

President's Column



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](#)

Inside this issue:

President's Column	1
Word From the Editor	2
Project Reminder	
Upcoming Program	3
Details and Calendar	
Inspirators, Greeters,	4
Hosts, Birthdays	
Tip of the Week, Misc.	
District Conference	5
Information	
Service Above Self	6
Volunteer Opportunities	
The Last Word...	7

Greetings Denver Mile High Rotarians!

April 12, 2021

I had no idea of many of the details that Joel Bacon shared about C-Span. I had always thought it was more of a sleep-aid, instead of using Tylenol PM! All kidding aside, from his presentation last week, I am looking forward to becoming more and better informed from the content they produce.

Ole (our pup) and I had some 1:1 time together this week, as Amanda had a few days of meetings back in CO. We had some quality bonding time, in between his frequent naps.

Joke of the Week: What do you call a lazy doctor?
Doctor Do Little.



Be well and be safe,

Brad Thompson

ZOOM LINK

In addition to in-person meetings, we will continue Zoom meetings. The Zoom meeting "room" will open at 7:00 am, and the meeting will begin at 7:15.

Join Zoom Meeting

[https://us02web.zoom.us/j/81294791259?
pwd=aXZsTXRiZzJLZEVLN2RlZ3bnBRdz09](https://us02web.zoom.us/j/81294791259?pwd=aXZsTXRiZzJLZEVLN2RlZ3bnBRdz09)

Meeting ID: 812 9479 1259 Passcode: 903839

[Click here for more](#) info
and to register for the
District Conference!



Interesting Facts...

Attendance last week
52 Total membership
16 Zoom mbrs attending
2 Zoom speakers
1 Zoom camera at U-Club
18 Members at U-Club
1 Guest at the U-Club
18 Members missing

Joel Bacon, **C-SPAN**, our presenter this past Wednesday has provided the following:

I've attached a .pdf that makes it easy for anyone to keep up with us. (Editor's note: Please e-mail [Annely Noble](#) if you would like to have the .pdf)

A survey on how people liked the presentation: [https://www.surveymonkey.com/r/
CSPANpresentation1020](https://www.surveymonkey.com/r/CSPANpresentation1020)

A link where anyone in your rotary can order the free book we mentioned: [https://
www.surveymonkey.com/r/C-SPANSenate](https://www.surveymonkey.com/r/C-SPANSenate)

All the best,
-Joel

Word from the Editor

A word from your editor

Happy Monday morning, fellow Rotarians,

Please remember to bring to the Rotary meeting this Wednesday your donations for the project shown below. If you cannot attend in person, please contact [Ronnie Weiss](#) for arrangements for pick up or delivery.

Please register for the Rotary District Conference by [clicking here](#). See page 5 for details about the Day of Service.

Consider calling four fellow Rotarians this week to get to know more about them and what you have in common with them. A portion of our club's strength is due to the friendships we have with each other, and our combined collaborations. If you know everyone in our club, reach out to other clubs and find common interests which may lead to service projects.

Annely Noble
M 303-842-8725

Annely.noble@comcast.net

*The more you contribute to your Rotary Experience,
the more you benefit from your Rotary Experience.
What are YOU contributing to Rotary?*



[Click on the
people icon to
register for the
District
Conference.](#)



New Partnership Project brought to you by **Ronnie Weiss** and the Local Community Service Committee (LCS). Please bring supplies to the U-Club the second Wednesday of the month beginning April 14.

CALL FOR DONATIONS

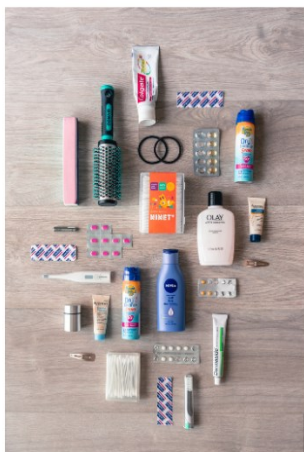
Rotary Club of Five Points RiNo is sponsoring a toiletry shelf for the students of Manual High School. We are seeking new toiletry item donations for restocking the shelf. Contact us for questions or to schedule a pick-up!

**ITEMS NEEDED INCLUDE
(BUT ARE NOT LIMITED TO)**

DEODORANT
SHAVING SUPPLIES
TOOTHBRUSHES/TOOTHPASTE
SHAMPOO/CONDITIONER
FEMININE PRODUCTS
SOAP/BODY WASH

Contact us at 5point Rotary@gmail.com

Rotary  Five Points RiNo
Denver



Help Wanted

The Denver Mile High Rotary Foundation Board would like to fill the vacancy left by Kevin Leveseu who has resigned from the Foundation and the Club.



If you are interested in filling this vacancy and being part of something vital to the club, please contact [Tony Vaida](#), 303-204-1710.

Help wanted...

Brad Thompson will be unavailable on meeting dates May 26 and June 2, and requests an IT captain who can set up our AV and electronic equipment those days and make it run smoothly. This includes muting and unmuting the Zoom participants during breakfast, etc.

Please contact [Brad](#) (303-478-5729) for more details and if you are able to fill in for those dates.

Denver Mile High Rotary Calendar of Events

April 12 - Rotary Book Club - 4:30pm - *That Used to Be Us* - Book by Michael Mandelbaum and Thomas Friedman. Time: Apr 12, 2021 04:30pm MDT. Join Zoom: [Click here](#) Meeting ID: 864 1900 0526 Pass code: BookClub

April 13 - 4-5p - Denver Mile High Rotary Board meeting

April 14 - Past Zimbabwe District Governor Stella Dongo - News about the COVID situation in Zimbabwe, Rotary, and politics as well as an update about the DMHR grant that has been approved in Harare, the capital.

April 21 - Tom Giordano, DMHR Rotarian and History Scholar speaks on the "Over-rated President".

April 22 - 7-8a - Denver Mile High Rotary Foundation Board meeting - this is also Earth Day - Restore our Earth.

April 26 - Communications Meeting - 8:00am - Please contact Margaret Van Vliet for info or link to the meeting.

April 28 - Liz Adams, National Western Complex Redevelopment and Jocelyn Hittle, CSU's new Spur Research Campus. Jocelyn Hittle is primarily focused on helping to create the CSU System's new Spur campus at the National Western Center, and on supporting campus sustainability goals across CSU's campuses.

May 5 - Stacia Sellers, Communications Director, Central I-70 Project. After two years of construction, the construction team on the I-70 project is preparing to move traffic off the viaduct and into the new lowered section of I-70 between Brighton and Colorado boulevards, and commence the subsequent demolition of the 57-year-old viaduct this spring and summer! Join us for a virtual update to get the inside scoop on these massive changes!



May 6-8 - District 5450 Conference - Thursday evening - Virtual; Friday evening - in-person dinner and virtual option. Saturday will be a Day of Service. [Click here to register](#) or see page 8 of this newsletter for details.

May 12 - Jennifer Riley-Chetwynd, Denver Botanic Gardens - Director of Marketing and Social Responsibility - What's New at Denver Botanic Gardens? Things you may not know and things to get excited about this year!

May 19 - Carol Bowar, Executive Director, Girls Athletic Leadership School (GALS)

May 26 - Speaker slot available.

June 2 - DMHR Budget Overview. Overview of club finances and status of Local and World Community Service projects.

June 9 - Speaker slot available.

June 16 - Harriet Crittenden LeMair, Executive Director, High Line Canal Conservancy

June 23 - Speaker slot available

June 30 - Passing the gavel! Honor outgoing president Brad Thompson and welcome new president, Steve Blazek.

Do you have any leads for future speakers? Call 303-994-6609, or e-mail [Brian Good](#).

Weekly Inspirators, Greeters & Hosts, etc.

Date	Inspiration	Greeters	Host
April 14	Sharon Cella	Bob Connaghan and Alessandro Eichstaedt	Debra Flick
April 21	Kevin Gallaway	Melanie Gentz and Tom Giordano	Brian Good
April 28	Tom Gregory	Marcus Hanlon and Dan Himelspace	Sarah Hite



April Birthdays

April 11 Susanne Lorenz
April 11 Margaret Van Vliet
April 14 Mary Walta
April 15 Charlene Porter

Mental Wellness
Tip of the Week
Develop a support network.

Denver Mile High
Rotary
Club



Mental Wellness Tip
brought to you by a
Golden High School Student

The Rotary Book Group... All Welcome

Discussions begin at 4:30 on:
Monday, April 12th

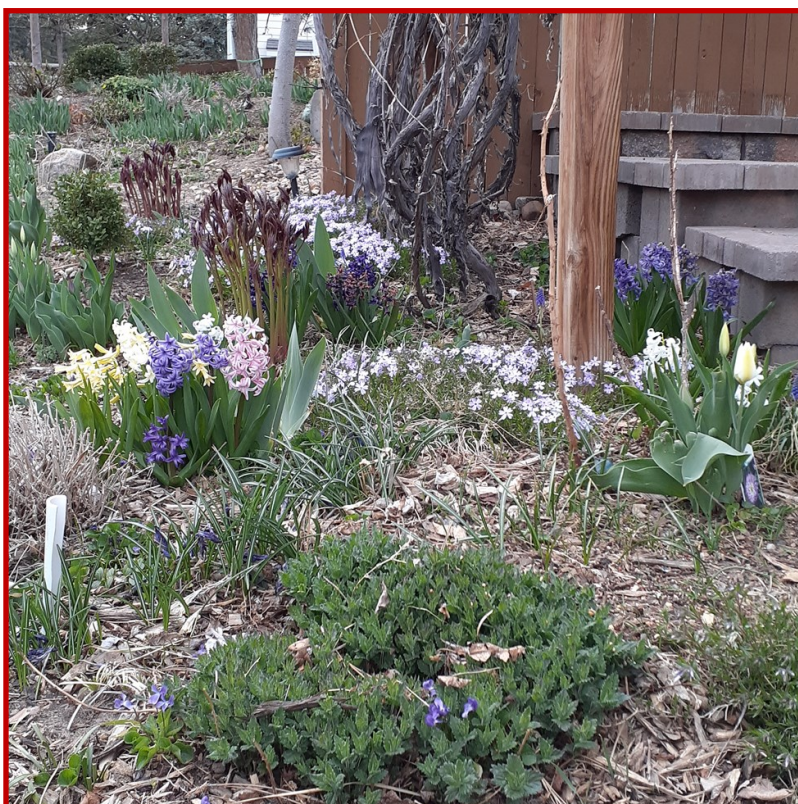
*That Used to Be Us -
How America Fell Behind in the
World it Invented and
How We Can Come Back*

By Thomas L. Friedman and
Michael Mandelbaum

Springtime!

The peonies
Are rising
(brownish fronds),
the phlox
ground cover is
blooming,
the hyacinths are
at their zenith, and
the tulips are just
beginning to open.

What is new in
your garden?
Spring brings joy,
be a part of it!
Send me your
photos to include
in our newsletter!



District info and more...



District 5450 Conference!

May 6, 7 and 8, 2021

The annual District Conference is now available for registration.

In-person attendance is limited to the first 150 participants so

do not delay, [register today](#).

For conference details, [click here](#).

To view the menu, [click here](#).

For hotel details and registration, [click here](#).



District Conference - Day of Service

May 8, Saturday Morning, 9:00am-4:00pm

Additional Half Days include April 29, May 9, 11-13

Through Project Worthmore, Area 1 has chosen to work with and at DeLaney Farm in a variety of ways and over a number of days. Please respond to the survey that our club sent last Thursday to provide your preference for participation. There will be several ways in which to participate including scraping, sanding, caulking, and painting the structure shown here; or weeding, mulching and working with the earth, etc. This work will take several days. If you are interested, [please click here](#) or on the link below to see all the dates and times you can join us!

<https://www.signupgenius.com/go/10C0945A9AA29A3FD0-district>

You can sign up for multiple days if you are able to join us for more than one slot! You can sign up your family and friends, as well. Please bring your own work gloves. Tools and materials will be provided.

The work-days are April 29, May 8, 11, 12, and 13, split in half day shifts, 9a-12:30p or 12:30p-4:00p.

Hope you can join your fellow Rotarians from Area 1 in District 5450!

For additional information, please contact LCS Chair, [Tom Cella](#) or 303 981 1222.

Service above Self, Brad Thompson, 2020-2021 DMHR Club President



Monthly District News

[Click here](#) to go to the District 5450 website to see April activities, and to listen to our District Governor, Bob Kemp.



Service Above Self - Volunteer Opportunities



PROJECT WORTHMORE

Project Worthmore - Volunteer anytime

Project Worthmore is a local non-profit that serves the refugee community in the Denver metro area by providing a dental clinic, language classes, food for their community, as well as other services. We may volunteer any Monday during the entire month to help with food packaging and/or contactless deliveries. **Please contact [Tom Cella](#)** for more information and to volunteer.

Where: Project Worthmore is located at 1666 Elmira Street, Aurora

What: They need a total of 8 volunteers - 3 to help with packaging and 5 to help with contactless deliveries.

When: The first Monday of every month.

10:30am - 12:30pm: Food Packaging. Three volunteers will work in a well-ventilated room to put together boxes of food for the refugee families.

12:30pm - 1:30pm: Deliver boxes of food to families within about a 3-mile radius of Project Worthmore.



Denver Kids is part of a cooperative with Denver Public Schools. Watch this spot for volunteer opportunities for mentoring [Denver Kids](#). Training for volunteering begins this spring.



[1139 Delaware Street, Denver 80204](#)

Volunteer dates TBD

Kudos to all who have volunteered at the vaccination test sites. Fifteen District 5450 clubs have helped in this effort. 9Health will be looking for additional volunteers as soon as sites are determined and plans are finalized; watch this newsletter for upcoming dates antimes. The timing is flexible, but usually between 10am and 4pm. To volunteer, please call (610-805-7579), or e-mail [Audrey Leavitt](#).



METRO CARING
ENDING HUNGER AT ITS ROOT

Volunteer for April 8th - 9:00 am-12:30 pm

Metro Caring Provisioning Project:

Thursday, April 8th is our next session.

TIME: 9:00am - 12:30pm

LOCATION: 5200 Smith Road Suite 130 - west side entrance.

You will be repackaging bulk food into portions appropriate for individuals and families for distribution through the Metro Caring Food Bank. All volunteers will receive introductory training before beginning work. Gloves will be provided, and appropriate social distancing will be maintained between individual workstations. Masks or face coverings are required to enter the facility. If possible, please wear your own mask or face-covering, but one will be provided if necessary. If you'd like to bring a spouse or other family member, please do!

Please **contact [Robin Springer](#)** for additional information. [Click here](#) for a February update from Metro Caring.



The Conflict Center

The Conflict Center is always looking for volunteers to do a variety of tasks. Watch this space for opportunities beginning May and early June. If you would like more information or to sign up, please contact [Ronnie Weiss](#).

If you wish to volunteer at any of the 9 Health Vaccination Sites, please contact [Audrey Leavitt](#) 610-805-7579.

Audrey suggests you invite a friend as there is plenty of volunteer work to go around.

Additionally, your friend will be introduced to Rotary's Service Above Self and even may be motivated to become a Rotarian!





The Last Word...

How Do You Live Your Dash?

I read of a man who stood to speak
At the funeral of a friend.
He referred to the dates on her tombstone
From the beginning...to the end.

He noted that first came her date of birth
And spoke the following date with tears,
But he said what mattered most of all
Was the dash between those years. (1900 - 1970)

For that dash represented all the time
That she spent alive on earth...
And now only those who loved her
Know what that little line is worth.

For it matters not, how much we own;
The cars...the house...the cash,
What matters is how we live and love
And how we spend our dash.

So think about this long and hard...
Are there things you'd like to change?
For you never know how much time is left,
That can still be rearranged.

If we could just slow down enough
To consider what's true and real,
And always try to understand
How other people feel.

And be less quick to anger,
And show appreciation more
And love the people in our lives
Like we've never loved before.

If we treat each other with respect,
And more often wear a smile...
Remembering that this special dash
Might only last a little while.

So, when your eulogy's being read
With your life's actions to rehash...
Would you be proud of the things they say
About how you spent your dash?

F.W. (Jason) Ingram

<— Inspiration last week brought
to you by **Noreen Keleshian**.

Program information from Wednesday, March 31.

*Population & Economic Trends in Colorado**

By Chris Akers
State Demographer
State Demography Office,
Department of Local Affairs
Demography.dola.colorado.gov

Chris has been an Economist with the State Demography Office for the past 6 years. He is an economist by training and a demographer by association.

*If you would like to have the Power Point from that presentation, please contact [Annely Noble](#), 303 842 8725.

Rotary Knowledge

There are three Rotary Districts in Colorado.

District 5440
District 5450
District 5470