

The Rotary Club of Denver
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 Denver, CO 80203
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 Hours: 9-4 M-Th; 9-2 Fri
 (Office closed 11-2 Thurs)
www.rotary-denver31.org
 Darlene Mast, Exec. Dir.



THE KEYWAY

Volume 228

October 12, 2007

222

Committee Meetings

TUESDAY, OCTOBER 16

RCD Board of Directors
 7:30 a.m., MSEC

THURSDAY, NOVEMBER 1

Membership Committee
 10:45 a.m., DAC, Petroleum 1

Programs Committee

7:30 a.m., Cherry Creek Hotel,
 600 S. Colorado Blvd.

MONDAY, NOVEMBER 5

BRAC
 12:00 p.m., MSEC, Box Lunch
 Provided

TUESDAY, NOVEMBER 6

DRCF Executive Committee
 10:30 a.m., Teleconference

THURSDAY, NOVEMBER 8

RCD Executive Committee
 1:00 p.m. DAC, Room TBD

TUESDAY, NOVEMBER 13

WCS
 7:30 a.m., 303 E. 17th St., Ste.
 800 (Pete Wall's Office)

THURSDAY, NOVEMBER 8

New Member Orientation
 Session 3 - Club Standing
 Committees
 10:45 a.m., DAC, Denver 2



October 18, 2007

(DAC, 11:45 a.m. - 1 p.m.)

CU Opera Program **Dr. Bill Gustafson**

CU Opera is recognized as one of the finest programs of its kind nationwide. It is rated among the top six programs in the country and is unequalled in the western United States.

CU Opera is among an elite few and the first performing arts discipline to be awarded the prestigious "Program of Excellence" designation by the Colorado Commission on Higher Education, acknowledging it to be among the most exceptional educational programs in Colorado. This coveted award honors outstanding faculty, exceptionally gifted students, the high quality of teaching in voice, the impressive placement and career success of voice graduates in the professional world, and the enthusiastic support for the voice program reflected in audience attendance and contributed support.

- The CU Opera program is an integral part of the College of Music's curricula representing almost 25% of the College's total enrollment.
- Two major productions are presented each academic year in Macky Auditorium complemented by a spring production in the College's Music Theatre.
- Colorado Light Opera, CU Opera's summer festival, presents two popular productions from the musical theatre and operetta repertoire.
- CU Opera performances reach a total audience each year of well over 10,000 placing attendance figures among the highest in the United States for an educational institution.
- The high quality of the CU Opera program

attracts graduate and undergraduate students from all parts of the United States and around the world.

- Voice faculty are dedicated professionals with active performing careers. They are also experienced teachers and researchers in the fields of vocal literature and vocal pedagogy.
- Graduates have debuted at the Metropolitan Opera and performed with the New York City, San Francisco, Chicago Lyric, Houston Grand, Seattle, Glimmerglass and Santa Fe Opera companies. Others have sung in major concert halls and opera houses worldwide.
- Several graduates are singing lead roles in musical comedy productions both on Broadway and on tour in the United States and Asia.
- Others are teaching in universities throughout the United States, Canada and Europe. Some hold positions of leadership in public school music programs or key management positions in arts organizations nationwide.

Dr. William Gustafson is the General Director of CU Opera with Maestro Nicholas Carthy serving as Music Director and Principal Conductor, and Professor Mitsumi Moteki providing vocal coaching and rehearsal accompaniment.

For questions about programs or speakers, please contact Larry Gloss, 2007-2008 Meetings Committee Chair, at (303) 475-1847

Upcoming Club Meetings

- | | |
|--------------------|--|
| <i>October 25</i> | "Secrets of the Game" - Goose Gossage |
| <i>November 1</i> | "Project C.U.R.E. Kits" - Stephanie Ursini |
| <i>November 8</i> | "Rotary Foundation Program" - Carol Jones |
| <i>November 15</i> | NO MEETING - Branch Rickey Week |

Observer's Report



October 4, 2007
Longevity Made Simple
 Written by
 Sandy Adams

Doctors Richard Flanigan and Kate Flanigan Sawyer (Dr. Bob's daughter-in-law) spoke to Club 31 on October 4, 2007, about their new book: *Longevity Made Simple: How to Add 20 Good Years*. Dr. Flanigan is an assistant professor of cardiology at the Health Sciences Center and is also in private practice.

They led into their presentation by offering some pretty astounding statistics, such as in 1890, 92% of deaths were caused by infections. The discovery of penicillin in 1928 made a hefty dent in that huge percentage. Also, one out of 10,000 Americans alive today will make it to 100. Fifty percent (50%) of males won't make it to age 69, and less than 2% will make it to age 85. The number one killer today is heart disease and stroke at 47% followed by cancer at 29%. It drops off pretty significantly from there: Chronic Obstructive Pulmonary Disease (aka, COPD, which includes emphysema, asthma and chronic bronchitis) follows at 7%, then accidents at 5% and so on. The body ages 6% per decade; however, after age 70, it ages 20% per decade. Regarding cancers 80% to 90% are preventable. As for Alzheimer's Disease, the latest research is suggesting that it too is a vascular disease.

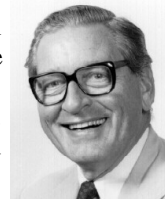
So, what are their suggestions; what can we do to maximize our potential for a quality life for as long as we are on this planet?

We can reduce our chance of suffering from the lion's share of these diseases through behavior and lifestyle modifications. We should...

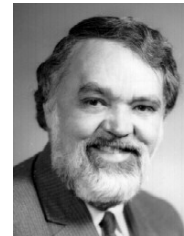
- Lower our cholesterol (should be below 150) through exercise and diet.
- Lower our blood pressure, through exercise and diet. BP should be less than 120/80.
- Avoid tobacco.

- Adopt the Mediterranean diet as a way of life. This includes the consumption of avocado, whole grains, vegetables (especially spinach and cruciferous vegetables, i.e.; broccoli, cabbage, brussel sprouts, cauliflower), dried beans, olive oil, garlic, fresh herbs and fruit along with using fish as our main source of protein.
- Exercise daily...a 30 minute a day walking briskly should do it.
- Lose weight if we are overweight. 64.5% of Americans are overweight and/or obese.
- Avoid accidents...wear your seat belt!!
- Consume alcohol in moderation...one glass of red wine per day.
- Take 160 mg dose of aspirin per day. This equals half a regular aspirin or 2 baby aspirins.
- Take a good multivitamin daily. Also take a fish oil capsule daily; reduces the cause of sudden death by 80%.

Carolyn Smith informs us that Club 31 member Pres Smith is recovering very well from his second fall. He is in good spirits and loves having visitors. She requests that you call prior to visiting.



Former Club 31 member Alan DeMuth, brother of former member Lael DeMuth and uncle of member Deb DeMuth, passed away at the age of 72 on October 9th. Alan had been a member of Rotary for 20 years, resigning in March 2006 as a result of his declining health. Services were held yesterday, October 11th. In lieu of flowers, please remember Alan with a donation to the Salvation Army, 1370 Pennsylvania St., Denver, CO 80203. Our thoughts and prayers are with Alan's family during this difficult time



COLORADO Super Lawyers 2007

In this year's **Top Attorneys in Colorado** list in the Colorado Super Lawyers 2007 are Club 31 Rotarians:

- John Baker**, John T. Baker P.C.
- Doug Cain**, Sherman & Howard LLC
- Alan Friedberg**, Pendleton Friedberg Wilson & Hennessey P.C.
- Dale Harris** (in the top ten), Davis, Graham & Stubbs LLP
- Rich Harris**, The Harris Law Firm, P.C.
- Joe Hodges**, Joseph G. Hodges, Attorney at Law
- Bill Johnson**, Rothgerber Johnson & Lyons LLP
- Tucker Trautman**, Dorsey & Whitney LLP

CONGRATULATIONS to all our members and their success!

PROPOSED NEW MEMBER

Thanh Nguyen

VP - Private Banker, First National Bank
 Sponsor: Lucius Ashby
 Classification: Banking - Private Banking

If you have any comments regarding this proposed individual please contact Darlene at the Rotary Office ASAP.



Peach Sale Shatters Record !!!!

Dear Fellow Rotarians,

In its 4th year of existence, this year's Peach Drive was a tremendous success! We sold 1,715 boxes of Palisade peaches. This is an increase of almost 500 boxes from last year, and more than doubles the amount of peaches we sold in 2004.

The proceeds from the sale go to benefit our own Denver Rotary Club Foundation and The Rotary International Foundation. Over \$12,000 was raised, and since this club does only two fund raisers a year, including The Branch Rickey Award, you can see that this sale goes a long way towards helping to pay for all the great projects we hear about each week.

A hearty thanks to all of those who worked so hard to make this campaign a success. Key kudos go to our awesome Club 31 staff including Darlene, Kelly, and Holland. Thanks go, as well, to Dougal McDougal, who captained and donated the food the pancake breakfast, Sir Speedy for donating our flyers, DCIS for use of their campus and kitchen, Randy Dunn and his Interact kids, and the countless volunteers from the Club who showed up on Pickup Day for some fellowship, crate-hauling, and spreadsheet-checking. Special thanks go, as well, to Harry Ellison, Frank Lawrence, Tony Galterio and Bob Allen who stepped in at the last minute with transportation when one of the semis broke down on the way. Our top seller this year was Skip Ahern, Congratulations !

The spirit of folks like them, and the Club's overall teamwork on this project demonstrate once again why, in President Doug's words, we're THE GREATEST SERVICE CLUB IN THE WORLD.

**Thank you, Club 31!!
Rich Harris & Bryan Guice,
Co-Chairs, 2007 Peach Drive**



**New members
Jay Yake &
Bob Allen join
Scott White in
all the fun.**



**Grant &
Marlene
Wilkins wait for
peach
pancakes**

**Members work hard on
peach day... Tony Galterio,
Bryan Guice, Sandy
Adams, and Doug Jackson**



STATE OF COLORADO

OFFICE OF THE GOVERNOR
136 State Capitol Building
Denver, Colorado 80203
(303) 866 - 2471
(303) 866 - 2003 fax



Bill Ritter, Jr.
Governor

September 5, 2007

The Rotary Club of Denver
1900 Grant St # 850
Denver, CO 80204

Dear Rotary Club of Denver:

On behalf of the people of the great State of Colorado, I thank you for the case of Palisade peaches I received on 8/28/2007. Your thoughtfulness is appreciated greatly.

Thank you for giving me the opportunity to lead this great state so that we can fulfill the Colorado Promise. It is an honor to serve as Governor of Colorado, and I thank you for your support and the trust you have placed in me.

Sincerely,

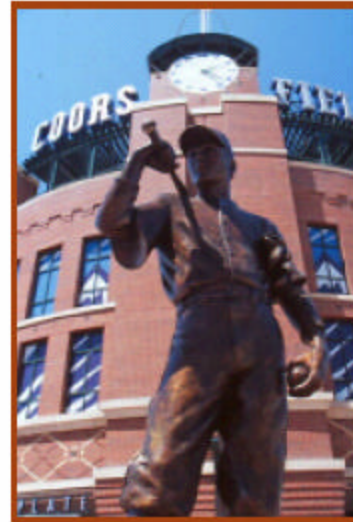
Bill Ritter, Jr.
Governor

The BRANCH RICKEY AWARD

*Honoring Major League Baseball's Humanitarians
Who Personify 'Service Above Self'*

History of the Branch Rickey Award

Back in spring of 1991, the Board of the Rotary Club of Denver formed a task force to create a new fund raiser for the club that could eventually take the place of Artists of America. Jim Wilkins was selected to chair the group. Members of the task force included John Andrews, Sr., Glenn Thomas, Rodger Pfeiffenberger, Mike O'Connell, Wills Long, Ted Friedman and Stephen Straight.



Since it had just been announced that Major League Baseball was coming to Colorado, the task force decided to develop an award around baseball. The group studied the Vince Lombardi Award, which is given each year to the outstanding college football lineman by the Rotary Club of Houston. Jim Wilkins visited the Houston club to discuss how the award was created and managed.

Most baseball awards are based on statistics: Most home runs, fewest errors, best earned run average, etc. The task force wanted our award to more accurately reflect the ideals of Rotary. It was decided to base the award on community service, rather than statistics.

Initially, the task force planned to name the award after Bart Giamatti, the Commissioner of Major League Baseball who died of a heart attack in 1989 after less than a year in office. Jim Wilkins and his wife Scotty went to the Denver Public Library to research names of other sports awards. There, they learned about Branch Rickey and his game-changing accomplishments, coupled with the humanitarian deeds he performed. During the Artists of America luncheon in September 1991, Jim Wilkins and Stephen Straight sat with sculptor George Lundeen. After discussing the concept, George drew the idea for the trophy on a napkin. He then completed the sculpture that stands today as the Branch Rickey Award.

In October 1991, the Rotary Club of Denver helped stage "Colorado Welcomes Major League Baseball," a banquet at the Marriott City Center attended by the Governor, Mayor and Major League Baseball Commissioner Fay Vincent. Rotarian Roger Kinney worked as the Director of Community Development for the newly-formed Colorado Rockies. During the banquet, Jim Wilkins presented the concept for the Branch Rickey Award, and George Lundeen unveiled a clay model of the trophy.

Each of the 28 Major League teams submitted a nomination for the award in the spring of 1992. The National Selection Committee, comprised of members of the sports media and Rotary Club presidents of the largest club in each Major League city, voted for the nominees. Dave Winfield of the Toronto Blue Jays was named the first winner. Interestingly, Dave hit a home run in the ninth inning of the sixth game of the 1992 World Series to give the Blue Jays the championship. Four days later on October 28, Dave came to Denver to accept the first Branch Rickey Award.

You Are Invited...

~ Save the Date ~

**Wednesday, October 24, 2007
5:30-7:30 p.m.**

Club 31 members are invited to greet the new members of "The Greatest Service Club in the World."

All new members (within the past year), their Rotary sponsor, and of course, all Club 31 Rotarians will enjoy a very special "Spotlight Appearance" from one of our current exciting projects. This is a great opportunity to get to know each other better and learn more about some "real success" from "real kids".



**This event will be hosted by new member Will Snider at
The First Western Trust Bank
(1200 17th Street, Suite 2650, Denver CO 80202)
Beverages and food will be provided**



This will be a fun Rotary event... Mark your calendars!!!!

*Please contact Social Committee Chair Doug McLemore
with questions (303) 680-4018*

RSVP to The Rotary Office (303)893-1919 or holland@denverrotary.org

**Join District 5450 Governor David
Beall and Fellow Rotarians...**



You and Your Rotary Partner
Are Invited To
Join Us In A Celebration
Welcoming
The Rotary Clubs of
Castle Rock & Castle Rock High Noon
To District 5450
Saturday, November 3, 2007
5:00 - 7:00pm
at Christ's Episcopal Church
615 4th Street
(Intersection of Cantril & 4th)
Castle Rock, CO

Hors d'oeuvres will be served with soft drinks and a cash wine bar.
RSVP the District 5450 office, 303-477-0654 no later than Oct. 26.
Entertainment will be provided by
Banjo playin and singing Steve Gilbert of the Parker Rotary Club.

Directions to Christ's Episcopal Church are South on I-25 to the Castle Rock exit 181, left at the top of the ramp and south on Wilcox St. to C 86 or fifth street, left on fifth street to Cantril, right on Cantril one block to Fourth Street. Parking on Cantril and fourth street as well as the school parking lot.

There are several excellent Restaurants in Castle Rock including: Angles; Castle Cafe;
Old Stone Church; Pegasus; Sierra; St. Augustine's Grille; and Union Bistro.
Some require reservations.

The National Samaritan Award

*Thursday, November 1, 2007
Marriott Denver City Center Hotel
(1701 California St., Denver, CO)
6:15 p.m. Reception. 7:00 p.m. Dinner*

Denver Rotarians Gary VanderArk and Jim Wilkins will be honored by the Samaritan Institute for their significant contributions to human health and growth. These men symbolize everything that Rotary represents and it would be great if you can join us to celebrate their contributions to our community.

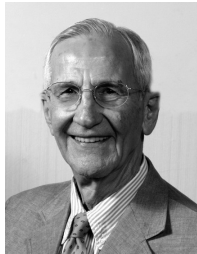
Table sponsorships are available and individual tickets can also be purchased for \$150.00.

For more information and tickets please call The Samaritan Institute at (303) 691-0144 ext. 14, David Puchi at (303) 615-9544 ext. 15 or visit the website at www.samaritaninstitute.org

*Let's support Gary and Jim and
attend this worthwhile event.*

Happy Birthday Rotarians

October 13



Wayne Harding

October 17



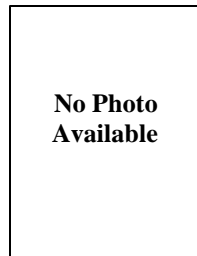
Jim Hertel

October 18



Lee Palmer Everding

October 19



Barbara Bauer



Denny O'Brien

For question or comments about the compilation, distribution or production of the Keyway, please contact Kelly Schiff at the Rotary Office or send an e-mail to kelly@rotary-denver31.org by

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