



Denver Mile High
Rotary
Club



**Denver Mile High
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President's Column

Greetings Denver Mile High Rotarians!

April 19, 2021

Think about the power of a single conversation you may have with someone, the relationship that can be created and the amazing things that can be accomplished over time. That was my take-away from our presentation last week and from Carolyn Schrader's and Stella Dongo's very first connection so many years ago. It was great to hear how DMHR has partnered with the Highlands club in Harare and that the partnership has made such an incredible difference in so many lives. It was really inspiring to realize the impact we have had and continue to make.

Joke of the Week: Did you know that most people want three covers on their bed at all times. That's just a blanket statement.



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>

Meeting ID: 812 9479 1259 Passcode: 903839

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



Interesting Facts...

Attendance last week
51 Total membership
27 Zoom (12 guests)
1 Zoom speaker
1 Zoom camera at U-Club
19 Members at U-Club
0 Guests at the U-Club
17 Members missing

Thank You DMHR Members!

Much appreciation to the following DMHR Club members for their April contributions to the Manual High School toiletry shelf:

- Amy Weed
- Tom Gregory
- Audrey Leavitt
- Roni Cella
- Noreen Keleshian
- Ronnie Weiss

The next date to bring donations is May 12th. Thanks for supporting this ongoing project, a partnership with the Five Points RiNo club.

Word from the Editor

A word from your editor

Happy Monday morning, fellow Rotarians,

Find out what Rotary's Day of Service (May 8) offers and [sign up here](#). See page five for details and additional dates.

Please register for the Rotary District Conference by [clicking here](#). ***This week is a 'make or break' week for the District Conference; if not an adequate number of Rotarians register, the in-person portion of the conference will be canceled; let's not allow that to happen. Call your friends at other clubs and help to promote registrations!***

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.](#)



Service Above Self - Volunteer Opportunity

Site	Address	Day of Week for Events	First Event Time	Access Window for Vaccine Staff	Ongoing schedule
Bear Valley Library	5171 W Dartmouth Ave, Denver 80236	Sundays	11 am to 7 pm	9:45 am to 8 pm	11 am to 7 pm every Sunday through at least May (Might skip some Sunday Holidays)
Barnum Rec Center	360 Hooker Street, Denver 80219	Wednesdays	9 am to 5 pm	7:45 am to 6 pm on days open from 9 to 5 and 10:45 to 9pm on days open 12 to 8pm	9am to 5 pm <ul style="list-style-type: none"> April 21 May 5 May 19 12 pm to 8pm April 28 May 12 May 26
MLK Rec Center	3880 Newport St, Denver 80207	Tuesdays	9am to 5 pm	7:45 am to 6 pm on days open from 9 to 5 and 10:45 to 9pm on days open 12 to 8pm	9am to 5 pm <ul style="list-style-type: none"> April 20 May 5 May 18 12 pm to 8pm April 27 May 11 May 25

Audrey Leavitt has shared the current list of vaccine sites, plus Indian Center on Fridays, and April 10 & 11 at St Cajetan's Church.

Barnum and MLK now have added a third shift running 8a-8p. A shift is 4 hours.

Please contact [Audrey Leavitt](#) if you would like to volunteer, 610-805-7579



Denver Mile High Rotary Calendar of Events

April 21 - Tom Giordano, DMHR Rotarian and History Scholar speaks on the much awaited and anticipated presentation: "Over-rated President".

April 21 - Happy Hour - 5pm - In-person - Attimo Winery, 2246 Larimer, Denver, CO

April 22 - 7-8a - Denver Mile High Rotary Foundation Board meeting - this is also Earth Day - Restore our Earth. Please call Tony Vaida for connection information.

April 22 - 7-8p - DEI Workshop: Empathy & Interconnectedness - [Register now](#). Building inclusive communities.

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 - Please bring your toiletries (any size) to today's club meeting, for the Manual High School Toiletry Shelf, a partnership project with Five Points RiNo Rotary. If you have questions, please contact **Ronnie Weiss**.

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 - Sandra Bainbridge, Colorado Alzheimer's Association, Healthy Living for Brain and Body - Making Living with Alzheimer's Easier Sandy Bainbridge, a former Rotarian, is a trained volunteer speaker and trainer for the Colorado Alzheimer's Association. Her Mom and father-in-law died of Alzheimer's disease.

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.

August 8 - Past President's party

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 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
*Set realistic goals for
yourself to achieve.*

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, May 10th

*The Good Hand, A Memoir of Work,
Brotherhood, and Transformation in
An American Boomtown*
Memoir by
Michael Patrick F. Smith

Rotary Meeting Hosts at U-Club

April 21 – Melanie
April 28 – Steve
May 5 – Scott
May 12 – Steve
May 19 – Melanie
May 26 – Adams

DMHR Happy Hour

Attimo Winery
In-person
Wednesday, 21 April, 5pm
2246 Larimer St, Denver
**This is a good time to return
your empty wine bottles
from the Valentine's Day
wine and chocolate
tasting event.**



Click on the graphic to
register for the
District Conference!

Population & Economic Trends in Colorado

DMHR Presentation by **Chris Akers - March 2021**
State Demography Office, Department of Local Affairs
Demography.dola.colorado.gov
Please contact Annely Noble for a copy of the
Power Point that Chris Akers shared
during his presentation to our club.

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

Rotary International DEI

A top priority for Rotary is growing and diversifying our membership to make sure we reflect the communities we serve and are inclusive of all cultures, experiences, and identities. We're creating an organization that is more open and inclusive, fair to all, builds goodwill, and benefits our communities.

To help us achieve our goal, the RI Board of Directors passed a diversity, equity, and inclusion (DEI) statement: "As a global network that strives to build a world where people unite and take action to create lasting change, Rotary values diversity and celebrates the contributions of people of all backgrounds, regardless of their age, ethnicity, race, color, abilities, religion, socioeconomic status, culture, sex, sexual orientation, and gender identity. Rotary will cultivate a diverse, equitable, and inclusive culture in which people from underrepresented groups have greater opportunities to participate as members and leaders."

What is our Club doing?

We are using a survey to get a benchmark and gain creative ideas from all of our members to apply for a DEI award worth \$1,500. Information about the award is listed below to help guide your ideas. Whether we win the award or not, we will implement our "award worthy" ideas. We estimate the survey will take you about 10 minutes to complete. There are four sections with definitions and descriptions. Click Next (white button on left side of survey) to go to the next section. There are 12 questions, the first seven are required and help us capture a baseline, which we will measure against. The last four are open text where you may want to brainstorm a bit to capture your ideas for this initiative and share anything you think will help us take action on the DEI&B initiative.

We strongly encourage you to participate in this survey; we're looking to gather as much feedback as we can about the collective experience at Denver Mile High Rotary. This survey is anonymous and there is no way to identify specific individual responses - they are only presented in aggregate.

Information about the award:

For: This unique and forward looking award challenges Clubs to imagine, create and implement meaningful and courageous diversity initiatives within their Clubs that will empower them to advance the cause and conversation of diversity, equity, and inclusion.

Type: \$1,500 payment to the Club judged to have the most creative and potentially impactful diversity initiative for implementation within their Club. **DEADLINE FOR SUBMISSION: May 1**

Rules: The "Rotary Has a Dream" Diversity Award recognizes a Rotary Club in District 5450 whose forward looking initiatives and efforts will result in significantly increasing the conversation and understanding of reducing intolerance of Racial, Ethnic, Religious, Gender and Sexual Diversity within their club, with an ultimate goal of creating a more diverse Club membership body.

History: Conceived by Diana Whye, the first African American Club President in the Rotary Club of Centennial's 20-year history, the Award is named to honor two civil rights icons, Martin Luther King, Jr. with his dream of nonviolent activism, and John Lewis, who had a vision that ordinary people could redeem the soul of America by getting into "good trouble." Both of these individuals spent their lifetimes working to reduce intolerance in society and risk their lives to effect this change.

Criteria: The proposed initiative(s) should be able to be implemented within a 12-month period from the date of the award; examples of the types of initiatives that would qualify for the award include diversity speaker fees, diversity training opportunities, etc. Be creative and have fun! You're limited only by the imagination of your Club! All evaluations will be judged relative to the potential to expand the conversation, education and understanding of diversity, equity, and inclusion within the award applicant's Club.

You can participate in the Diversity & Inclusion Survey through Wednesday, April 21 at 1PM.

Thank you for taking the time to complete this survey and helping us learn from your experience to make DMHR a better club for everyone!

Click [Diversity, Equity, Inclusion & Belonging Survey](#) to begin the survey.

Please let me know what questions you have or if you run into any issues.

Cheers,

Debra Flick

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 Metro Caring Provisioning Project:

Thursday, May 13 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!



DMHR Admin Information

How to pay... DMHR Club Dues

c/o Carolyn Schrader, Treasurer, schrader407@gmail.com

Please make out checks to:

Rotary Club of Denver Mile High or DMHR

- Mail check to Carolyn Schrader at 407 Detroit St. Denver CO 80206 OR
- Bring a check on Wednesday, give to Tom Cella or Carolyn
- Pay by credit card - [Click here](#) or use <https://rotary-club-of-denver-mile-high.square.site/>
- Pay by credit card using the link on your invoice
- Pay by Zelle®. Please see the following page for instructions.
- If all else fails, contact Carolyn, schrader407@gmail.com

DMHR Foundation Donations

c/o Tom Giordano — 303-263-5091 — Thank you!

Please make out contribution checks to:

**Rotary Club of Denver Mile High Foundation
or DMHR Foundation**

- Hand check to Tom Giordano at a meeting; or
- Mail to: Tom Giordano at 7271 E. Wesley Ave., Denver, CO 80224;
- Or... [please click here](#) to go directly to our secure online donation site, make a one time donation or set up automatic monthly donations.

Click on the graphic
to register for the
District Conference!



JANUARY Write Valentine Cards for seniors from your home and mail to the senior living facility of your choice. Rotary Awareness Month	FEBRUARY - See note below* Craig Hospital Card Writing Wine and Chocolate Tasting New Member Orientation Peacebuilding & Conflict Prevention Month	MARCH Connect4 - Each Rotarian calls 4 Rotarians during March. Get to know each other better! Literacy Month
APRIL Mile High Spring Swing - TBD Earth Day - 4/22 RI Magazine Month	MAY Craig Hospital Dinner & RYLA Interviews District 5450 Conference Promote International Convention Month	JUNE River Rafting Rotary Fellowship Month
JULY Inner City Kids Hike/Rotary Peak RYLA Camp Literacy Month & New Rotary Year	AUGUST School Supplies Drive Past President's Party Membership and Extensions Month	SEPTEMBER Mini-Dinner Fundraiser New Member Orientation New Generations Month
OCTOBER 9Health Fair & Craig Hospital Dinner World Polio Day Event Economic & Community Development And Vocational Service Month	NOVEMBER Write Holiday Cards for Active and Deployed Military Citrus Fundraiser Rotary Foundation Month	DECEMBER Holiday Party Toy Drive Family Month



Paying Club Dues with Zelle

Using Zelle® to pay by check without mailing!

Several members have expressed interest in paying dues with **Zelle®**, a service that allows Club members to send dues payments electronically to DMH Rotary. There is no charge and the transaction occurs in only a few minutes. And, the sender can choose the amount to send. Below is information about signing up for **Zelle®** and setting up the payment information for Denver Mile High Rotary.

Enroll with Zelle®

(your bank must offer **Zelle®** as a service)

1. Sign into Online Banking or mobile banking on your electronic device
2. Go to "Send Money with Zelle®" in Online Banking or the **Zelle®** tab in the Mobile app.
3. Agree to terms and conditions.
4. Enroll your account.
5. Verify security code.
6. You're ready to start sending/receiving payments through your bank account using **Zelle®**.

How to send money to Denver Mile High Rotary

1. Enter rotarydmh@gmail.com as the unique identifier for the Rotary Club of Denver Mile High. You can use DMHR as the name of the Club.
2. Enter the amount of the payment and an optional memo. (e.g., invoice number)
3. Review your payment. Make sure that you've entered the correct email address for the Club; then hit "Send."
4. Your payment will appear with your name on the Club's bank statement.

Thanks to our interim treasurer,

Carolyn Schrader

for this informative item.