



The Rotary Club of Boulder Valley - May 19, 2026

Our "Alternative Meeting Activity" for May will be a historical walking tour of Boulder hosted by Boulder Free Walking Tours!

When: Sign up for either May 19 at 4 PM or May 21 at 4 PM. Both slots will be reserved for our club. Space will be limited to 20 each day.

Where: Meet in front of the Boulder Courthouse on Pearl Street Mall

Mark Burnett, Our President 2025 - 2026

Fellow Rotarians,

When I was living in Southern California, I used to ride my mountain bike quite regularly. The Santa Monica mountains are mostly made of sandstone. And the numerous fire roads and trails are very different from the paths in the Rocky Mountains. The paths I grew up on were both fast and relatively smooth. One time a group of about 10 of us were on the trails above Pacific Palisades. As early-20 year olds do, we had a tendency to compete amongst ourselves.

Unsurprisingly I ended up crashing. After flying off of a jump, I ended up riding I into a bush that stopped the progress of my front tire. The rest of the bike and I rotated over that stationary tire, and I landed directly on top of my head. When I got up, my mouth felt like it was full of sand. It turned out it was actually bits of teeth that had chipped off from the slamming of my jaws when I landed on my head. Over the years, that accident has lead to the slow replacement of many of my molars with crowns. I now make much more frequent trips to the dentist to ensure the health of my teeth and gums.

However, even before this dental turning point, I've always dreaded going to the dentist. It's not that there was a fear of pain, or that I had anxiety about being poked and jabbed. Rather, it's that each trip to the dentist felt like it was a report card on how well I had taken care of my teeth since the last appointment. Most of the time everything was good. But I knew that I could have flossed a bit more frequently. And that I had sometimes forgotten to brush my teeth with the attention and care that my oral hygiene deserved. . Thus every visit became a quiet reckoning — a reminder of the gap between who I intended to be and who I actually was.

I suspect many of us know that feeling in one form or another.

Thursday was the Seniors' last day of high school. The final grades of their pre-university lives were submitted today. For some, there is optimism and joy about what comes next. For others, there is regret about missed opportunities. But for all of them, there is both an excitement about the closing of this chapter and a sense of anxiety as they step beyond the structure of 12 years of daily education and into a world that is now theirs to design and organize.

I sat down with a few Seniors this week and asked about their plans. A few were still uncertain. Will they go to Front Range? Maybe take a gap year and travel? Work full time and postpone

college for a bit? Trade school? What's interesting is that since the spring semester of their Junior year, this transition has been a constant topic of conversation. And as they leap into the abyss of tomorrow, many aren't sure where they'll land. But perhaps that's the point. The not-knowing how the book or movie will end is part of the reason why we take the time to read or watch. For the students that are about to graduation, the willingness to take that next step not knowing exactly where the trail will lead is part of the process.

Speaking of students, we learned over the past few weeks about the efforts of our scholarship committee as they interviewed and gave funds to a number of graduating high school youth. We will be seeing many of them over the course of the summer. Hearing the stories about which new path each of them are planning to walk. And each of them represents a vote of confidence — from us, and from themselves — that the path forward is worth pursuing.

This past week was also RYLA selection week for the three Boulder clubs. It was fun talking with and hearing the stories of the next generation of youth as they prepare for either their final year in middle school or the transition into their final years in high school. Week 1 of YRYLA begins in just five weeks — sooner than it feels — and we will hear from many of the students we sponsored come late July.

There is something deeply Rotary about this moment. It is not only about the financial support we provide for these endeavors. It is also about showing up — walking to the edge of that abyss alongside these young people and reminding them that others have stood in this same uncertain place and found their footing. This is just another time that we are reminded and embrace this year's motto, "Unite for Good."

Mark Burnett



Please send JPG photos only (no PDFs) and copy NOT attached to a string of previous comments.

The necessary information is swallowed whole and can't be accessed. JPGs must not be embedded

in documents

Joan Scott is assisting with the Newsletter and can receive information to be published through leacachjs@gmail.com.

Posts circulated via Clubrunner are provided by our club members who should be consulted regarding any comments or questions regarding the contents. Please read to the bottom of each post for contact information.

For the Speaker, please send a JPG photo, brief biography, and topic description to me for the newsletter!

Articles of interest for our club and Rotarians are gratefully accepted.

I am merely the messenger.

Our Alternative Meeting Activity for May, Historical Walking Tour of Boulder



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When: Sign up for either May 19 at 4 PM or May 21 at 4 PM. Both slots will be reserved for our club. Space will be limited to 20 each day.

Where: Meet in front of the Boulder Courthouse on Pearl Street Mall

Tour Duration: Roughly 90 minutes

Description: We will cover Boulder’s fascinating old west, mining and cultural histories from the mid-1800’s until the present day. We’ll talk about the early days of Boulder, and learn how our neighborhoods developed over time.

Along the way we'll stop frequently and allow everyone to engage and ask questions.

[Option to fraternize immediately after the tour on the top floor of Avanti.]

How to Sign Up: Reserve your spot by going to the link below and go to the “Book Now” button. No charge to sign up.

<https://www.freeboulderwalkingtours.com/>

Yamagata North Rotary: Epic Day of Service

Last night I sent a message to YNRC that EPIC Day for our club is today. I reminded them of the circumstances involved for a Wednesday effort. This was meant to be a last minute bit of encouragement for them. I also underscored they are the first Asian club to commit to EPIC Day.

Here is Toshi's overnight response: "We're also making our final preparations for Epic Day right now. Since this is our first experience, we're still feeling how challenging it can be to spread awareness and understanding of its significance to the people around us. However, I believe this service activity will help deepen that understanding, and we plan to continue these activities next year as well.

Once we finish the activity on Saturday, I'll send and share some photos with you! Thank you again for proposing this first opportunity for an Asian club to participate — we truly appreciate it.

Toshi

All fun Rotary stuff!!

Steve Parrish

Yamagata Visitors this Fall

Here are a couple of LINE messages that came in from Toshi (YNRC) this week.

2 parts for us to think about - does our club want to do something special for visiting club members (Ann and I certainly will if nothing bubbles up from BVRC) and secondly, how do we want to respond to Tommy wanting to plan for more international cooperation.

"Looks like the Yamagata mayor's visit to Boulder has been scheduled. They'll arrive on September 28 and leave on October 1, so it's a 3-night stay. A few people from our club are planning to join, and I'm also planning to attend for now. I'll let you know once more details are confirmed.

I've added the candidate for the 2027–2028 president, who's planning to visit Boulder, to the LINE group. His name is Makoto Ito.

Also, as we head into the new fiscal year, I think it's a good time for us to discuss whether there are ways we can support next year's activities, especially if any service projects will need a

budget. Tommy will be the International Service Chair next year, and we're also hoping to expand the Epic Day of Service activities in our district."

Thanks for thinking about this.

Best -Steve Parrish

Installation Banquet Save the Date July 23!

Scholarships for Study Abroad Programs at CU



The BVRC Foundation recently awarded 4 scholarships to students participating in "Study Abroad" programs at CU. We are always impressed by the students' applications and thought you might be interested in knowing a bit more about the outstanding students we selected. We hope to have all 4 students visit our meeting after they return from their studies abroad.

We awarded 3 scholarships for students going abroad this Summer

Lydia is going to Costa Rica to study tropical ecology. Lydia was a Rotary Exchange student to Italy during her sophomore year in high school. She also attended 2 years of RYLA camp and then another year as a junior counselor. She has also volunteered with Americorps. When she moved to Colorado she became a member of the Del Norte Rotaract Club. She has always loved traveling and experiencing new cultures and is very excited to go to Costa Rica. How could we not give her a scholarship?

Amanda is going to Tokyo. Amamnda will graduate with a major in Communications and double minors in Journalism and Leadership Studies. She has a GPA of 3.9 and works as a CMDI Ambassador 4-5 hours/week. She chose the Tokyo program because she wants a life-changing opportunity to immerse herself in Japanese culture and diverse communication. She is excited

for this opportunity in Tokyo because it will allow her to branch further into cultural communication and how it shapes the way we see the world.

Colin is going to Costa Rica to participate in an Ecotourism program titled Coffee & Belonging in Costa Rica. Colin wrote " Anthropological fieldwork is an avenue of understanding political and social phenomena that will benefit how I approach relationships, education, and a future career in politics. I would love to study abroad in Costa Rica to nurture International knowledge and improve my skills in Spanish through immersion. This program, ties to my goals in understanding International affairs through a focus on cultural understanding and the implications of global socio-political structures." Colin has been volunteering with migrant families in Aurora assisting them with citizenship processes, education, basic needs. By organizing food and clothing donations, distributing translation resources and providing Child Care during educational program he has built relationships and perspectives that form threads of his identity.

We awarded 1 student a scholarship to study abroad during the FALL SEMESTER. He is going to Singapore to study at National University of Singapore (NUS). NUS is a nationally acclaimed engineering program. It will provide him with the opportunity to learn from and network with some of the brightest engineering students and faculty in the world. He felt that Singapore was as different from Boulder as possible; a lush Asian metropolis vs. a small western mountain town. He greatly values exploration and new experiences. He has been an English tutor for a college student in Ukraine for the past 4 years. He is also very involved with Engineers without Borders (EWB) on the CU campus. He is the EWB Rwanda project manager at CU. He leads the design and implementation of a rainwater catchment system to be constructed in rural Rwanda this summer. While in Singapore he intends to spend his weekends exploring Thailand, Malaysia, Indonesian and the Philippines. He eagerly awaits the eye opening experiences he'll have with the diverse array of people he will connect with during his time at NUS.

We need 1 or 2 more Rotarians on our selection committee. Please contact Jane Engel if you are interested.

BVRC Foundation Study Abroad Scholarship Committee

BolderBoulder 10K Race Volunteers



Our club will again be volunteering to assist with passing out drinks during the race. As in previous years our site will be the Mile 3 Aid station at 19th and Floral. The race is Memorial Day May 25th and volunteers are needed to arrive at 6:00am and we will finish around 11:00. If you haven't helped before, I would describe the event as high energy, a party, chaotic, perpetual motion, and fun. For each volunteer our club will receive a donation to our Club Foundation. Kellie Martindale and I will be running the station. All volunteers must register for the event which will give you the opportunity to also order your shirts for the event. The registration for our specific group (BoulderValley Rotary Club) is below. https://www.letsdothis.com/us/o/156050/checkout/ticket?eventId=265326&utm_source=reserved_entry&occurrenceId=21111173769&reservationCode=re_razvz9wtgoux

Thanks for supporting this event along with our club.

Jeff Strobel

Superior Pancake Breakfast, July 4, Volunteer!



The Town's [4th of July Celebration](#) is sneaking up on us fast and we want to make sure we get the Rotary signed up for pancake serving with our new system.

In previous years, the Rotary has volunteered to serve pancakes during the event and this has been a big help with the event- so thank you in advance!

Below (and attached) is a step by step guide on how to get registered in the volunteer system and signed up for 4th of July.

We ask that volunteers sign up no later than June 24th. Let me know if you have any questions/concerns with the process.

STEPS:

1. Go to https://town-of-superior.volunteerlocal.com/volunteer/?id=110955&start_over
1. Input your **FIRST NAME** and **EMAIL** – click submit
2. Fill out the **Volunteer Registration & Release Form** (this is to create your volunteer profile and you will only have to do this once).
 1. Write **Rotary** when filling out your release form – click **SUBMIT**
 1. After you submit; you will be taken to the volunteer sign up slots.
 2. You will then enter in your **ROTARY** for your password and click **SUBMIT**
 1. You then will select **Pancake Server** and click **SIGN UP TO VOLUNTEER**

1. Once you have completed these steps, you will be signed up and will receive an email address with more information!
2. Thank you for your continued support with the 4th of July and looking forward to seeing you all there!

ALLISON HUMPHRIES

Events and Volunteer Coordinator II

[Town of Superior](#)

2250 Main Street, Suite 1001, Superior, CO 80027

720-687-2019

[Facebook](#) | [X](#) | [Instagram](#) | [Bluesky](#) | [YouTube](#)

Epic Day of Service at EFAA Food Bank







On Wednesday, May 13, sixteen Rotarians and friends of Rotary gathered at EFAA for an inspiring Epic Day of Service project supporting the community food bank. Volunteers worked in two shifts throughout the day, sorting donations from the National Association of Letter Carriers' annual "Stamp Out Hunger" Food Drive. This year, EFAA received more than 20,000 pounds of donated food!

Twelve volunteers participated during the morning shift, and four additional volunteers joined in the afternoon. Two dedicated volunteers from the morning shift stayed through the end of the project at 4:00 p.m. Together, the team sorted donations and packed boxes to help stock the food bank for distribution to local families and individuals in need.

Founded in 1918, EFAA has served the Boulder community for over a century. In addition to providing hundreds of pounds of food each day to those experiencing food insecurity, EFAA offers rent assistance and case management, and is the only organization of its kind in the area providing housing for families experiencing homelessness. To learn more about their impactful work, visit <https://www.efaa.org/>.

The day was filled with meaningful service, fellowship, and connection. Thank you to everyone who participated and helped make this a truly Epic Day of Service that reflected the spirit of Rotary.

Best,

L'Shawn

BV Rotary Upcoming Service Projects



Upcoming Service Projects

We have a lot of opportunities to support our local community with the upcoming service projects! Please bring friends and enjoy this time to work with fellow Rotarians. More information will be coming. If you have questions, contact the person listed.

Ongoing – Harvest of Hope Food Pantry – sign up on your own or with a few friends, see message from Andrea

May 25 – Bolder Boulder Aid Station, 6 -11 am – Jeff

May 30 – The Family Learning Center – tree planting with PLAY Boulder and Caroline's Canopy

June 6 – Habitat for Humanity Our rescheduled work day for the Habitat MOD site is June 6, Saturday. The time is 9-3 and the location is 6500 Arapahoe. No construction experience is needed and any required tools will be provided. You must register to volunteer. Please go to <https://volunteer.bloomerang.co:443/JE/eb7mkj8i1fjb7w> to create an account with Habitat for Humanity and then sign up for our shift on 6/6. If you have problems call or email Alex Varner at Habitat for help. He is happy to provide more help. **Desk-303.447.3787 Ex-231** avarner@flatironshabitat.org

June 15 – 19 – Autism Society Bike Camp is June 15 - 19. This camp is open to anyone who wants to learn to ride a bike with a focus on those who are more challenged. Just a note, the Autism Society is a small nonprofit with a part time director and no staff so they work with the *iCan Shine* nonprofit to put on the camp. Rex will have details of

what the volunteers are expected to do later. <https://icanshine.org/ican-bike-boulder-co/>- Contact Rex for questions and if interested.

June 26 – Planned Parenthood fundraising event support – *need 8 volunteers*, Diana

District 5450 Rotarians - *Great Networking Opportunities*



Dear District 5450 Rotarians - see below for great training/networking opportunities. All Zoom sessions will be recorded and posted on the [District website Training page](#)

GRANTS QUALIFICATION TRAINING

Saturday, May 30 | 8:30 am to 12:30 pm

SAVE THE DATE - registration will open soon

RI CONVENTION TAIPEI, TAIWAN

June 13-17, 2026

There's still time to register!

***** [CLICK HERE TO VIEW CLUB EVENTS!](#) *****

JOIN OUR UPDATED FACEBOOK PAGE!!!

Interested in becoming an event sponsor? [Click here for more info!](#)

Bev -

Beverly Mendel

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