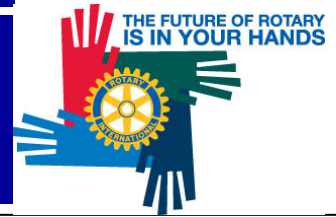


The Spirit of U'Hills

18 September 2009



PROGRAMS AND ACTIVITIES

- Sep 25....Paula Neubert.... General Manager, Greenwood Athletic ClubSubject: Healthy Life Style**
- Oct 2Phil Beaver Topic: 9/11 At The Pentagon**
- Oct 9Bill Eck Subject: Rotary's Presence in the World (The Foundation)**
- Oct 16Harvey SteinbergDefense Attorney**
- Oct 23Jess Mora Subject: Colorado Golden Gloves**
- Oct 30Kim Day, DIA Manager of Aviation, Topic: DIA Master Plan**

ROTATION DAY

David Henninger did his usual great job of lining up the locations for our semi-annual visit to the businesses or activities of several U'Hills Rotary members. There were three locations for this cycle, selected so as to provide visitation locations in three general areas: west, central, and east Denver Metro Area.

- **Paul Egan**, 11852 Shaffer Drive, Littleton, CO, with Whipple Wood CPAs.
- **Tom Benson**, 1660 S. Albion Street, Benson & Case Attorneys.
- **Dorotha Cicchinelli**, 7355 S. Peoria, Colorado Pregnancy and Newborn Loss Services.

PAUL EGAN WHIPPLE WOOD AND ASSOCIATES

David Henninger provided the summary of the visit to Paul Egan's place of business.

"Today, 11 Rotarians attended Rotation at Paul Egan's office. Paul gave a very candid rundown on his accounting career that began during another recession back in 1991, working for a national firm with Denver offices that hired him just as they were closing down the Denver office. This led Paul and some key people with the closing firm into a new venture: EKS&H (Ehrhard~Keefe~Steiner &Hottman). Paul found this organizing phase period to be one that was exciting and challenging despite the bad economy of the time. EKS&H has grown into Colorado's largest accounting fire. But, there are upsides to this type of growth and downsides that Paul spoke

to with the bottom line for Paul being he decided to leave EKS&H and work in a much smaller firm.

"It was clear that Paul's personal values play a big part in his decisions regarding where he works and what he wants out of it. The personal touch and 'hands-on' working with clients without the pressure of high overhead billings appeals to him. With WhippleWood (there is actually a Mr. Whipple and a Mr. Wood) there are five partners and 15 support staff. Their vision is to grow the business from this level of 20 people to one of 40 over the next four to five years. The building they are in is owned by three of the partners and sits at the base of the foothills just east of C-470 and Ken Caryl. The offices are only two years old and are both modern and very efficient in the use of space

"On behalf of Carl Gardner, Dan Astle, Bob Deloian, Andrew Dodgen, Linda James, John Lawton, Fred Cron, Steve Whisenhunt, Jay Carpender, and David Henninger, we want to thank Paul for hosting U'Hills Rotation Day at his office."

TOM BENSON BENSON & CASE ATTORNEYS

Gus Achey provided the summary of the visit to Tom Benson's offices.

"There was a large crowd [21 souls on board] at the offices of Tom Benson's law firm, Benson and Case. Tom had several of the attorneys at his firm speak to our group about their practices. The firm has attorneys who practice in a variety of legal areas. Those who spoke to us included:

- **Aaron Evans**, who practices in probate and real estate law. He was followed by...
- **John Case**, a Viet Nam veteran and graduate of Dartmouth and DU Law School. (They call Harvard Law School the DU of the East, just FYI). Mr. Case and Tom founded the firm 11 years ago. His practice is personal injury litigation and he showed some of the evidence he will use in trial if it gets that far.
- Another partner, **Joe Stengel**, who admitted being a former used car dealer and representative (He noted that he has worked in the three least trusted occupations: used cars, legislature, and law. So he has three strikes against him). He also practices in personal injury litigation.
- **Larry Jacobs**, a Denver native [one of the rarest forms of animal life], has 26 years of experience and practices in the areas of divorce and family law, construction litigation, and real estate law. He has been with the firm since 2005. Mr. Jacobs discussed the basics of negotiations with us.
- **Jim Evans**, also a Colorado native, has practiced law for



30 years. He practices in the disciplines of estate planning and noted that he encourages people to plan ahead and review their plan periodically to be sure they are up to date. He noted that this would save money in the long run when the person does actually die.

“Unfortunately, there was no time left for Tom to give us his talk except to say that he practices in the area of estate planning. The group was, however, disappointed (;-) at the fact that we were not treated to one or more of Tom’s (in-) famous jokes. Maybe next time.

“Thank you, Tom, for a thorough and interesting view of a diversified law firm with very experienced and qualified attorneys.”

DOROTHA CICCHINELLI
COLORADO PREGNANCY AND NEWBORN LOSS SERVICES

Well, there was **Marv Hersh, Don Goe, Rich Sattizahn, Lowell Palmquist (from the eyes up), Jim MacDermott, and Earline Pool,** just finishing their box lunches. Then, there were **Helen Hempel and Laura Nichols**



sitting at a desk out of the picture to the left. And, they, and your editor, were listening to **Dorotha Cicchinelli** tell us the story of the **Colorado Pregnancy and Newborn Loss Services (CPNL).**



Dorotha Cicchenelli

The CPNL mission statement, succinctly stated, is to improve the lives of all who have been affected by a loss through miscarriage, stillbirth, or early infant death, primarily through grief support, professional training, and community education.

The resources Dorotha has developed over the years to accomplish the CPNL mission are several:

- **Pregnancy After Loss Support Meetings (PAL).** These meetings are for women who are pregnant and who have experienced a previous miscarriage, stillbirth, or newborn death. The support group focuses on relaxation and coping with anxiety and fear of subsequent pregnancy. The meetings are held every two weeks, four sessions.
- **Early Pregnancy Education Class:** Prenatal education designed for those entering a pregnancy after a previous loss through miscarriage, stillbirth, or newborn death. Class focuses on understanding medical terminology, prenatal tests, nutrition, fetal growth and development, un-

derstanding contractions, and precautions to help avoid preterm labor. This class consists of one three hour session.

- **Childbirth Education & Preparation.** These classes are designed for those who have experienced a previous loss through miscarriage, stillbirth, or newborn death. Class helps to decrease anxiety of subsequent pregnancy and delivery. Classes are small and place more focus on questions of parents.
- **Doula Services (Birth Attendant).** Men, look this one up in your Funk and Wagnalls. It would be a good candidate for the NYT crossword puzzle. After reading about their function, however, they would be a great comfort to an apprehensive mother with child. A trained Doula attends and helps the mother with her delivery.

Dorotha began her career as a nurse but switched to social work in her senior year in college. There followed three years with the Denver Child Welfare Department, eight years with the University Hospital, and then to Rose Medical, all in medical social work. After personal experience in connection with the pregnancy of a friend, a pregnancy that ended in a full term stillborn, she decided to devote her attention to the more specific area of newborn loss.

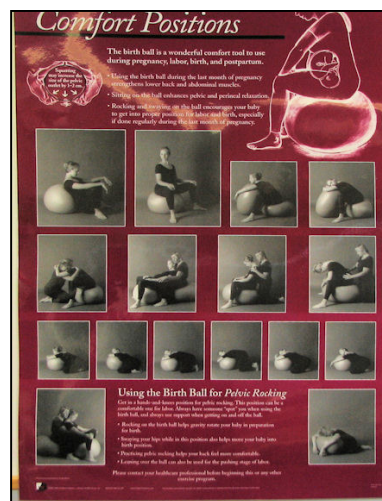
Dorotha ultimately formed a 501(c)(3) non-profit organization—CPNL—to provide palliative care for the mothers who have experienced a previous miscarriage, stillbirth, or newborn death. To prepare herself for establishing and administering the non-profit organization she envisioned, she obtained an MNM (Master of Nonprofit Management) degree from Regis University.

Note the blanket Dorotha is holding, and its diminutive size. It came about as a result of a call from a friend of Dorotha’s who contacted her from Vail, told her how the first sight of her stillborn child was of the dead little girl at the bottom of a green, plastic bucket. Friends of Dorotha’s, equally incensed, are making the blankets for use in maternity wards when a stillborn birthing occurs.

Marvin Hersh told us of his experience with his daughter while she was undergoing an ultrasound exam. He was looking at the ultrasound image in the exam room and actually saw the heart of his grand daughter stop beating. Marvin

then related how it took approximately an hour before any of the attending medical personnel noted the stoppage and started to take any kind of action, remedial or otherwise.

In the CPNL activity room, there were posters and associated paraphernalia that had as their general subject instructional material on activities to help prepare the mother and fetus for a more natural birthing.





One prominent aid were several "Birth Balls"—plastic balloons about 18-24" in diameter. Their uses were illustrated and included an advisory note stating that, "Squatting may increase the size of the pelvic outlet by 1-2 cm."

Also, a poster behind Dorothea in her picture on page 2 (pale blue background with superimposed "positions") illustrates "Positions for Laboring out of Bed."

All things considered, our CPNL visit was to a world that was quite foreign to most of the men, less so to the women. It's also a privilege to meet a lady like Dorothea, who evidently knew what she wanted as her life work from a very early age, save five.



ROBERT DELOIAN
904 Parkcliff Lane
Castle Rock, CO 80108
(H)303-814-9541
(O)303-794-6959
(Fax)303-794-6901
bdeloian2@earthlink.net
Classification..Dentist
SponsorJim Fleming

NEW MEMBERS A/O 8/28/09



ERIC BUDREAU
2001 Maples Pl.
Highlands Ranch, CO 80129
(H)303-710-2248
(O)303-986-2454
(Fax)303-980-5029
eric@edbcompany.com
Classification .Accounting—Tax
SponsorSean Smiddy