



Be a gift to the world

Denver Mile High Rotary

High Rotary on the Web:

www.denvermilehigh.org

[Denver Mile High Rotary on Facebook](#)

[Denver Mile High Rotary on LinkedIn](#)

[Rotary District 5450 Web-site](#)

[Rotary International Web-site](#)

Inside this issue:

Weekly Programs 2

Greeters, Hosts, Inspirators 3

Denver Mile High Rotary Calendar 4

C.E.C Update 5



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

President's Column:

March 28, 2016

This week brings the month of March to a close. As is Colorado tradition, spring means snow and last Wednesday was no exception. Kudos to the dedicated Rotarians who braved the blizzard and made it to our breakfast meeting. As many of you know, I ended up stuck on the road behind an accident and didn't make it to the meeting. Our guest speaker cancelled as well! Fortunately incoming President Melanie Gentz stepped up big time and ran our meeting. By all accounts everyone there had a fun time and Melanie hasn't resigned her Presidency! As luck would have it – another snow storm is on the horizon for this Wednesday. While we will meet as usual – please use your best judgement about attending. There is nothing that could justify having someone get injured trying to get to breakfast!

For those desiring some additional Rotary time this week, please consider joining us for Happy Hour this Thursday (3/31) at 5:30. We will meet at the Denver Athletic Club in the lounge. Who knows, we may even spot some of our friends from Club 31!

Last, but certainly not least – please consider attending the rapidly approaching District 5450 Annual Conference. This year's conference will be held in Breckenridge from April 22nd until April 24th. Registration is available on the District website <http://www.rotary5450.org/>. Registration is open until April 15th which is now just over two weeks away. This is a great way to meet friends – both new and old from clubs all across our District. Join us as we celebrate D.G. Mary Kay Hasz as she wraps up her year as our Governor. Incoming Club Presidents and new District Officers will all be in attendance. Great speakers, great food and great entertainment will be featured. Who knows – it might even snow!

Bob Kemp
President Denver
Mile High Rotary
2015-2016



Denver Mile High Rotary Upcoming Programs

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 Himmelspace will show a series of brief videos that will deepen our understanding of polio and the efforts to combat it.

April 13th - 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.

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.

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 30th-

Inspiration - Dan Himelspace

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 Mortell

Rotary Minute - Larry Mundy

April 13th-

Inspiration - Geoff Noble

Greeters - Karl Paulson and Adams Price

Host - Heidi Resetarits

Rotary Minute - Chuck Rudolph



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

April 9th - 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

July 9th - Denver Mile High Rafting Trip

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.

CEC Interactors Teach "Be BrainWise with Food" at Cowell Elementary School.

A successful collaboration with DMHR, Cowell Elementary School's Fit Fun program and CEC's Interact Club will be a model for future projects that reinforce the children's use of thinking skills. Led by Cowell social worker Abbe Montoya, CEC teacher Stacey Hervey, CEC school nurse Tess Callinicos, and Pat Gorman Barry, the high school students presented lessons to 4th and 5th graders on how use thinking skills when making decisions on food. Rotarians Terry Tomsick and Elizabeth Daigle supported CEC students/Interactors Brynn, Marcalino, Daniel and T. The rapt attention of the children says it all, and the teens are looking forward to their next presentation, either on "Be BrainWise with Money" or "Be BrainWise with Safety." The project is the result of a request from Abbe asking DMHR to help her get the BrainWise program into schools in Villa Park, starting with Cowell. CEC administrators are thrilled to have the high school students working with children in the nearby elementary school.





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

The Gregory Group



Global Wealth Management

370 17TH STREET
Suite 5500
DENVER, CO 80202
[Get directions](#)

Phone: (303) 446-5692
Email: Thomas.F.Gregory

- *Customized portfolio management
- *Retirement planning
- *Liability management
- *Estate planning management
- *Banking
- *Insurance
- *Pre and post sale strategies for business owners

Your finances. Your future. *Our focus.*

NewBridge Wealth Management

Financial Advisors
370 17th Street, Denver, CO 80202

ubs.com/team/newbridge/



©UBS 2013. All rights reserved. UBS Financial Services Inc. is a subsidiary of UBS AG. Member SIPC. D-UBS-FCC1D90A

Proud Sponsor of the Rotary. Proud Steward of Our Clients' Futures.

- Business Law
- Estate Planning
- Probate & Trust
- Financial Planning
- Elder Money Management
- Income Tax for Businesses & Individuals

www.legacyfamilyofficellc.com



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



WIEGAND
ATTORNEYS & COUNSELORS LLC
Navigating Your Future Success



Denver: 280 E 20th Ave 303-741-6410
Breckenridge: 291 Gold King Wy 970-390-6587 WiegandAttorneys.com

Matching sponsor of Chris Wong ~ Encana is a leading North American Energy producer that is focused on growing its strong portfolio of diverse resource plays producing natural gas, oil and natural gas liquids. By partnering with employees, community organizations, other businesses, Encana contributes to the strength and sustainability of the communities where it operates.



Personal Sponsors of the Denver Mile High Rotary Foundation

Michael Tapp...DMHR member since 2000, Chairman Local Community Service

Roberta Simonton....DMHR member since 2009