



April 1, 2020

Denver Mile High
Rotary
Club



President's Column

Hi Denver Mile High Rotarians,

As I write this we had some good news with some data that looks like the number of new cases has leveled out. I'm hopeful, but we will see!

I believe that when challenges and bad things happen there is always a silver lining, valuable lesson learned, or a strengthening of character. Right now, the positive I have to report is that we are finding many ways that we can fund important projects and initiatives that are directly helping people during this crazy pandemic and social distancing. On our meeting video call on Wednesday morning I will let Carolyn Schrader give the specifics of all the projects we're funding, but we gave or are giving significant funds to 6 or more great organizations. And that makes me really proud because you have worked hard to put us in a position that allows us to rise to the occasion... and we are!

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](#)

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Important notices from your 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 [this or 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

A word from your editor...

As we ramp up to the worst of the epidemic in our area, keep in mind that how we approach the situation is our decision. Yes, we have been at home for longer than we can remember but, where else would you rather be than in your "castle"? There is good reason we spend so much of our incomes on feathering our nests and making them comfortable. Take time to enjoy and reap the benefits of your hard work. Move some lamps, wall art and furniture to make the rooms appear different. Read in a different location than you normally would. Eat breakfast in bed! Have a homemade pizza picnic on a beach blanket on your family room floor. Go to the garden and notice what is pushing its way up into the sunlight. Have a conversation with your neighbors deck to deck or balcony to balcony!

Just remember, much of your happiness is up to you!

THE CORONA VIRUS DOES NOT DAUNT THIS ROTARY GROUP OF INDIVIDUALS!

Thank you for sending photos of how you are spending this time at home, and please keep them coming! This newsletter is for and about YOU and YOUR ROTARY CLUB!

Send your thoughts and photos to

Annely.Noble@comcast.net

or text to 303-842-8725

Thank you for your creativity and joyfulness!

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 7th - The Conflict Center - A Zoom presentation - "How are We Showing Up Online: Our Virtual Selves". Please see page 11 for details and to register.

April 8th - Regularly scheduled Rotary meeting. See next page for details

April 15th - Regularly scheduled Rotary meeting - Speaker Ed Wittman presents on a fun way to care for our elderly. More info to follow in next week's newsletter.

April 16th - 5-6:30 pm - DMHR Virtual Happy Hour. See following page for details.

Zoom Link: <https://www.zoom.us/j/7202198737>

April 18th - CANCELED - Spring Swing 2020 Please contact Tom Giordano for a refund or to donate your ticket purchase cost to Denver Mile High Rotary Foundation.

April 20th - 4:00 pm - World Community Service Committee meeting. Stay tuned for connection information from Audrey Leavitt.

May 17th - [Run in the Colfax](#) for Shelter Box USA. TO BE RESCHEDULED [Click](#) for rescheduling details.

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

June 6th-10th, 2020 - CANCELED - Rotary International Convention, Honolulu, HI
[CLICK HERE FOR DETAILS AND REGISTRATION REFUNDS](#)

June 27th- Rotary Rafting trip down Clear Creek

Save the Date...

World Peace Day at The Conflict Center - RESCHEDULED to Saturday, August 8.

Please do Reference our Website [Www.denvermilehigh.org](http://www.denvermilehigh.org)

Carolyn Schrader has been adding content about Our Club's service projects.
Carolyn would like info on other Club activities but needs input from the members.
Please contact Carolyn to offer information about club activities, etc.
schrader407@gmail.com



Denver Mile High Rotary Upcoming 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 for password information.

April 15th - Speaker Ed Wittman presents a fun way to care for our elderly. Ed Wittman is a Serial Entrepreneur, former CFO for Accuvant, Inc., former Denver Mile High Rotary member, and Practicing Retiree.

Stay connected with...

Metro Caring - [Click here for a link](#) to the Caring Chronicle.

Exciting international activities - Our members go places!

Coming attraction...Bob Kemp and Audrey Leavitt in Uganda

**Get in touch with your Rotary members
by joining the Slack communication platform.**

[Click here](#) to get connected now.

DMHR Virtual Happy Hour

Thursday - April 16 - 5 - 6:30 pm

Everyone is welcome to chat and sip your favorite beverage, from the comfort of your own home! Let's make it fun; everyone has to wear a hat. It could be a baseball cap, a cowboy hat, an Easter Bonnet...whatever...but Brad and Melanie suggest that we add some flair to this Happy Hour!

You can join us via the Zoom video conferencing application from your PC or Phone, 720-219-8737, and link in at WWW.ZOOM.US

Cheers!

Brad

Important news regarding DMHR Project Fund

Denver Mile High Rotarians Step Up

On Thursday, April 2, members were notified that the Club was making funds available for COVID-19 Grants.

Club members were asked to submit applications for funding organizations in the metro area that were struggling with the demand for additional services at this difficult time.

Club members submitted funds requests for seven projects from seven different organizations. The projects included mental health services, food distribution for low income students and their families, food preparation and delivery, and providing on-line conversations for handling stress. The total amount requested was \$10,000 and, incredibly, the Club had \$10,009 available for these grants.

Funding came from the Club's Project Account, which is determined each year based on donations and fundraising in the previous year. Amounts available for the COVID-19 Grants were unspent funds allocated to Local and World Community Service Committees, as well as a reserve that the Club held for extraordinary needs.

Thanks to each of our Club members who submitted a request. Your decision to be a champion for a non-profit organization and the timely submission of your application provided the Club with an array of ways in which to support the people who are aiding the community in this stressful time.

And thanks to all Club members who contributed to the Club Foundation in 2018-19; your contributions helped provide the funds was used for these grants.

Information about the specific projects is on the chart following.

Carolyn Schrader

Please see the following page for a chart showing grant applicants; a full set of the applications with detail will be added to the website soon.

Important news regarding DMHR Project Fund

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

Organization	Activity	Amount Requested	Sponsor
The Conflict Center	Six sessions (each done twice) of On-line Community Conversations for coping strategy and stress reduction https://conflictcenter.org/	\$1,500	Diane Messamore
Covenant Cupboard Food Pantry	Providing food for Friday night distribution for 155 families (increase of close to 100% and higher needs expected) http://covcupboard.org/	\$1,500	Annely Noble
Denver Metro Emergency Food Network	Preparing and delivering 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	Providing approximately 500 Power sacks for students in DPS Adams County. https://foodforthoughtdenver.org/	\$2,000	Brad Thompson
Jefferson Center for Mental Health	Providing 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	Providing food, cleaning supplies to those in need in central Denver https://www.metrocaring.org/	\$1,000	Greg Thielen
YMCA	YMCA Emergency COVID-19 Response	\$1,500	Mary Walta

Corrected chart - 040720

Member Contributions

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

It's a beautiful day and **Amy Weed** is going on a bike ride headed toward Bluff Lake nature Center. —>



Putter's Paradise. A homemade putting practice green set up in the garage.

<— **Betty Speir**

My two daily self care rituals are walking and yoga. Here is a yoga photo. Sometimes my cat Maisy does yoga with me. Well, she sits on the yoga blanket and purrs and I do yoga. **Ronnie Weiss**

Maisy —>



Member Contributions

What are YOU doing during this "isolation" period?

A man and his boat...
still fishing in Florida.
Geoff Noble →



Grandchildren overnight at Oma's
prior to "stay home" order!
← Annely Noble



Springtime joy...daffodils from the
community garden. Tony Vaida

We had snow Sunday night. This picture is from my
craft room window. I'm working on African quilt
blocks.
← Diane Messamore

Member Contributions

Member Contributions

What are YOU doing during this "isolation" period?



Walk and Chalk at Crown Hill Lake.
Ronnie, did you chalk this?
← **Ronnie Weiss**

Revel in the glory of spring crocuses,
hyacinths, and soon to bloom tulips.
Annely Noble →



← Sent by Ronnie as well.
Was this guy at Crown Hill Lake too?
Actually she sent this in reference to the
DMHR Virtual Happy Hour! Did you miss
it? Don't miss the next one! Watch your e
-mail and newsletter for details of
the next DMHR VHH

Weekly Inspirators, Greeters & Hosts

Date	Inspiration	Greeters	Host	Vocation
April 1	Marvin Thomas	Brad Thompson and Mary Walta	Tony Vaida	
April 8	Ann Tull	Bruce Ward and Marty Waters	Amy Reed	Any Volunteers?
April 15	Ronnie Weiss	Sonny Wiegand and Chris Wong	Mary Wuest	
April 22	Pat Gorman Barry	Jared Beach and Andrew Bell	Steven Blazek	
April 29	Bob Connaghan	Diane Messamore and Alessandro Eichstaedt	Debra Flick	
May 6	Melanie Gentz	Kevin Gallaway and Tom Giordano	Brian Good	

April Birthdays

April 5th - Brian Duran
 April 11th - Suzanne Lorenze
 April 14th - Mary Walta
 April 15th - Charlene Porter



Just for fun and diversion...

[Click here to see a badger that defies captivity](#) attempts and is good natured about it!
 Thanks to Carolyn Schrader for the link.

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

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

[Click here for a link](#) to check out [House Party](#), an app for virtual gatherings on which you can chat, play family games such as Pictionary Trivial Pursuit, etc., or, as Diane Messamore's Mental Wellness tip says... have dance parties!



Mental Wellness Tip of the Week

Dance around the
 House

NOTE OF THANKS

Metro Caring Grant - emergency **Local Community Service** project update: I am happy to report that our submission for the emergency, Coronavirus District for the benefit of Metro Caring was approved resulting in a \$3,000 donation for the purchase of food, household cleaning supplies, sanitizer, masks etc. Like so many agencies, demand increases daily and as of last week more than doubled.

The grant was written and approved in lightning speed and a check is on it's way. Your generosity is having a direct, important and immediate impact on those who need support in this challenging time. Thank you all! Robin Springer on behalf of the DMHR Local Community Service Committee

SERVICE ABOVE SELF During the Pandemic - Donate Blood

Over 4,000 blood drives have been canceled in the U.S. due to the coronavirus, resulting in a loss of 130,000 blood donations, according to the American Association of Blood Banks. Supplies are so low that hospitals across the country are canceling non-emergency procedures. But, accidents still happen, chronic conditions requiring surgery need to be addressed; blood must always be available and ready for use!

Safety: Medical authorities assert that it is safe to donate blood. Special procedures have been put into place to screen donors, to maintain social distancing, and to protect donors and staff. After collection, the blood is further tested to assure its safety. To learn more about current blood donation and to identify the closest donation center - go to the Vitalant website (formerly Bonfils) :

vitalant.org/COVID-FAQs or call 877-258-4825

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

HOW ARE WE SHOWING UP ONLINE? Our Virtual Selves - The Conflict Center

April 7 - 4pm or 7pm via Zoom - The Conflict Center's very first Community Conversation, "How are you showing up online: Our virtual selves?". Join us as we stay connected and engage around how our values can line up with how we show up online.

Please [register by clicking here](#) and you will receive a link to join for either 4pm or 7pm. Or simply go to The Conflict Center website at <https://conflictcenter.org/> to register. We'll also have the link on our [Facebook event page](#) when we go live!

NEW "SOCIAL DISTANCING" TIME MANAGEMENT IDEAS

Our social lives are limited and we have more time to spend at home, so,
what shall we do with the extra time at home?
Each week we will provide additional ideas for your benefit.

It's still **COLD** outside...

Clean your light fixtures,
but be careful on that ladder!

Spot clean your carpet

Clean the tops of your fan blades

Dye Easter eggs and hide them in your front yard
for the neighborhood children; be sure to
chalk a note allowing them to find the eggs

Design, cut and paint a "Happy Birthday"/"Happy
Easter"/"Happy Spring," etc. sign out of plywood
to post on your front lawn

Clean the insides of your windows

Clean your horizontal blinds

Invite your grandchildren to be your penpal
by writing him/her a letter

Order your stamps on USPS.com now,
it takes a few days to receive them

Bake fresh bread using a new recipe

Do arts and crafts, you are not too old
to color, paint, draw, glue and cut!
Use what's already in your home

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

but keep social distancing in effect

Chat with your neighbors balcony to balcony,
deck to deck, or 6 feet across the fence

Offer to take your neighbor's dog for a walk

Drag the cornhole game to your driveway
and invite your neighbors to use it

Chalk greetings or invitations (for above
suggestion) on your driveway

Did you ever get your gutters cleaned?

Hire a window cleaner to clean the
outsides of your windows

Walk to the post office to mail your letters

Again, look again through your seeds, it's time
to plant cold weather plants; every two weeks
for salad mixes, arugula, radishes, etc.

Go for a 10,000 step walk; this is
the recommended daily number!

Any of the above...do it now

District Announcements

DISTRICT CONFERENCE 2020

Will be rescheduled.

Friday-Saturday, Date TBD - Westin Westminster

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

YOUNG ROTARY UPDATE!

There are now 55 Young Rotary/Interact clubs in District 5450
a shout out to the newest four clubs.

For more information about starting a club
contact Cheryl O'Brien at cherylannobrien@hotmail.com

[Natural Disaster Response Committee Information](#)

Suggestions for club members
for COVID 19 projects

[District and Club Award Applications Due May 1st](#)

Please invite your friends to the Spring Swing...

next year!

Sadly, due to the Corona virus, we had to cancel the 2020 Spring Swing.

- ♦ If you purchased tickets with a **credit card**, you will see a refund on your next statement.
- ♦ If you purchased tickets with a **check**, you will receive a refund check from Rotary.

Best regards,
Brad Thompson

Contributions to DMHR Foundation



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

Would you like to participate in the Colfax Marathon supporting Shelter Box on May 17th?

Sign up for the relay, 10 miler, 1/2 Marathon, Marathon.
Choose Shelter Box as your Charity Partner.
If we get 20 runners (we need only 11 more) we can have
the Shelter Box Tent set up at the event.
It's up to you if you would like to raise money, this helps raise awareness.

Think you could run one of these legs?? We would love to get
a few teams of 5 people to complete the full marathon.

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

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

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) - \$64 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.

Click to contact for info or to register:

[Melanie Gentz](#)

[Andrew Bell](#)

[Brad Thompson](#)

[Geoff Noble](#)

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 to the
Rotary Club of Denver Mile High Foundation
(although DMHR Foundation will work).

For questions, contact
Tom at 303-263-5091

This page to be updated for April 14 newsletter!

GIVING

2018-2019 Individual Sponsors

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GIVING

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