

The Spirit of U'Hills

8 May 2009



PROGRAMS AND ACTIVITIES

- May 15....Zoo Day
- May 15....Dark at Glenmoor
- May 22....Jim Benemann...Channel 4 Anchor Subject: The Business of TV News
- May 29....Tracy Ringolsby....Subject: Major League Baseball and the Rockies
- June 4U'Hills Golf Tournament..... Inverness
- June 12 ..Arjun SenSubject: Raising a Father

GREETERS



Jim MacDermott, Alan Coldwell, Jay Carpender

Jim MacDermott and **Jay Carpender** are the greeters who showed up early, just like they're supposed to. **Alan Coldwell** is the one in the middle, being greeted, just like he's supposed to—prior to entering the dining room where all the fun and entertainment will take place

starting about 15 minutes from now...just like it's supposed to.

INSPIRATIONAL MESSAGE AND PLEDGE



Dan Astle

Dan's inspirational message for today was about the life of St. Isidore, Archbishop of Seville. (560—639 CE) He established seminaries and cathedral schools for the education of the clergy, and his educational system embraced every known branch of knowledge. He was considered the most learned man of his age, loved by the poor to whom he was very generous and by his priests and bishops to whom he was an outstanding father and leader.

Dan's thought for the Day: "It is amazing what one person can accomplish, and St. Isidore is a good example of this. We

all find ourselves in some position of leadership or in some circle of influence, and the good we can do by our labor and example is measureless. We should look around us and see the lives we can touch and become a genuine influence for good."

"Please join me in the Pledge of Allegiance.....

I pledge allegiance to the flag, of the United States....."

INTRODUCTIONS AND ANNOUNCEMENTS

President Mike Hitchcock stepped to the lectern, hit our Rotary Bell a couple of times, then welcomed all to another exciting meeting of the U'Hills Rotary Club. "A special thanks to our greeters today, **Jim MacDermott** and **Jay Carpender.**" (Applause)

Mike also called attention to the U'Hills Rotary Club display board in the lobby. It was the product of **Jim MacDermott** and first saw the light of day at the District 5450 Convention in Colo. Springs earlier this month. And, in case you missed it, this is what it looked like. Mike told us that "For the 2010 Convention, we can add a few more pictures and keep it up to date, in tune with the times. Although it may not have been the best display, it was the biggest. [Note Jim Fleming to the right of the display for determination of scale. Yes, it's pretty large.]"



In the lower right corner of the display you can see the Ski Train group as they lined up to have their picture taken in 2008. As observed by **Jay Carpender**, and in view of the fact that the ski train has been sold to the Algoma Central RR Inc., a Canadian enterprise, our Ski Train customers will have to go to Canada to go skiing on it next year. The D&RGWRR certainly gave it a good try. Their web site says that they operated it for the last 21 years at a loss. They also display some advertising from earlier years on their web site. One flyer, from the mid-60's, quoted the fare as \$3.10 per round trip!!

At this point, **Tom Murphy** came forward, visitor and guest list in hand, to recognize those guests and visiting Rotarians luncheoning with us today.

Tom noted that **Don Goe** had his boss with him today. That is, he is accompanied by his wife **Fran**.

Next was **David Wood** with his guest **Craig Kimball**.

In the visiting Rotarian department, we had three of them with us today: **Bill Cassell** was from the Ketchum-Sun Valley Rotary Club. But, the reason Bill visited us rather than some



other local club is that he was a charter member of the U'Hills Rotary Club when it was formed back in 1971. He was the club president in 1974. Bill told us of some of their Ketchum Club fund-raising schemes. They bring in about \$50,000 per year. One was the Great Wagon Days Duck Race—GWDDR for short. (One incredulous U'Hills member asked, "The Great Wagon Days what?"). Bill explained "We sell a lot of rubber duckies¹ then dump them into the river (the Big Wood River that flows through Ketchum) and our world class Search and Rescue team, a major fund recipient, goes out and collects the ducks and the winner gets big bucks." Everyone has a lot of fun. (They also have a fun website.) Congratulations, Bill. That \$50k is quite a bit on change.

Drew Powers is from the Naperville Sunrise Rotary Club, IL, about 20 miles west of Chicago.

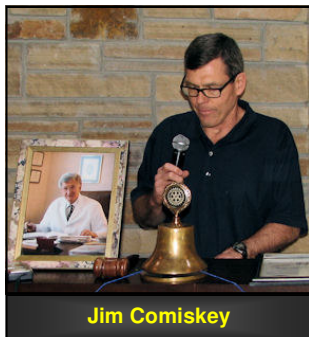
Loy Dickinson was also back for another visit from his Denver Mile High Rotary Club. Nice to see you again, Loy.

Dave Henninger had a couple of announcements. "Next week we're dark at Glenmoor because it's Zoo Day. Many of you have participated in the event, some have not. What we do is host schools in the Cherry Creek District that work primarily with special needs children. Some of the children have multiple disabilities. The school busses are scheduled to arrive at the Zoo at 9:30 am. You're free to walk with the children, parents, and teachers throughout the zoo. You'll find it a rewarding experience. Lunch is at about 11:45 at the Samburu Grille building...to your right, about 75 yards, as you come through the zoo's main entrance. Parking is tight because of the number of school children and parents who visit the zoo at this time of the year. Wear your walking shoes."

Dave then deftly segued into his next topic. "As Chair of the Vocational Services Committee, one of my goals this year was to honor people who have been incredibly significant in our Rotary history locally. It's very appropriate that we have a charter member here as a visitor because we want to honor another club member from years past. **Loy Dickinson** fits that description also. He honored **Brent Hobson**. We also had **Bob Tapp** who honored **Barney Smith** and his humungous collection of automobiles. Then today, we are fortunate to have **Lucille Bevans**, wife of **Les Bevans** who will be honored today. Lucille is an entrepreneur who owns and runs some Ace Hardware stores including the one at Broadway and Ridge Road. Her daughter and son-in-law, **Jim Comiskey**, manage the Ace Hardware at University Blvd. and Orchard. Both are wonderful stores.

"**Jim Comiskey** was the President-Elect of this club, then changed jobs and wasn't able to perform his office. Jim will talk about Les. Then **Bob Bevans** has a few more words about Les.

Jim came to the lectern, said, "For those who don't know Les



Jim Comiskey

Bevans, here's a picture of what he looked like (as he put Les' picture on the lectern). He was born in Waverly, NE, in 1927 and he died in 1992 at 64 years old. When he was three months old, his father fell off the barn of the farm where they lived and was paralyzed. So, for the rest of his life, Dr. Bevans and all his brothers and sisters had to be very self sufficient. When Les was a little kid, he planted a large flower garden outside his father's bedroom window so his father could see the flowers as he laid on his bed.

"Then in 1945, he went into the Army, served two years in the medical corps. The war was over but he wanted to serve anyway. When he got back, he went to the Nebraska Wesleyan University then went on to the University of Nebraska Dental School. In 1957, they moved out here and opened a dental practice office in Park Hill. They stayed there till they built the Bevans Building at Hampden near Monaco in 1971. He practiced there till he died. He had four sons and a daughter. I'm married to the daughter, Ann. Tom is selling commercial real estate. Dave is a dentist in Littleton. Bob is with the Littleton Ace Hardware and Gregg is a dentist. He had nine successful grandchildren. Two are in medical school. But, we're a little disappointed. One of the grandchildren actually wants to go to law school.

"Some personal things you may or may not know about him. He was good guy, an avid gardener. He lived on a one acre lot and the whole back line was a huge garden. He also loved to travel. He had a beautiful singing voice, sang at our wedding, did a very good job. He was an award winning golfer [several questioning voices could be heard]. The award he won was "The Least Improved Golfer". He won it several years in a row. His swing was not quite a smooth as Charles Barkley's. He was very adept at finding lost balls.

"He was a good guy with a good sense of humor, a big, loud laugh, a good listener. He died of colon cancer, so, don't put off your colonoscopy. He was a good guy, always had such dignity and was such a gentleman, never complained. Bob will talk about his Rotary life. He loved Rotary. I just want to say that if anybody wins the Lester W. Bevans Pacesetter Award, they should be very proud of themselves. Bob?"

Bob came to the lectern, introduced himself, started with "Dad was a charter member, in 1971. From the beginning, he enjoyed Rotary, just as I have, because of the fine fellowship. He was introduced into traveling or volunteering when the president of an Australian Rotary



Bob Bevans

Club spoke at one of the U'Hills meetings about the activities of the Australian clubs in SE Asia. Dad was the first to volunteer. His first assignment was in 1980. Mom and Dad went to Hong Kong where they spent six weeks in a Vietnamese boat camp. Bob then described some of the other trips his Dad made in his volunteer work with third world countries. One was to Indonesia where he teamed with an MD to install a clinic on one of the major rivers. Purpose: to serve inhabitants in the area reachable from the river on

¹ And when Bill says "a lot" he means A LOT. Their web site shows the dump truck where the ducks are kept before the GWDDR and there are literally hundreds of the ducks—well into three digits, maybe even four.



which the clinic was built. He also established a clinic in Jamaica to provide dental care for those who needed the care but couldn't afford it. He even arranged for the purchase of a car for use by the resident Rotary dentists who rotated through the clinic monthly. [Actually, two members of U'Hills Rotary drove the car from Denver to Miami for shipment to Jamaica].

President Mike thanked Jim and Bob for their memories of **Les Bevans** and something about his life and activities. He also announced that the winner of the U'Hills *Les Bevans Pace-setter Award* this year is Ved Nanda of the Ved Nanda Center, University of Denver. He's one of the world's foremost authorities on international law. If you'd like to refresh your memory about what he's doing in the world, have a look at the U'Hills Rotary Newsletter of 18 April 2008. It covers the talk he gave at our meeting that day while we were at our temporary quarters at the Embassy Suites. It was about the *U. S. and the European Union*. Seriously, it was a very good talk. Take a look at it. If it's long gone because you needed some more space on your hard drive, it's waiting for you at:

www.universityhillslotary.org.

SERGEANT AT ARMS

Before getting into the business of collecting money from members who have something pleasant and/or a singular event in their lives, we had an update on the Golf Tournament by Jeff and **Steve Whisenhunt**. Steve reviewed where we are in the planning and setup of the various components of the Tournament. Things are continuing to come together so that the event, as a whole, is going to be quite memorable and profitable to our service fund and its components. In process is the Wall of Wine. Members were requested to bring in a bottle of wine. They always seem to be quite appropriate and helpful. Steve said that he would have an omnibus of a summary for what the various components of the event will be, the Friday preceding the tournament.



Jeff Stotler

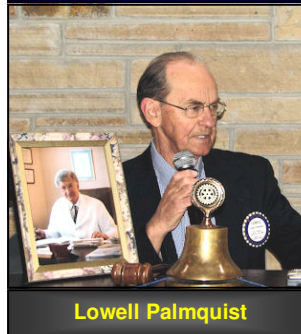
Now, back to Sergeant at Armsing...Jeff had a story for us from the world of baseball. As a Little League coach, he runs into lots of situations requiring a shrewd evaluation of the intra-relationships in the team. An interesting part of the team lineup is that Jeff has the grandson of **Don Goe** as one of his players. In a recent game, at which the Goe's, grandfather and grandmother were present, Jeff was having a few problems. "Things were just not going smoothly enough for effective functioning of the team. So, finally, I walked out to the pitcher's mound and motioned for Don Goe's grandson to join me there. So, he jogged over to the mound, all ears for what I had to say. I told him that sometimes in the heat of the game, we can forget some of the fundamentals that are inherent in the game and detract from overall effectiveness. 'Now, you know the principles of good sportsmanship and how important they are. Right?' 'Yes,

coach.' Also, no temper tantrums, shouting at the umpire? 'Yes, coach.' 'Do I make myself clear?' 'Yes, coach.' OK, now, would you please point these out to your grandmother?" [A good laugh was had by all, including grandmother, **Fran Goe**.]

Then followed the normal recitations of birthdays, anniversaries, most of which did not come through with adequate volume on the tape. Speak right up, folks.

Tom Murphy announced a change in the date of the interviews with the West Middle School students for selection of the outstanding student award. He'll need about two other Rotarians.

LOWELL PALMQUIST & MIKE HITCHCOCK TRENDS IN HEALTH



Lowell Palmquist

Mike Hitchcock introduced one of our speakers today: a man who truly needs no introduction to this gathering, "**Lowell Palmquist**, former CEO of Swedish Hospital and who has had various positions in the health industry throughout the years. We got interested in this obesity thing, child obesity, a couple of years ago, along with **Don Goe** and

several other people. We're working with the Cherry Creek School District to establish a program to try and do something about correcting the situation."

Lowell came to the lectern, took his place beside **Les Bevans'** picture, launched into his subject.

"I'm sure you would all agree that when one wants to talk about health care, you must admit that it's a very complex subject. I'd like to break it down into three tiers.

1. The first tier would relate to *policy*. I'm sure that in the next few months, we've going to see a *lot* of policy discussions related to health care.
2. The second tier relates to *providers*: hospitals, physicians, long term care, durable medical equipment, and, importantly, the drug companies.
3. The third tier that one could discuss is *personal responsibility* and how that impacts individual's health.

"That's what Mike and I are going to be talking about today. T. R. Reid is a veteran foreign correspondent for the Washington Post [and a commentator for Public Radio] and studied the health systems of seven or eight countries throughout the world. He came to the conclusion that in terms of transforming the health of the U. S., there are five important components:

- Number 5 is physicians and nurses.
- Number 4 is medication.
- Number 3 is exercise activity.
- Number 2 is diet.

Number 1, the most important, was public education. We need to understand what health care is all about.

"There is an old adage, with which we're all familiar:
"We are what we eat."

Lowell then showed us a slide of Dr. Kenneth Cooper,



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certainly not anyone who has a problem with being overweight. [He developed the Aerobics Program for the U.S. Air Force while he was a flight surgeon on active duty, assigned to a USAF medical facility in San Antonio, TX at the time.] Since then, he established the Cooper Clinic in Dallas that has been an advocate, for three or four decades, concerning good health, exercise, and nutrition. He noticed that in the Dallas school system, they weren't providing any time for physical education. So, he went to the state legislature and they passed a law to require PE in public schools.

"Dr. Joe Thompson, Surgeon General in Arkansas, worked under Gov. Huckabee, questioned how we might achieve a long term view of health promotion and system reform. He also reported that tobacco has a new competitor for number one cause of poor health: obesity and physical inactivity. You've probably heard of the BMI, Body Mass Index,. It's not completely accurate, but it does give some indication of the weight of the individual, and is a useful measure of obesity vs. healthy weights.

"They tested 30,000 school children. Then, the question was, 'What do we do with the results? If we send them home to the parents, they're going to get upset. But, they did it anyway and to their surprise, of the 30,000, received only 300 reactions from parents. But, they felt that they had set a base, for a conversation about obesity...not of obesity itself, but of the implications of obesity.

"They also tested 120,000 state employees for obesity vs. absenteeism. What they found was that the average annual cost, out patient and medication, was about 54% higher for those employees who were obese. So, it's not just a medical consideration, it's also a problem for employers or for society as a whole.

"They also arranged the results by age group and found that, in general, younger people were doing pretty well, but when they got into the 65 range, they were about 100% more costly if they were obese. The other conclusion they reached was that the younger people, in the 35 range, once they got into the senior category, needed different types of expensive treatment like dialysis, kidney transplants, etc.

"Also, the Center for Disease Control (CDC) has found that over 9 million American children between 6 and 19 are overweight. Obesity can lead to a long list of future health concerns including diabetes, high blood pressure, sleep apnea, asthma, depression, and orthopedic conditions. This is where education can be valuable in publicizing the danger of serious health problems, later in life, for obese individuals.

"Contributing to the problem is the fact of packed sched-

ules for parents and children, and sources of convenient of fast food make picking up a high fat, high calorie meal an option that many of us can't pass up. When combined with sedentary lifestyles that include video games, computers, and TV, obesity is too often the end result.

"Reggie Washington [that's Reginald Washington the MD, Pediatric Cardiologist, not Reggie Washington the jazz bassist in case you want to Google him] is a Denver pediatrician and has cared for a number of charity cases throughout the years. He's now on the faculty at CU. In some meetings that Mike and I, and some others, have had with him, he has made the statement that 'Poverty breeds obesity.' He's talked to families with weight problems and has told the mother they need more fruits and vegetables. They say, 'That's fine, Dr. Washington, but they cost too much. Food from Taco Bell is less expensive and it's accessible.' A lot of these people have trouble getting to stores.

"In Colorado, the Health Foundation, and others, have found that the obesity rate has doubled since 1995 and 19% of the adults are obese. Interestingly, they also point out that Coloradans earning above \$75,000 a year have a 16% obesity rate. But, nearly a quarter, 25%, of those making below \$25,000 are obese. So, it's really a major survival problem.

"The central themes of study after study reach the same general conclusion: If we don't get the obesity epidemic under control, it will overwhelm the US health care system."

"Now, Mike will tell us a bit about what is being done locally with regard to our project with the Cherry Creek School District.



Mike Hitchcock

President Mike then took over the lectern and began his segment of the program. "Some of this may be repetitive, but it's instructive to be aware of some of the risks associated with being overweight. In other words, why are the health care costs so astronomically high in life from about 50 on. Some of the risks are:

- Hypertension
- High cholesterol and LDL levels

- Type two diabetes
- Coronary heart disease
- Stroke
- Gallbladder disease
- Osteoarthritis

"The point is that unless you start correcting this overweight situation at younger ages, they are carried over into later life where the risks are really critical and have life shortening implications.

Extent of the Problem

Age	1971-74	2003-04
2 - 5	5.0%	13.9%
6 - 11	4.0%	18.8%
12 - 19	6.1%	17.4%

Surveys of the problem in 1974 and 2004 determined the actual extent of the problem. They



found a significant increase in overweight children between the two time periods. Significantly, the studies also found that childhood obesity rates have remained relatively constant since 2003, possibly due to some of the programs instituted by community organizations across the country. Current studies have found that:

- An overweight child, less than three years of age, does not predict future obesity unless at least one parent is also obese.
- After age three, likelihood that childhood obesity will persist into adulthood increases.
- After age six, likelihood that obesity will persist exceeds 50%.
- During adolescence, 70-80% of obese children will remain so as adults.
- Presence of obesity in at least one parent increases the risk of persistence in children at every age.

Additional Rules of Thumb:

- By measure, 3,500 calories = one pound. Therefore, an excess of 50 to 100 calories per day = five to 10 lbs. weight gain in one year.
- At least 60 minutes of moderate to vigorous activity on most days can help a child maintain a healthy weight.
- More than 1 to 2 hours of screen time (TV, computers, video games) per day is dangerous weight gain territory.
- Overweight teenagers have a 70% chance of becoming overweight adults.
- Less than 1/3 of adults are at a healthy weight, i.e., at your table of six today, only two are at a healthy weight.

“OK, what we are doing is patterned after the Poudre Valley Hospital and the Kaiser Permanente plans. This is an excellent program. Other Rotary Clubs in the Denver Metro Area are working with other schools. For example, the Denver 31 Rotary club is working with the Thunder Ridge Middle School, Smoky Hill Rotary has a program with the Indian Ridge Elementary School, Aurora Rotary is partnering with Dakota Valley Elementary School, etc.

“University Hills Rotary is working with Cottonwood Creek Elementary on Orchard Road. The components of our program are:

- FitnessGram for grades 2 & 4
- Investigating peaceful playgrounds
- Great Body Shop — kids and families
- Health curriculum, “What moves you?” Challenge
- Healthy school index in progress
- Pedometers for Fitness Fridays
- Heart monitors
- Volleyball tournament with students against teachers
- Completing paperwork for the Alliance for a Healthier Generation’s Healthy Schools Program

MIKE’S THOUGHT FOR THE DAY

Mike’s thought today has the title:

GREAT TRUTHS ABOUT GROWING OLD

1. Growing old is mandatory; growing up is optional.
2. Forget the health food, you need all the preservatives you can get.
3. When you fall down, you wonder what else you can do while you’re down there.
4. You’re getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.
5. It’s frustrating when you know all the answers but nobody bothers to ask you the questions.
6. Wisdom usually comes with age, but sometimes age comes alone.

CORRECTION

Some of you will find this hard to believe (others won’t), but your newsletter editor made a mistake last week. It wasn’t a typo. Our Sergeant at Arms has ruled that they cost \$5.00 each; ergo, this wasn’t a typo. This was merely a situation in which what a member actually said was not what appeared in the newsletter. It went something like this:

Staci Giovino reported that her stepdaughter has finally made a decision that she is going to the Trinity College in San Antonio. Your editor transcribed stepdaughter as “step-father”. Now, can you imagine how that could have happened? Neither can the editor.