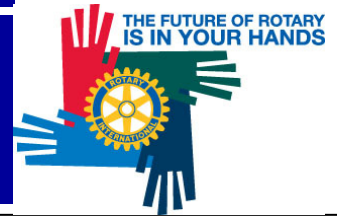


The Spirit of U'Hills

25 September 2009



PROGRAMS AND ACTIVITIES

- Oct 2 Phil Beaver Topic: 9/11 At The Pentagon
- Oct 9 Bill Eck Subject: Rotary's Presence in the World (The Foundation)
- Oct 16 Harvey Steinberg Defense Attorney
- Oct 23 Jess Mora Subject: Colorado Golden Gloves
- Oct 30 Kim Day, DIA Manager of Aviation, Topic: DIA Master Plan
- Nov 13.... Curt Fentress..... Subject: Trends in Worldwide Architecture—Contextual Regionalism

ROTATION DAY



Phil Beaver and Greeter Artem Guralev

And here we have **Phil Beaver** being welcomed to another interesting, fun filled, friendly, Rotarian-like meeting of the University Hills Rotary Club at Glenmoor Country club by our designated Greeter **Artem Guralev**. Our speaker today is all about how to achieve a healthy life style on 21 minutes of exercise per day. Doesn't sound too hard, does it?

WENDELL OSORNO INSPIRATIONAL MESSAGE



Wendell Osorno

Wendell Osorno had a selection of inspirational thoughts, from a variety of prominent individuals.

"From Nelson Mandela: "We are born to make manifest the glory of God that is within us. It is not just in some of us. It is in everyone."

"From another eminent person, Steve (Whizzy) Whisenhunt: 'The meaning of life: 'Health, happiness, love, sports, and poker.'

"From the eminent Sam Hill: 'Living in a manner that is helpful

to others who might help, and semi-tolerant of those who do not merit help. Perhaps it could simply be...the Golden Rule.

*"From **Gus Achey**: 'We are here to use the gifts of intellect, our physical skills, and our beliefs to support—first, ourselves and our family, and others in need, to contribute to society in a positive way.'*

*"From **Jerry Regan**: 'The meaning of life is to live to the fullest, to love with all your might, and to be happy.'*

*"From **Dave McKinley**: 'To help make the world a better place.'*

*"From **Wendell**: 'The meaning of life is the development of others, service of others, with the greatest of our Lord God, and Savior, Jesus Christ.'*

"Perhaps, what we have learned from these eminent people is that no matter how serious your life requires you to be, everyone needs a friend to act goofy with.

"Finally, goofy person, to enjoy your life with during the next week."

Recitation of the pledge of allegiance followed, as you've heard it recited, lo these many meetings. It begins: "I pledge allegiance..." You know the rest, probably.

ANNOUNCEMENTS AND INTRODUCTIONS

President David had a couple of quick announcements. The Five Point Rotary Club is having their charter night on 10 October at the Double Tree at 32nd and Quebec. David has some free tickets for the event, they are a \$50 value.

Tom Murphy told us about plans for West Middle School outstanding student of the month. "The first interviews will be on 16 October, 11:00 AM, Friday before our meeting here. We'll need three or four people. The second one for 7th graders is on 6 November. The third one is on 20 November. That will complete our fall schedule for student interviews at West Middle School.

MEMBERSHIP MOMENT

Alan Coldwell had a presentation on membership plans for RY 2010. Alan called our attention to a handout on the tables about the procedure for growing from red to the blue badge. "There are certain requirements they have to meet to go from the red to the blue badges. They must satisfactorily complete six of the membership activities listed:

- Attend a new member orientation meeting.
- Attend a U'Hills social function.
- Attend a U'Hills Board meeting.



- Surf the U'hills web page.
- Talk to a long-tenured member to learn about U'hills history.
- Serve as a greeter for a regular meeting.
- Serve as an invocator for the Inspirational Moment at the beginning of a meeting.
- Enroll in a service committee.
- Bring a prospective new member for a "Free Lunch" at one of our regular meetings.

Alan then presented blue badges to **Sean Smiddy** and **Ernie Carwile**, initially inducted on 22 May 2009. Welcome, Sean and Ernie. Post-pinning, Ernie told us that it makes him a little nervous to become a member...something like the Groucho Marx comment: "I wouldn't want to belong to any club that would have me as a member." [It's too late now, Ernie.]

Alan informed us that he's the Membership Chair for another year. So, to get things off to a good start, he reviewed the goals for RY 2010. "As you may know, the club has wanted to grow back to the era of 100 members. Currently, we have 80 members and about 10 senior and semi-active members. So, the goal this year is to get back to 80 active members, from 70 up to 80. As we know from the economy and our retention rates, people changing jobs, moving to another city, we normally lose about 10% of our members per year.

"So, to have a 10% increase, we need to bring in 17 new members. That's 17 new red badges and here they are on this poster, in the form of a "U" and an "H". U.H. as in...Right, University Hills. Two were just given out, on 8/28/09, to our new members **Eric Budreau** and **Robert Deloian**. So, we only have 15 to go.



So, how do we do this? We've come up with a little contest. Throughout the year, we are going to be able

to talk about this. We're going to volunteer or ask some people to be primary scouts, recruiting scouts. The way it will work is to have scout team leaders, with a few other members of the club, take the red badge and bring us a prospective new member so we can induct them as members.

"**Marvin Hersh** will organize a wonderful celebration in May so that we can honor those people who have been very successful participants. **David Hill** will tell you how we are going to organize the effort.

Per David, "The way it will work is that we are going to take every name in the club, put them in a hat, and identify 15 teams. Those teams will be published in the bulletin. Each one will have a red badge tied to it and you're to put the face or the name on that red badge. Each week, Alan will give the club a list of classifications we need to fill to give you ideas of who to talk to. The dinner that Alan mentioned will be a 'Steak and Beans' dinner. Those who are successful at getting red badge recipients will get steak. Those who are not will receive beans."

President David announced a treat for us. "We have a past district governor with us today, **Frank Sargent**. He's going to give us a presentation on the status of a high priority project of Rotary International...PolioPlus.

PDG Sargent began with "It's great to see faces that are very familiar, and since I've been around Rotary for a very long time, it's to be expected that I'll see a lot of familiar faces. Some young, some old, but this club has always been a super one in Rotary. I remember back when you were all chartered and that was a long time ago. [Right, it was in 1971.]

"What I'm going to do is very simple. We don't have much time and the video you're going to see lasts about 25 minutes. So, I'm just going to start it. It tells the story itself...about polio eradication in this world, where we are and why we need to finish it. Then, at the end, we'll have a few minutes for Q&A."

The video was of a talk by Bill Gates at the January 2009 International Assembly in San Diego, CA. At the Assembly, Bill announced an additional \$255 million gift to the Rotary Foundation to fight for Polio Eradication. The Foundation agreed to ask Rotarians around the world to raise an additional \$100 million. Our District is planning a fall fundraising drive culminating on Oct. 24 to raise our share of this second challenge from the public.

When the video was completed, **Frank Sargent** came back to the lectern for some thoughts on the subject. "That speech was given at the General Assembly in San Diego to 530 incoming district governors and their spouses and about 250 Rotary executives. I know that when **Mike Oldham**, when he left there, came home, his first action was to send us all emails saying 'Wow. You just can't imagine the electricity in that room.' And, what we'd like to do is transfer some of that electricity into this room and into every other club in our District. Our responsibility, that **Mike Oldham** decided, is not to say that University Hills had such a goal, any particular goal. It's up to you what you want to do. We also realize that we're coming back to the pump one more time. And, how many times can we do it? So, with this campaign, and this is true across the United States and other countries, we want to get the public involved. We think that it's time to do that because that disease could come back.

"There are more than a million children in the U. S., under the age of two, who are not immunized. So, we are vulnerable. As they say, we're a plane flight away—if it came from India, or Pakistan, or Afghanistan, or Nigeria—from an epidemic here in the future. So, we're trying as a district committee to find ways of publicizing the situation. We raised \$12,000 for publicity. We've received good cooperation from TV stations and newspapers. There is a website, www.endpolio.com that you can look at, tell your friends to look at. You can send out emails, or Facebook, or Twitter or anything you might want to go there to (a) find out anything you might want to know about polio and (b) a way to give. If you go to that site, that will take the money through the District and then to RI, so we'll all get credit for it. If you go to the endpolionow.com website, it will go to RI and they won't know which district you're from.



“So, look for something in the community. We’re encouraging clubs to work with the other clubs in their own area. I know that in South Jeffco, they had a barbeque. They advertised it was for polio eradication. And, they had a good turnout.

“We have three years to do it. But, we’d like to get it done this year. There is a large gathering, 22 October, at the DTC Hyatt. It’s Gov. Ritter’s state of the state speech and a special guest will be there. His name is Dr. Ornstein. He is the Chief Medical Officer of the Gates Foundation. He’s third in command. He’s going to talk about the importance of polio and Rotary. It’s on a Thursday and it will be more about what we’re doing.

“Thank you for this opportunity. It’s a great way to show the world, and certainly Bill Gates, that we can do this. It’s not bad to have him as a team mate. Remember, the future of Rotary is in our hands.”

In closing, **President David** told us that, “This is what Rotary does. I remember when we came back from a meeting once, **Amor Daly** asked, ‘What is Rotary? What do they do?’ And, that is it right there. That is what Rotary does.”

PAULA NEUBERT HEALTHY LIFE STYLE



Fred Jorgensen

Fred Jorgensen, U’Hills Secretary this year, took over the mike and lectern to introduce our speaker today. “As you know, my exercise regimen is somewhat, some would say, compulsive. But, anyway, I thought it would be a good idea to get Paula, whom I know from my club, here today to maybe spur you on a little bit.

“Let me give you a little background on Paula. She’s a graduate of the University of Nebraska (some of our friends from CU

mumbled a bit, voiced questions of appropriateness, in jest) in Exercise Physiology and she has 23 years of experience in the fitness industry including various jobs in business development and strategic planning. She’s built numerous facilities in southern California while she lived there, including medical based fitness centers, Pilates studios, 16,000 sq. ft. health and fitness center designed solely for kids. Paula and her husband have been married for 16 years, have three kids: Tatum, Cal, and Casey. With that, here’s Paula.”

Paula began with, “Thank you for having me. I’ve learned a lot about Rotary and what you do that I truly didn’t know. Bill Gates is sort of a hard act to follow, but I’ll try.

“A little bit more about myself. Exercise has been a part of my life...it seems like forever. I can’t think of a



Paula Neubert

time in my life that I haven’t exercised. It’s determined almost everything I’ve done. “I grew up in Nebraska and graduated from the University of Nebraska with a degree in Exercise Physiology but that’s not where it started. I was an athlete and when I went to college it had to be something business related. So, I thought about it, thought I wanted to be a probation officer.

“Then, when I was 18 hours from graduation, my husband was drafted by the New York Jets. So, we moved to New York and I quit school. Best thing that could have happened because it helped me realize the things I really wanted to do. We spent five years in New York and then my husband ruptured two discs in his lower back. That ended his football career so we moved to California. When we were in California, I had the opportunity to work with some schools with emphasis on exercise. It was the beginning of my exercise career.

“We spent 12 years in California, had our kids and asked what should we do? So, we looked for the most physically active state in the country. (Voice from the crowd [Benson?]: “Which one is that? Where does Colorado rank in the obesity chart?”) “Colorado is last. Last, dead last in obesity. It is the most fit state in the country. And that is a huge, huge plus for Colorado. We can exercise all year long. But, the tricky part about that statistic is the percentage of the people who exercise regularly. Guess what the percentage is in Colorado. [No guesses]. It’s 14%, only 14%. And, we’re the best in the whole country! When I came out of college I said, ‘I’m going to change the world’ and then I found out how many people don’t exercise. We should be doing better. We already live in a state that is full of things to do.

“But, I’m not going to talk about things you already know. I left some flyers on some of the tables and one of them is about Greenwood. You guys know about it. It’s here, it does great things in the community, and we offer all these wonderful things. But, what is exciting is that you also have the opportunity for so many forms of exercise. You can go to the health club, you have the opportunity to go skiing, you’re in the number one bicycling state in the country, etc.

“One of the things I left for you is a pedometer. The most important thing about being healthy is just move. Just put it on your belt, right here, and it will tell you how many steps you take in any given time period...a day, for example.

“OK. When you get up in the morning, it’s hard to get your body going. Here’s my first step, it hurts. Here’s my second step, it hurts. *Everything* hurts. How do we keep from making those things hurt. What we need is something to make us feel better in the morning...you need more energy, more stamina so that you can go play with your grand children, you can golf 18 holes, you can go skiing, all those fun things.

“Exercise is what you need. It will help your mental state more now than ever. You can do so many things with your body, and even more so now than ever. I’ve seen more people come into the exercise room more for the relief of stress, getting away from all those terrible things at the office.

“Your goal? Cardiovascular exercise, just 20 minutes a day, 150 minutes a week. Strength training two times a week



(Question: For how long?) Response: "Forever. (Prolonged laughter at how long that will add up to) Oh, you mean how long each day. Cardiovascular exercise: 21 minutes per day. If you can get up and do it every day, do it. For strength training, what you want to do is to make sure that you work every body part: leg muscles, stomach muscles, arm muscles, back muscles, all of them. It's just getting started and doing more than you have before. And, that's the most important thing about exercise. I'll put you on the spot and ask how many do regular exercise? Raise your hand. (about a third signified their regular exercise participation.) See, you're part of that 14% of the population.

"Now, for those who didn't raise your hand, how many of you know that you *should* be exercising? (A few more). Now, I'll put the other people on the spot. What is it that keeps you from doing it, exercising. (Will power) What makes you do the other things you do in your life? (Earning a living) But, exercise could help keep you stronger so that you can handle that earning a living task with greater ease.

"So, you have to go back to 'What are the things that motivate me? What can I do to help reach those goals?' One thing I hear all the time that prevents us is 'time'. (Voice from audience: "In the beginning of getting back into it, which I've done many times, it's more like work and you have to push yourself until later you become self motivated.) Definitely. It becomes a habit. It takes 12 weeks to create a habit. So, sometimes that getting started is the hardest part of the whole thing.

"I have exercised my entire life, but there are moments when I say to myself, 'I don't feel like it. I just want to sit on the couch and I don't want to do a thing but watch my husband play football. And, I have to motivate myself to get back into it. But, once I do, it feels good. I'll tell you something else that happens. My husband will tell me I need exercise. That really helps my motivation.

"Also, the kids keep me going. They're 13, 10, and 8. I tell you I go to work so that I can relax because being at home is not all that great. They're all over the place. There are three kids and only two parents. So, I have to keep healthy so I can keep up with them.

"Can anybody tell me how many total minutes you should exercise a week, cardiovascularly?"

"150" from **Rich Sattizahn**. "Who said that, 150? You get a real live workout bag." And she walked it over.

"How many times a week are you supposed to strength train?" Someone said, "Two". Your editor wrote down Benson, so that might be the one who won the T-shirt, or whatever.

"How about a really, simple, easy tip for weight loss. One pound a week is 3,500 calories. So, seven days per week, divided into 3,500 is 500 calories a day. In order to lose one pound per week, all you have to do is take in either 500 calories less per day or expend 500 calories in exercise. Or, taken together, that's 250 less calories in food per day and 250 calorie burn with exercise. Everyday, 500 calories, 3,500 per week.

Question (Pool): "How far do you have to run to use

250 calories?"

Answer: "It depends on your weight, on your intensity, and a few other factors. So, we have to look at your height, your weight, how hard you're running, how far you're running. Fred runs about an hour at a time, probably burns about 700 calories, but he really runs.

"But, remember, you're doing a whole lot of other things. It doesn't have to be just that particular kind of exercise. It can be all the other things you do in the day. So, if you normally park close to the door, park farther away. Normally, you take the escalator or elevator, take the stairs.

Question (Holland): "I'm trying to gain weight. Do I sit in a chair for a couple of hours? (Room full of hoorays and laughter)

"No answer necessary."

"One last thing if you're *really* trying to just lose weight, don't overdo it. Don't say to yourself, 'I've got to run faster and lift more weights.' Take it easy. Otherwise, you'll just get tired sooner and be unable to continue exercising.

Question: "Tell us how to use this pedometer."

Answer: "Interestingly enough, I've put a pedometer on a number of people that work at our health site...not on the trainers, but those who work in the business office. They sit most of the time. Just by getting up, walking to the bathroom, back and forth, getting up and running down stairs, taking a walk around the building for a break, they can do 10,000 steps a day.

"So, what you'd want to shoot for, the first thing, is get your base line of what you normally do. Put on your pedometer and just do your regular day of activity. Then just increase that a little bit every day for a week, then increase it some more. Do this for awhile and see if you see any improvement in how you feel.

"But, stay away from the scales. Don't ever get on one. Measure your progress by how you feel, how your clothes fit, whether people say 'you've lost weight'".

President David thanked Paula for her talk and gave her our certificate of contribution in her name to some of the Rotary clean water projects in Africa.

DAVID'S THOUGHT FOR THE DAY

David's thought for the day was from **Al Johnson**, our Assistant Governor: It goes like this:

Service Above Sleep

And, before leaving the service subject, **Don Goe** had a local report from another club that honored former members of the U'Hills Rotary Club:

*At their meeting on 24 September, the Denver Southeast Rotary Club awarded pins for Perfect Attendance to two U'Hills Rotary personalities. Past President **Lou Webb** (1982-83), and PDG **Bill McMurry**, a founder and charter member of U'Hills, for 50 years.*