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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:

Thanks to those who attended the Pub Crawl last Thursday and to Betty for making it happen! Speaking of making it happen - please be sure to mark December 6th on your calendar. We will be at Sarah Hite's house for our annual holiday party. Further details are coming.

Another date to mark on your calendar is January 9th. This is the evening of the annual R.I. President's Dinner and Polio Plus Fundraiser. This is your one opportunity to meet President Ravi Ravindran here in Colorado. Far easier than going to Korea for the Annual Convention. We will be organizing a DMHR group to attend.

While we continue to keep a full schedule of fellowship events, we haven't forgotten about our key service projects. Be it packing food bags at Harrington or helping the CEC Interactors with their Holiday gift programs, please volunteer your time. For those who haven't found a service activity to get involved in - now is the time.

Bob Kemp
Denver Mile High
Rota-ry President
2015-2016

Welcome new members!

November 10th, 2015



Be a gift to the world

WHAT WOULD IT TAKE TO CHANGE THE WORLD?

ROTARY'S 1.2 MILLION MEMBERS
BELIEVE IT STARTS WITH A COMMITMENT

SERVICE ABOVE SELF

Denver Mile High Rotary Upcoming

Programs

November 11th - This will be a fabulous meeting and a great opportunity to bring a guest. Stella Dongo, one of only six worldwide winners of the Rotary International Women of Action Award will be recognized by our club for the wonderful work she has done. Our guest speaker will be Dr. Ron Cohen. Many of us have been following the story of the Gold King Mine accident that sent millions of gallons of water into the Animas River in southern Colorado. Dr. Cohen presentation is "The History of Colorado Mining as it pertains to the Gold King Mine Water Release into the Animas Drainage." He is Associate Professor at the Colorado School of Mines Civil and Environmental Engineering Department. If you plan to bring a guest, please contact Greg Thielen so we can make arrangements for them.

November 18th - In the 1970's the creation of the 16th Street Mall changed the core of downtown Denver. The creative pedestrian/shuttle mall has many benefits and some challenges. David Gasper will be our guest speaker. David is Principal City Planner for the City and County of Denver and his presentation is entitled "The Mall Experience: The Future of Denver's 16th St. Mall." This is another excellent meeting to invite a guest.

November 25th - Dark at University Club (Thanksgiving week)

December 2 - Greg Podd will be our guest speaker. He is a Vice President and Director of Rotary International. Greg is an excellent speaker and ambassador for Rotary.

December 9 - Everyone in our club is aware of Rotary International's long term commitment to end polio worldwide. With that goal finally within our reach, our own Dan Himelspace, End Polio Now Zone 27 Coordinator, will show us where we are now and what Rotary International plans to do to help eradicate this devastating disease.

Here are some creative ways to use it your King Soopers Card:

- Buy it as a gift: College kids, newlyweds and new parents appreciate groceries!
- Use it to buy supplies for special events; like bbq, mini-dinners or fundraisers.
- Purchase two, one for you and your spouse so that you always have it handy.
- Leave it in your car next to your re-usable bags, so you can grab both on the way out!



Every little bit adds up to funds that our club can use to treat guests or have events.
Thanks for your support!

Contact Sarah Hite at schite2000@yahoo.com or
Heidi Restarits at Heidi.rr@gmail.com



Weekly Inspirators, Greeters & Hosts

November 11th -

Inspiration - Sarah Hite

Greeters - Jefl McAnallen and Diane

Messamore Host - Constance Mortell

Rotary Minute - Dan Himelspace

November 18th -

Inspiration - Karl Paulson

Greeters - Adams Price and Heidi Resetarits

Host - Chuck Rudolph

Rotary Minute - Carolyn Schrader

November 25th -

Dark -Thanksgiving Break



Continental Breakfast

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

Denver Mile High Rotary Calendar

November 14th - Rotary Leadership Institute

November 20th - Movember Rolling for Rotary Fundraiser hosted by Rotary Club of Five Points. Go [here](#) to purchase tickets and info.

January 9th - Presidents Dinner

January 16th - Grants Qualification Training

February 6th - Rotary Leadership Institute

March 11th - 13th - PETS

April 2nd - Rotary Leadership Institute

April 22nd - 24th - District Conference

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

State of the State Luncheon



December 10th 12-1:30 PM

Hyatt Regency Denver Tech Center

Colorado Rotary District 5450 and the Rotary Club of Denver Southeast invite Rotarians, Guests, Business Leaders, Elected Government Officials, and Prospective Members



Speakers Include:

John Hickenlooper, Colorado Governor (Invited Honorary Chair)
Katherine Switz, Senior Program Advisor for the Bill and Melinda Gates Foundation
Katherine will share her experiences living with mental health conditions while serving in management and senior executive positions with McKinsey & Company, General Electric, Unitus, and the Initiative for Global Development.
Cheryl Preheim, Channel 9 News, Emcee

Thursday, December 10, 2015 | 12:00pm - 1:30pm

Hyatt Regency Denver Tech Center

Registration: 11:30am - 12:00pm | Lunch and Program: 12:00pm - 1:30pm |

Mental Health Expo 11am - 11:55am and 1:30pm - 2:30pm

Registration Information to follow

This year's luncheon, emceed by Cheryl Preheim Channel 9 News, will include a report on the State of the State, with a focus on the challenges mental illness creates in our community, and what can be done to address these challenges.

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Before and after the event the Rotary Mental Health Expo (information booths). It is a great opportunity to see what our Mental Health Community is doing today, and also an opportunity for us, and our fellow club members, to look for possible Club projects that can further Mental Health awareness and wellness.

For more information:

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Cheryl Radke – radke6775@msn.com

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PRESENTED BY
ROTARY CLUB OF DENVER SOUTHEAST
ROTARY DISTRICT 5450

Stella Dongo, our Rotary Partner for the Zimbabwe Community Development Rotary Grants, was in New York this weekend for the first Rotary Global Women in Action Awards. Stella was one of six Rotarians who received this award on Saturday November 7, at Rotary UN Day.

The award was based on Stella's work in partnership with Denver Mile High to empower women and youth in Zimbabwe through training and extended mentorship.

We are proud of Rotary's acknowledgement of Stella's leadership and the recognition of the extraordinary impact of the Zimbabwe Community Empowerment program on the communities in which we have work. Stella will be at the meeting on Wednesday November 11 and will share a few thoughts about the projects.



Jeans for Teens Drive



The Interactors are collecting used and new blue jeans for a "Jeans for Teens" drive. Brynn will ask us to bring in blue jeans for the drive -- we must bring them to our meeting by 11/18.



*Jeans due by
November 18th!!*

The date and place for your Membership Symposium:

- **Saturday, November 21st**
 - 8:00 am - 12:30 pm (check-in starts at 8:00)
- Daniels Fund - 101 Monroe Street - Denver 80206

The purpose is to dive deeper with the attending clubs into membership attraction AND retention/engagement as well as goal setting. We can [share](#) trends in membership for North America, our District 5450 and your club. In the meeting, expect help to work with the DMT on realistic and challenging goals.

Can you attend????? Please contact Tom Gregory for more information .



- 1 - Chuck Rudolph and Betsy Boudreau
Diane Messamore
- Carolyn Schrader

Rotary Minute – Wednesday, November 4, 2015 “Service Above Self”

Rotary originated in 1905 (110 years ago)

In 1911, at the second National Association of Rotary Clubs of America convention in Portland, Oregon, two mottos, or slogans were introduced:

1. He Profits Most Who Serves Best
2. And, Service, Not Self

At the Rotary International Convention in 1950 in Detroit, Michigan, the second motto was officially changed to what we are familiar with today, “Service Above Self”. And, in 1989 the Rotary Council on Legislation established “Service Above Self” as the principal motto of Rotary, because it best conveys the philosophy of unselfish volunteer service.

Next week, we will celebrate Veterans Day, a tribute to the men and women who have served to protect and defend our country... to protect the basic rights and freedoms that most of us in United States take for granted.

I know quite a bit about service. I have been a Rotarian for almost thirty years, and my father fought in World War II, before I was even born. He was shot in the leg. He received the award of a Purple Heart for wounds he received in battle.

I served on active duty in the United State Navy for 26 years. I was never shot or wounded, but I have spent a fair amount of time away from home, overseas, on the seas, sometimes under the seas. When I was first married, I spent my first three Christmas Holiday seasons under water on a nuclear submarine.

Our son Gavin was commissioned in the Navy and served time at sea on a Patrol Craft in the Persian Gulf when it was officially declared a war zone during the war in Iraq. Our daughter Kinder served as a Public Affairs officer for the Unites States Air Force for five years, and is now serving as a Public Affairs Officer for the Colorado Air National Guard, stationed at Buckley Air Force Base. Our youngest daughter Carson is currently serving on active duty as a Surface Warfare Officer and Reactor Controls Officer on the USS George H W Bush CVN 77, a nuclear powered aircraft carrier home ported in Norfolk, Virginia. Denver Mile High Rotary supports two non-profit organizations that support Veterans:

1. Honor Flight of Northern Colorado – This program flies Veterans from WWII, the Korean War, the Vietnam War, terminally ill Veterans, and Purple Heart recipients (from any conflict) to Washington D.C. for a weekend FOR FREE to visit the WWII memorial, the Air Force Memorial, the Iwo Jima Memorial, the Korean War Veterans Memorial and the Lincoln Memorial. In addition to the financial contribution that our club makes each year, there is the opportunity to serve as a Guardian on one of these trip. Applications are available on-line at the Honor Flight of Northern Colorado website. Additionally, we are invite to join the sendoff at DIA of every Honor Flight. The next flight is scheduled to depart on Sunday, May 1st, 2016.

2. Warriors on Cataract – This program takes servicemen and women who have been physically wounded, have physical handicaps, clinical depression, or are suffering from Post-Traumatic Stress Disorder and helps with the healing and reintegration of our Wounded Warriors back into civilian life. They accomplish this through white-water rafting trips down the Colorado River, houseboat trips on Lake Powell in Utah, and ski trips at Steamboat Springs. In addition to our financial support, Warriors on Cataract accepts volunteers to accompany the Wounded Warriors on all of these outdoor adventure. I will warn you, that if you go to their website and look at some of the videos from their rafting trips, you will want to make sure that you have a good life jacket and safety helmet. These raft trips are not for “beginners”. However, Denver Mile High Rotary is planning a dedicated fund raising event, a rafting trip out of Idaho Springs, which will be safe for you, your family and your loved ones. This combination social event and fund raiser is scheduled for late spring of 2016. More details to follow. AND, if you would like to help me and Melanie plan and organize this event, please see me after the meeting today.

And finally, at our breakfast meeting on Wednesday, November 11th, Veteran’s Day, we will have red poppies for every Rotarian in honor of ALL Veteran. Denver Mile High Rotary will be accepting donations to support both of our projects, Honor Flight of Northern Colorado, and Warriors on Cataract.

Denver Mile High Rotary Sponsors

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