



April 1, 2020

Denver Mile High
Rotary
Club



President's Column

Hi fellow Denver Mile High Rotarians...

I hope you are doing well in this third week of isolation and social distancing. It's a strange time but we are starting to see some positives from the change... as we always do, right? Our air quality has improved because of fewer people driving. People are spending quality time with their families doing puzzles, playing video games, watching movies, being creative, etc. And when is the last time we heard about a mass shooting?

This week we are having another online meeting and I encourage you all to be on it. We'll see how it goes but I am planning on having breakout rooms to create fellowship time in our online meetings and also a room to talk about all the tools we're using to connect (technology). We are social beings and cannot be without others. Being a long-time engineer and entrepreneur in the internet world, I assure you that you can get all the social you need with the technology that exists. Are you willing to use it? I hope so!

See you tomorrow!

Peace. Respect. Gratitude.

Scott

Denver Mile High Rotary on the Web:

[Denver Mile High Rotary](#)

[DMHR on Facebook](#)

[DMHR on LinkedIn](#)

[DMHR on Instagram](#)

[Rotary District 5450](#)

[Rotary International](#)

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A word from your editor...

The news out there is dire, but it is important to know what is happening and what we need to do to protect ourselves. However, listening to too much news can be depressing. May I suggest you tune into a station featuring classical music, or the music of your choice, for a change of pace and to take your mind away from the pandemic for a little while? Escaping is refreshing.

During this time when weekdays and weekends all run together, it is important to **stay on schedule**, which for many of us no longer commuting to work, means creating our own; additionally, it is important to **set goals** for the day and for the week, and perhaps for the months to come; and finally, it is important to always have something to which to **look forward to**, from that daily cup of coffee, to the weekly Facetime with grandkids and the Zoom Rotary meeting, to receiving the monthly Rotary International magazine.

May I suggest looking forward to and joining the **DMHR Virtual Happy Hour** happening **today, Tuesday, March 31**, from 4-6 pm? See bottom of page 4 for details on calling in.

Thank you for sending photos of how you are spending this time at home,
and please keep them coming! This newsletter is for and about
YOU and YOUR ROTARY CLUB!

THE CORONA VIRUS DOES NOT DAUNT THIS GROUP OF INDIVIDUALS!

Send your thoughts and photos to
Annely.Noble@comcast.net,
or text to 303-842-8725

Thank you for your enthusiasm and participation!
Annely Noble
303-842-8725

P.S. If you missed last week's meeting and the fine presentation on water issues in Zimbabwe by Joel Barber, please click for the [Recorded Rotary meeting](#).

Denver Mile High Rotary Calendar of Events

See following pages for details

**[Click here](#) for a link to the online
Denver Mile High Events Calendar**

*All meetings will be hosted on Zoom until further notice.
Watch this space, your e-mail inbox and the Rotary website
for ways and directions to participate.*

April 1st - Regular DMH Rotary meeting. **This is a Zoom meeting, please see next page for connection details.**

April 18th - CANCELED - Spring Swing 2020 Please contact Tom Giordano for a refund or to donate your ticket purchase cost to Denver Mile High Rotary Foundation.

April 20th - World Community Service Committee meeting. Stay tuned for connection information.

April 25th - World Peace Day at the Conflict Center is rescheduled for Saturday, August 8th. See page 5 for further information.

April 21st - Local Community Service Committee Meeting. Stay tuned for connection information.

May 17th - Colfax Marathon - TO BE RESCHEDULED [Click](#) for rescheduling details.
[Run in the Colfax](#) for Shelter Box USA. When you sign up for the relay, 10 miler, 1/2 Marathon, Marathon, choose Shelter Box as your Charity Partner. If we get 20 runners we can have the Shelter Box Tent out at the event. It's up to you if you would like to raise money, this helps raise awareness.

May 19th - Foundation Board Meeting - Stay tuned for connection information.

June 6th-10th, 2020 - Rotary International Convention, Honolulu, HI - CANCELED -
[CLICK HERE FOR DETAILS AND REGISTRATION REFUNDS](#)

June 27th- Rotary Rafting trip down Clear Creek

Please do Reference our Website

www.denvermilehigh.org

Carolyn Schrader has been adding content to the website about our club's service projects.
Carolyn would like info on other club activities but needs input from the members.

Please contact or click [Carolyn](#) to offer information about club activities, etc.
schrader407@gmail.com



DMHR - Tomorrow's Meeting

In the spirit of continuing life as normal as possible, we're going to continue to have video conference meetings and programs.


Weekly Mile High Rotary Meeting

April 1st - Start Time: 7:45am

(Zoom door opens at 7:30)

To avoid any visitors to our Zoom meetings who may have ill-intentions, Zoom will require you to enter a password to enter our Wednesday morning meetings. The password has been sent to your e-mail address.

Please note that the meeting "room" will be open at 7:30, and I encourage you to drop in. I am planning on having a couple of breakout rooms - one for general chatting, one for technology Q&A with me, and others. The bell for the general meeting will ring at 7:45 sharp.

See you Wednesday morning. 

Scott

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Zoom Meeting Information:

Link: <https://zoom.us/j/317120546?pwd=ZjZKeGMMyNEFQU2pTSXErZUpUa0Z3UT09>

Meeting ID: 317 120 546

See your e-mail for password information.

Exciting International Activities - Our members go places!

Coming attraction...Bob Kemp and Audrey Leavitt in Uganda

**Get in touch with your Rotary members
by joining the Slack communication platform.**

[Click here](#) to get connected now.

DMHR Virtual Happy Hour

Tuesday March 31 4 pm - 6 pm

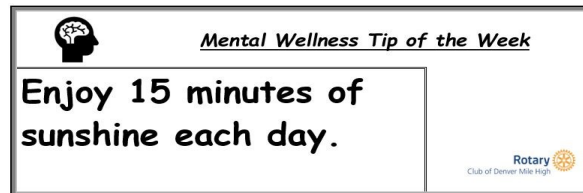
Melanie had a great idea to do a virtual Happy Hour for DMHR!
Everyone is welcome to come, chat, and sip their favorite beverage,
from the comfort of your own home!

You can join us via the Zoom video conferencing application from
your PC or Phone, 720-219-8737, and link in at WWW.ZOOM.US

Cheers!

Brad

Denver Mile High Rotary Upcoming Programs



Mental Wellness
brought to you by
Diane Messamore

Conflict Center Peace Day: Families Putting Peace in Action!

We want to thank you and the Rotary Club of Denver Mile High once again for your generous sponsorship of Peace Day: Families Putting Peace in Action! We know that this is a stressful time for everyone and we are grateful for your continued support.

The Conflict Center is monitoring the guidance of the World Health Organization, the Centers for Disease Control and Prevention, and state health agencies regarding the spread of the Coronavirus (COVID-19). We are committed to the safety of our community and as a result have made the decision to **reschedule Peace Day to Saturday, August 8th**, as a back-to-school event.

While not our initial plan, this later date does mean that we have the opportunity to extend your sponsorship benefits, providing further visibility for your organization. Your enduring support is a sign to our audience and our community that equipping folks with skills to navigate, transform, and embrace conflict is just as important as ever, especially as stress and uncertainty increase.

The Conflict Center is operational, working remotely and remaining dedicated to open communication. If you have additional questions, please don't hesitate to contact me at 303-865-5634, ronnie.weiss@conflictcenter.org or Collin at 303.865.5621, collin.hengpatton@conflictcenter.org.

Thank you in advance for your patience and understanding as we regroup and continue to plan an educational, impactful, and fun event for families across Denver.

Thank you.
Ronnie Weiss

Member Contributions

What are YOU doing during this “isolation” period?
Send your photos and tips for the next newsletter.

Getting some much needed exercise and fresh air this week with my youngest son who cut his study abroad term in Sydney short after only one month.

Brad Thompson and son Alec →



Here is what we are doing. Our kitchen faucet broke so Ian is fixing it with Noah's expert help!! I am the go-fer when needed.

← Linda Sue Shirkey

Too late for skiing and too early for golf. But it's always a good time to walk the dog. Betty Speir →



First narcissus from Tony Vaida's community garden.
← Spring IS arriving!

Inspirators, Greeters, Hosts and Birthdays

Date	Inspiration	Greeters	Host	Vocation
April 1	Marvin Thomas	Brad Thompson and Mary Walta	Tony Vaida	
April 8	Ann Tull	Bruce Ward and Marty Waters	Amy Reed	Any Volunteers?
April 15	Ronnie Weiss	Sonny Wiegand and Chris Wong	Mary Wuest	
April 22	Pat Gorman Barry	Jared Beach and Andrew Bell	Steven Blazek	
April 29	Bob Connaghan	Kevin Gallaway and Alessandro Eichstaedt	Debra Flick	

April Birthdays

April 5th - Brian Duran
 April 11th - Susanne Lorenz
 April 14th - Mary Walta
 April 15th - Charlene Porter



In Memoriam

Noreen Keleshian's Mom, Diana, passed away on Friday, March 27th. There will be a memorial service for her later this year. Those of us lucky enough to have met her remember what an interesting and charming woman she was. I'm sure Noreen would enjoy hearing from you.

Reported by Carolyn Schrader



Daffodils compliments of Tony Vaida.

District Announcements

Canceled Functions...

DISTRICT CONFERENCE 2020
Friday-Saturday, April 24-25 - Westin Westminster

District function that is NOT canceled
but stay tuned for further notices...

WOOHOOMANITY BIKE EVENT
June 20 - a club led, District wide Bike Ride Fundraiser.
New money for your club's service projects!
[Read More](#)

General District Information...

YOUNG ROTARY UPDATE!
There are now 55 Young Rotary/Interact clubs in District 5450
a shout out to the newest four clubs.
For more information about starting a club contact Cheryl O'Brien at
cherylannobrien@hotmail.com

**Please invite your friends
to the Spring Swing...**

next year!

Sadly, due to the Corona virus, we had to cancel the 2020 Spring Swing.

- ♦ If you purchased tickets with a **credit card**, you will see a refund on your next statement.
- ♦ If you purchased tickets with a **check**, you will receive a refund check from Rotary.

Best regards,
Brad Thompson

Contributions to DMHR Foundation



**This function will be rescheduled,
please [click here](#) for the link
to the new date of this event**

[Run in the Colfax](#) for Shelter Box USA.

When you sign up for the relay, 10 miler, 1/2 Marathon, Marathon,
choose Shelter Box as your Charity Partner. **If we get 20 runners
we can have the Shelter Box Tent out at the event.**
It's up to you if you would like to raise money, this helps raise awareness.

Would you like to participate in the Colfax Marathon

Think you could run one of these legs??
We need 11 more people to have a tent at the event!

Amy Weed is Team Captain for one relay team!

[Check out the info online.](#)

LEG 1: URBAN RIVER - 6.5 MILES

LEG 2: NO GROANS AT SLOAN'S - 4.0 MILES

LEG 3: ECLECTIC MILE HIGH - 5.5 MILES

LEG 4: SCREAMING DOWNHILL - 4.1 MILES

LEG 5: DOWNTOWN RIVER TREK - 6.1 MILES

We would love to get a few teams of 5 people to complete the full marathon.

JOIN THE ROTARY HALF-DAY RAFTING TRIPS WITH MILE HI RAFTING ON SATURDAY, JUNE 27TH

**A \$5 DONATION IS INCLUDED IN THE COST OF EACH TRIP.
ALL PROCEEDS GO TO SUPPORT THE WARRIORS ON CATARACT PROGRAM**

SURE–SHOT - \$54 ADULTS, \$47 CHILD (13 AND UNDER)

Rafting on Clear Creek River's mountain water is an experience that's fun for the whole family. Get ready for some fun on our exciting 'Sure Shot' beginner-rafting trip. Begin with passing by the historic Charlie Taylor Water Wheel experiencing Class II rapids (ripples). While rafting through Historic Idaho Springs the Class III rapids of Castle Falls and Argo Holes test your newly developed rafting skills. Below town history and nature abound, with the occasional sighting of Retail Hawk, Deer, Fox, Bob Cat, Lynx, Elk, and Big Horn Sheep. Dizzy Lizzy, Power Line, Mountain Lion, and Box prepare us for the grand finale of Mr. Twister! The perfect beginner - starting with Class II water so you can practice, and then the Class III rapids. There is a 50 pound minimum for rafting to insure proper fit of the life jacket. Allow 3 hours for the trip.

BLAST (INTERMEDIATE HALF DAY) - \$64 ADULTS

Perhaps you've already been there and done that and are looking for something more. Most folks who paddle the Blast weren't expecting some of Colorado's most consistent whitewater, and come back for more! With five solid class IV rapids and more class three whitewater than we have space to mention, the Blast is waiting for those with good physical conditioning and an attitude for adventure. If you are active in your daily life the 'Blast' is the trip for you. Allow 3 hours for the trip. Minimum age 14.

KAMIKAZE (ADVANCED HALF DAY) - \$84 ADULTS

One of our former guests refers to this trip as "the best darn whitewater around!", and after braving the rapids of the Kamikaze trip you'll understand why. Add another two miles of continuous (and we aren't kidding!) class IV/III whitewater onto the Blast and you have an adventure that will bring you back over and over. If you're on your toes you might have time to enjoy the scenery of the Front Range before you dive into your next rapid. Previous experience and the ability to swim is highly recommended. Allow 3 hours for the trip. Minimum age 14.

Click to contact for info or to register:

[Melanie Gentz](#)

[Andrew Bell](#)

[Brad Thompson](#)

[Geoff Noble](#)

NEW "SOCIAL DISTANCING" TIME MANAGEMENT IDEAS

Our social lives are limited and we have more time to spend at home, so,
what shall we do with the extra time at home?
Each week we will provide additional ideas for your benefit.

*It's **still** COLD outside...* what to do inside

Clear your bookshelves of books
you no longer want to keep

Clean a closet

Change your seasonal décor

Write old fashioned letters to your children

Share garden seeds with your neighbor

Update addresses in your holiday file

Surprise your college roommate
with a call

Write in a journal

Check out your online library for the
amazing resources they carry
for times like these

*It's **getting** WARM outside...*

*Go outside but
keep social distancing in effect*

Play an April Fool's joke

Trim your bushes

Clean the interior of your car

Mulch the beds in your yard

Leave your mail carrier a thank you note

Clean the insides of both
your trash and recycling bins

Clean your bike, silicone spray the gears

Have a picnic lunch on your
back deck, patio or balcony

Pull out the corn hole game and have a
friendly competition with those already
living in your household.

Contributions to DMHR Foundation

Contributions to the DMHR Foundation can be made by giving them to Tom Giordano at club meetings or by mailing checks directly to:

Tom Giordano
7271 East Wesley Avenue
Denver, CO 80224

Checks should be made out to the
Rotary Club of Denver Mile High Foundation
(although DMHR Foundation will work).

For questions, contact
Tom at 303-263-5091

GIVING

2018-2019 Individual Sponsors

TOM CELLA	ALESSANDRO EICHSTAEDT	
MELANIE GENTZ	TOM GIORDANO	TOM GREGORY
DAN HIMELSPACH	SARAH HITE	BOB KEMP CONSTANCE
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GIVING

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