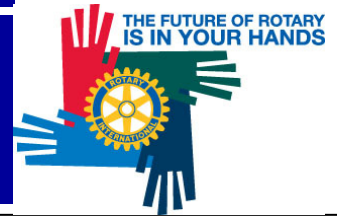


The Spirit of U'Hills

26 February 2010



PROGRAMS AND ACTIVITIES

Date	Speaker/Event	Subject	Intro/Sponsor
3/5/10	Dr. Tawfik Hamid	Roots of Jihad	Greengard
3/12/10	Mike Oldham, 5450 District Governor	U'Hills Rotary 100% Paul Harris Foundation	Cron
3/13/10	Fun Raiser	Mammoth Game, Pepsi Center	Stotler
3/19/10	Gerry Roach, World Class Mountaineer	Transcendent Summits	Jorgensen

INSPIRATIONAL MESSAGE

Fred Cron had our inspirational message today. It was all about a different way of living our lives—backwards:

I want to live my life backwards:

You start out dead and get that out of the way.

Then you wake up in an old age home feeling better every day.

Then you get kicked out for being too healthy.

You enjoy your retirement and collect your pension.

Then you start to work, with a gold watch on your first day.

You work 40 years until you're too young to work.

You get ready for high school: drink alcohol, party, and you're generally promiscuous.

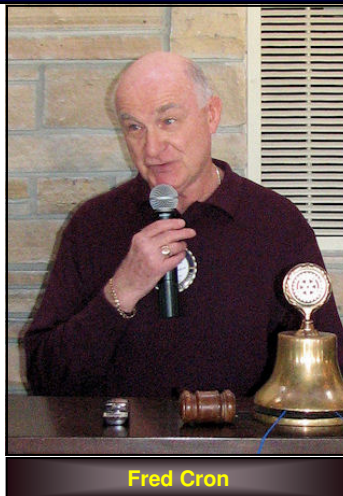
Then you go to primary school, you become a kid, you play, and you have no responsibilities.

Then you become a baby, and then...

You spend your last nine months floating peacefully in luxury, in spa-like conditions: Central heating, room service on tap, and then,

You finish off with having sex.

I Rest My Case



Fred Cron

GREETERS



Martha Diss Sundby, Mike Brewer, and Jim MacDermott

Things in the Greeters Dept. were a little out of the ordinary today. **Mike Brewer** and **Red Holland** (that's Red's right shoulder behind **Jim MacDermott's** left shoulder) were examining the equipment brought in by **Martha Diss Sundby** to be sure that no contraband was imported into our activities section. **Jim** is

holding something that says it is a 24 x 36 layout (with instructions) of casino games. **Mike** has something called Sport Eggs, and **Martha** has a sleeve of Mini Pro Golf inserts as well as a good sized bouquet of flowers. Pretty complicated. Suppose it has anything to do with the upcoming Golf Tournament? Could be.

VISITING ROTARIANS AND GUESTS

SPONSOR	GUEST(S)	REMARKS
Mike Hitchcock	David Talbot	Mountain Foothills Rotary Club
Martha Diss Sundby	Julie Robinson, <i>Positively Denver</i>	Metro Professor. Likes to help organizations with a purpose raise money. Will help with Poker Bingo, etc. at Golf Tournament.

ANNOUNCEMENTS

Tom Murphy: "West Middle School will be having their CSAPs in March. Next interview will be the day after **Jim Fleming** sends his money to the IRS—16 April 2010."

Tom Benson: Tom reviewed the programs we have coming:

- 5 March—Dr. Tawfik Hamid and his book *Roots of Jihad*
- 12 March—Mike Oldham, District 5450 Governor, recognition of U'Hills Rotary as a 100% Paul Harris Club.
- 19 March—Gerry Roach, World Class Mountaineer
- 26 March—Linda Childears, President/CEO Daniels Foundation



- 2 April—Hold for Mayor Hickenlooper. Running for governor, as you know.
- 9 April—Dan Maes, GOP Gubernatorial Candidate
- 16 April—Scott McInnes, GOP Gubernatorial Candidate
- Late April—Rotation Day
- 14 May—Steve Sanford, Pine Ridge Indian Reservation
- 21 May—Zoo Day
- Late May—Tracy Ringolsby
- Jeff Stotler said that he has coming a Navy historian concerning particular battles.

“The point is, we have a lot of terrific programs coming, and where are they coming from? — YOU. Think about who would be a great speaker then go after him/her. We only have one criterion: ‘A program that you will die for.’” [That’s what he said. Guess we might lose a few members, but we’ll also continue to have great programs.]

Martha Diss Sundby: “I went to the Wheat Ridge Rotary Meeting on Monday. They asked me to pass out some of their flyers for their fundraiser on 24 April 2010. They’re on your tables. They want to support our fun golf day, either playing bridge or poker bingo .

“I’m doing a double deal on 1 May. *Positively Denver* is helping me with five charities. Dorothea’s organization needs some funds...March of Dimes formerly supported her but it is cutting back because of financial difficulties. Keep 1 May open and sign up.”

President David introduced another visiting Rotarian who came in a bit late, Sandy. “Hi. I’m Sandy Roderigh (sp?). I’m from York, PA, where all the snow is. Ours is, like yours, a 100% Paul Harris club. I’m a past president. I went to Nepal with some friends from Colorado. Now I’m here with my daughter to decide if I want to move here.” (Applause and cries of “You’ll love it” from the crowd.)

Jeff Stotler: “We have an upcoming Fun Raiser. I passed around an interest sheet, a couple of weeks ago, about a Mammoth (indoor lacrosse) game at the Pepsi Center. We’re working on getting a suite, food, and beverages. Several of you gave me an interest number but now I need a hard number. Assume that it will be \$40 per person, because it will only get cheaper with more participants. Come see me after the meeting. We’ll have to get up to 20 and I’ll go ahead and sign the paper work. It’s Saturday, 13 March 2010 at 7:00pm, Pepsi Center. We’ll have a lot of fun and have the Mammoth game going on in the background. Children under the age of three are free. I’ll try to work out something for kids under 10 can get in cheaper.”

President David announced that he has asked our Treasurer, **Jerry Regan**, to prepare some financials. If you’re curious about the financials of the club, he does have

a few copies at the sign in table.”

SERGEANT AT ARMS



Phil Beaver

Double header today with Phil...his healthy tip of the week and Sergeant at Arms for one low price. And first, the health tip of the week:

“Today’s health tip is going to get you six years. So, pay attention. Those of you keeping track, don’t bother. We’re going to provide a summary at the end—the number of years you will get if you do all these things. Today it’s **six years**.

Anyone want to guess how simple it is to add six years to your life? Cliff? (“Yeah”, from Cliff) any guesses? (Pause for effect) **Floss**, that’s it, **floss**. That will give your teeth and you six extra years. Say you live 80 years flossing three minutes a day, that’s two months of your life spent flossing. However, think of the benefit. The net, considering the extra six years minus the time flossing, is five years and 10 months.

“Enough of the health tip. Let’s move on to the Sergeant at Arms stuff. A lot of you, since I gave my talk on my military career, a lot of you have asked me about my career, the different services, the difference between the Army and the Air Force, and other things.

“This is a vignette to illustrate the difference between parts of the Army, the Navy, some of the other services. Now, picture this—freezing rain, a swamp, brackish water, a man is carrying a 90 pound rucksack, plus a Kevlar helmet, sliding through that swamp up to his waist in freezing swamp water. What does this young man think? He thinks, ‘Oh, man! This really sucks!’ (Quiet prevails throughout the attentive audience...they get the picture.)

“Now. The same swamp, the same freezing rain, but now the young man walking through the swamp is a Ranger—picture **Tom Murphy**. (Multiple guffaws) He’s thinking, ‘Oh man! This really sucks! But I’ve been through a whole lot worse.’

“Now, picture a Green Beret, a Special Forces soldier wading through the same swamp. He’s thinking, ‘Oh man! This really sucks! But, I know how to make it even worse!’

“Then, there’s this Army aviator. He’s up there in his Apache helicopter, flying over this swamp. ‘Oh man! That must really suck down there!’

“Then there’s the Air Force pilot. It’s this same cold, rainy, miserable day. But, he’s back in his hotel room. He’s got the remote. And, he’s thinking, out loud, ‘No HBO! No HBO!! Oh man, this *really* sucks.!!!’ (appreciative laughter from all corners of the room)

“OK. Any birthdays or anniversaries?”



Rich Sattizahn: “Earlier this week my junior at Cherry Creek was trying to go to lunch, and his car wouldn’t start. Apparently, security officers do not feel it’s their job to give students jump starts for their cars. But, he was able to find a nice young coed who let him jump his car, one **Jill Litvak**. Not only does she give presents for poor children at our Holiday Party but she identifies with other students.

“And then, my other son, last night, became a Life Scout. Which is, for you who are not in scouting, the rank just below Eagle. So, he’s getting close.”

Doug Dixon: “Well, I had another birthday on Monday...my 56th.”

Mel Grusing: “I missed the last few weeks. I was in Puerto Vallarta with my daughter and grandkids. And, tomorrow is my 70th birthday.”

Comment from Sergeant at Arms: “OK. You people are looking a lot younger than you really are.” Explanatory comment from someone in the back of the room, identity undetermined: “They floss.” (Extended laughter and related comments)

Whizzy Whisenhunt: “**Mike Haviland** left this morning at 6:00 am for Costa Rica, Nicaragua, Honduras, on his own time I might add, to check out how some of our money is doing down in that part of the world. So here’s five bucks for Mike returning safely.”

Laura Nichols: “I’ve been gone for two weeks down in Florida and the most exciting thing, I’ve been waiting to do this all my life. I got to see a major race at the Daytona 500. It was Re a l l y fun. TV doesn’t get it. Doesn’t get the feeling of the power in the cars, the excitement of the crowd, and you look at the distance between the cars and there *is* none. None. Tremendously exciting. Nick and I had a good time. We really did well down there.

“The other thing I wanted to say was that I was sorry to miss the presentation to **Tom Murphy**, for the Paul Harris. I knew it was coming and he has some really great friends. But, you’re really a great Rotarian, Tom. Congratulations.”

Larry Bell: “Last Tuesday I discovered I was married to a grandmother. My son and his wife had a son. Mother and son are doing well. We’re ecstatic. But, my son is not doing well, he doesn’t know which end is up right now. Mom’s great. We have a 5th generation Bell.”

Phil Beaver, as Sergeant Major, removed his stripes to talk about Cottonwood Creek Elementary. “A whole crew showed up and were a great support for the school and their health fair. In their *Jump Up for Hearts*, thanks for all of you who showed up.”

President David: “As Phil just mentioned, he’s done quite a bit since he joined Rotary, Cottonwood Creek most recently. With that in mind, the Board decided to make him Rotarian of the Month.” He then handed Phil his ROTM certificate, suitable for framing (applause).”

Mike Hitchcock: “Our guest today is **David Talbot**. He’s an interesting guy. To start off, the whole theme

of today’s talk will be about how one guy can make a difference in the world. And, with the help of Rotary as a multiplier, it’s a significant effort. And, David is a living example of that. He’s a Colorado native, grew up in Arvada, went to CU, CSU, and he went to a lot of other schools. He was in dental hygiene, along with a lot of other things. He has a Masters in Education. He’s a professional film maker, retired fire chief. He’s hiked across Europe three times, ran with the bulls in Pamplona, Spain. He has crutches because he had polio as a kid, had tremendous wasting in his left leg but he pushed it in *Outward Bound* and a lot of different things despite his disability.

“Then he developed post-polio syndrome and has gotten worse over the past eight years and has had to go back to the crutches. But, that’s just the bad news. The good news is that it jogged something in his brain and in 2005, he started this program called ‘Crutches 4 Africa’. His goal is a million crutches for, not just Africa, but for wherever they’re needed...Haiti for example. So far, he’s sent over some 8,000 and there are another 1,500 on the way. So, we have a real privilege here. You’ll enjoy his talk. David?”

DAVID TALBOT CRUTCHES 4 AFRICA



David Talbot

David Talbot: “Thanks Mike. I always look out, when I go to Rotary clubs. I see in front of me a bunch of *my* heroes. The reason for that was an experience that I had in Uganda. I’ll get to that a little bit more in a few minutes.

“I want to go backwards in time. How many of you, you guys who have been flossing longer than anyone else...what happened in the Spring of 1954 that made that a very memorable

Spring? (Answer from the crowd: ‘The Salk Vaccine’) That’s absolutely right, the Salk Vaccine was announced and it was a success. Then, two weeks later, I contracted polio. In life, isn’t timing everything? A joke without the right timing is just nothing. Fortunately, though, my timing has become much better as I become older—probably because I floss. I’m not going to drop that one. It’s just too good.

“From that experience with growing up with polio and dealing with that challenge in my life...it’s something that helps us to shape our lives when we have a challenge that we have to deal with. We’ve done pretty well in the U.S. I was in Children’s Hospital for several months with surgeries and recuperation. Then I ended up with braces on both legs and was on crutches. But, over time, I got out of the braces and the crutches and I gotta tell you about an experience I had in kindergarten.



“There once was a guy named Frank. The first day of school, Frank thought he’d give me a hard time, and started making fun of me because I had braces and crutches. But, Frank had a handicap too. He didn’t realize how long crutches are (holding one of his straight out in front of him, about waist high) compared to a good swing. So, I caught him with an uppercut with my right crutch and got him to the ground and pummeled him with the other. Oddly, I never had trouble with Frank again.

“So, life with polio, once I recovered from the initial part of it, for me it was just a challenge. They told me that I really needed to work the physical aspect of my life, ‘Use it or lose it.’ That’s what really got me motivated in doing everything physical I possibly could.

“Let me bring you to something more current—to 2005. As Mike mentioned, I was actually in Africa. I was working on a documentary film for another non-profit organization. They helped widows and orphans. I saw a woman who had had polio and her right foot was touching the back of her right

shoulder. Her femur was completely twisted around that way. I’m seeing some of the faces here, as that registers; what that must be like. She didn’t have the advantages that I had as a kid, to recover from polio. And, someone had torn off a tree branch for her to use as a crutch. She had this big gnarly fresh green tree branch that she had tucked underneath her arm pit that she would hold onto with both hands and was hopping along on this tree branch. That visual was the seed for Crutches 4 Africa.

“So, what is Crutches 4 Africa? Well, I came back. How many like garage sales, raise your hand (10 or so). I really enjoy going through other people’s stuff. And, with that experience, how many times have we gone someplace and see a pair of crutches hanging in someone’s garage? Or, how many of you have a pair of crutches hanging in your garage? Y’know, you sprain your ankle once, you fell down skiing, whatever. They give you a pair of crutches and there they hang.

“So, we have this mobility equipment that we don’t know what to do with. Nursing homes is another example. Gramma checks in with two wheel chairs, a walker, and six canes. And, when she passes on, nobody wants that stuff. So, it goes into storage until the nursing home just has no more room for it and it goes to the landfill. So, our goal for Crutches 4 Africa is to stop that process...to get people to stop putting those kinds of mobility devices into the dumpsters and taking it out and burying it in landfills.

“As a professional photographer and a film maker, one day we were out at Red Rocks, taking pictures of a couple. We were going to shoot their wedding. This was during our first collection in Denver in 2006. We probably had about 80 pair of crutches in the back of our work van that we had picked up at one of the stores that was collecting for us. The young man

saw the crutches and asked about them. I told him about Crutches 4 Africa. He kinda shook his head and said, ‘Ah, that’s too bad.’ Now, that’s not the reaction I usually get. A lot of times people are very enthusiastic. They’re really excited about the project.

“So, I looked at him a little questioningly and he said, ‘Let me explain. I work out at the landfill by DIA.’ I knew right away what was coming. He said, ‘Two days ago, we had a big 18 wheeler drive in that was full of crutches. We buried them. Right behind it was another one that was full of wheel chairs and we buried those.’ And, that happens day in and day out in this country.

“The wonderful thing about this is that it’s so easy for us to collect this equipment. It’s in your way in the garage. It’s a nuisance to these companies that have to deal with it like nursing homes and hospitals. So, after collecting them, we move them to, right now, Africa where we take them and distribute them for free.

So, we have this mobility equipment that we don't know what to do with. Nursing homes is an example. Gramma checks in with two wheel chairs, a walker, and six canes. Then, when she passes on, nobody wants that stuff. So, it goes into storage until the nursing home just has no more room for it and it goes to a landfill. Our goal in Crutches 4 Africa is to stop that process...to get people to stop putting those mobility devices into dumpsters, then to landfills.

“I gotta tell you. It’s an absolutely incredible experience to literally drop in on people. We never tell the recipients. We talk to the organizers that help us with distribution. But, I don’t want to tell a recipient that we’re bringing a pair of crutches for him or her and then something goes wrong. There has been enough hard times in that person’s life that they don’t need any more disappointments.

“And, there are other recipients, we’ll just stop on the side of the road.

We’ll see someone that needs some crutches or a wheel chair and stop and help them. Example: last year in Tanzania, we saw this woman who was crawling along the side of the road on her hands and stumps. She’d lost both legs above the knee. We can’t even imagine this kind of disability in the U. S. So, she would crawl to where she slept. Then she’d crawl back in the morning to where she begged. I arranged it so that one of my Rotary friends, an African from Tanzania, gave her a wheelchair. Of course, it changed her life.

“We have a poster woman, who is also a polio survivor, and, as a woman in Africa, her job was to carry water. A lot of times, it can be several miles that the woman has to carry water and she’ll do that several times a week, even sometimes twice a day. And, it’s unbelievable the weight of what these women are capable of carrying. Two five gallon plastic jerry cans, in their hands, and another one on their head. Isn’t it 12 pounds for a gallon of water? (No, it’s 8.35 pounds per gallon of water. Each jerry can weighed 41.75, say 42 pounds.) That’s a lot of weight (a total of 126 pounds total in the three cans plus the weight of the jerry cans).

“Last year we picked up a lady over in Kenya who was struggling over a mountain pass. She was carrying 240 pounds of water. And, it was the first time she had ever been in a car. She didn’t know how to get out. When we stopped to let her out, she started to leave through a window. But, she sure



knew how to get that water back up over her shoulders and on her head (the equivalent of 5.7 jerry cans) and then she took off and went up a dry gulch back to her village.

“What this says is that in Africa, if you’re a woman and you can’t carry water, you’re not much of a catch for a fellow. Because, in Africa, that’s what a woman does. That’s her job description. She provides water for her family; mostly for drinking, very little for washing. So, this woman, using a stick, most commonly a pole that people who are injured and crippled will wrap their bad leg around it, and they’ll kind of just vault along. And, you can’t carry water in either hand if your hands are full of this pole. You can’t put it on your head because it will come off with the first step.

“The woman that I’m thinking of has a pair of crutches now and the picture is very enlightening. She has a baby on her back. She has a five gallon jerry can on her head. So, she’s fit back into her culture because somebody didn’t throw a pair of crutches into a landfill somewhere. With that mobility, look at the dignity she gains. She is someone’s wife. She has a child and she’s carrying water so she’s fulfilled what it is to be as a woman in Africa. It gets down to pretty basic stuff.

“BBC gave me a figure of 60 million handicapped people in Africa. Let’s say that half of those are mobility problems. The other half are blind or are missing an arm, or they’re deaf, or something other than mobility handicapped. So, 30 million have a handicap problem. Let’s say that half of them have everything they need...they have a wheelchair, a cane, crutches, whatever. That still leaves 15 million people in Africa who can use the stuff that we’re throwing into our landfills.

“So, a crutch is a very green item and we don’t have to melt it or do anything else to it to make it work. We tape them together and ship them over to Africa. We’ve also shipped to Viet Nam, Christmas Island, Bangladesh, Cambodia, just to name a few of the other locations. This is not something we’re going to get finished, probably, in my lifetime. I’m looking at a sustainable project here, to help make people mobile.”

David then showed us a nine minute video he’d made on the complete life cycle of his project Crutches 4 Africa. It started with the **COLLECTION** of the crutches...from landfills, garages, storage sheds, storage rooms, basements, etc. Next in the cycle was **TRANSPORTATION**. He showed the work taping the crutches together and putting them into shipping containers. They’re then consolidated into the containers that roll into air freight aircraft and away they go to Africa. It

costs about \$3.00 per crutch pair for shipping.

The third segment, **DISTRIBUTION**, began when the containers arrived at their destination. The crutches are then unpacked and sorted into lots that can be transported to the various locations the local sponsors in Africa have determined need crutches.

As you can imagine, some of the destinations are rather difficult to reach. One segment showed a sequence that would make a good advertisement for Range Rover. The village had only one heavily rutted entrance at the top of a steep hill, total mud in the rainy season. It took just about the entire village to push the vehicle up the hill, into the village.

After the video, David continued, “I promised I’d say something about my experience in Uganda, at the headwaters of the Nile. I saw the Four Way Test up on a big sign. It was very impressive. So, I checked you all out and it looked pretty good. And, then...I found out about polio. That’s why all of you are my heroes. What a gift, to eradicate polio from the face of earth. I can’t thank you enough. There are people you will never see, will never know, whose children’s lives you completely changed. Thanks very much.”

DAVID’S THOUGHT FOR THE DAY

David’s Thought for the Day concerned the reading and comprehension of legal documents:

**The large print giveth, but the
small print taketh away**

— Tom Waits

ADDITIONAL ANNOUNCEMENTS

Financial Statements:

As announced by President David today, those interested in obtaining a copy of current financial reports of U’Hills Rotary may pick them up from our Treasurer, **Jerry Regan**.

Rotarian Magazines:

The Membership Committee now has an ample supply of *The Rotarian* magazine for new and prospective members.

Please leave your surplus Rotarian magazines in waiting rooms of hospitals and businesses to help spread the word about Rotary.