

Denver Mile High  
**Rotary**  
Club



**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:**

President's Column and Zoom Link	1
Word From the Editor New Partnership Project	2
Upcoming Program Details and Calendar	3
Inspirators, Greeters, Hosts, Birthdays Tip of the Week, Misc.	4
District information DEI Committee Calendar-at-a-Glance	5
Service Above Self Volunteer Opportunities	6
DMHR Admin Information	7
DMHR Foundation and Sponsors	8
The Penultimate Word from RI President Holger	9
The Last Word	10

## President's Column

Greetings Denver Mile High Rotarians!

April 5, 2021

I hope everyone enjoyed their Easter weekend. Our youngest son, Alec, came for a visit last week, so it was so great to have him here and show them the sights around the area.

Don't forget to register for the District Conference, if you haven't already. The limited spots are filling up!

Joke of the Week: The US Mint just announced that the machine that makes pennies, for no reason, just stopped working. It doesn't make any cents!

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=aXZsTXRiZzJLZEVLN2RFRzZ3bnBRdz09](https://us02web.zoom.us/j/81294791259?pwd=aXZsTXRiZzJLZEVLN2RFRzZ3bnBRdz09)

Meeting ID: 812 9479 1259 Passcode: 903839

### Interesting Facts...

#### Attendance last week

52 Total membership  
16 Zoom mbrs attending  
1 Zoom speaker  
2 Zoom cameras at U-Club  
24 Members at U-Club  
1 Guest at the U-Club  
12 Members missing

Click on the people below  
to register for the  
**District Conference!**



## Word from the Editor

### A word from your editor

Happy Monday morning, fellow Rotarians,

Did you know? Your 2020 federal personal taxes are not due until May 17, 2021 this year, thanks to a COVID grace period. To verify this, [click here for a link](#) to the U.S. government site.

So, I learned something new this week, and that is how to use 3D Paint, which is useful for working on graphics; and finally, I figured out the beauty of using a .png file! I hope you also learned something new this week, and even every day, because it feels rewarding and keeps our brains active!

To learn something new about Rotary, look at page 5 under "Organization Information".

Please register for the Rotary District Conference by [clicking here](#).

Annely 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?*



### Denver Mile High Rotary's Committee on DEI

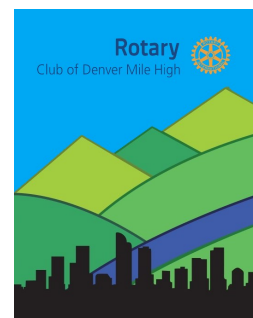
Denver Mile High Rotary has formed a committee to address **Diversity, Equity and Inclusion, DEI** for short. **Debra Flick** is the chair of this group and will provide details regarding their progress. Initially, our club will work on publicly showing that we are an inclusive group by placing a placard over the "members only" sign that currently graces the University Club entrance. This will be placed before our meetings and removed after our meetings. Additionally, we will place a sidewalk sandwich sign stating when we meet and that all are welcome; again, this will be placed and removed before and after our meetings. There are additional initiatives in the works, details of which will be shared as they are finalized.

Rotary International is heavily invested in confronting this same issue, as seen in the side bar and the article "The Company We Keep" beginning on page 14, of the April 2021 Rotary Magazine. [Please click here](#) to see Rotary International's DEI statement.

If you would like to be a part of this impactful committee,  
please contact [Debra Flick](#), 303-949-8826.

**Charlene Porter** provided a [link](#) to the following article:  
[In a nation founded on whiteness, how to really discuss it?](#)

In the April 2021 Rotary Magazine, don't miss the article on page 14, *The company we keep*, an article on DEI and Rotary International's commitment to it.



## Denver Mile High Rotary Calendar of Events

**April 5 - Volunteer for Project Worthmore - Today** - See page 6 for details.

**April 7 - Street Sweeping Commences** on Sherman Street in front of the U-Club. Park carefully.

**April 7 - Joel Bacon, C-SPAN** - Learn How C-SPAN provides a window into Washington with access to public officials working on the issues facing our nation - like the coronavirus pandemic and the volatile economy. C-SPAN will also share how its nonpartisan mission guides its coverage of the political process and how its TV, online and radio resources can help you stay informed.

**April 8 - Communications Committee - 7:30 am** - Please contact Margaret Van Vliet for info or link to the meeting.

**April 8 - Metro Caring - Provisioning Project - 9:00a-12:30p** - Contact Robin Springer for information or see volunteer opportunity page of this newsletter.

**April 12 - Rotary Book Club - 4:30pm - *That Used to Be Us*** - Book by Michael Mandelbaum and Thomas Friedman. Please contact [Linda Sue Shirkey](#) to be placed on the Zoom link for this group.

**April 13 - 4-5p - Denver Mile High Rotary Board meeting**

**April 14 - Past Zimbabwe District Governor Stella Dongo - News** about the COVID situation in Zimbabwe, Rotary, and politics as well as an update about the DMHR grant that has been approved in Harare, the capital.

**April 21 - Tom Giordano, DMHR Rotarian and History Scholar** speaks on the "Over-rated President".

**April 22 - 7-8a - Denver Mile High Rotary Foundation Board meeting** - this is also Earth Day - Restore our Earth.

**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 - 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 - Speaker slot available.**

**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.

**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 7	Noreen Keleshian	Janine Kempfer and Audrey Leavitt	Susanne Lorenz
April 14	Sharon Cella	Bob Connaghan and Alessandro Eichstaedt	Debra Flick
April 21	Kevin Gallaway	Melanie Gentz and Tom Giordano	Brian Good



### April Birthdays

April 11 Susanne Lorenz  
April 11 Margaret Van Vliet  
April 14 Mary Walta  
April 15 Charlene Porter

### Help wanted...

**Brad Thompson** will be unavailable on meeting dates May 26 and June 2, and requests an IT captain who can set up our AV and electronic equipment those days and make it run smoothly. This includes muting and unmuting the Zoom participants during breakfast, etc.

Please contact [Brad](#) (303-478-5729) for more details and if you are able to fill in for those dates.

### The Rotary Book Group...

#### All Welcome

Discussions begin at 4:30 on:  
Monday, April 12th

#### *That Used to Be Us -*

*How America Fell Behind in the World it Invented and How We Can Come Back*

By Thomas L. Friedman and Michael Mandelbaum



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

<—Sent by **Constance Mortell**.

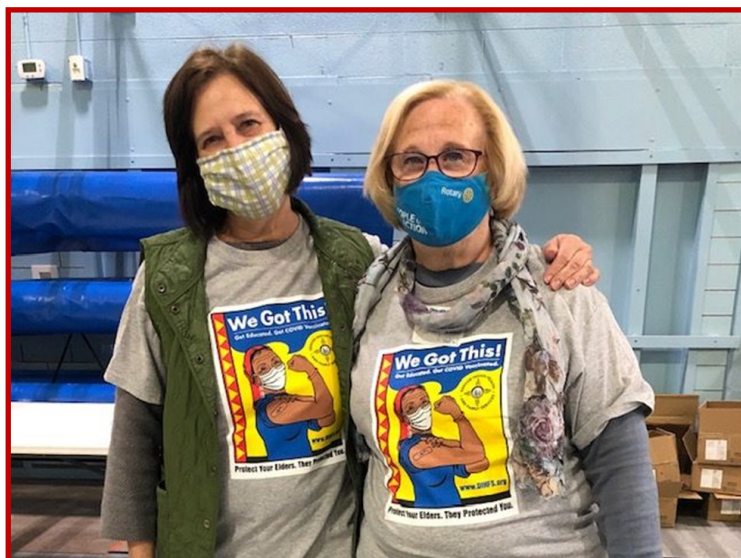
Mental Wellness  
Tip of the Week  
**Enjoy a nap!**

Denver Mile High  
**Rotary**  
Club



### Audrey Leavitt and Ronnie Weiss volunteer at the Indian Center.

Note from Audrey: "Both Ronnie and I have helped at the Indian center in their vaccination program. Ronnie helps with sanitation and I'm a medical observer. While the vaccination site is operating they also provide meals and a food bank for the Native Americans. Their health services provide the vaccine and 9 Health provides the volunteers. Very interesting place and wonderful people."







## 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](#).



### Organization Information

Our **District** is 5450.

In our District are

**13 Areas.**

Our club is in Area 1

**Area 1** comprises the following clubs:

Rotary Club of Denver Mile High  
Rotary Club of Denver (aka Club 31)  
Rotary Club of Denver Cherry Creek  
Rotary Club of Denver LoDo  
Rotary Club of Five Points RiNo

For the District Conference Day of Service, we will partner with some or all of these clubs to participate in a project.

### District Conference - Day of Service

**May 8, Saturday Morning**

**Details to follow**

Currently, the following projects are *under consideration*, and offered by Denver Club 31, one of our Area 1 clubs:

- Project Cure
- Cherry Creek Trail clean up

Additionally, the Denver Cherry Creek Club may offer:

- Metro Caring Provision Re-bagging

Other area 1 clubs will offer additional options; the Area Governor and club presidents will decide on which project(s) to promote and support. Please stay tuned for additional information and more specific information.

### 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

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"> <li>April 7</li> <li>April 21</li> <li>May 5</li> <li>May 19</li> </ul> 12 pm to 8pm  <ul style="list-style-type: none"> <li>April 14</li> <li>April 28</li> <li>May 12</li> <li>May 26</li> </ul>
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"> <li>April 6</li> <li>April 20</li> <li>May 5</li> <li>May 18</li> </ul> 12 pm to 8pm  <ul style="list-style-type: none"> <li>April 13</li> <li>April 27</li> <li>May 11</li> <li>May 25</li> </ul>

**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



Click on the graphic to register for the District Conference!

## 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 anytime. 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 April 8th - 9:00 am-12:30 pm

Metro Caring Provisioning Project:

**Thursday, April 8th** 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!





## Service Above Self - Thank you

### WOUNDED WARRIORS ON CATARACT

[www.WarriorsOnCataract.org](http://www.WarriorsOnCataract.org)

FaceBook Warriors On Cataract

WarriorsOnCataract@gmail.com

130 Mohawk Drive, Boulder CO 80303

5 February 2021

Geoffrey Noble  
16658 E Hialeah Ave  
Centennial, CO 80015

Greetings,



Thank you on behalf of our disabled veterans who, with your support, were able to go whitewater rafting this year with us, and thanks from our staff: Karen House, Dr. Lew Kleinhans, and me. This was our tenth year, 35 trips to date, about 550 veterans and caregivers served.

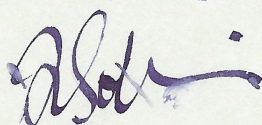
Our whitewater trips go through Canyonlands National Park on the Colorado River. The Park was closed because of Covid until late spring. We had to cancel the three launches scheduled in May, and made effort to move them into September. Two of the three commercial outfitters accommodated us, so we launched the Special Operations trip (WorldWide Expeditions), the Open Manifest trip (Navtec), and the All Female trip (Sheri Griffith River Expeditions, already scheduled in September) in September. The outfitters graciously charge us at about 20-25% of the going rate. The motels charge us about 1/3 the going rate. We are all volunteer; all support goes directly to our program.

Ravens Rim Ziplines zipped the women. Their course up on the slick rock consists of 6 links, two of which are over 1200 feet long.

As you no doubt know, these river trips can be very healing. The VA has told me that they have graduated a number of their vets off High Risk Suicide Watch after the trip that these soldiers, among themselves, are better healers than what the VA can accomplish with therapy and pharmaceuticals. Some of the participants have told us that they have weaned themselves of substance abuse, are back in their marriage, are employed. Know that over 8000 veterans commit suicide each year, more than we have lost in 19 years of combat in the Middle East.

I'm including a photo album from last year's trips. These are given out to the vets so they can hearken back to their trip and recall the good time with their buddies (without alcohol), and remember to stay in touch. Notice that, in spite of their disability, they are all smiling. And the albums go out to my contributors so show where their money and support went.

Best of regards,  
Fred Solheim  
Karen House  
Lew Kleinhans





## Contributions to DMHR Foundation

### *Denver Mile High Rotary Foundation Donors*

Pat Gorman-Barry	Janine Kempfer	Vass Sirpolaidis
Steve Blazek	Audrey Leavitt	Betty Speir
Tom Cella	Kevin LeVisu	Robin Springer
Bob Connaghan	Diane Messamore	Michael Tapp
Alessandro Eichstaedt	Constance Mortell	Brad Thompson
Patricia Fiske	Carolyn Nobel	Ann Tull
Melanie Gentz	Annely Noble	Tony Vaida
Tom Giordano	Josh Peck	Bruce Ward
Tom Gregory	Charlene Porter	Marty Waters
Marcus Hanlon	Adams Price	Amy Weed
Dan Himelspach	Chuck Rudolph	Ronnie Weiss
Sarah Hite	Carolyn Schrader	Sonny Wiegand
Noreen Keleshian	Linda Sue Shirkey	
Bob Kemp	Roberta Simonton	

*Giving Generously  
For the  
Greater Good*

Are you on the Denver Mile High Foundation Donation list?  
This page has been updated, if you are not and should be,  
please contact [Tom Giordano](#), 303-263-5091.

### *2020-2021 Corporate Sponsors*

*Corporate  
Generosity*



## DMHR Admin Information

### How to pay... DMHR Club Dues

c/o Carolyn Schrader, Treasurer, [schrader407@gmail.com](mailto: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](mailto: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.

### Help Wanted

The Denver Mile High Rotary Foundation Board would like to fill the vacancy left by Kevin Leveseu who has resigned from the Foundation and the Club.



If you are interested in filling this vacancy and being part of something vital to the club, please contact

[Tony Vaida](#), 303-204-1710.



This week in the garden. Can you smell the sweet scent?

<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 - TBD 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>

## 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](mailto: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.

## The Last Word...



In March, **Geoff Noble**, Honorary Rotarian, caught the biggest largemouth bass he has ever fished out of Lake Santa Fe, in Melrose, FL.

It was 9lbs 2 oz and 24 inches.

He released it.

Geoff attends the Keystone Heights Rotary when he is not fishing, doing home maintenance, or helping with his grandchildren who live down the street. Geoff returns to Denver the end of April.