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Denver Mile High Rotary

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

President's Column:

Over the last month we have done 3 brief service projects. On February 22, we delivered leftover plants from the Garden Show to the Little Sisters of the Poor Nursing Home. This project was done in cooperation with Arvada Rotary. On March 14th we served dinner to the long term patients and their families at Craig Rehabilitation Hospital. We were joined by members of the Cherry Creek Rotary. This last Sunday (3/20), we helped load a cargo container with crutches, wheel chairs and walkers headed to Kenya. This project was done with Crutches for Africa and the Mountain Foothills Rotary. Each of these projects had 8 – 12 DMH Rotarians and friends helping out. Each project took 2-4 hours to accomplish – above and beyond the pre-work of the project champions to organize everyone – which is not trivial.

My observation has been that these projects were well received – both by those who we served as well as by our DMHR Rotarians. In each case, opportunities for follow up projects have surfaced. No pretense that we have accomplished something earth shattering with our efforts. Operating on the premise that “it’s always better to light a single candle than to curse the darkness” we are making a difference.

So please consider this a request for feedback. Please let either Michael Tapp (our Local Community Service Chair) or myself know how you feel about the projects we are doing. If you participated – did you feel that your time was well spent? If you didn’t participate – why not? What would cause you to want to participate? Do you see something that needs to be done in the community that we should get involved with? New projects are always welcome.

Bob Kemp
President Denver
Mile High Rotary
2015-2016

March 21, 2016

Final thought: 1,327 sets of crutches, walkers and wheelchairs are headed to Kenya, in part because of our efforts. Certainly lots of other folks involved as well. But at the end of the day 1,327 people will have an easier life because we helped to get that cargo container on it’s way!



Denver Mile High Rotary Upcoming Programs

March 23rd - For many years Denver has owned an outstanding reputation for having one of the country's best library systems. With space limitations, advancing technologies, and increased populations libraries have changed to meet the needs of their citizens and Denver's Library system has adapted to meet those needs. Denver has 26 community libraries serving 4 million library patrons per year.

Our guest speaker will be Michelle Jeske, the Denver City Librarian. Ms. Jeske will talk about the History and current developments of the Denver Library System.

March 30th - Dr. Carl Clark, CEO of Mental Health Center for Colorado, will be our guest speaker. Dr. Clark has dedicated his career to improving the well-being of the Denver community and beyond through a focus on health promotion, wellness, resilience and recovery across people's lifespans. Dr. Clark will speak on mental health issues and the Rotary Mental Health Initiative.

April 6th - This year our club has made a concerted effort to learn more about polio, its devastating impacts on those who have the disease and their families, and Rotary International's efforts to finally defeat polio. Dan Himmelsbach will show a series of brief videos that will deepen our understanding of polio and the efforts to combat it.

Denver Mile High Rotary Happy Hours

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

April 28th - [Infinite Money](#)

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



Weekly Inspirators, Greeters & Hosts

March 23rd-

Inspiration - Brandon Blankenship Greeters

- Tom Giordano and Tom Gregory Host -

Susan Henderson

Rotary Minute - Endryx

March 30th-

Inspiration - Dan Himelspaceh

Greeters - Sarah Hite and Noreen Keleshian

Host - Audrey Leavitt

Rotary Minute - Jeff McAnallen

April 6th-

Inspiration - Alex Orkow

Greeters - Reena Prema and Diane Messamore

Host - Constance Hortell

Rotary Minute - Larry Mundy



CEC Interact Club Update

The CEC Interact Club is working on the following events:

Car Show and Community Carnival on May 14th

Three students will be volunteering at Cowell Elementary

Students are working on individual community projects.

Thirst project to raise funding for water.



Continental Breakfast

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

Denver Mile High Rotary Calendar

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

April 9th - Rotary Leadership Institute

April 22nd - 24th - District Conference

April 2 th - 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

July 9th - Denver Mile High Rafting Trip

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 CB
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
16 S Main Street
Moab, Utah, 84532-2503, US
Phone: 435/259-2300
Fax: 435/259-2301
canyonlandsinn.com/

Aarchway Inn
1551 US-191,
Moab, UT 84532
Phone:(435) 259-2599
www.aarchwayinn.com/





Rotary Club Rafting Trip

Please join us in a half-day Fun-Raising rafting trip down Clear Creek through Idaho Springs and lunch on Saturday, July 9, 2016 to directly support the Warriors on Cataract program. This event is open to all Rotarians, their families, and friends.

We will be guided by the professional team from Mile Hi Rafting. Half-day rafting adventures are offered for beginner, intermediate and advanced rafters. The cost is \$47.00 for adults/\$40.00 for children under 12 years old on the beginner trip. \$57 for adults on the intermediate trip and \$67.00 for adults on the advanced trip. (All prices include a \$5.00 donation that will go directly to support Warriors on Cataract.) Lunch arrangements are still being negotiated, but we are trying to find a restaurant in Idaho Springs that will rebate a portion of what we spend to directly support Warriors on Cataract.) Lunch is NOT included in our half-day rafting trip.

If you are interested and available on that date (July 9, 2016) please respond to Geoff Noble at gnoble@comcast.net (or call him at 303-669-5281) with your reply. If rafting is not for you, or you just want to join us for a casual lunch in Idaho Springs, please include this in your reply. Geoff will have sign-up sheets and more details at our Rotary breakfast on March 23rd and March 30th. If we can sign up and commit our rafting group before April 1st, we will receive an additional 10% discount, which will be given directly for our support of the Warriors on Cataract program.

Right now, we just need to know if you are interested, or not?

Geoff will follow up directly with those of you who express an interest. You can also learn more about the various rafting trips available at the following web-site:

<http://milehirafting.com/rafting/clear-creek/>

Thank you for your support!

Below is a brief summary that describes the three half-day rafting trips that are available.

HALF-DAY RAFTING TRIPS WITH MILE HI RAFTING

SURE-SHOT - \$47 ADULTS, \$40 CHILD

Rafting on Clear Creek River's mountain water is an experience that's fun for the whole family. Get ready for some fun on our exciting 'Sure Shot' beginner-rafting trip. Begin with passing by the historic Charlie Taylor Water Wheel experiencing Class II rapids (ripples). While rafting through Historic Idaho Springs the Class III rapids of Castle Falls and Argo Holes test your newly developed rafting skills. Below town history and nature abound, with the occasional sighting of Retail Hawk, Deer, Fox, Bob Cat, Lynx, Elk, and Big Horn Sheep. Dizzy Lizzy, Power Line, Mountain Lion, and Box prepare us for the grand finale of Mr. Twister! The perfect beginner - starting with Class II water so you can practice, and then the Class III rapids. There is a 50 pound minimum for rafting to insure proper fit of the life jacket. Allow 3 hours for the trip.

BLAST (INTERMEDIATE HALF DAY) - \$57 ADULTS

Perhaps you've already been there and done that, and are looking for something more. Most folks who paddle the Blast weren't expecting some of Colorado's most consistent whitewater, and come back for more! With five solid class IV rapids and more class three whitewater than we have space to mention, the Blast is waiting for those with good physical conditioning and an attitude for adventure. If you are active in your daily life the 'Blast' is the trip for you. Allow 3 hours for the trip. Minimum age 14.

KAMIKAZE (ADVANCED HALF DAY) - \$67 ADULTS

One of our former guests refers to this trip as "the best darn whitewater around!", and after braving the rapids of the Kamikaze trip you'll understand why. Add another two miles of continuous (and we aren't kidding!) class IV/III whitewater onto the Blast and you have an adventure that will bring you back over and over. If you're on your toes you might have time to enjoy the scenery of the Front Range before you dive into your next rapid. Previous experience and the ability to swim is highly recommended. Allow 3 hours for the trip. Minimum age 14.

Denver Mile High Rotary Sponsors

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M. Anthony Vaida, Attorney at Law

M. ANTHONY VAIDA, P.C.

Law Offices
899 Logan Street, Suite 208
Denver, CO 80203
(303) 832-2100 Telephone
(303) 861-3759 FAX
(303) 204-1710 Cell
manthonyvaidapc@vaida.net



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Denver: 280 E 20th Ave 303-741-6410
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