



# ~ After the Badge ~

2578 S. Wadsworth Way ~ Lakewood, CO. 80227 ~ Editor: Cleo Wickersham

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## A MESSAGE BOARD

DPRA.info. This link was created by Glen Miller (80031) and his wife Barbara. Please take the time to peruse and utilize this link. You will

by the way, Glen is also a new Board Member. We are going paperless. You will find "After the Badge" on the website.

Plans are in the works for new things to do in addition to the dinners. One thing the DPRA has decided to ask the membership to do is to volunteer and spend some time clarifying and preserving our legacy. Who better to volunteer than our members? After all having been a Denver Police Officer we are automatically part of the museum. Take the time to see the museum and possibly give of your time? It's a worthwhile cause.



## FROM THE MEMBERS

like how user friendly and how informative it is. Thank you Glen and Barbara for creating that great site. Oh,

## LETTER FROM THE PRESIDENT



I frequently talk to DPD Retirees about this organization and being an active member in it. I suggest they go to some of the dinners and tell them what a great time the picnic and Christmas Party are. I explain about the roster and how it comes in handy for keeping in touch with the people who were a part of our life for twenty five or so years. Not everybody was our best friend but at one time or another we all (collectively) depended on one another.

The responses for not participating in the DPRA to me are sad. The most frequent reason I hear is "I don't want to see them aging, I would rather remember them the way they were when I worked with them". Aging is a part of life and beats the alternative, right? The answer that bothers me the most is 'I don't belong to a clique so I feel left out'. The reason this answer bothers me so much is because it conjures up such sophomoric behaviors, reminiscent of junior high school. I would hate

to look at the Denver Police Retirees in that manner. Tell me this isn't true?

In order to dispel this rumor during the dinners and other functions we all need to spend time with people we don't see on a regular basis. Make all retirees and spouses and Career Service Employees feel like they belong --- because we all do belong. There is no more rank or units or divisions only retired police officers and personnel spending time together.



Congratulations to the following members of the Denver Police Department who after serving with exemplary dedication and pride have been promoted to the rank of retirement!! We know you are looking forward to a well deserved and fulfilling retirement. We hope DPRA is included in your plans and you will join us in the DPRA dinners, the Laughlin Reunion and all the other new fun things now being planned for the membership by the Board.

Welcome: Civilian **Sharon Sekerek**, 1964 to 2014.

**Detective Alan Breneman**, 95031, served from 1995 to 2014. He retired from the Gang Unit.

**Sergeant Kimalee Hull**, 7802, served from 1978 to 2014.

**Officer Ed David**

**Detective David Falls**, 89024, served from 1989 to 2014. He Retired from Traffic Operations.

## ***Farewell For Now***

**Donald L Hansen** 61068 served from 1961 to 1968.

**Riley L. Cass** 60001 served from 1960-1986.

**Robert M. Evans** 70049 served from 1970-2004.

**John W. Arko** 61002 served from 1961 to 1988 passed away.

**Jesse James Stevens**, Father of Becky Gibson (credit union) passed away.

**Elizabeth Hines** mother of Bobbett Hines 79068 passed away.

**Robert E. Nicoletti**, 58012 served from 1958-1985.

Ron Mayoral's mother-in-law Vivian Martin and Edward Morales father of his granddaughter passed away.

**GONE  
BUT NOT FORGOTTEN**

## ***Retirement Tidbits***

*By Lynn Mullen*

### **Retirement and Volunteering**

Achieving the most fulfilling life after retirement can be a difficult task. Robert Byrne, a modern American author who often writes about his own philosophical observances, coined a phrase which is relevant to all of us. "The purpose of life is life with a purpose".

When we walk out the door of our long-term career for the last time, we sometimes find ourselves wishing to be back in an environment where we felt comfortable and worthwhile. We were contributing members of our community and we generally felt good about our performance and role in improving society. Retirement is often accompanied by a feeling that we are no longer useful. Our self-esteem may be affected and we might find ourselves emotionally drifting in search of our previous sense of satisfaction and well-being. The community sometimes encourages the displacement of senior citizens to an insignificant role. Some of us have experienced being talked down to by members of younger generations, and sometimes ideas from our retired brains are not as valued as we would like.

Volunteering in an endless variety of capacities can be an antidote to our sense of no longer being important contributing individuals. Several research studies have focused on the benefits of volunteerism during our retirement years, including a study sponsored by United Health Care and Volunteer Match," Do Good. Live Well." The Do Good Live Well study used interviews with 4,500 individuals, many of them senior citizens. Its initial purpose was to examine the health benefits of volunteering. The overwhelming results of most of this study, as well as many others, point to volunteering as a means to achieving a better quality of life. Those individuals who do volunteer generally experience a sense of feeling younger and physically more fit. Their levels of self-confidence and self-esteem are reported to be higher. Having a sense of purpose helps most of us endure even the tough times we experience.

Volunteering makes you feel as if you are accomplishing something-giving back to others. It is rewarding and contributes to our on-going sense of involvement in the world. It is also good for your health in a myriad of ways. The social interaction that accompanies most volunteer experiences can actually reduce your blood pressure, increase the production of hormones which make you feel good and positive-endorphins, and reduce stress and the damaging effects that accompany chronic stress. Some studies have disclosed that people who actively volunteer live longer and enjoy a more positive quality of life. There is an additional indication that active volunteers experience a stronger immune system.

Volunteering gets you out of you house and into the community. You will develop new friendships with people who share similar interests to your own. The interpersonal connections you experience are helpful in combating depression and isolation, two factors which contribute to many serious health problems experienced by retirees A less obvious result of volunteering is described by Jeff Yeager the author of numerous publications about being a cheapskate. He talks about volunteering as a way to experience some additional perks by being a volunteer at events which generally may cost a hefty admission fee. He suggests that film festivals, musical festivals, theater and musical concerts all have need of volunteer personnel to act as ushers, help organize performance sites and provide assistance to attendees. Admission to events is free to volunteers.

Elder Watch assists seniors who are at risk for fraud and scams. Volunteers are needed to assist at-risk seniors.

He also indicates that the National Park system as well as states parks use volunteers to build trails, guide nature walks, staff information desks and help design websites..Deciding where to volunteer requires some careful thought. Consider a volunteer position that you will be good at and will feel comfortable doing. Do you support the volunteer organization's mission? Do you have empathy for the people whom you will be helping? Will your commitment match the need for your involvement? Even though you are retired, you may not want a full-time volunteer position. Be sure that you have carefully researched the requirement for the time requirement involved, such as how many hours a week you will be expected to volunteer and what tasks you will be required to perform.

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## "MY WATCH"

By Daril Cinquanta

### Darrell Beherendson (56-10)

So who was Darrell Beherendson? He was born on a small farm between Yuma and Otis, Colorado. His family worked a number of farms. He walked about a mile to school until his dad bought a horse-driven buggy. He was then able to take his three sisters to school before he went to school. He had 2 brothers and 3 sisters. His oldest brother was handicapped and passed away. His younger sister had multiple sclerosis and spent 21 years in a nursing home.

When Darrell attended high school they lived in a hotel and he worked as a bellhop until 8:30 p.m., and then swept the lobby floor, cleaned up and rushed to dinner before they stopped serving. He was always working while his classmates were dating. His teacher would always ask him why he wasn't smart like his brother and sister. This really bothered him. He called his parents and told them he was going to quit school. His dad told him if he quit school he would take the horse Darrell had picked 160 acres of corn for and the three sheep he had from a school project. Darrell didn't believe him. When his father sold the farm in April of 1947, Darrell didn't get a penny. His father kept the horse and everything else for which he had worked.

Darrell joined the Navy on September 6, 1950 when the Korean War had just begun. He enlisted in the Navy not knowing how to swim. He was a helmsman on the John W. Weeks, a destroyer. He soon learned that he was always seasick when he was below. During his tour his ship responded to a mayday by the Flying Enterprise. Apparently its load had broken loose in bad weather. The ship listed, and was taking on water. The crew abandoned ship. A number of attempts were made to shoot a line to the Enterprise and its Captain Kurt Carlson. This went on for four days. The ship eventually sank after towing had begun at 4 knots forty miles from Falmouth, England, when the tow line snapped.

Darrell was transferred to Bermuda as a gunner's mate and was promoted to 3<sup>rd</sup> Class Petty Officer as a shore patrolman; by the end of his tour he had docked twenty-two foreign ports, including Italy, England, Cuba, Bermuda and Denmark.

Darrell came to Denver and worked at Western Union which was the forerunner of UPS. He worked there about 4 different times, even after he worked at the Denver Police Department

Back in the day there was a weight requirement to get on the police department. Civil Service allowed five pounds over or under the weight requirement. Repeatedly he could not make weight and had gone in so many times to be weighed that he knew the Civil Service Commission clerk, Bertha, by name. What do you say about a guy who wanted to be a cop so bad he filled his pockets with rolls of quarters, drank two quarts of milk and ate a sack of bananas to make weight and finally made it by two pounds.

He joined the department on January 3, 1956. The police academy was on the 2<sup>nd</sup> floor of the old Bath House on 20<sup>th</sup> and Curtis Street. There were about 14 or 15 in that class. Steve Metros was number 5609 and Darrell was 5610. Metros would razz Darrell about him (Metros) being so good at physical agility and that was why Darrell was 5610.

He got out of the Academy and was to be sent to the Vice Bureau. He told the powers to be that it might be better, since he worked 6 months up in the jail before he joined the police department and he knew all the prostitutes and they all knew him he be assigned elsewhere. So he was assigned to Traffic where he worked until

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## The Widow's Voice

By Debi Libonati

Dear Denver Police Widows,

For those of you who may not be aware, there is a Denver Police Widows' Association and membership is open to not only widows of Denver Police Officers, but also to Denver Policewomen who are widows.

The Association has been in operation for over 40 years and was started to provide members with a resource of support and friendship, while allowing them to stay connected with the Denver Police Family. This is a perfect opportunity to make many wonderful friends with whom you share a common thread and a rapport that is unique only to Denver Police Widows.

Association members who reside in Colorado, or who are in town visiting, enjoy meeting on the second Saturday of each month for lunch, (*except for June, July, and August*), at one of the fine restaurants in the Denver metro area. Special entertainment is also provided at certain luncheons throughout the year. Having you join us would certainly compliment the membership, and you can be sure that you would be welcomed with open arms.

Annual Dues Fee: \$15.00

Luncheons: \$15.00 each

(*The first luncheon for new members is complimentary.*)

**Dues Include:**

New Member Gift Packet

Annual Membership Roster

Monthly Newsletters

**For Information Packet, Please Contact:**

Debi Libonati, Secretary Pro Tem

720-913-6056 (DPD Office)

303-934-6115 (Home)

debora.libonati@denvergov.org

**Please consider joining the Denver Police Widows' Association!**

## "Code 7"

### DENVER POLICE RETIRED ASSOCIATION ANNUAL SUMMER PICNIC

Saturday, August 23<sup>rd</sup> 12 PM

Prospect Park

W. 44 Ave & Robb St. Wheat Ridge

\$20.00 per person on line DPRAinfo. or to Patt Blumer 2578  
S. Wadsworth Way, Lakewood, Colorado, 80227-3224

We know there are some members who have classic cars  
and hot rods bring them to the BBQ for a DPRA show!



## Laughlin

ALL DENVER RETIRED OFFICERS, ALL DENVER POLICE WIDOWS and RETIRED CAREER SERVICE EMPLOYEES (employed as support staff for The Denver Police Department) you are cordially invited to:

**THE ANNUAL REUNION HELD IN LAUGHLIN, NV, AT THE EDGEWATER HOTEL/CASINO  
OCTOBER 26, 27, AND 28, 2014**

The following are details to make planning your trip:

**RESERVATION TELEPHONE NUMBER: 1-800-677-4837**

**GROUP NAME: Denver Police – Retired**

(Please include the years of service with your reservation)

Room Price (Depends on your choice of room.) \$26.00+tax -

\$36.00+tax for Room with River View

If your arrival date is Saturday, October 25, 2014, you will be able to receive the following rate: \$55.00+tax for double

\$65.00+tax for Room with River View.

**ROOMS MUST BE RESERVED BY OCTOBER 01, 2014, FOR GUARANTEE OF ROOM AND RATE. (RESERVATIONS MADE AFTER OCTOBER 01, 2014 MAY RESULT IN PAYING THE PREVAILING RATES.)** PLANNED EVENTS ARE HELD IN THE RIO VISTA ROOM LOCATED ON THE RIVER LEVEL. THIS LOCATION WILL ALSO BE AVAILABLE FOR OUR USE ON SUNDAY, OCTOBER 26, 2014, FROM 2:00 PM TO 6:00 PM FOR MEETING FOR CASUAL CONVERSATION. NO FOOD OR DRINK SERVICE WILL BE AVAILABLE. (A SPORT'S BAR IS LOCATED NEAR THIS ROOM.)

- PLANNED EVENTS: DELI PLATE LUNCH (Buffet) Monday, October 27, 2014 -12:30 PM (Doors open at 11:30 am)
- DINNER (Choice of Entrée) Tuesday, October 28, 2014 - 6:30 PM (Doors open at 5:30 PM)
- DELI LUNCH Honey cured ham, roast beef, and turkey w/ assorted cheeses and accompaniments. Pasta Salad, sliced seasonal fresh fruits and assorted cookies and brownies. Coffee (regular or decaf), Tea (iced tea or hot tea)

CHOICES FOR DINNER ENTREES: Enclose with your check the ENTRÉE CHOICE and DESERT CHOICE for each person and make your check payable for the correct corresponding dollar amount.

- BEEF - YANKEE POT ROAST with Seasonal Fresh Vegetables, Red Potatoes, and Tossed Green Salad (choice of dressing), Dinner Rolls/Butter.
- CHICKEN - CORDON BLEU with Scalloped Potatoes, Cauliflower and Broccoli Medley, and Tossed Green Salad (choice of dressing), Dinner Rolls/Butter.
- VEGETARIAN - Risottos with Mushroom and Asparagus, Tossed Green Salad (choice of dressing), Garlic Bread.
- EACH ENTRÉE WILL INCLUDE:  
Choice of Dessert (Carrot Cake or Tiramisu), Freshly Brewed Coffee (regular or decaf), Tea (iced tea or hot tea)
- Price per person

BEEF \$47.00

CHICKEN \$47.00

VEGETARIAN \$40.00

\*PRICE PER PERSON INCLUDES DELI, DINNER, TAX AND GRATUITY.

CASH BAR SERVICE WILL BE AVAILABLE IN THE DINING AREA. As in the past, we are required to pay in advance. Therefore, we must have your check by October 11, 2014.

Make check payable to:

Dale F. Lawless  
14633 N Agua Fria Drive  
Sun City, AZ 85351-2139  
PH: 623-876-1102  
Email: dlawless6024@q.com

Chuck Rowland  
Phone: 480-471-5344  
Email: junglecasa101@cox.net

### “MY WATCH” *continued from page 3*

1958. It was when the motorcycle patrol was started. There were 18 new Harley's and he was assigned to one of them.

Darrell's oldest sister was married to Sgt. Gill Wells, and his youngest sister to Dave Kenert. Gill had a brother, Bob Wells, who rode the solo motorcycles with them. There were four family members on the department

He rode lead escort for all of the presidents from Harry Truman to Johnson. He escorted King Hussein of Jordan, Hugh Thot the secretary of the United Nations and many other dignitaries. Gene Barry (the Star of Bat Masterson TV Show) who gave Darrell two canes for his daughters. Included in his list of escorts were The Beatles in 1964 when they played Red Rocks, Lawrence Welk and band, Ann Margaret and Red Buttons.

In 1970, he was asked if he could write up some guidelines to help officers who were patrolling the highways, if they came across a truck that was carrying hazardous materials and involved in an accident, what should they do? It took Darrell 3 years to put that book together and then he copyrighted it under the name of “Guidelines to the handling of hazardous material”. He had compiled a manual before on “How to

Identify Fictitious and altered driver's license”. He worked with the State of Colorado, going to different cities and showing people how to detect altered driver's license. He put together two of those books and one of them ended up in California and they copyrighted that book. DPD was then buying the book back from California. He didn't want that to happen with the 2<sup>nd</sup> one.

Once the book was copyrighted, the DPD felt they needed a training program to utilize it. So they formed a committee with the State Patrol and State Highway Department, along with many other police departments, fire departments, Shell Chemical, Dow Chemical, all of these different Colorado agencies and during that meeting they elected Chief Keith, the Chairman, They elected Darrell the Chairman of the training unit. He set up training programs throughout the State. Some of his fellow detectives asked why he got to do all of this traveling.

Eventually he was invited to Nashville to put on a National seminar. He was made an Associate Instructor for the US DOT program. He also received an invitation from the US Army to go to Fort Sam Houston, where he instructed the military police and

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## *Police Memorial Ceremony*

What a great Ceremony.      Thank you Haze Family!!





**"MY WATCH"** *continued from page 6*

firefighters. He received accolades from them saying it was one of the best programs they had seen. He was elected the Safety Manager of the Year, the only person outside of the Industrial Safety field who had ever been awarded that honor.

In 1979 Darrell was loaned out to the State of Colorado to set up a regional training school. Observers from England, Panama City and Johannesburg, South Africa came up to see this program. He did that until 1981 when he retired. There was a contract waiting for Darrell with the Highway Safety Coordinator's office and he signed that contract to continue on as the Director of the School. 1982 the State decided they were going to take over the school. Darrell told them he wouldn't go along with that he would only stay if it was an ad hoc group. The State refused and asked him to leave.

That weekend he cancelled his contract, wrote a letter to all his instructors that he was leaving, and why. He left and started training on his own.

Mayor McNichols and Chief Dill asked him to come back to work and help organize the US Mayor's Conference. Darrell did with the understanding that he would no longer drive a police car nor his own vehicle. Deane Buick loaned him a new Buick to drive while he helped coordinate that convention. That was the 3<sup>rd</sup> convention he helped coordinate.

Darrell was invited to Seattle to the International Fire Chief's Convention to be on the panel, quite an honor. Another convention was the IACP for Denver where there was between nine ten thousand chiefs, a lot of them didn't speak English. This was in 1975-76. This convention was one of six targets of a local terrorist group to be bombed that year. Luckily nothing happened.

Darrell was also put in charge of the move when the new police building was built at 1331 Cherokee Street. He said he wore out a pair of shoes packing up and moving, pushing dollies with file cabinets on them. He worked in the Champa Building when there were no elevators in it. To get into the building he'd have to use the outside elevator the contractors used. He and Al Sestrich went out and bought all the new furniture that was needed for the new building.

Darrell said he had no complaints about the Denver Police Department. He couldn't have been treated any better than he was. He made a couple of minor errors during his 25 years, but overall it was a good job. He would not hesitate to go back and do it again.

The most memorable thing that happened during his years with DPD was being elected Safety manager of the Year for the State of Colorado. His favorite supervisor & mentor was Art Dill. Art and he worked together on all of those conventions. They set up the hospitality rooms with a lot of liquor. Sometimes about 2 or 2:30 in the a.m. he'd go there and have a drink with Art. He never once heard Art or Mayor Bill say anything bad about a policeman. After Art and he both retired Art just wanted to have coffee with Darrell alone. Darrell felt so honored that this man felt that way towards him. "He just wanted to have coffee with him."

Darrell recalled how Art would walk down the hall and call everybody that he met by their first name. How he did that Darrell didn't know. He had a lot of respect for Art. He also worked those conventions with Al Sestrich. He and Darrell also became good friends.

Darrell said they also had to come up with goody bags for everybody. He was never one to mooch but he recalls they would walk into a place and tell them who they were and what they needed to fill those bags. When he told them he needed 10,000 of

something, they'd look at Darrell like he was crazy. He recalls they had about 40,000 matches and 40,000 pens, things like that. Some of the people gave them some good prizes that went to the top 100 chiefs. He said, Heather Coogen (Rodriguez) worked the coat closet at those events and passed out those bags.

Darrell recalls working with a place on lower 15<sup>th</sup> Street that decorated Evergreens and stuff like that, Mapellis gave them case after case of frozen orange juice, they got donuts and they would have coffee up there and it was a hospitality room for them. They always made a good impression.

One highlight for Darrell was when he was assigned to be the body guard and driver for Governor Scranton when he ran for president. He drove him and his wife, his attorney general wherever they went. He recalled Mrs. Scranton sitting on the floor at the Hilton Hotel conducting an interview on the floor. The Governor was from Scranton, Pennsylvania and his name was Scranton. He was proud of signing the contract for the 2003 DPD Yearbook.

Darrell's favorite partner was, and to this day he's still a great friend, was Al Valdez. They rode motorcycles together.

He is now involved with the Denver Police Museum and conducts most of the interviews. One of the questions he asked was if the retired officers were ever involved in one of the fallen officer incidents. He knew these people were killed but the details he didn't really know. Officers like Vince DiManna who was there when DeBruno was shot, and John Ballegeer who was at the Marigold when Daril Sewer took his last breath. Then he went in the backroom and there was another person that had been shot. John said saw tire tracks stopping in the alley and footprints in the snow. He followed them to the house where the Shearer brothers lived. He searched the house and arrested both of them upstairs. The Shearers were career criminals. These stories will be seen in total in the book being compiled by Darrell for the Police Museum.

One story Darrell recalled was a girl who was 15 with a guy around 30 having sex. He wished he had done more because when he took her home, and he'll never forget what her name was and what the mother said when he told her what was going on. She said, "Why Gloria you shouldn't be doing that" that's all she said.

Darrell likes Country music, wood carving and is very involved in his family

Did you know Darrell modeled western clothes for the Miller Stockman catalog?

Darrell's accomplishments are too numerous to account. There is no telling how many lives his programs on hazardous materials saved. His niche is truly being a smart organizer with a great deal of patience, passion and purpose to benefit law enforcement and the citizen's throughout the nation.

Darell, Dean Christopherson, Leo Belio and everyone involved in the Denver Police Museum are to be commended for preserving the legacy of the officers of the department. Their tireless work of collecting our scrapbooks, as well as gathering our interviews will make this museum a real tribute to the DPD, for those who are interested in viewing them at the museum now and after we are all long gone.

Thank you, Darrell for your never ending contributions to the Denver Police Department.

**"RETIREMENT TIDBITS"** *continued from page 2*

Volunteer opportunities exist for almost every interest we may have. If you have a fondness for animals, there are a number of volunteer sites to assist with horses and other livestock and shelter animals waiting for adoption. Pet therapy is an area which is easily accessed by retirees. There are a number of pet therapy training programs, including HABIC, the human- animal bond in Colorado, which provides training for you and your dog. The program prepares you to take your dog to nursing homes, the VA, schools and treatment facilities for youth.

If you wish to work with children, there are opportunities with every school district to participate in helping children with reading skill, tutoring and mentoring students who may be struggling to succeed in high school and graduate. Children of all ages, from pre-school and Head Start to high school students need the close personal interaction with caring and experienced adult. Jefferson County has recently implemented a life coach program into schools with a high at-risk population.

The use of seniors as mentors with young people has been extremely successful, and the intergenerational element of using older people to encourage youth has been recently identified as quite beneficial to both generations.

The CASA program, court appointed special advocates, is a part of every court system in the metropolitan area. CASA volunteers are matched with families involved with Human Services and the Court. The volunteers visit the family and form a close relationship with the children. They make recommendations as to what they feel is the best interest for the children when the Court must decide the outcome of a case.

Working with the elderly is another much-needed area for volunteer involvement. You could deliver Meals on Wheels, provide home visits to lonely seniors who are housebound or provide help by sharing your creative talents in music or the arts at senior community centers.

Many religious organizations have social services for families, children, the homeless, refugees in need of learning English and seniors. Catholic Charities, Jewish Family Services and Lutheran Family Services are just a few of these faith-based volunteer resources.

The Denver Police Department is an excellent source for volunteer experience. There are currently positions for information desk volunteers, helping with training exercises at the DPD Training Academy and help with crime awareness events, such as the event this summer at the Denver Zoo. Of course, not all volunteer positions are available at all times. If you are interested in volunteering at the DPD, contact Linda Kent at (720)913-6877. The District Attorney's office has positions available for the Volunteer Victim Advocate program. Perhaps you have a knack for organizing and cataloging. Your interest would be welcomed as a volunteer for the recently dedicated Denver Police Law Enforcement Museum Archival Preservation Center. Contact the president of the museum board, Dean Christopherson, if you are interested in volunteering for this program.

There are endless possibilities for us to continue to use our time and talent for the good of the community. While this writer would love to provide you with information relevant to every facet of volunteering, there are simply too many sites to mention. Here are a few:

- Denver Dumb Friends: <http://ddfl.org/>
- Rocky Mountain Horse Rescue: <http://www.rockymountainhorserescue.org/>
- Retired Senior Volunteer Program (RSVP): (303) 297-0408

- VolunteerMatch: A national non-profit organization dedicated to strengthening communities by helping good people and good causes connect.

- AARP: [volunteers.aarp.org](http://volunteers.aarp.org)

- HABIC: Human-Animal Bond in Colorado: [info@habic.org](mailto:info@habic.org), [www.habic.org](http://www.habic.org)

Begin to assess your interests and your talents that you thought would never be in demand again. Brush the dust off your many skills. Volunteer and return some of your valuable knowledge to others and begin to reap the benefits of becoming a volunteer.