



Be a gift to the world

Denver Mile High Rotary

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#### Inside this issue:

Weekly Programs 5

Greeters, Hosts, Inspirators 7

Denver Mile High Rotary Calendar 4



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

## President's Column:

Hope everyone enjoyed the long Labor Day Weekend.

Please join us tomorrow - **Joyce Feustel** will help us understand the various types of social media and how to use it effectively - no matter what generation we are!



We are also actively recruiting volunteers to help out with the Villa Park 9 Health Fair which will be held on October 17th. Please see **Linda Sue Shirkey** for more information.

[CLICK HERE to register for the 9 Health fair](#)

If you can join us today for September's Board Meeting. We will meet at 4:30 in **Jeff McAnallen's** office in the Wells Fargo Building. All club members are welcome to attend.

**Bill Elfenbein** has found the route for the October 10th End Polio Now Bike Ride. Please join us if you can.

Ride the Clear Creek Trail to Golden, CO 12 miles  
Brunch/Coffee in Golden about 9:30  
Once we all gather and leave it will take about 45 min to get back to 55th and Lowell

[Tickets Available CLICK HERE](#)



**Chuck Rudolph** has agreed to Champion our fundraising efforts for End Polio Now. The Denver Mile High Rotary club has a goal to increase our donations from last year. Please see Chuck if you

would like to donate to End Polio Now.

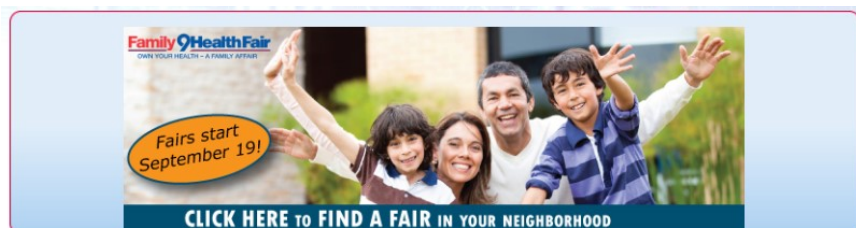
Lastly - Sign up will close immediately following our Rotary breakfast meeting on Wednesday, September 16th.

Join fellow Rotarians and guests on a tour of the Colorado Air National Guard (COANG) facility on Buckley Air Force Base.

Please see Geoff Noble at our next Rotary breakfast meeting to sign up, or contact him at

[gtnoble@comcast.net](mailto:gtnoble@comcast.net).

Bob Kemp  
Denver Mile High Rotary President



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

**Sept. 9** For some of us social media is a challenging experience - to say the least! Joyce Feustel will help us understand the various types of social media and how to use it effectively - no matter what generation we are!

**Sept. 16** Karen Susman will be our guest speaker. Karen is a local consultant and talented presenter. Karen's presentation is entitled, "Six success secrets from Ron Popeil, the Infomercial King." This is An inspiring and fun story chock full of ways you can become more visible, cement relationships, and build

**Sept. 23** Tour of Buckley National Guard Base -- Capt. Kinder Blacke (Geoff Noble's daughter) will be our host as we have a unique opportunity to tour the Buckley Air National Guard Base. You must sign up with Geoff by September 16 to be able to attend (an advance security check is required).

September 23 - Join fellow Rotarians and guests on a tour of the Colorado Air National Guard (COANG) facility on Buckley Air Force Base.

A light Continental breakfast will be available starting at 6:45, and the briefing will start at 7:15 (the same time as our regular breakfast meetings). The tour will include an overview of the F-16 mission, as well as an up close look at the jets, flying gear, and more. The tour will conclude at 8:30 AM. (For those who have additional time in their schedule, you may stay to watch the aircraft take off, which will extend the meeting to approximately 9:30) You must sign up in advance to get access on to Buckley AFB. Please see Geoff Noble at our next Rotary breakfast meeting to sign up, or contact him at [gtnoble@comcast.net](mailto:gtnoble@comcast.net). Your driver's license number and Social Security number are required information to sign up for this tour. Sign up will close immediately following our Rotary breakfast meeting on Wednesday, September 16th.

## **Weekly Inspirators, Greeters & Hosts**

**September 9th -**

Inspiration - **Noreen Kelesian**

Greeters - **Karl Paulson and Adams Price**

Host - **Heidi Resetarits**

Rotary Minute - **Chuck Rudolph**

**September 16th -**

Inspiration - **Linda Sue Shirkey**

Greeters - **Carolyn Schrader and Roberta Simon-**  
**ton**

Host - **Vass Sirpolaidis**

Rotary Minute - **Greg Smith**



**September 23rd - Off Site**

**September 30th -**

Inspiration - **Greg Theiland**

Greeters - **Ann Tull and Tony Vaida**

Host - **Sonny Wiegand**

Rotary Minute - **Chris Wong**



September 2nd - **Mr. Greg J. Thielen**

September 8th - **Roberta Simonton**

September 10th - **Susan Henderson**

September 27th - **Jeff O. McAnallen**

# Continental Breakfast

The continental breakfast will be served every 2<sup>nd</sup> Wednesday of the month.

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## **Denver Mile High Rotary Calendar**

**September 8th - Denver Mile High Rotary Club - Board Meeting 4:30 - 6:00 - 1700 Lincoln Street, Suite 4550 (45<sup>th</sup> floor of the Wells Fargo tower)**

**September 15th: World Community Service Committee Meeting -**

**October 7th: Breakfast Meeting at CEC.**

**October 10th - Ride to End Polio Fall Bike Ride \$25 donation to End Polio Now**

**October 13th: Regular Club Board Meeting**

**October 17th - Rotary Leadership Institute**

**October 17th - 9 Health Fair 6:00 AM to 12:30 PM** there will be another Fair at Barnum Recreation Center.  
To sign up Follow this link

<http://www.9healthfair.org/Login.aspx?ReturnUrl=%2fVolunteer%2fVolunteerLoginSignUp.aspx+to+sign+up+for+the+Barnum+Recreation+Center>

**October 29th - Area 1 Assembly**

**November 14th - Rotary Leadership Institute**

**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**

## Save the Date - October 10th Fall Bike Ride- Ride to End Polio!



### The Denver Mile High Rotary club will have a Fall Bike Ride

All Monies raised will go toward - End Polio Now \$25 Donation

We will meet at 8:00am at 55th and Lowell Denver, CO

Ride the Clear Creek Trail to Golden, CO 12 miles  
Brunch/Coffee in Golden about 9:30

Once we all gather and leave it will take about 45 min to get back to  
55th and Lowell

[Tickets Available](#)  
[CLICK HERE](#)



# Family 9HealthFair

OWN YOUR HEALTH – A FAMILY AFFAIR

Endorsed by the Colorado Medical Society, the Colorado Nurses Association,  
and the Colorado Hospital Association.

## *Site Information*

**When:** On Saturday, October 17th

**Where:** Barnum Recreation Center  
(6<sup>th</sup> Ave & Knox Ct)

**From:** 6:00 AM to 12:30 PM

Health Fair provides affordable and convenient Health screenings

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Sign up to volunteer at- <http://www.9healthfair.org>

&

Create an account and Search for Barnum Recreation Center under Volunteer Login Sign Up

**Based on the most current research findings, the 9Health Fair Medical Advisory Committee has determined that fasting is not required (optional) for blood screenings.**

People with diabetes should not fast • Check with your medical provider for specific recommendations  
Drink plenty of water & continue to take prescription medications • Must be 18 years or older to participate



**For more information:**  
**303-698-4455 or 1-800-332-3078**  
**[www.9HealthFair.org](http://www.9HealthFair.org)**



## Nepal - The first International project

The first International project of the Rotary Club of Denver Mile High was a water project in a village in Nepal visited by 2 of our members, **Patricia Fiske** who employed **Ram Tamang** as a guide on a trek and then later by **Nan O'Dell** as she also employed Ram. They were so impressed with Ram that after visiting his village they brought the project to our club and it became our initial international project. I believe this project helped to create the culture which has encouraged our club to become a leader in the international project arena. The following is a note which Tatwa Timsina, our main contact at the Rudramati Rotary Club in Katmandu wrote to me after he and members of the ICA Nepal visited the village to see the devastation from the earthquake.

"I will be sharing this report to our DG also as for me it is one of the most successful projects that I have ever visited. Please share this report to all who were involved in this project. It is also good to share to every one, who believes on



‘small contribution can bring big change’. " Tatwa P. Timsina, Co-Chair, District Project Link Committee, Nepal Rotary – 3292.

The full report and photos are attached here, but this is an excerpt from Tatwa's report. The village is relatively clean and prosperous, as compared to other villages in Nepal. However, this was not the situation until 1993 AD (2050 BS) when Rotary Club of Denver Miles High came in contact with one of the villagers Mr. Ram Bd Tamang, during a trek trip. The club assessed the high need of drinking water in the village and with the collaboration of Rotary club of Patan and villagers of Thulo Parsel, drinking water taps were provided in the village in 2053 AD (1996 AD). With total 26000 USD expenses, the project provided drinking water pipes and taps for individual household. (Con't next page).

Con't from page 7

The materials were transported via rafting as there was no road access then. After the reach of drinking water, Rotary Club of Patan further helped to construct toilets in each individual household. Hence, every household have drinking water accessibility and toilet facility now. Later, government of Nepal also added few taps water which fully solved the drinking water problem in the village. After availability of water, agriculture also flourished rapidly in the village. A villager shared, “Had not there been reach of water, there wouldn't be a single green tree or vegetable in village.” Therefore, the condition of village transformed highly in prosperity through this very initiation of drinking water.

Even before that, villagers were comparatively much forward and liberal in terms awareness and empowerment, but access to drinking water changed their lives completely. After a huge earthquake in

April 2015, the village got a lot of damages in houses and lost some animals too. Out of 160 damaged households, 60 are totally unsafe to stay whereas 100 of them are in need of urgent repair. People are living on tarpaulins and temporary shelter. They have received NPR 15 thousand from government for repairment as per governments support for victims. This amount is not enough, so local people are expecting some support from generous people and organisations.



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

**Roberta Simonton**....DMHR member since 2009