



Denver Mile High Rotary  
where commitment and service  
rise above the mountain tops



## President's Column

Greetings Denver Mile High Rotarians!

April 26, 2021

### Denver Mile High Rotary on the Web:

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[Rotary District 5450](#)

[Rotary International](#)

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Amanda and I took Ole to the beach for the first-time last week. Who knew a puppy could get so much sand in their fur coat! Being half lab, we knew he would love the water, which he gingerly tested the lapping waves. He napped hard after our little outing too, which was nice to have a little down time from puppy training. We'll be doing that again in the very near future!

Joke of the Week: Do you know why you should never trust an Atom?  
They make up everything!

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?](https://us02web.zoom.us/j/81294791259?pwd=aXZsTXRiZzJLZEVLRLN2RFZ3bnBRdz09)

[pwd=aXZsTXRiZzJLZEVLRLN2RFZ3bnBRdz09](https://us02web.zoom.us/j/81294791259?pwd=aXZsTXRiZzJLZEVLRLN2RFZ3bnBRdz09)

Meeting ID: 812 9479 1259 Passcode: 903839

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



### Breaking News! Great News!

Yes! The District Conference will  
be in-person on Friday, May 7th!

And, if you have not registered,  
the registration date has been  
extended to April 30th.

### Interesting Facts...

Attendance last week

51 Total membership

10 Zoom members

1 Zoom camera at U-Club

24 Members at U-Club

3 Guests at the U-Club

17 Members missing

### Pedaling 4 Parkinson's

[Click here for more information](#)

on this fundraising ride, which  
Patricia Fiske, former DMHR member  
has asked us to consider supporting.

Brought to you by your DMHR  
Local Community Service Committee.

Please do not miss out on this  
opportunity to fellowship with  
not only our Denver Mile High  
Rotarians but also with those  
friends you have made in other  
District 5450 clubs.

## Word from the Editor

### A word from your editor

Happy last Monday in April,

So, did April come in like a lion or a lamb? It must have been in like a lion and out like a lamb, as the forecast shows two lovely last two days of April. There's nothing like sunshine to brighten the day...no pun intended!

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

I received my Rotary Magazine this week and I hope you did as well. After finishing *The Nightingale*, and flipping through the RI Magazine I saw so many articles I cannot wait to read. I also learned something... do you know about the New Generations Service Exchange (NGSE), a Rotary program that provides an opportunity for young people ages 18-30 to participate in community service as individuals or in a group, and to gain internship experience? Did you know that it is still Rotary Magazine month? Check out the calendar-at-a-glance on page 6.

See you Wednesday!

Annelly Noble

M 303-842-8725

[Annely.noble@comcast.net](mailto: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 this or 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	<b>11 am to 7 pm every Sunday through at least May</b>	9:45 am to 8 pm	<b>Might skip some Sunday Holidays</b>
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	<b>9am to 5 pm</b> May 5 May 19  <b>12 pm to 8pm</b> 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	<b>9am to 5 pm</b> May 5 May 18  <b>12 pm to 8pm</b> April 27 May 11 May 25

**Audrey Leavitt** has shared the current list of vaccine sites. Please contact Audrey for info on the Indian Center vaccination days.

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

**END  
POLIO  
NOW**

## Denver Mile High Rotary Calendar of Events

**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 5 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 13 - 9a-12:30p - Metro Caring Provisioning Project.** Please call [Robin Springer](#) for details.

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

**May 24 - 7-8a - Denver Mile High Rotary Foundation Board meeting.** Please call Tony Vaida for connection information.

**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 12 - 6a-4p - Pedaling 4 Parkinson's** - Patricia Fiske has asked DMHR to consider participating in this fundraiser for Parkinson's. [Click here for details.](#)

**June 9 - Karlynn Cory, NREL Group Manager - Project Development and Finance** - Transforming Energy through American Innovation - Karlynn will provide an overview about renewable energy and the activities that NREL participates in from research to commercialization of technologies.

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

**June 23 - Jonathan Pirillo and John Miller, Volunteers of America** - Helping Homeless Veterans in the Denver Metro Area - Volunteers of America's Support Services for Veteran Families program helps veterans facing homelessness. Come learn about the challenges facing homeless veterans in our community, what VOA is doing about it, and how others in the community might be able to help.

**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 28	Tom Gregory	Marcus Hanlon and Dan Himelspace	Sarah Hite
May 5	Noreen Keleshian	Janine Kempfer and Audrey Leavitt	Roberta Simonton
May 12	Jeff McAnallen	Diane Messamore and Constance Mortell	Carolyn Nobel



### May Birthdays

May 10 Robin Springer  
May 11 Tony Vaida  
May 20 Amy Weed

### Rotary Meeting Hosts at U-Club

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



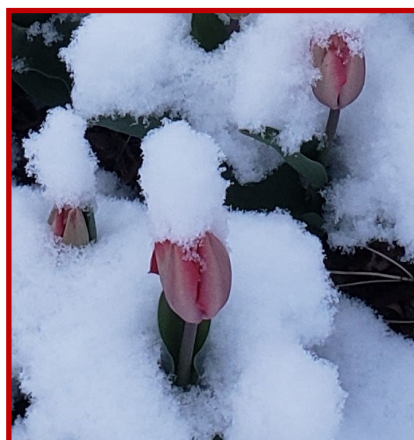
Click on the graphic to  
register for the  
District Conference!

### Mental Wellness Tip of the Week

Avoid substance abuse



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



**Debra Flick** shared what's new in  
her garden. Her tulips wore  
crowns of snow during our last  
and hopefully final snowy day!

Imitation is the sincerest form of  
flattery and **Debra Flick** at our last  
meeting clearly enjoyed wearing  
**Charlene Porter's** characteristic  
beret and matching scarf!

### 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





## 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 Asks for Assistance for a Refugee Family

Tom Cella received the following from the Volunteer coordinator at Project Worthmore...

Thanks for circling back with me on our needs! The family is from Afghanistan and they were able to come because they won a visa lottery. This is great, but it means that they don't get the same relocation support that other refugees get. They don't have a resettlement agency that gets them set up with a furnished apartment or helps them with the basic needs that most refugees get when they come here. The family has been here about 6 weeks and are still waiting for their green cards. This means they can't work, so they are in a pretty difficult situation! They are a family of 7, living in a two bedroom apartment. We have put together a signup genius in hopes of helping them get settled.

<https://www.signupgenius.com/go/4090A4EAFAD2DA13-furnishings>

Thanks for sharing this with your circle, Tom! Let me know if you have any more questions.

All the best,  
Anne Kedl  
Volunteer Coordinator  
Project Worthmore  
[www.projectworthmore.org](http://www.projectworthmore.org)  
1666 Elmira St.  
Aurora, CO 80010  
Office 720-460-1393  
cell 720-284-9986

*Connect with the stories of Denver's refugee community and Project Worthmore's work via our [newsletter](#).*



**PROJECT  
WORTHMORE**

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

## 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!

