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Denver Mile High Rotary

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*Denver Mile High Rotary where commitment and service rise above the mountain tops*

## President's Column:

April 26, 2016

This week seems like a good time to name some names. The problem with mentioning the great work that our members do is that invariably I will miss someone. So let me focus on things from just the last week or so!

We have been trying to complete a project to construct a greenhouse for the residents of the Little Sisters of the Poor Nursing facility. Greg Thielen, Michael Tapp and Tom Cella continue to fight an uphill battle with the weather as well as working thru project planning issues with the staff of the home. Their tenacity is wonderful to see. Other members of our club either already have or will volunteer to get this project done! We have volunteers from the new Rotaract Club at School of Mines waiting for the skies to clear. Once we set our sights on getting something done, we persevere!

This past weekend saw the annual District 5450 Convention. Denver Mile High was well represented by Debra Flick, President Elect Melanie Gentz, PDG Dan Himelspace, Audrey Leavitt, District Grants Guru Carolyn Schrader and District Foundation Chair Ann Tull. Carolyn was one of the featured speakers and gave a great review of our projects in Zimbabwe. The speakers list also featured a talk by Elise Tran. Elise is a graduate of our CEC Interact Club and a sophomore at Colorado School of Mines. Elise has been instrumental in the recent formation of a Rotaract Club at Mines. Hence the volunteers for the greenhouse project! Denver Mile High, our great people and the work we do was recognized by the District. We will have more on that recognition at Wednesday's meeting. Suffice it to say that we should expect a special guest!

Speaking of CEC Interact, many of you joined us for our semiannual breakfast at CEC last week. We should recognize the work that Pat Gorman Barry and Sarah Hite have done with the Interact Club. Then there is Lee Mulberry, a former DMHR member who is now the District Youth Services Chair. We certainly can't forget Stacey Hervey who is the club's Faculty Advisor. And then there are Aracely the Club President and all of the club members. The Interact kids have demonstrated that they deserve our continued support.

One last thing to note and that's the folks who continue to show up at Harrington to pack weekend food bags. This is where I get in trouble because I don't know who all of you are! There are a bunch of you and somehow every week you continue to show up and get the job done. This has become our club's number one project for member involvement.

As I look over my list I am realizing that I am missing lot's of people. Programs, the newsletter, website and social media, RYLA, fellowship (Join us at the Infinite Monkey this Thursday for Happy Hour!). You get the point – collectively there are a whole big bunch of great people who make our club the best in the District! And you have my sincere THANKS for everything that each and every one of you do to make Rotary and our club work!

Bob Kemp  
President Denver  
Mile High Rotary  
2015-2016



## Denver Mile High Rotary Upcoming Programs

**April 27th** - Lisa Dengerink from the Denver Public Library team will speak with us about early childhood learning and its importance in brain development.

**May 4th** - For over 100 years The National Western Stock Show and Rodeo have been an integral part of Colorado's history, economy, and culture. Our guest speaker will be Keith Fessenden. As the Historian and Archivist for the National Western, Keith will share some of the stories and legends from the National Western's past and perhaps give us some insight into the exciting plans to revitalize the National Western's site along I-70.

**May 11th** - Most of us who live along the Front Range are familiar with the wonderful work of 9Health Fair. The annual series of health fairs encourages health awareness and provides people with tools they need to take responsibility for their own health. They provide free and low cost health awareness and educational screenings to thousands of Coloradoans each year. Jim Goodard, CEO of the 9Health Fair, will be our guest speaker. He will talk with us about the work they do and the incredible volunteer effort required to make the 9Health Fair such a success.

Here are some creative ways to use it your King Soopers Card:

- Buy it as a gift: College kids, newlyweds and new parents appreciate groceries!
- Use it to buy supplies for special events; like bbq, mini dinners or fundraisers.
- Purchase two, one for you and your spouse so that you always have it handy.
- Leave it in your car next to your re-usable bags, so you can grab both on the way out!

Every little bit adds up to funds that our club can use to treat guests or have events.

Thanks for your support!

Contact Sarah Hite at [schite2000@yahoo.com](mailto:schite2000@yahoo.com) or Heidi Restarits at [Heidi.rr@gmail.com](mailto:Heidi.rr@gmail.com)



## Weekly Inspirators, Greeters & Hosts

**April 27th-**

**Inspiration** - Betty Speir

**Greeters** - Robin Springer and Jeff Sprole

**Host** - Greg Thielen

**Rotary Minute** - Michael Tapp

**May 4th-**

**Inspiration** - Tony Vaida

**Greeters** - Terry Tomsick and Ann Tull

**Host** - Bruce Ward

**Rotary Minute** - Sonny Wiegand

**May 11th-**

**Inspiration** - Diane Wilson

**Greeters** - Chris Wong and Paul Anderson

**Host** - Michele Ashby

**Rotary Minute** - Pat Gorman Barry



## Rotary Bike Ride

We will meet at 10am on April 30th at REI by the bike stands near Starbucks - 1416 Platte St, Denver, CO for a fun Rotary Fellowship ride to kick off the year!

Ride South on the Platte Trail 13.5 miles to 2990 Brewery Lane, Littleton CO, - Farm House at Breckenridge Brewery - accessible right off the trail. Arriving around 11:15/11:30. Others can join for some fellowship, before riding back to REI. - 27 miles total.

Ride south 8.5 miles on the Platte - at River Point turn left over bridge crossing the Platte.

Continue riding South 5 Miles to the Reynolds Landing Sign. To the Left is Breckenridge Brewery. Ride toward the Farmhouse. We will hand out for about an hour.

If you don't want to ride, plan to meet us at the Breckenridge Brewery at 11:30 - 12:30. We will bike back about 1:30/1pm to REI.



Tickets can be purchased [here](#).



# Continental Breakfast

The continental breakfast will be served every 2<sup>nd</sup> Wednesday of the month.

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## **Denver Mile High Rotary Calendar**

**April 22nd - 24th** - District Conference

**April 28th** - Denver Mile High Rotary Club Happy Hour at Infinite Monkey.

**May 26th** - Denver Mile High Rotary Club Happy Hour at Alpine Dog Brewery.

**May 28th - June 1st** - International Convention - Seoul, Korea

**July 9th** - Denver Mile High Rafting Trip



# CEC Interact Club Update

The CEC Interact Club is working on the following events:

Car Show and Community Carnival on May 14th

Three students will be volunteering at Cowell Elementary Students are working on individual community projects. Thirst project to raise funding for water.

## **CEC Interactors Teach "Be BrainWise with Food" at Cowell Elementary School.**

A successful collaboration with DMHR, Cowell Elementary School's Fit Fun program and CEC's Interact Club will be a model for future projects that reinforce the children's use of thinking skills. Led by Cowell social worker Abbe Montoya, CEC teacher Stacey Hervey, CEC school nurse Tess Callinicos, and Pat Gorman Barry, the high school students presented lessons to 4th and 5th graders on how use thinking skills when making decisions on food. Rotarians Terry Tomsick and Elizabeth Daigle supported CEC students/Interactors Brynn, Marcalino, Daniel and T. The rapt attention of the children says it all, and the teens are looking forward to their next presentation, either on "Be BrainWise with Money" or "Be BrainWise with Safety." The project is the result of a request from Abbe asking DMHR to help her get the BrainWise program into schools in Villa Park, starting with Cowell. CEC administrators are thrilled to have the high school students working with children in the nearby elementary school.



# Rotary Club Rafting Trip

Please join us on Saturday morning, July 9th to raft down Clear Creek to raise money to support the Colorado based non-profit Warriors on Cataract. To date, a group of 31 Rotarians, family, friends and INTERACT students have signed up for this adventure. Please make your checks payable to the Denver Mile High Rotary FOUNDATION, and give them directly to Geoff Noble. He will collect the payments and forward the checks to the Foundation Treasurer. You will receive a receipt that will identify what portion of your payment qualifies as a charitable contribution. If your plans change, and you would like to join us, there are still seats available. Half-day rafting trips for Beginner (\$47), Intermediate (\$57), or Advanced rafters(\$67) are still available. Included in your payment is a \$5,00 contribution directly to Warriors on Cataract. If rafting is not your thing, please consider joining this group for lunch at a local restaurant in Idaho Springs. (Lunch details are still being negotiated.) We are hoping that the restaurant owner will rebate a portion of what we spend for lunch to directly support Warriors on Cataract. If you have any questions, please contact Rotarian Geoff Noble at [gtnoble@comcast.net](mailto:gtnoble@comcast.net) or by phone at (303) 669-5281  
Thank you for your support.



## A Note About Make-Ups:

Did you know that if you miss a regular weekly meeting you can make-up the missed meeting by engaging in another rotary activity within two weeks before or after the scheduled meeting? Lots of different activities can be counted as a makeup - for example, volunteering at Harrington Elementary, attending a Rotary bike ride, or attending a different Rotary meeting. If you miss a meeting and have a makeup to report, please email it to Kim Gardner, the Club Secretary, so that she can get it in the system. You can reach her at [KimKGardner@gmail.com](mailto:KimKGardner@gmail.com).

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**Roberta Simonton**....DMHR member since 2009