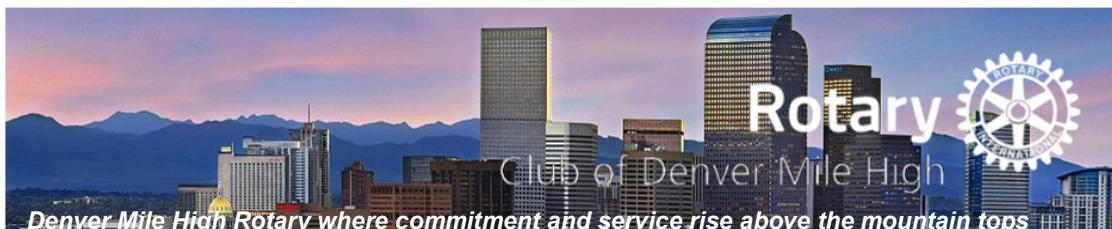




Denver Mile High
Rotary
Club



President's Column:

April 30, 2019

Hi everyone,

Our Rotary District Conference was held last Saturday. It is now one-day long (a very popular reduction in time commitment) and had some very interesting presentations. There was a lot of emphasis on working with young people, especially related to non-violence, as well as on mental health,

Speaking of youth, we had a great meeting last week at CEC (Career Education Center Early College) at 2650 Eliot St. Thanks for coming. DMHR has for a number of years sponsored an Interact Club at the school. Interact is Rotary sponsored program for high schoolers. Two of the Interact seniors were at the meeting and talked about their interests. They also discussed their service efforts, which have been primarily related to animal assistance and protection. We were happy to be able to contribute to support their work.

Stacey Hervey has been the mentor of the Interact Club for years and has been a great advocate for kids to join the Club. Thanks to Tom Cella, Bruce Ward, Melanie and Sarah Hite, as well as anyone else who has engaged with these amazing young people over the years.

The Club is currently sponsoring a project that involves CEC students working with young kids.

Club members Amy, Scott and Linda Sue participated in "Reading for Peace", a program where CEC students read books to young kids focusing on peace and non-violence. This program has been sponsored by the Crisis Center for many years, and was just adapted to incorporate the teenagers as the readers. Thanks to Ronnie Weiss for promoting this opportunity that allows potentially three generations of people to engage in a very productive way.

We will also have a guest on Wednesday. Majid Shaalan and his family were refugees from Iraq in 2008 and our Club volunteered to sponsor the family. It's hard to imagine how difficult it was for the family to escape from Iraq with their lives and little else, and find themselves in Denver. We have some great memories of Majid and have asked him to speak for a few minutes about his experiences with us and with Rotary. The photo was taken at a Thanksgiving feast at Majid's house, probably in 2009.



See you all Wednesday. Have a wonderful week.
Carolyn

High Rotary on the Web:

www.denvermilehigh.org

[Denver Mile High Rotary on Facebook](#)

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[Rotary International Website](#)

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FAMILY OF ROTARY

Living the Dream



Geoff Noble's mantra is "Living the Dream" and he and his lovely wife, Annely, have returned to Denver following an extended visit to Florida that included a significant amount of fishing. They celebrated their return by dancing the night away at DMHR's Spring Swing and setting a club record with their continuous presence on the dance floor and showing us enviable dance moves – and energy!



Geoff and Annely Show How It is Done

Fun! Fun! Fun!

Warriors on Cataract



Geoff's formidable energy is focused on DMHR's Warriors on Cataract project and he is seeking club members' participation and raising funds for Veterans to participate in the outdoor adventure.



DMHR Archivist Robin Springer

The purpose of the Spring Swing was to raise fund for the DMHR Foundation and Robin researched the club's projects and put together an ongoing slide show featuring our wide range of community work. The result is a presentation that will be displayed on the club's website and at fund-raising and member recruitment events. Robin's talents from her former career in wealth management have been put to use as she helps the club showcase its assets. Guests and even new members at the Spring Swing marveled at the range of projects DMHR sponsors.

Robin's husband, Joel, is past president of the Cherry Creek Rotary club and attended the dance and mingled with old and new friends while Robin worked magic with her camera. Robin has also been the "mover and shaker" behind recent speakers discussing opioid awareness, abuse and the safe discard of drugs. A big thank you to Robin!!!



Robin Recording the Spring Swing

A Few Photos of Chuck and Brad Thompson fishing (or taking a break from fishing)





*Have Fun While
Making a Difference*

Join the Rotary Club of Castle Pines

*for **Top Golf***

on Sunday, May 19th

5:00 – 8:00 p.m. (4:30 p.m. check in)



[Click Here to Register Online](#)

\$125.00

per person buys you...

3 hours Top Golf tournament play

Golf Prizes

Great Food

2 Drink Tickets

Lotsa Fun

Contributing to Making a Difference!

[Click Here for Printable Form for Mail Registration](#)

**Make checks payable to
Rotary Club of Castle Pines Foundation
P.O. Box 796
Castle Rock, CO 80108**

Denver Mile High Rotary Calendar of Events

<http://denvermilehigh.org/Events/Calendar>

April 30th - Join leaders from across our city at the Mental Health Center of Denver's Speakers Forum – [“Writing the Story of Well-Being Innovation.”](#)

Experiential Cocktail Reception: 5 - 6 pm

Program: 6 - 7:30 pm

Where: [Catalyst HTI](#) at [3513 Brighton Blvd.](#)

Contact Diane Messamore for more details

May 4th - Rotary Hike with CEC Interact—meet at 8:30am at CEC High School then will head to trail head. Trail - Royal Arch Trail near Boulder—

<https://www.alltrails.com/trail/us/colorado/royal-arch-trail>

May 9th - Happy Hour at the Acoma 5-7pm

- 816 Acoma - we will have a keg of beer, feel free to bring wine or if you prefer something other than beer, or an app.

June 22nd - Annual Rafting Trip - More details to come - Save the date Mile Hi Rafting – Contact Geoff Noble



April monthly Happy Hour!

Denver Mile High Rotary Upcoming Programs

May 1st - Nhi Aronheim - a Vietnamese refugee who escaped Vietnam, grown up here and will speak about her experience

Charlene's book *Boldfaced Lies* will still be available this with part of the proceeds going to the Club Foundation. We have a few copies available for sale on Wednesday. \$15.00.

Wednesday
will have a few

C

May 8th - DMH Celebration - 30th Year Anniversary

May 15th - Tim Portz - Cryptocurrency



CAPTURE THE MOMENT

Are you among the 25,000 people who have already registered for the convention? If not, don't miss this opportunity to experience the spirit of Rotary with people of action from around the globe at the 2019 Rotary International Convention in Hamburg, 1-5 June.

Gain new perspectives from [exceptional speakers](#) during general sessions, raise awareness of Rotary's work toward polio eradication at the [3K Walk Against Polio](#), and explore the House of Friendship, where you'll discover the four priorities of Rotary's new strategic plan at the exhibit The Future of Rotary.

Time is running out. Register today, and Capture the Moment with new friends.

P.S.: don't forget to [register for the Convention Orientation Webinar](#) which will take place on 9 May at 12:00 p.m. CDT.

Weekly Inspirators, Greeters & Hosts

May 1st

Inspiration - Kevin LaVezu

Greeters - Michaela Levine and Jeff McAnallen

Host - Constance Mortell

Vocational - Michaela Levine

May 8th -

Inspiration - Carolyn Nobel

Greeters - Geoff Noble and Karl Paulson

Host - Charlene Porter

May 15th

Inspiration - Adams Price

Greeters - Kaili Purviance and Heidi Resetarits-Buchhout

Host - Chuck Rudolph

May 22nd -

Inspiration - Linda Sue Shirkey

Greeters - Roberta Simonton and Vass Sirpolaidis

Host - Scott Smeester

Vocational - Amy Weed

April Birthdays

April 5th - **Brian Duran**

April 14th - **Mary Walta**

April 15th - **Jane Fisher**

April 15th - **Charlene Porter**



JOIN THE ROTARY HALF-DAY RAFTING TRIPS WITH MILE HI RAFTING ON SATURDAY, JUNE 22ND



A \$5 DONATION IS INCLUDED
IN THE COST OF EACH TRIP.
ALL PROCEEDS GO TO SUPPORT
THE WARRIORS ON CATARACT
PROGRAM

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. Get ready for some fun on our exciting 'Sure Shot' beginner-rafting trip. Begin with passing 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 newly developed 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) - \$62 ADULTS

Perhaps you've already been there and 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.

**Contact Melanie Gentz, Andrew Bell, Scott
Smeester, or Geoff Noble at
gtnoble@comcast.net**

**All rebates to be donated directly to the Colorado based non-profit
program Warriors on Cataract**

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

Checks should be made out the Rotary Club of Denver Mile High Foundation (although DMHR Foundation will work). For questions, contact Tom at 303-263-5091

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GIVING

2018-2019 Corporate Sponsors

