



April 15, 2020

Denver Mile High  
**Rotary**  
Club



## President's Column

Hello, world changers!

Welcome to a new week in this exciting and wacky world! It's been about 4 weeks since we saw this strange new life coming into view and now it is looking like we may have gotten over the curve. Continue to be hopeful but also continue being diligent until it is over!

Whenever we will be able to resume social gatherings (perhaps in May), albeit under restrictions, what do you think we should do as a club a) to celebrate together, and b) to serve the community? Let's look forward to more good times together soon!

Tomorrow we will have another online video meeting. We will have a guest speaker, Ed Wittman - Cycling Without Age - talking about a unique and impactful way to service the elderly through cycling. It will be a full meeting. The Zoom meeting will open at 7:30 for small breakout rooms until I start the meeting at 7:45.

Also, please start to promote our speaker for May 6. We will be having the one and only Denver Bronco Insider, Mike Klis, presenting from the "Klis Cave". I'm really excited as I've been a Bronco fan my whole life and really like Mike Klis' point of view. At this point I am assuming it will be an online video meeting, so tell all your Bronco fan friends!

I'm looking forward to seeing all your faces in real life soon. Until then, stay strong!

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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**Important notices from our president and treasurer:**

As a result of the pandemic and the unknown amount of time we will be required to distance from each other, we have decided to begin this quarter with all membership dues charged at the basic membership (no meal). Therefore, we ask that all members pay only \$150 for the quarter. And if the situation changes and we are allowed to start meeting at the U Club again, we will charge a prorated amount for people who want to eat.

Please reach out to me directly if you are having any financial challenges and need to have extra time to pay and/or need some help. We do not want to lose any of our members over membership dues during this challenging time!

Thank you!  
Scott

**Please use [the link below](#) to pay, or if check delivery or invoices are needed individually, please reach out to the treasurer.**

<https://rotary-club-of-denver-mile-high.square.site/product/drinks/2?cs=true>

Thank you.  
Kaili  
[treasurerdmh@gmail.com](mailto:treasurerdmh@gmail.com)

**A word from your editor...**

Dear fellow Rotarians,

As time passes and we remain in home quarantine, we will hear the following clichés more often:

**When the going gets tough, the tough get going!**

**Laughter is the best medicine!**

**Everything is relative.**

You may dislike clichés, but basically they have an ounce of truth to them. At the onset of this pandemic, **when the going got tough** for some, didn't **the tough, i.e. this group of Rotarians**, step up to donate funds to several organizations that are helping others get by? And, aren't those memes and "funnies" that we are passing to one another through the internet and e-mails making us **laugh and feel better**? Compared to (or, **relative to**) being sick with COVID-19, (or worse), I am so happy to be sequestered in my warm, happy home taking care of projects long overdue, and doing what I can remotely for others! Finally, my favorite, and not mentioned above...**we make our own happiness!** Please choose to find the good in the time we have at home, life is too short to do otherwise.

A couple members have sent me "**Service Above Self**" items for the newsletter, for which I am so thankful! I know you are serving others during this time; don't be humble, please share, because it will give the rest of us ideas on how to help make others' lives easier or happier during this pandemic.

**THE CORONA VIRUS DOES NOT DAUNT THIS GROUP OF INDIVIDUALS!**

Send your thoughts and photos to

[Annely.Noble@comcast.net](mailto:Annely.Noble@comcast.net),

or text to 303-842-8725

Thank you for your inspiration and motivation!  
Annely Noble  
303-842-8725

## 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 or other online teleconference utility  
until further notice. Watch this space, your e-mail inbox and the Rotary website  
for ways and directions to participate.*

**April 16th** - 5-6:30 pm - **DMHR Virtual Happy Hour**. See following page for 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** - 4:00 pm - **World Community Service Committee meeting**. Stay tuned for connection information.

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

**April 22** - **Regularly scheduled Rotary meeting** - See next page for details.

**May 17th** - **[Run in the Colfax](#) for Shelter Box USA**. **[Click](#) for rescheduling details**. Rescheduling for 2020 will not be made until the end of April or later.

**May 19th** - **Foundation Board Meeting** - Watch e-mail for time and connection information.

**June 27th**- **Rotary Rafting trip** down Clear Creek

**Save the Date...** **World Peace Day at The Conflict Center** - RESCHEDULED to Saturday, August 8.

Please do Reference our Website **[www.denvermilehigh.org](http://www.denvermilehigh.org)**

Carolyn Schrader has been adding content about Our Club's service projects.  
Carolyn would like info on other Club activities but needs input from the members.  
Please contact Carolyn to offer information about club activities, etc. [schrader407@gmail.com](mailto:schrader407@gmail.com)



## Denver Mile High Rotary Upcoming Programs

In the spirit of "life as normal," we will have video conference meetings and programs.

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

Zoom Meeting Information:

Link: <https://zoom.us/j/317120546?pwd=ZjZKeGMyNEFQU2pTSXErZUpUa0Z3UT09>

Meeting ID: 317 120 546

See your e-mail or call Scott for password information.

**April 15th - Speaker Ed Wittman presents** a fun way to care for our elderly. Ed Wittman is a Serial Entrepreneur, former CFO for Accuvant, Inc., former Denver Mile High Rotary member, and Practicing Retiree.

## Denver Mile High Rotary Virtual Happy Hour

5:00-6:30 Join the ROTARY Zoom happy hour on Thursday night (4/16/20) with the following link. Zoom has changed their system, now requiring a password, which is in the following link.

<https://zoom.us/j/7202198737?pwd=OHJxbFczT3p2TDhGTzhEMXpWd2l2Zz09>

## DMHR Website takes on new life!

Hi DMH Rotarians,

When you have some time, please log into the Denver Mile High Rotary website at <https://denvermilehigh.org/>. I have added content about our COVID-19 responses and also a great photo of the attendees at the Club meeting on Wednesday.

I'd also like to add photos of what our members are doing to pass the time while we are social distancing. So, send me some pix, please, if you have some you'd like to share.

Thanks. Carolyn Schrader      [schrader407@me.com](mailto:schrader407@me.com)

## SERVICE ABOVE SELF...

From Amy Weed...

**Ronnie Weiss** made and donated 20 face masks to the UPS workers and their families. She is absolutely amazing! Here are a couple of pictures of me handing over the face masks to Cory, a UPS driver friend of Sabin's, who is going to be distributing the face masks today. Cory is also in charge of the Safety Committee at UPS, which makes this even more relevant. Sabin and I and UPS thank you, Ronnie! You're a great Rotarian!



Social Distancing  
Delivery!  
← Amy Weed  
giving  
**Ronnie's masks**  
to Cory



← Reggie wearing one of **Ronnie's masks**...  
happy and safer now!



Denver Mile High Rotarians  
thank Cory, Reggie, Sabin and  
all the delivery service drivers who  
are in the real world every day  
despite the pandemic,  
delivering items that we need!  
Your service is greatly appreciated!



## SERVICE ABOVE SELF

During the Pandemic - Donate Blood  
Call Vitalant (formerly Bon Fils)  
at 877-258-4825

## Important update regarding DMHR Project Fund

**Denver Mile High Rotarians Step Up  
Total Funds awarded: \$10,000**

**All checks have been issued and should be in the hands  
of the recipient organizations no later than the end of this week!**

Organization	Major Expenses and Activity	Amount Requested	Sponsor
The Conflict Center	Expanded Zoom capabilities, cost of developing visuals and media messages on various platforms, including personnel time to develop materials and facilitate the conversations. <a href="https://conflictcenter.org/">https://conflictcenter.org/</a>	\$1,500	Diane Messamore
Covenant Cupboard Food Pantry	Purchase of food from Food Bank of the Rockies and possibly at Restaurant Depot; in order to provide weekly food for 155 families. <a href="http://covcupboard.org/">http://covcupboard.org/</a>	\$1,500	Annelly Noble
Denver Metro Emergency Food Network	Purchase of food and cost of delivery in order to provide and deliver meals to community identified homebound families <a href="https://red.msudenver.edu/2020/mission-ready-denver-metro-emergency-food-network.html">https://red.msudenver.edu/2020/mission-ready-denver-metro-emergency-food-network.html</a>	\$1,000	Kaili Purviance
Food for Thought	Purchase of food from Food Bank of the Rockies and other sources in order to provide approximately 500 Power sacks for students in DPS Adams County. <a href="https://foodforthoughtdenver.org/">https://foodforthoughtdenver.org/</a>	\$2,000	Brad Thompson
Jefferson Center for Mental Health	Purchase of food, bonus pay for front line face to face services, in order to provide meals and hazardous duty pay for counselors seeing patients in person <a href="https://www.jcmh.org/coronavirus-update-from-jefferson-center/">https://www.jcmh.org/coronavirus-update-from-jefferson-center/</a>	\$1,500	Carolyn Schrader
Metro Caring	Purchase of food, cleaning supplies, sanitizer, gloves, etc. In order to provide food, cleaning supplies to those in need in central Denver <a href="https://www.metrocaring.org/">https://www.metrocaring.org/</a>	\$1,000	Greg Thielen
YMCA	Services include childcare for health workers, food distribution to low income school children and families, and calls to housebound elderly. <a href="https://www.denverymca.org/coronavirusupdates">https://www.denverymca.org/coronavirusupdates</a>	\$1,500	Mary Walta



## Get in touch with your fellow Rotarians by joining the Slack communication platform.

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

## Stay connected with...

**Metro Caring** - [Click here for a link](#) to the Caring Chronicle.

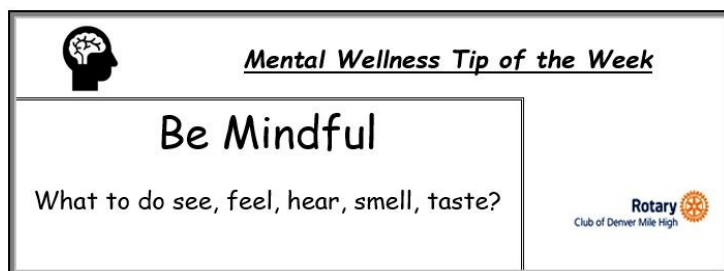
## Just for fun and diversion...

[Click here to watch](#) a funny u-tube about Zoom, compliments of Brad Thompson.

[Click here for SGN](#) - Some Good News, thanks to Brad Thompson

[Click here for instructions](#) to sew face masks, thanks to Diane Messamore.

[Click here for a link](#) to check out [House Party](#), an app for virtual gatherings on which you can chat, play family games such as Pictionary, Trivial Pursuit, etc.



Brought to you weekly by Diane Messamore.



Speaking of masks,  
Annely Noble thought,  
"why not have a mask and shield  
combined?";  
then came up with this  
"out of the box" solution!  
What else shall we do with  
those old punch bowls which  
we rarely use any more?  
This may have been  
a bit impractical!



The setting full moon  
was amazing this  
week!

## Member Contributions

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



Part of your Rotary Family! This photo was of the attendance  
at the April 8 Zoom meeting, compliments of Mary Wuest.



<— Robin Springer and husband Joel,  
recently were lucky enough to be  
"stranded" in Fraser, where they took  
long and serene hikes in  
Arapahoe National Forest.



## Member Contributions

What are YOU doing during this “isolation” period?



Meanwhile, Betty Speir created a unique Easter basket using items she had at home, such as the bandanas!



Sunset greetings from Florida and Geoff Noble.

Walking incognito around town in this beautiful weather! Can you guess who?

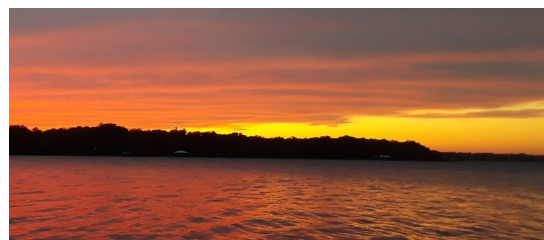
Do you know the official name of the Big Blue Bear sculpture in this photo?



Yes, you guessed it...  
Brad and Amanda Thompson!

“I See What You Mean” is the official title of what we call the Big Blue Bear!

The 40-foot-high bear, which injects a welcome sense of fun and playfulness into the convention center experience, is the creation of local artist Lawrence Argent. It was installed in 2005 and has quickly become a bona fide Mile High City icon – and a can’t-miss photo op for tourists and locals alike.



## Weekly Inspirators, Greeters & Hosts

Date	Inspiration	Greeters	Host	Vocation
April 15	Ronnie Weiss	Sonny Wiegand and Chris Wong	Mary Wuest	Any Volunteers?
April 22	Pat Gorman Barry	Jared Beach and Andrew Bell	Steven Blazek	
April 29	Bob Connaghan	Diane Messamore and Alessandro Eichstaedt	Debra Flick	
May 6	Melanie Gentz	Kevin Gallaway and Tom Giordano	Brian Good	
May 13	Tom Gregory	Sarah Hanstad and Ted Hendryx	Dan Himelspach	
May 20	Sarah Hite	Bob Kemp and Audrey Leavitt	Kevin LeVezu	

### April Birthdays

April 5th - Brian Duran  
 April 11th - Suzanne Lorenze  
 April 14th - Mary Walta  
 April 15th - Charlene Porter



### WEEKLY PRESENTATIONS

It's time to get back into the swing of things even under these unique circumstances - and that means meeting programs. It is a bit challenging under these circumstances but if you have any thoughts you'd like to share, please contact me.

Thank you - Robin

## District Announcements

[Click here for  
Your District Newsletter...](#)

### 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](mailto:cherylannobrien@hotmail.com)

[Natural Disaster Response  
Committee Information](#)

Suggestions for club members  
for COVID 19 projects

### JOIN THE ROTARY HALF-DAY RAFTING TRIPS WITH MILE HI RAFTING ON SATURDAY, JUNE 27<sup>TH</sup>

A \$5 DONATION IS INCLUDED IN THE COST OF EACH TRIP.

ALL PROCEEDS GO TO SUPPORT THE *WARRIORS ON CATARACT* PROGRAM FOR VETERANS

#### 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. 'Sure Shot' is for beginners. You will pass 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 new 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, 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;  
what shall we do with the gift of time?

Each week you will see additional ideas for your benefit.

### It's still **COLD** outside...

Find some smooth rocks on your walks;  
decorate or write messages on the rocks  
with indelible colored markers

Check for ingredients you already have on hand,  
and then plan your menu

Read the latest Rotarian magazine

Call a fellow Rotarian in order to get to know  
him or her on a more personal basis

Make your annual optical, medical  
and dental appointments

“Run” your indoor stairs for five minutes  
without stopping -  
aim for 40+ times up and down the flight

Update your holiday card list and  
put it in a spreadsheet on your computer

Plan your upcoming travel year

Groom your indoor plants  
and repot if necessary

### It's **WARM** outside... *but keep social distancing in effect*

Place the rocks you've decorated around your  
neighborhood in the public landscaped areas  
for other folks to find

Clean your ski/snowboard gear  
and store for the season

Ready your fishing gear and/or  
your golf gear for the upcoming season

Take a longer walk today than you  
took yesterday, and take a different route

Clean and prep your outdoor planters

Touch up your outdoor furniture with spray paint,  
and clean the pads and cushions from last year

Wash out your commercial trash  
and recycling pickup containers

Walk around your property, listing what  
should be accomplished in maintenance,  
both building and yard work

Replace hail damaged window screen mesh



## Contributions to DMHR Foundation



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

Would you like to participate in the Colfax Marathon  
supporting Shelter Box?

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.



## 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

Please make out checks to the **Rotary Club of Denver Mile High Foundation**  
(although "DMHR Foundation" will work)

For questions, contact:  
Tom Giordano  
303-263-5091



*Giving Generously  
For the  
Greater Good*

*2019-2020*

### *Individual Sponsors*

Pat Gorman-Barry	Annelly Noble	Mary Walta
Tom Cella	Adams Price	Ronnie Weiss
Melanie Gentz	Chuck Rudolph	Sonny Wiegand
Tom Giordano	Roberta Simonton	Room for more...
Tom Gregory	Robin Springer	Will it be you?
Bob Kemp	Michael Tapp	Or you?
Diane Messamore	Ann Tull	Or you?
Constance Mortell	Tony Viada	Or who?

*Corporate  
Generosity*

### *2019-2020 Corporate Sponsors*

