



April 29, 2020



President's Column

Denver Mile High Rotary on the Web:

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[Rotary District 5450](#)

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Greetings Denver Mile High Rotarians!

Just a while longer, supposedly, until we're allowed to get back to doing some of the things we did prior to the pandemic. I prefer the phrase "new reality" and we indeed will be forced to live with some new restrictions and guards on our lives. But that's not new. Individually we have had to morph into new beings due to circumstances our whole lives to avoid things we didn't want to happen or attract the things we did. This one is different because we are in it together... the whole world is. What does it look like? How will this change our Rotary experience?

My most prized piece of art in our home is a print given to me by an artist and friend of mine, Evan Hecox, as a college graduation gift and hangs in the most prominent wall space in our house. The name of the piece is Living Smaller and pretty much depicts a man crammed in a box holding a book and a cup of coffee. But he's totally content and happy. Nothing can disturb his peace.

Through this pandemic we have all been forced to live smaller, but that certainly has not limited the effectiveness of our Rotary club. Over the last month, from our dens and living rooms in our homes, using computers and not in person, we have done more as a service club in 5 weeks to help our community than most years combined. We have funded at least 7 projects in our community (I think another one is in the works). So how cool is that?

Keep up the good attitude, Rotarians, and thanks for staying in the fight!

Scott

Rolling stones gather no moss.



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 reach out to the treasurer if you
require an invoice or would like to pay by check.**

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

Thank you.
Kaili
treasurerdmh@gmail.com

A word from your editor...

Dear fellow Rotarians,

I finally read the entire April Rotary magazine, have you? I especially enjoyed the big spread about plastic and the effect it is having on our world. I hope that all are aware of the effect plastics have on our lives! Please read the articles so that you will know what the answers are to the following:

1. What is a gyre and what are the Atlantic and Pacific Great Garbage Patches/Vortices? (pp 30 and 41)
2. How much plastic does the average (human) individual ingest annually? (pp 33 and 34)
3. What three countries are the largest contributors to ocean plastic pollution? (pg 39)
4. What is a "sachet" economy, and the reason for this economy; how recyclable are sachets? (pg 39)
5. How are ocean creatures affected by both macro and micro plastics pollution? (pg 42)
6. What garbage related competition occurs annually in Brazil, and how did a Rotoract club become involved? (pg 19)
7. What's a nurdle? What information do the seven recycling codes contain? What is the (world) average recycling rate? What's a "catadore"? (pg 33)
8. Extra Credit....What is our beautiful "green" [Colorado's average recycling rate](#)? Do you think it is higher or lower than the U.S. national average rate of 35%? This was not in the Rotary magazine but the article prompted me to find out. I hope the Rotary publication has the same effect on you.

THE CORONA VIRUS DOES NOT DAUNT THIS GROUP OF INDIVIDUALS!

Send your thoughts and photos to

Annely.Noble@comcast.net

or text to 303-842-8725

Thank you for your **willingness and cheerfulness!**

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 29 - Regularly scheduled Rotary meeting - Speaker is Shari Storm: Author, Speaker and Emerald City Rotarian. Presentation: Social Distancing With Grace and Empathy See next page for details.

May 6th - Regularly scheduled Rotary meeting - Speaker is Mike Klis, who is the Broncos Insider at 9NEWS in Denver, Colorado. He knows what we all want to know, come learn the facts not the scuttlebutt!

May 13th - Regularly scheduled Rotary meeting - Managing Through and Beyond The Crisis. Q&A with **Fred Taylor and Charlie Farrell** - North Star Investment services. Send Robin your questions in advance to get the most out of this session. Robin Springer - 2respri@gmail.com

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.

May 20th - Regularly scheduled Rotary meeting - Bob Kemp and Audrey Leavitt speak on their trip to Africa delivering crutches and other medical devices

June 17th - Rhonda Hathaway, Greeley Rotarian speaks on Mental Health project.

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 time while we are social distancing. So, send me some pix, please, if have some you'd like to share.

Thanks.
Carolyn Schrader

schrader407@me.com



the
you

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.

Scott Smeester is inviting you to a scheduled Zoom meeting.
Topic: DMHR Meeting

Join Zoom Meeting

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

Meeting ID: 317 120 546
Password: DMHR2020

One tap mobile
+13462487799,,317120546# US

May 6th - Mike Klis, our guest presenter, is the Broncos Insider at 9NEWS in Denver, Colorado. Mike went to college to be a sports broadcaster. He was so good at it he became a sports writer. On April 27, 2015, a mere 34 years after Mike received his degree in radio/TV broadcasting from Murray State, he joined 9NEWS to become its Broncos Insider. Be sure to Zoom in, *and invite your sports friends to join us*, to learn all about the Broncos and the recent draft!

May 13th - Northstar Investments will provide a guest presenter who will answer all our questions regarding investing, especially in light of the recent events. Established in 1995, Denver-based Northstar Investment Advisors LLC is an independent registered investment advisor serving individuals and families. Northstar employs an Income First Total Return investment strategy™, focused on creating growing and sustainable income streams from a diversified portfolio of income-producing securities for those who need to live off their money. Be sure to send your questions to Robin in advance for the most thorough answers from our guest. Robin Springer—2respri@gmail.com

May 20th - Bob Kemp and Audrey Leavitt went to Uganda to help deliver, with Bob Talbot, medical devices through **Crutches for Africa**. Come hear the tales and descriptions of needs in Uganda.

Special Note...Rocky Mountain PBS Documentary

On **Thursday night, April 30 from 7-8 pm**, Rocky Mountain PBS will present a special documentary, "**Divided We Fall: Unity Without Tragedy**". Carolyn Lukensmeyer, Director Emeritus of the National Institute of Civil Discourse, facilitated the creation of this special program. The documentary focuses on two groups of ordinary Americans who are political opposites struggling with challenges that face us all. Interestingly, the program was developed before the COVID-19 pandemic arrived and the results are even more important under current circumstances.

Tom Cosgrove, one of the co-creators of the program is from Boulder and Rocky Mountain PBS, one of the first networks to broadcast the show. I hope you will have a chance to watch it.

Notice is compliments of Robin Springer.

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 BpRlJFMXZQTnpWaGYybW9zU lFNZz09>

Meeting ID: 689 706 312

Password: 789707

One tap mobile

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

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Dial by your location

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+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/u/kbeku0LUlZ>

Continuing... SERVICE ABOVE SELF...

Denver Mile High Rotarians
thank all delivery service drivers, all
emergency responders, all health workers,
all sanitation workers, all grocery and gas
station clerks, and all others
who are in the real world
every day, despite the pandemic,
delivering items and care 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
to make an appointment.

COVID-19 DMHR Project Fund

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

Rotary has issued all checks.

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. https://conflictcenter.org/	\$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. http://covcupboard.org/	\$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 https://red.msudenver.edu/2020/mission-ready-denver-metro-emergency-food-network.html	\$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. https://foodforthoughtdenver.org/	\$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 https://www.jcmh.org/coronavirus-update-from-jefferson-center/	\$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 https://www.metrocaring.org/	\$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. https://www.denverymca.org/coronavirusupdates	\$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 watch international](#) ideas for spending time during the pandemic - thanks to Constance Mortell.

[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. **This is still available (4/29) for your enjoyment.**

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

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

Thanks again to
Diane Messamore for
our Mental Wellness
Tip of the Week!



Mental Wellness Tip of the Week

**Listen to Your Favorite
Music**



Member Contributions

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

[Ask the right questions](#) during this pandemic... enjoy this article **brought to you by Brad Thompson**. Click on the link above. There is so much information in this article but following are some sample questions for getting beyond, “How are you?”

1. What part of your shelter-in-place residence have you come to appreciate the most?
2. What surprising thing have you been stocking up on (that isn't toilet paper)?
3. What's a story – from a book, a movie, an article, a conversation – that you've been gripped by recently? Why did it capture you?
4. What habit have you started, or broken, during the quarantine?
5. Which specific place in your neighborhood are you most looking forward to visiting once this is all over?
6. What's the easiest part about the quarantine? What has been the most difficult?
7. What are some things you have realized that you don't really need?
8. What's something you own that feels useful?
9. What is your COVID-19 nickname/alter-ego?
10. What problem—either yours, or something more global —do you wish you could solve?
11. How are you taking care of yourself today? Do you have time to care for yourself after working from home, schooling your children, and running your household?
12. What have you learned to appreciate that you took for granted previously?

Member Contributions

What are YOU doing during this "isolation" period?

The Fasting & Prayer Conference includes meals. Don't let worry kill you off - let the Church help.

Scouts are saving aluminum cans, bottles and other items to be recycled Proceeds will be used to cripple children.

The sermon this morning: 'Jesus Walks on the Water.' The sermon tonight: 'Searching for Jesus.'

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

Miss Charlene Mason sang 'I will not pass this way again,' giving obvious pleasure to the congregation.

For those of you who have children and don't know it, we have a nursery downstairs.

Next Thursday there will be try-outs for the choir. They need all the help they can get.

Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.

A bean supper will be held on Tuesday evening in the church hall. Music will follow.

At the evening service tonight, the sermon topic will be 'What Is Hell?' Come early and listen to our choir practice.

Eight new choir robes are currently needed due to the addition of several new members and to the deterioration of some older ones.

Please place your donation in the envelope along with the deceased person you want remembered.

The church will host an evening of fine dining, super entertainment and gracious hostility.

Pot-luck supper Sunday at 5:00 PM - prayer and medication to follow.

The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.

This evening at 7 PM there will be a hymn singing in the park across from the Church. Bring a blanket and come prepared to sin.

The pastor would appreciate it if the ladies of the Congregation would lend him their electric girdles for the pancake breakfast next Sunday.

Low Self Esteem Support Group will meet Thursday at 7 PM . Please use the back door.

The eighth-graders will be presenting Shakespeare's Hamlet in the Church basement Friday at 7 PM. The congregation is invited to attend this tragedy.

The Associate Minister unveiled the church's new campaign slogan last Sunday: 'I Upped My Pledge - Up Yours.'

Brought to our attention by **Constance Mortell!**

Weekly Inspirators, Greeters & Hosts

Date	Inspiration	Greeters	Host	Vocation
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	
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 27TH

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 a bit **COLD** outside...

Send your COVID-19 activity pictures to annely.noble@comcast.net, you may not have the opportunity much longer as we become only “safe at home”!

Go through your boxes of old photos and do something with them, or just take a trip down memory lane.

Make a list of winter chores you didn't get to because shortly you are going to want to be outside!

Make a couple new recipes this week

Make homemade pudding in several flavors, coffee, chocolate, coconut, rum, sprinkles...

Make your outdoor chore list

Make your camping site reservations at the state and national parks

Make sure your grill is in good working order, and refill the gas or buy a spare.

It's **WARM** outside...

but keep social distancing in effect

Are you still training for the Colfax Marathon in order to raise money for Shelter Box? Call Amy Weed now to get on one of our Rotary teams.

Paint your fence before the plants bud out, covering it and making it more difficult.

Plant a fruit tree, watering well for the first month.

Bike, hike, golf, or fish, maintaining a safe distance from others.

Dig out the grass from the edge of your flower beds before it “grows” crazy!

Draw a hopscotch on your sidewalk and invite the neighbors to use it, then watch the fun, or better yet, participate, 6 feet from others!

Put your corn hole game in the driveway and again, invite the neighbors to participate, 6 feet apart.

Make a circle of seats, 6 feet from one another and have an outdoor happy hour.

Plant cold tolerant plants (which can tolerate to 28 deg F), in your beds, e.g. petunias, geraniums, pansies, ornamental kale, etc.

Contributions to DMHR Foundation



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



*2019-2020
Individual Sponsors*

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	<i>Tom Gregory</i>	<i>Robin Springer</i>	<i>Will it be you?</i>
	<i>Bob Kemp</i>	<i>Michael Tapp</i>	<i>Or you?</i>
	<i>Diane Messamore</i>	<i>Ann Tull</i>	<i>Or you?</i>
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*2019-2020
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