

The Spirit of U'Hills

6 November 2009



PROGRAMS AND ACTIVITIES

- Nov 13....Curt Fentress..... DIA Architect, Subject: Trends in World Wide Architecture: Contextual Realism
- Nov 20....Zane Robertson. Subject: Active Minds
- Nov 27....Children's Holiday Party
- Dec 4.....John Villalta, Baghdad
- Dec 6.....Holiday Party Phipps Mansion
- Dec 11Lynda Drake Bayaud Staffer, Subject: Homeless for the Holidays
- Dec 18....District Governor's Visit
- Dec 25....Christmas Day... Dark at Glenmoor

INSPIRATIONAL MESSAGE



Eric Budreau

Eric Budreau brought us our Inspirational Message today:

The question for each man to settle is not what he would do if he had means, time, influence, and educational advantages; the question is what he will do with the things he has. The moment a young man ceases to dream or to bemoan his lack of opportunities and resolutely looks his conditions in the face, and resolves to change them, he lays the corner-stone of a solid and honorable success.

—Hamilton Wright Mabie

GREETER(S)



President David thanked our greeters, here to the left: **Bob Deloian** and **John French**.

Their devotion to duty, above and beyond, was also recognized by the assembled Rotarians with a nice round of applause.

INTRODUCTIONS AND ANNOUNCEMENTS

Linda James introduced our visiting Rotarians and guests. First on the list was **Bob Hammond**, from Highlands Ranch Rotary, classification: commercial real estate. Next, from the same table, also from the Highlands Ranch Rotary Club was **Russ Ables**, classification: insurance. Third, and last, visiting Rotarian was **Karen Loeb**, Denver Southeast, classification: higher education.

Now, for the guests...**Rocky Rauchenstein** is a prospective new member, will be inducted in the next meeting. Linda then asked **Jeff Stotler** to introduce his guest. Jeff consented and told us what he had arranged today.

"In recent meetings, membership chair **Alan Coldwell** has repeatedly emphasized the importance of getting younger members to join our club. Today, therefore, I brought a prospective member, my son **Cal**. He's almost two and a half years old. So far, he's very entertaining." There was an explosion of welcomes to **Cal**. Most of the members will attest to the fact that from appearances, **Cal**, son like father, really enjoyed his dessert, Black Forest chocolate cake.



Cal and Jeff Stotler, enjoying Cal's dessert

Rising to the occasion, **Alan Coldwell** announced that he had a Rotary Red Badge, just Cal's size.

President **David** called our attention to the fact that we did miss one visiting Rotarian: **Todd Laurie**.

Don Goe had a couple of announcements: "Just for those who didn't read my email to club members about the death **Linda Tschappat**, her husband was my predecessor as president of this club in the mid '80s and he died shortly after. Linda was such a vibrant presence among the activities that took place, her presence was sorely missed. Her funeral will not be today, as originally announced, but a week from today, Friday, 13 November, at 11:00 am.

"Second announcement, I had sent to Dave and some others that I knew would be of interest some information about a book that **Cliff Docterman** is putting out. Cliff has been asked, and has decided to publish about 25 of his speeches over a period, complete with the humor that always accompanied anything that Cliff did. His club, in California, has the rights to offer some pre-publication sales. If you are interested, for the



price of \$12.00, you send a check to the Maraga CA Rotary Club and they'll give you a pre-release copy. If you need an address, check with me.

"For those who may not know Cliff, he was the charter president of this club. He was a former vice president of the University of California and was here on a two or three year project. While he was here, Denver decided they would like to charter the first Rotary club in the Denver area. Cliff set out to make this the perfect Rotary Club. We have honored that responsibility since that time by starting each meeting with the phrase, 'Welcome to another exciting meeting of the University Hills Rotary Club.' Cliff went on to become the President of Rotary International in 1992."

Tom Murphy: "We did have our first DU hockey last weekend. We had a really good time. But, it's hard work (laughter)." **Marvin Hersh** corroborated Tom's evaluation and assured us that it was truly awful. "The next will be the on 27-28 November. Second thing, next weekend, 14 November, we're going to participate in the Channel 9 Cares food drive, Speer Blvd. We're going to have three shifts: 6 or 7 to 10:00, 10:00 to 2:00, 2:00 to 5:00. We need about three or four people at each location.

"The West Middle School interviews today were great. I want to thank **Fred Jorgensen** and **Sean Smiddy**. They did a great job with the young lady last week. We have another young lady, no boys this time. The next one will be on 20 November so I'll be after you for that...the last one for this semester.

"For those interested in the Four Way Test project in West Middle School, we're going to have a planning meeting with the assistant dean, probably next week, so that's still alive.

Pat Pool: "As perhaps most of you know, the Air Force Academy football team is playing the team of some small military academy back in the east somewhere, name is something like East Point I believe, tomorrow at 13:30. Now, I belong to the AFA Quarterback Club in Denver and we had a luncheon yesterday. It's hard to believe what has happened. I was sitting next to a man who had come up from the Air Force Academy that morning. He told us that at first light, this morning, several Army Black Hawk helicopters slowly came up over the east end of the terrazzo plaza in the cadet dorm area, not far from the chapel. Then to the surprise of all observers, large quantities of what appeared to be sheets of paper were thrown from the open canopies of the helicopters, thoroughly trashing the cadet area. Upon further investigation, it was determined that what the Army helicopter crews were throwing on the AF Academy central area of activity, was Army recruiting posters." (appreciative laughter) Pool looked over at **Phil Beaver**, our resident Army retiree, said, 'I hope you can take care of this, Phil.'" (At least we know that the issue will be in good hands.)

President David next gave the mike to **Karen Loeb**, from the Denver Southeast Rotary Club. She introduced us to a couple of events that her club, the Denver Southeast Rotary, will be sponsoring. The first was a free forum to answer questions about the history of the whole health system in this country. Then, next Wednesday night is a free forum where these panelists will answer questions about why the medical costs

have become so high in this country. Both events will have happened by the time you receive this newsletter and will be history...no point in going into detail on the events.

Fred Cron was next at the lectern. Said Fred: "Last night, the Board of Directors met and decisions were made regarding contributions to the Paul Harris Fellowship Award.

- We propose to match your *new* contributions on the basis of two to one, i.e., if you contribute \$300, then the club would contribute another \$600. And, if you did \$333, we would could put you over the top for a Paul Harris Fellowship. That will be to initiate people into the giving process.
- For those who have already given, we propose to match you one to one. If you gave \$500, we would match the \$500 and you would have a new Paul Harris.

"The background of this initiative is that we would like to see everyone in the club become a member of the Fellowship. And, we will do what we can to help you in that endeavor. The amount of money that is available to us is limited so if anyone is interested in this initiative, please call me and we'll work through the opportunity to maximize the effort for yourself and the club."

David continued with the observation that personal health is a big issue, lately. "We're going to start a new initiative in this field. **Phil Beaver** is going to start us out, give us the full information on what we will be doing." And, here comes Phil.

"There are, right now, through the good offices of **Mike Hitchcock**, six Rotary Clubs that are working with the Cherry Creek School District with their wellness programs. Our club is partnered with Cottonwood Creek Elementary. Rotary is participating as a hands on partner. We help give fitness tests and other activities relative to the group. They will be coming up on that later, but I wanted to mention it as a lead in to what we're doing ourselves in terms of fit Rotarians. The best way we can help these elementary schools is if we set the example.



Phil Beaver

"So **Dick Rewey** and I have been asked to perform the duties of healthy Rotarians. What that means is whatever we want it to mean. We've had a great kick-off into this if you will remember the talk that **Paula Neubert**, Greenwood Athletic Club, gave several weeks ago. She, basically, told us how to live healthy life styles, how to put extra years on our lives. Well, what do you do? You eat broccoli and exercise more. (Yep, that's what he said. I checked with him by phone to be sure that what he said is what it sounded like he said.) When you do that, you get many more years of living during which you can eat broccoli and exercise. To me, that's a no-brainer. You can put that cookie right back on the couch with the potato chips. So, you might want to consider that.



“OK, we’re going to be kicking off with a Rotarian program. We notice that every week we come here and stuff our collective faces. That’s coming to an end. I’m sorry. So, next week instead of lunch, **Tom Benson** is going to lead us in a marathon. The following week, **Jay Carpenter** is going to take us on a bike ride. The week after that, weather and snow permitting, **Dick Rewey** is taking us skiing. The week after that, again weather permitting, **Wendell** is taking us surfing. At some point, we’re going to spend an hour and a half on a treadmill with **Fred Jorgensen**. Then, the next week after, with 60 pound rucksacks, **Ranger Murphy** is going to lead us on a 25 miles road march. Then, the week after that I’m just going to drop you for push ups...for an hour and a half. I have 29 years of dropping people for push ups. I’m good at it. Failing all of that, **Staci** is going to come back and put us in a dance marathon. (Better give us a time that will fit your schedule, Staci.)

“Actually, we’re doing none of that. But, what we are going to do is to talk about how do we get in better shape. How do we, seriously, put those extra years on our lives. We’re going to use the time honored technique of harassment. (explosive laughter) So, we will be coming up here regularly, to the microphone, during the announcements and dropping hints as to what you might want to do in lieu of exercising and eating broccoli, to put those extra years on your life.

“So, today, enjoy those desserts. Next Friday, **Gus Achey** is going to be standing at the end of the buffet line (Oops, almost wrote ‘chow line’) with a ruler and if you reach for those sweets, he’s going to rap your knuckles. We are going to share with you a weekly reminder. The point being that if you do think about it, if someone tells you about it every week, after five or six weeks of that, maybe one or two of us will go home and say, “Wow. All right. No ice cream tonight.” OK? Throughout the day, it will put a few more minutes on your life. But, we are going to be reminding all of us about what we can do to lead healthier life styles. **Paula Newman’s** talk, on 5 September, was absolutely tremendous in terms of what we can do ourselves and what we need to do and what some of us can aspire to.

“So, anything you want to add, Gus?” Gus said he did and rose so we could see him better as he said, “Eating broccoli doesn’t actually make you live longer. The real impact is that if you eat broccoli, it just *seems* longer.” (Chalk up another ‘bring down the house’ one liner, Gus.)

President David said a lot for us when he said, “Thank you Phil.”

CHRISTINA ZARZA GLOBAL HEALTH SCHOLARSHIP WINNER

And, **Mike Hitchcock** is going to introduce our speaker today. Mike admitted that in preparation for Phil’s biggest loser contest, he’s been porking up for months. So, he may be better prepared for the healthy U’Hills future.

Mike Hitchcock: “We are privileged today. Sometime last year, the Global Health Connection has this thing, out of the CU Med Center, where they send students abroad to do a



Christine Zarza

six week stint and do a project or a paper, etc. We donated \$750 to two people to send abroad and we have one of them here today, **Christine Zarza**. She went to Tanzania. She was a student at DU Boulder and is now a medical student at the CU Med Center. She is going to tell us all about her trip.”

Christine thanked us for having her at the meeting (our pleasure) and for providing the scholarship opportunity. “It

really makes the difference between reading about Tanzania and being able to go visit it ourselves. As Mike said, I really did go to Tanzania and I’m going to give you a presentation on what I did and what I saw.

“I’m a second year medical student at the DU School of Medicine in Aurora. The focus of my project was on malaria issues on the Ngororo Conservancy which is in the northern part of Tanzania. Tanzania is in southeast Africa and was formed in 1964 of Tanganyika and Zanzibar. To give you a sense of their culture status, they have about 800 physicians serving a population of 40 million. There are just under 50,000 health care workers. So, there is an incredible shortage of health care personnel. As for the disease burden, the life expectancy of men at birth is 50 for males, 51 for females. The principal causes of death are HIV/AIDS, lower respiratory infections—TB, malaria—and for children under five, neonatal causes and also malaria. Tanzania is better in some health care indicators than their African peers—they’re well vaccinated, better than some other countries in Africa.

“Malaria is the third highest cause of mortality at all ages and is the primary cause of inpatient and outpatient services rendered. It is a part of their daily lives. When I was interviewing a patient out there, I asked ‘How many times have you had malaria in your lifetime?’ The patient seemed confused, asked, ‘You mean in a year?’

“Part of the problem is that the treatments that were used are now seen as resistant. So, there is a new treatment called ACT (Artemisinin based Combination Therapy). There are two different drugs that have different modes of action. They’re very effective, but they’re also more expensive and a lot less accessible. There are some prevention means such as insecticides, treated bed nets, and insecticide spraying on a larger scale.

“My journey began in Dar Es Salaam where I joined with the National Institute of Medical Research to help with their Malaria Mapping Project. They are going around the country taking GPS points and then coordinating that information on the incidence of malaria. In the States, we have this data easily accessible to us but they’re still building the software infrastructure in Tanzania.

“On the road to our destination, vehicle breakdowns are a part of the daily experience. Fortunately, there are trucks that drive the roads with any type of parts that would be necessary to get the bus back in commission.

“We finally arrived in Mwanda and spent some time with



the Bugando College of Health Sciences. This was both a referral hospital and a medical school. It's a pretty large hospital and provides a lot of services

"From here we moved onto the Conservancy Area. It's a protected park area in the northern part of the country. The native people in the area are of the pastoral Maasai tribe. They're tall, thin, and like bright colors. Originally, I thought their shawls were hand made in their homes. To my surprise, when I looked at one up close, they were made in China." Christina had one slide with interesting facts about the Maasai. They live along the Great Rift Valley in Kenya and Tanzania; are semi-nomadic; raise and sell cattle, goats, and sheep for income; are a polygamous society; rely on herbal medicines, are not particularly impressed with western medicine and clinics. Their medicines primarily have an emetic effect, make the patient vomit, a result that in their eyes is cleansing out their gastro-intestinal system.

"My specific interest was the recent rise in malaria on the Conservancy. The Conservancy is at a higher altitude than the rest of Tanzania and historically had no big problem with malaria. But, recently, there has been a rise and there are various explanations: global warming, migration, standing water, and others. Now, they're challenged with addressing that issue. When I got there I met some challenges because the medical director was out of town. His mother was severely ill and there were issues with the ethical board in Colorado. When I got there I had to reformulate my approach. I sought to assess health care worker perceptions of the effect of malaria on the Ngorongoro. My goal was to obtain knowledge for treatment and education campaigns.

"I did this through semi-formal qualitative interviews with the health staff of the hospital. There were three of us and we had to work through an interpreter. They were exciting interviews because of the presence of the interpreter and a Tanzanian guard.

"Some of the other things we did was to visit some health outreach clinics and participate in ward rounds at the Endulen Hospital. One of my favorite activities was with the health outreach clinics. The hospital sends out a truck to do maternal and children vaccinations, weight measurement, STD testing for mothers...

Question (Pool): "What's STD?"

Answer: Sattizahn, ever helpful, supplied the appropriate translation: "Sexually Transmitted Disease." And that precipitated a rather loud, humorous, and extended reaction from the rest of the assembled Rotarians, visitors, and guests. When things returned to a semblance of normality, Pool volunteered the information: "OK. But that's not what we used to call it." ...another round of laughter and accompanying comments before Christina could continue.

"Back to the health outreach clinics. They go out to different places on the Conservancy, about once a month to each village. Often there is a clinic building they go into. They also go to prearranged sites such as a big tree in the middle of a field, or a big rock." And, Christina had a pic-

ture of a BIG rock; about five times as large as the truck, twice as high. "He drove up and the women were waiting for him with their children. They know where and when to come meet the truck again. They also have a small Cessna airplane if needed to reach the far reaches of the Conservancy.

"I worked a little on the health mapping project, GPS points and associated health data. I mentioned that the health workers in Dar Es Salaam are assembling malaria data. So, when we went around on these health clinics, we would mark a GPS point and then map the health data to that GPS point. It's a very good way to assemble a health database. We also used the health information in the system when we went to villages already in the database. From the data assembled by the workers, it's possible to reach broad conclusions on the types of disease prevalent in the population:

- Malaria
- Pulmonary TB
- Brucellosis
- Herbal intoxication
- Lion and buffalo attacks which we don't see very often in Denver.

"The conclusions I reached after reviewing the information I had collected were that:

- Malaria is a concern of daily life in Tanzania and on the Conservancy .
- Bed nets are a great prevention strategy, but are not often used on the Conservancy.
- Tanzanians and Maasai would like to find ways to address the malaria problem.
- Many Tanzanians and Maasai may not seek adequate treatment if effective

therapies remain inaccessible and expensive.

"Future next steps would include repeating the survey of the health workers, study bed net distribution and education among the Maasai, and the study of native Maasai herbal remedies.

"So, that's my story and I'd be happy to try and answer your questions."

Question (Carwile): "Were you inoculated for malaria before you went over there?"

Answer: "I took prophylactic medication. There are about three kinds, including anti-biotics. There is a vaccine that's been developed and looks promising but it's not widely available yet.

Question (Whisenhunt): "Our flagship program for Rotary International has been trying to kill polio. I noticed on one of your slides you referred to vaccinations. RI has run into problems in North Africa and some areas of Pakistan where the local witch doctor didn't go along with the effort. End result, we're having trouble getting everyone vaccinated, particularly in North Africa. Did you run into any of that in Tanzania?"

Answer: "There wasn't any resistance. It was just that some of the locations were too remote or inaccessible to follow through on treatment and education. On the Conser-

Back to the health outreach clinics. They go out to different places in the Conservancy about once a month to each village. Often there is a clinic building to go into...or by a big rock or tree in a large field.



vancy, there was no stigma attached to vaccines.

Question (Hitchcock): “What was the problem with the bed net usage? Did they just not use them or did they just use them improperly? And, also, has there been any progress on a protocol for sterilizing the male mosquito?”

Answer: “I’m not familiar with any sterilization plan for the mosquitoes. On the bed net, I think there is the problem of accessibility and education. They find other ways to use the nets. And, in the cities, although they’re fairly inexpensive, they don’t treat them with insecticides. Medical workers distribute vouchers for free bed nets but people just don’t take the time to go get one.”

Question (Gardner): “What are your plans when you finish school?”

Answer: “I’m definitely interested in global health and I worked at a clinic in Denver, the Interstate Health Center, before school. Some of you may know of it. They do a lot of immigrants. I think, ideally, I’d like to work in a clinic similar to that and also spend some time working abroad.”

Question (Henninger): “Are the insecticides themselves harmful?”

Answer: “No, but there have been concerns in some locations in Africa.”

Followup: “You felt comfortable with the safety of the insecticides that are being used on the netting or the insecticides used in spraying?”

Answer: “Yes, there is a little concern about washing in the water but, in general, they’re fairly benign.”

Question (Regan): “Aside from the opportunity to travel, what did this experience do for you as an aspiring medical practitioner?”

Answer: “I’ve spent some time in Latin America and have some familiarity with their medical system. So, the opportunity to go to Africa was an opportunity to be exposed to a different environment. It’s not the large problems that I really learned. You know that funding is always an

issue and there is a certain infrastructure that’s an issue, but there are some nuances of a country that you can’t learn without being there. Tanzania is a country with a lot of conversation before business. It’s connecting with the people first, before deciding on what you want to help them with. They won’t be respectful until you get to know them.”

Question (Hitchcock): “Were there any issues with clean water or supplies?”

Answer: “Absolutely. They have fairly clean cities and the medical facilities were clean, but trash was always in water areas. There aren’t any standards for sanitation. But, I will say that there is a strong Muslim influence, with the requirement to wash their hands before praying and also before eating. So, the area may be cleaner than other regions but there is still room for a lot of improvement.”

Question (Rewey): “Does the Tanzanian government have any national plans to enhance the supply of health care workers—physicians, nurses, etc.?”

Answer: “Definitely. That’s a concern that hospitals and medical schools have, to increase medical student enrollment. But, they do have a lot of brain drain. Even in Uganda, next door, they pay them more. So, Tanzania is a fairly stable country, but it’s also a very poor country.”

President David gave Christina one of our certificates on a donation to one of the many Rotary water projects in her name.

DAVID’S THOUGHT FOR THE DAY

“My thought for the day comes from a field of interest to our speaker, **Christina**, from the Global Health Council”:

**When it comes to global health,
there is no ‘Them’; there is only ‘Us’.**”