemer, director of DU's Strategic Issues Program, will discuss the most recent panel report which offers suggestions to improve legislative performance.

February 17th - Most Americans know little about Islam other than what they see on television or read in newspapers. This meeting will help us learn about this faith which has more than 1.3 billion followers worldwide. First generation Palestinian American and practicing Muslim, Iman Jodeh, offers an intimate, first hand account of what it is like to be Muslim from a perspective that is widely misunderstood and rarely heard in the West.

Ms. Jodeh is a first generation Palestinian American who is fluent in Arabic and maintains a second home in Ramallah, West Bank. She is the co-founder and Director of Meet the Middle East, a locally based non-profit that aims to foster relationships between the Middle East and the West through education and immersion travel. Please consider bringing a guest to what promises to be a very interesting and thought-provoking meeting. If you choose to bring a guest, please notify Greg Thielen.



Denver Mile High Rotary Ski Day

When: February 13th

Where: Copper Mountain

Skiing, snowshoeing, and cross country skiing



Weekly Inspirators, Greeters & Hosts

February 3rd-

Inspiration - Jeff McAnallen

Greeters - Audrey Leavitt and Diane Messamore

Host - Constance Mortell

Rotary Minute - Lawrence Mundy

February 10th-

Inspiration - Kim Gardner

Greeters - Alex Orkow and Paul Karlson **Host** -

Adams Price

Rotary Minute - Heidi Resetarits

February 17th-

Inspiration - Chuck Rudolph

Greeters - Carolyn Schrader and Linda Sue Shirkey

Host - Roberta Simonton

Rotary Minute - Vass Sirpolaidis

February 24th-

Inspiration - Greg Smith

Greeters - Betty Speir and Robin Springer

Host - Jeff Sprole

Rotary Minute - Michael Tapp



Reconizing Tom Cella

Tom Cella, one of our very generous Rotarians, is recognized for becoming a Paul Harris Fellow + 7. Tom has donated more than \$8,000 to The Rotary Foundation of Rotary International, supporting numerous humanitarian efforts around the world.



Continental Breakfast

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

Denver Mile High Rotary Calendar

February 6th - Rotary Leadership Institute

February 13th - Denver Mile High Rotary Club Ski Day at Copper Mountain.

March 11th - 13th - PETS

April 2nd - Rotary Leadership Institute

April 22nd - 24th - District Conference

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



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February 8th - Pat Gorman Barry

February 11th - Sonny Wiegand

February 25th - Adams Price

CEC Interact Club Update

Christmas Book Give Away:

Below is a picture of members of CEC's Interact Club after they set up tables to give away books to parents attending the Student Awards Assembly. Tom Cella delivered books left over from DMHR's Villa Park Holiday Party and other books collected by the club for children ages 3-16. The interactors worked from 3:00--8:00, setting up, staffing the tables, and cleaning up. They also provided child care for parents attending the assembly.

They have donated the left over books to a local Food Bank, and its administrators will send them pictures of children receiving the books to ensure they are distributed.



2016 Valentine's Day Dance:

The Interactors, in partnership with CEC Marketing Club, are hosting a Valentine's dance on February 5 to raise money for a water project they support. They have chosen a theme of "The '50's" and will sell tickets at \$15 per person and \$20 per couple. They will prepare a play list, insert the playing device it into a mock "Juke Box" they create. They will charge \$.25 to play requested songs. They want have a retro "photo booth" and possibly sell pictures of couples for a small fee.

On January 28th, a week before the dance, at the Interact club's regular meeting time on Thursday, they will have a 30 minute presentation on the water project. Students who attend the presentation will can get discounted dance tickets.



Polio Eradication Update

Several of our members have commented on recent reports from the Bill and Melinda Gates Foundation as well as from the World Health Organization (WHO) that 2016 would see the eradication of polio from planet earth. I did a little research into this subject and what I found is fascinating.

2016 will hopefully be a year free from new cases of wild polio in the human population. The only two countries that have experienced recent cases of wild polio infection are Pakistan which reported 39 cases in 2015 and Afghanistan which had 19 in 2015. Both had significant reductions from previous years in 2015 and both are the focus of unrelenting inoculation campaigns. Rotary recently announced the release of an additional \$35 million USD to help fund this fight. The Gates Foundation will add another \$70 million in matching funds.

Unfortunately, a year without new cases of wild polio in the human population doesn't mean that we are done. The polio virus can remain viable in the environment for several years – waiting for an unvaccinated child to infect. For this reason it is anticipated that mass vaccination with Oral Polio Vaccine (OPV) will continue until at least 2018.

Now this is where the story gets even wilder. There are a number of cases of “Vaccine Derived Poliovirus” reported worldwide every year. The OPV is made with weakened polio virus and unfortunately a tiny percentage of those exposed to weakened polio virus derived from OPV actually contract the disease. While extremely rare, this happens. As long as vaccination continues, the polio virus has an opportunity to be reintroduced into the environment. There are several cases of vaccine derived polio that have recently been reported in Laos.

So stay with me here – There are three recognized types or strains of polio that have been identified. Type 1, Type 2 and Type 3. Type 2 polio has not been seen worldwide in a number of years. Beginning in 2016, OPV will no longer inoculate against Type 2 polio virus. Trivalent OPV vaccine will become Bivalent vaccine since it only needs to inoculate against type 1 and type 3 viruses. It is assumed that Type 2 polio has already been eradicated.

Assuming that there are no human cases of wild polio in 2016, the bivalent OPV will begin to be phased out beginning in 2018. This should end the remaining cases of vaccine derived poliovirus. Undoubtedly there will be environmental monitoring for years to come.

So what does all of this mean to us as Rotarians? The Polio Plus campaign to eradicate the polio virus was launched by Rotary in 1985. Rotary made a commitment to eradicate polio worldwide. Although tremendous strides have been made in this fight – we are not done. We have not yet fulfilled our commitment!

Denver Mile High is one of the leading clubs in District 5450 in terms of donations to Polio Plus. We have donated over \$3300 in the 2015-16 Rotary Year. This represents 92% of our annual goal. We are “this close” to exceeding our club's goal for the year. Let's finish our part of the task at hand!

Our program on Wednesday, January 27th was a Club Assembly. In addition to the the various updates provided by club leadership, Jeff Sprole (our Webmaster) and Geoff Noble provided an overview of some of the features on our club website www.denvermilehigh.org If you need help logging in for the first time. please follow these step-by-step instructions provided below:

Denver Mile High Rotary Web-site

How to login and set up your Profile (step by step)

1. Enter the URL address www.denvermilehigh.org or search for Denver Mile High Rotary Club in your search engine. (this should bring you to the Homepage of our club web-site.)
2. Click on “Member Login” at the top right of the screen.
3. Click on “New and existing users: retrieve login and/or reset Password” (located at the bottom in small blue print)
4. Enter your Last Name and Email Address
5. You should see the message: “Your member profile was successfully located. An email has been sent to your address above with instructions on retrieving your login name and resetting your password.”
6. Close this link and open your Email inbox. Look for an email from Jeff Sprole, our Webmaster.
7. Click on “Reset Password Link”
8. Your Login Name appears at the top. (WRITE THIS LOGIN NAME DOWN.)
9. Enter New Password. (Twice) (If you are like me, you might want to write this down too!)
10. Click on “Submit”
11. You should see: “Reset Password for YOUR NAME
Your password has been successfully reset. Click on the Return button to go to the Login page.”
12. Click on the “Return” button
13. Enter your Login Name (Remember you wrote this down.)
14. Enter your New Password
15. Click on “Login”
16. Click on “Home Page” (located in the upper right hand corner)
17. Click on “Member Area” (also in the upper right-hand corner)
18. Click on “Edit My Profile” (first item on the list in the column on the left)
19. Click on “Edit”
20. Enter appropriate data
21. Click on “Save”
22. Click on “[Log out]” (located in the upper right-hand corner)

CONGRATULATIONS!!! You are done

Now feel free to log back in to our Club Website and “surf” around to see what else you can find.

COLLABORATING FOR MENTAL WELLNESS



Posted by Bill Farrow (Boulder Valley) bfarrow@comcast.net

In August, 2011, my son was institutionalized due to serious mental health issues. I had recently become president of Boulder Valley Rotary and decided to share our family's experience with our club. Mental health issues, especially on a personal level, had rarely been openly discussed. I was totally amazed how many members offered their support and shared their stories about their friends, loved ones and themselves.

Traditionally, our club commits to a 3 year focus on one area of community service. This allows us to develop long-term relationships with community organizations and commit to multi-year projects. In early 2013, we committed to focus on mental health projects for the next 3 years.



Janeen (center) the first graduate, poses with Jessica and Ezra, leaders of the Chinook Cooks training program.

Since then, we have done mental health projects with a variety of organizations. Some have been one-time events, such as, having a speaker. Others have required a longer term commitment and member involvement. All have been worthwhile, personally rewarding and fun.

Observations based on our experiences

1. Mental Wellness is one of the few projects that we have worked on that directly impact rotary members, family and friends.
2. Mental Wellness has many dimensions and we ALL have room for improvement and we ALL benefit from support at some time.
3. Many community issues (i.e. homelessness, addiction, domestic violence, suicide, etc) would be improved with better community mental health.
4. A growing number of clubs within the District are involved in mental health projects.
5. We don't need to be mental health professionals to make a positive difference.
6. Most mental health organizations are eager to form community alliances.

Job Training Programs ...and more

Mental Health Partners (MHP) is a large, non-profit organization that provides a wide variety of services to Boulder and Broomfield counties. Boulder Valley Rotary, collaborating with Broomfield Rotary on a 2014-15 District Grant, provided seed money to support the creation of a job-training program at MHP for individuals dealing with mental health challenges. The training programs began in late 2014 and included culinary arts, custodial and office skills. The grant provided funding to cover the cost of books, kitchen equipment and scholarships for the trainee's out of pocket expenses.

A club member's generous donation provided additional seed money to cover trainee salaries for the first year of the training programs. Financial support the first year was vital to establish these programs. As they ramped up, they became more self-sustaining. Revenue was generated by sales at the café, by catering and by office services.

The Boulder Valley Rotary Community Foundation provided financial support for "peer support specialists". These specialists are former clients who provide coaching for newly hired training graduates to help them maintain their employment. In addition, club volunteers provide tutoring and other job-related support.

As our relationship with MHP grew, other projects were created. We helped plan and fund "Celebrate the Journey", which is an annual event to recognize accomplishments of MHP clients and staff. Last year's event included client presentations to an audience of over 100 people.

Last year, we held a club meeting at MHP's new facility. Rotarians from several other clubs attended. The event was catered by the "Chinook Cooks" trainees. The food was outstanding. Janeen, the first graduate of the culinary program, delivered a very inspiring and heartwarming speech.

MHP clients have participated in "Side-by-Side" volunteering, working with us as we complete community service projects such as our annual coat drive. Volunteering builds self-esteem and confidence and can be a first step towards employment. It also engages our club members on a personal level.

2016 and Beyond:

Last year, a group of Rotarians from multiple Front Range clubs and non-Rotarians formed "Rotary Mental Health Initiatives". One of our goals is to encourage and support club involvement. Please visit www.mentalhealthforyou.org for more information, including club project descriptions and suggested speakers.

We plan to build on the momentum created by the Rotary Mental Health and Wellness expo held in conjunction with the recent State of the State luncheon. 570 Rotarians and community leaders attended this sold out event and 33 mental wellness organizations participated in the Expo. Governor Hickenlooper's speech focused exclusively on mental health. It was one of the largest mental health events in Colorado history. Feedback from attendees has been extremely positive.

Increased education and club involvement will be the keys to Rotary's contributions to improved community Mental Wellness in 2016 and beyond.

Bill Farrow, Co-chair RMHI
Boulder Valley Rotary
"Together We Make a Difference"



On behalf of Boulder Valley Rotary, Bill presents a check to MHP staff member Toni Moon in support of their “Stamp out Stigma” initiative. The mannequin is displayed in the MHP main lobby. The messages are written by clients and change every two weeks.

- See more at: <http://rotary5450.org/stories/collaborating-for-mental-wellness/#sthash.hJ4dHrwV.dpuf>

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