

April 22, 2020



## 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:

<b>President's Column</b>	<b>1</b>
<b>Word from your Editor</b>	<b>2</b>
<b>Calendar of Events</b>	<b>3</b>
<b>Upcoming Programs</b>	<b>4</b>
<b>Service Above Self</b>	<b>5-6</b>
<b>DMHR COVID-19 Project Fund</b>	<b>7</b>
<b>Member Contributions</b>	<b>8-11</b>
<b>Inspirators, Greeters, Hosts, Birthdays</b>	<b>12</b>
<b>District News &amp; Rafting</b>	<b>13</b>
<b>Social Distance Management</b>	<b>14</b>
<b>Shelter Box Marathon</b>	<b>15</b>
<b>Denver Mile High Rotary Foundation</b>	<b>16</b>

Happy Tuesday to you all, Denver Mile High Rotarians...

It's looking better and better for our fight against the virus and plans are underway for the gradual reopening of the economy and business. I am very hopeful that we are able to continue to get the necessary testing in place so we can monitor and legitimately combat the spread. Then, let's get the vaccine distributed. Rotary projects? I'm certain of it!

It's too early to know what it will look like and when we will be able to get back to our meetings at the University Club, but I've spoken with them and they have a tentative plan for reopening the second week of May. However, it will come with more complex logistics - i.e. twice as many tables? RSVP system? We will probably need to video broadcast the meetings, but there are going to be lots of challenges to be worked out and questions that need to be answered before diving back into life as normal.

Keep strong during these next several weeks. It will look like life is getting back to normal, but we really do need to remain vigilant and keep distanced from each other for the good of all.

Continue to hope that we will be able to fellowship, in person, again very soon!

Scott



**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,

This is a long overdue kudos to **Melanie Gentz**, as well as to others who have published the DMHR Newsletter for the past five years! Of all, Melanie has published the newsletter the longest! **A heartfelt thank you to:**

**Melanie Gentz for 128 issues!**

**Chris Wong for 96 issues!**

Elizabeth Daigle for 32 issues, and

Adams Price, Jeff Sproule and Heidi Resetarits for filling in when the individuals above were not available to do it!

Without these **dedicated individuals**, we would not have been "in the know"! THANK YOU!

**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 ***optimism and stamina!***

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

**April 29 - Regularly scheduled Rotary meeting** - See next page for details.

**May 13th - Regularly scheduled Rotary meeting** - Rotary Presentation - Q&A with North Star Investment services

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

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

**June 22nd - World Community Service Mtg** - 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.

### 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)



## 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.

### The Right to Wind in Your Hair



Last week's program...  
**Ed Wittman presented** a fun way to care for our elderly by participating in a world wide program called Cycling Without Age.

For more information,  
[click here](#) or go to

<https://cyclingwithoutage.org/>

### Cycling Without Age



**Ole Kassow**

Founder of Cycling Without Age 2012

**Thorkild**

the 97 year-old gentleman who inspired Ole to of

**In 2019:**

- 40+ countries — 1,200+ chapters
- 2,000+ trishaws — 13,000+ trained pilots
- 60,000+ passengers
- Oldest pilot 90
- Oldest passenger 106
- 1.4 million trishaw miles in 2019

**Without Age:** Life unfolds at all ages, young and old, and can be thrilling, fun, sad, beautiful and meaningful.



## New... SERVICE ABOVE SELF...

During this COVID-19 lock down, maintaining your physical health is of utmost importance.

**DMH Rotarian, Linda Sue Shirkey** would like to invite you to participate in complimentary yoga classes which she leads!

Though complimentary for DMH Rotarians during COVID-19, if you would like to express your thanks, a donation to the DMHR Rotary Foundation would be greatly appreciated. Lessons cost \$20 per week.

Linda Sue Shirkey is inviting you to a scheduled Zoom meeting.

Topic: Wednesday morning Yoga

Time: Apr 22, 2020 09:00 AM Mountain Time (US and Canada)

Every week on Wed, until May 27, 2020, 6 occurrence(s)

Apr 22, 2020 09:00 AM

Apr 29, 2020 09:00 AM

May 6, 2020 09:00 AM

May 13, 2020 09:00 AM

May 20, 2020 09:00 AM

May 27, 2020 09:00 AM

Join Zoom Meeting

<https://us02web.zoom.us/j/689706312?pwd=RI BpRIJFMXZQTnpWaGYbW9zU lFNZz09>

Meeting ID: 689 706 312

Password: 789707

One tap mobile

+13462487799,,689706312#,,#789707# US (Houston)

+16699006833,,689706312#,,#789707# US (San Jose)

Dial by your location

+1 346 248 7799 US (Houston)

+1 669 900 6833 US (San Jose)

+1 253 215 8782 US

+1 301 715 8592 US

+1 312 626 6799 US (Chicago)

+1 929 205 6099 US (New York)

Meeting ID: 689 706 312

Password: 789707

Find your local number: <https://us02web.zoom.us/j/689706312?pwd=RI BpRIJFMXZQTnpWaGYbW9zU lFNZz09>



## Continuing... 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

Another UPS  
driver thankful  
for the  
protection! →



← 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

## COVID-19 DMHR Project Fund

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

**Rotary has issued all checks which should be  
in the hands of the recipient organizations!**

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	Annely 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 a letter from the CEO.



## Just for fun and diversion...

[Click here](#) to check out DMH Rotarian, Brian Good's band, Pennies on the Track! If you would like to go directly to Brian's band's performance, please fast forward to 44 minutes, where they begin. Prior to their performance are several features celebrating Earth Day, which is April 22.

[Click here to watch international](#) ideas for spending time during the pandemic - thanks to Constance Mortell.

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

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



### Mental Wellness Tip of the Week

Smile. It helps change  
your mindset.

Rotary  
Club of Denver Mile High



## Member Contributions

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

### A typical Self-Isolation Quarantine Diary Compliments of Tony Vaida, but not his actual diary!!!!

- Day 1 - I can do this!! Got enough food and booze to last a month!
- Day 2 - Opening my 8th bottle of wine. I fear wine supplies might not last!
- Day 3 - Strawberries: some have 210 seeds, some have 235 seeds. Who knew?
- Day 4 - 8:00 pm - Removed my Day Pajamas and put on my Night Pajamas.
- Day 5 - Today, I tried to make hand sanitizer. It came out as Jell-O shots!!
- Day 6 - I get to take the garbage out! I'm so excited, I can't decide what to wear!
- Day 7 - Laughing way too much at my own jokes!
- Day 8 - Went to a new restaurant called "The Kitchen". You have to gather all the ingredients and make your own meal. I have no clue how this place is still in business.
- Day 9 - I put liquor bottles in every room. Tonight, I'm getting all dressed up and going bar hopping.
- Day 10 - Struck up a conversation with a spider today. He's a web designer.
- Day 11 - Isolation is hard. I swear my fridge just said, "What the hell do you want now?"
- Day 12 - I realize why dogs get so excited about something moving outside, going for walks or car rides. I think I just barked at a squirrel.
- Day 13 - If you keep a glass of whiskey in each hand, you can't accidentally touch your face.
- Day 14 - Watched the birds fight over a worm. The Cardinals lead the Blue Jays 3-1.
- Day 15 - Anybody else feel like they've cooked dinner about 395 times this month?
- Day ?? - What day is it? Who knew March had 277 days!?! Think I'll open another bottle of wine.

Double click on this funny link,  
and say Yes! to laughter!

Compliments of Constance Mortell —>



Days of confinement video.mp4



Annely Noble is hoping not to run out of  
yarn or babies and children to knit for!  
Using up all the yarn ends in the house!

## Member Contributions

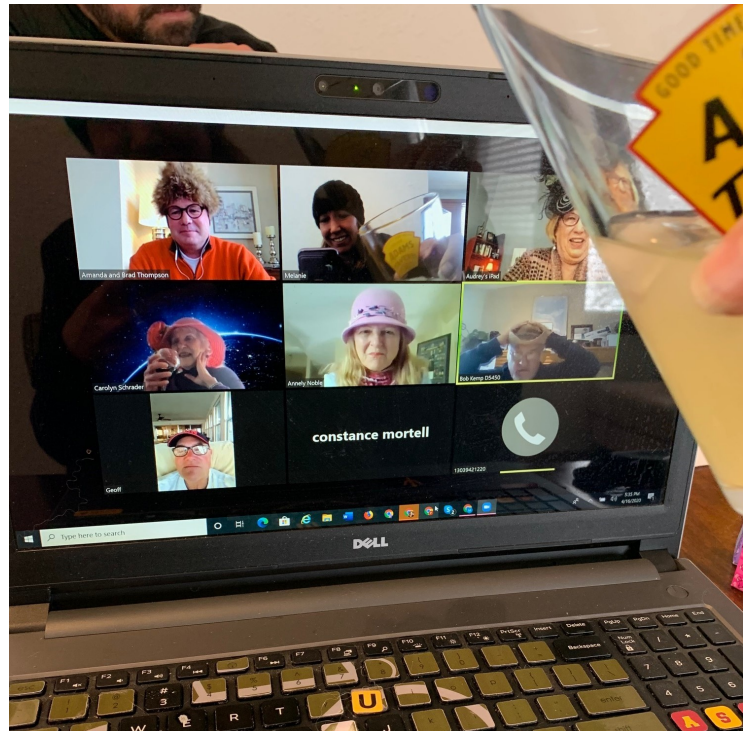
What are YOU doing during this “isolation” period?



The ghost of Obi Wan Kenobi (Ken, Carolyn Schrader's husband) dropped by the DMHR Virtual Happy Hour last Thursday, and Melanie Gentz caught it on camera!

If you did not attend the Cheers with Beers DMHR Virtual Happy Hour... you really missed out! The entire group got into the theme of wearing hats and cheered each other not only with beers but also with other beverages, and definitely “cheered up” each other with great discussion and lots of laughter! Please join the next DMHR Virtual Happy Hour. Watch your e-mail and this newsletter for information on time, date and Zoom link.

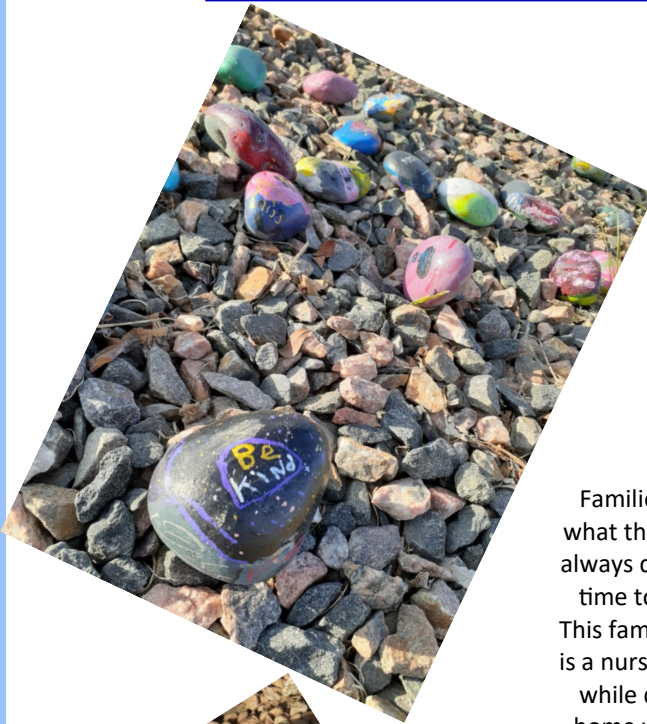
Those attending and not shown are Constance Mortell, Tony Vaida, Bob Kemp, Leslie and Dan Himelspace, and more!





## Member Contributions

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



Families doing what they should always do...spend time together. This family's mom is a nurse working while dad is at home watching the family. He's lucky to be able to work from home at this time.

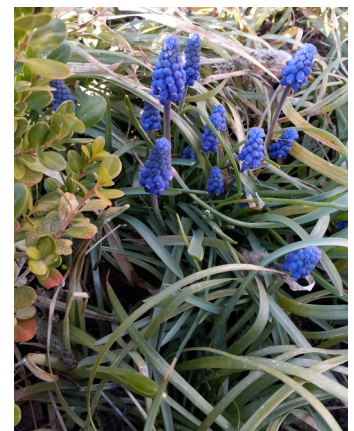


**Rock** solid ideas for us all!  
Now and always.



Notice the little treasures in life.

Spring sends us hope in the form of flowers.



Take time to slow down, even after COVID-19 dissipates.

Running out of books?  
Look for the [LittleFreeLibrary.org](https://www.littlefreelibrary.org/)

Now's a good time to plant one in your neighborhood.

## Weekly Inspirators, Greeters & Hosts

Date	Inspiration	Greeters	Host	Vocation
April 22	Pat Gorman Barry	Jared Beach and Andrew Bell	Steven Blazek	Any Volunteers?
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 Himelspace	
May 20	Sarah Hite	Bob Kemp and Audrey Leavitt	Kevin LeVezu	
May 27	Jeff McAnallen	Diane Messamore and Suzanne Lorenz	Constance Mortell	

## 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

## May Birthdays

May 10th - Robin Springer

May 11th - Tony Vaida

May 20th - Amy Weed



## District Announcements

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

[Natural Disaster Response  
Committee Information](#)

Suggestions for club members  
for COVID 19 projects

**New date announced...**  
[District and Club Award  
Applications Due May 15th](#)

### 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...**

How are those painted rocks coming? Have you started a trend in your neighborhood?

Finish those masks and other sewing projects, warm weather and end of “shelter” are nearing!

Take inventory of your “plastics” to see where you can eliminate them and turn to sustainable products. For more info, read your Rotary magazine.

Wash the insides of your home windows, wash the outsides when the weather is warmer!

Catch up on birthday cards, make your own!  
Plan ahead so when the weather is nice,  
you don't have to stay inside!

Store your winter comforters and extra blankets,  
the warm weather is almost upon us!

You still have a month to go before outdoor  
planting, start those seedlings indoors now.

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

Clean and fill those hummingbird feeders,  
the birds will be here soon!

Turn on your sprinkler system

Aerate, fertilize and water your lawn.

Fill your vehicles with fuel while the prices are low...see, there's a silver lining to every cloud!

Form a team to benefit the Shelter Box  
when you run the Colfax Marathon;  
plan and begin your training sessions now.

Take stock of your camping gear,  
is everything ready to go so you'll be ready  
when the “shelter in place” order lifts?

Mulch your beds in order to  
get ahead of the weeds.

Have you cleaned your gutters, yet?

## Contributions to DMHR Foundation



**This function will be rescheduled,**  
please [click here](#) for the link  
to the new date of this event, which  
will be announced late April or early May

**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*

