



Denver Mile High
Rotary
Club



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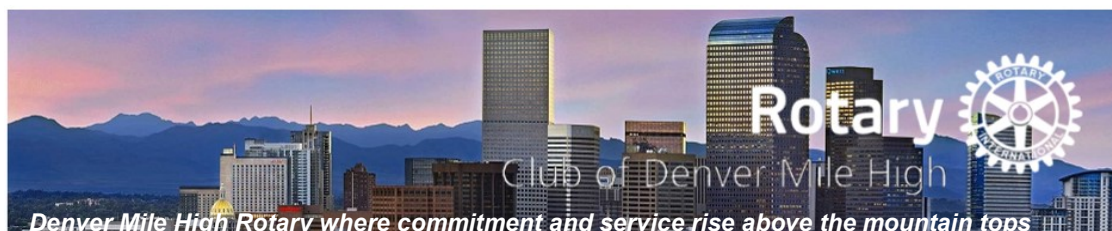
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President's Column:

April 2, 2019

Hi Everyone,

This is another exciting week. First of all, my Texas grandson Nicolas announced to us that he too will be attending The University of Denver, joining his sister. We had a celebration last night, and we are so excited to have them both here in Denver.



This weekend is going to be huge for the Club: the Spring Swing will be held Saturday. A special thanks to all those who developed this signature event from scratch, lead by Brad Thompson. It will be a fun evening.

This week and next week we will have two very timely and important programs about the opioid crisis at the Club meetings. This week Suzi Stolte will speak and next week the speaker will be Jaime Feld. Thanks to Robin for recruiting these speakers. Please invite guests to join us.

Local Community Service Committee will meet on Tuesday, April 16th at 5:00 p.m. The meeting will be at Michael Tapp's office located in the Wells Fargo Tower, 10th Floor.

Even though he hasn't been here this winter, Geoff Noble wants us to know he is thinking of us—while he is successfully fishing.



If you are interested in purchasing a copy of *Boldfaced Lies*, Diane Messamore will be collecting orders this week. We announced at the last meeting that Charlene will donate a portion of the sales this month to the Club Foundation. We will have a copy of the book for you to look at.

Just a reminder for those of you who shop at King Soopers. You can now link Denver Mile High to your King Soopers shopper's rewards card so that the Club can receive rebates through the King Soopers Community rewards program. Please take a few minutes to sign up. More information is included elsewhere in the Newsletter.

Have a wonderful week. Enjoy the sunshine.

Carolyn

FAMILY OF ROTARY

Celebrations! In 2005, Norma Bracamonte was a Villa Park community volunteer and Eagleton Elementary School employee. Her young daughters, Jessica and Melissa Vasquez, were students at the school. Over the years, the family volunteered for and participated in many DMHR activities. When the girls were older, they attended RYLA.

Fast forward fourteen years. Norma continues to work at Eagleton, and recently encouraged two CEC sophomores to apply for RYLA. She met the teens when they were at Eagleton teaching BrainWise Practice Activities to fourth graders as part of a current DMHR project. The teens were hesitant about going away for the week to attend the leadership camp, and Norma told them that she lived in the neighborhood and her daughters had graduated from Eagleton. She said that her girls took BrainWise and also went to RYLA. She urged them to apply.

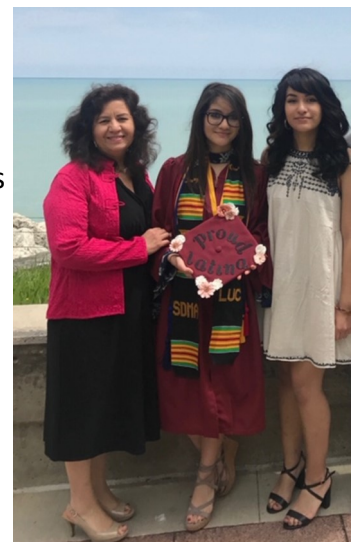
The Vasquez sisters' success is impressive, and Norma shared more. Jessica and Melissa graduated from Arrupe Jesuit High School and received scholarships from the Daniels Fund to attend Loyola University in Chicago. Melissa spent a semester in Rome and graduated with a BS in Health Systems Management and. She is working in Chicago. Jessica graduated this month with a BS in Anthropology and has a semester in Beijing on her resume. She, too, will be working in Chicago.



Melissa celebrates Jessica's Graduation from Arrupe High School.

We hope Norma's story encourages the CEC students to apply for RYLA. Her strong support for education ensured that her daughters took advantage of the opportunities available to them. Norma continues to be an advocate for children and families and is a role model for women in the community. She misses her girls but is proud of the choices they are making.

A heartfelt **CONGRATULATIONS** to Norma, Jessica and Melissa and best wishes from your friends at DMHR!



Norma with Melissa and Jessica at Melissa's Graduation from Loyola



Thank You to Patricia Fiske

Norma mentioned how much she appreciated the support she received from former DMHR member **Patricia Fiske**. Patricia proposed DMHR's involvement at Villa Park in 2005 and was active in the community for ten years. She currently is caring full-time for her husband, Terry, a charter DMHR member. New members may not know that Patricia and Terry's met each other through DMHR! She and Terry are club treasures.



Longtime Former DMHR Members Terry and Patricia Fiske

Go Rotary Go

Adams

Go Ro-tary Go Our clubs give their time and heart! We are e-rad-i-cat-ing Pol-i-o!

Go Ro-tary Go No mat-ter where you get your start We help peo-ple with their woes

Go Ro-tary Go We do lo-cal and glo-bal good Serv-ice

'bove self is who we are So Hip Hip to rai-sing the bar! bar!

Enrolling in DMH Rewards Program with King Soopers Stores

For several year members of Denver Mile High Rotary have helped support the Club by using King Soopers gift cards that provided cash rewards to our Club. King Soopers has now eliminated that program.

IF YOU HAVE ANY GIFT CARDS WITH CREDIT, YOU CAN STILL USE THOSE CARD AND WON'T LOSE THAT CREDIT.

Instead, they adopted a new, much easier program called King Soopers Community Rewards. The new program is linked with the rewards (discount) cards that all grocery stores now have. Every time you use your rewards card or enter your rewards number), our Club will benefit.

Everything is spelled out at their website: <https://www.kingsoopers.com/>

If you already have a rewards card with King Soopers, log in with your user name (generally your email address). Once you are signed in, on the right side next to shopping cart, you will see your name and "My Account"

Hover over "My Account" and it will open. On left side of the screen is "Community Rewards." Click on that.

You will have a chance to select the organization that will be credited based on your expenditures. You can enter "Rotary Club of Denver Mile High" or enter our code: DM464.

Then hit "enroll" and you will be enrolled and will not need to do anything further.

The Club will receive rebates quarterly based on our collective expenditures.

If you don't have a King Soopers rewards card but would like to support the Club, go to the website <https://www.kingsoopers.com/> You will be able to create an account and then follow the instructions above to link our Rotary Club with the rewards.

Denver Mile High Rotary Calendar of Events

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

April 9th - Board meeting - Zoom

April 13th - Spring Fling Event – 6—10pm

Milehighspringswing.eventbrite.com

Contact Brad Thompson for more details -

brad.thompson5280@gmail.com



April 16th - The Local Community Service Committee will meet on Tuesday, April 16th at 5:00 p.m. We will meet in Michael Tapp's office located in the Wells Fargo Tower, 10th Floor. The call in number for the meeting is 1-888-549-3557. The pass code is 8636752.

April 18th - Rotary Monthly Happy Hour—University Club 5pm—7pm—Free Beer—
Hosted by U Club member - Sonny Wiegand

April 27th - District Conference - [REGISTER NOW](#) - A one-day conference to inspire, connect and re-energize! Highlights include a focus on Mental Health, club projects, youth, and a Connections Cafe. *Only \$125 for the full conference, with special pricing for first time attendees and Rotaract*

Saturday, April 27, 2019 – Rotary Book Club

Time: 1:30 pm

Place: Mary Walta's, 2458 S. Josephine St., Denver 80210

Book: Red Notice by Bill Browder.

Contact: RSVP. (505) 629-6376

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. Trial TBD.

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

Denver Mile High Rotary Upcoming Programs

April 10th - Board of Directors JP Opioid Interaction Awareness Alliance Director of Communications and Marketing. Suzi's youngest daughter, Heidi, died in May 2011 after taking a prescribed benzodiazepine along with a prescribed opioid. Heidi's death came only six months before the Centers for Disease Control and Prevention declared opioid deaths an epidemic.

April 17th - Jaime Feld - Colorado Consortium for Prescription and Drug Abuse - Jamie Feld, MPH is an External Relations Strategist at the University of Colorado Skaggs School of Pharmacy, Colorado Consortium for Prescription Drug Abuse Prevention. She provides subject matter expertise to policymakers, local and regional coalitions and statewide stakeholders.

She has 13 years of experience working in public health at the state, national and international level. She is trained as an Epidemiologist and worked for 5 years at Boulder County Public Health in that role. Previously Jamie Feld served as a Public Health Associate at the Centers for Disease Control (CDC) and a researcher at the U.S. Department of Veterans Affairs in the Quality Improvement Initiative branch. She was a recipient of the Europubhealth Masters Scholarship and Rotary Ambassadorial Scholarship in 2009-2010 to Cordoba Argentina. She is grateful for the support of Rotary, the principles of the 4 way test, and the network of Rotarians she has come to know internationally through the years.

April 24th - Tentative—CEC Eliot Café

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



Weekly Inspirators, Greeters & Hosts

April 10th

Inspiration - Mark Foseid

Greeters - Kevin Galloway and Melanie Gentz

Host - Tom Giordano

April 17th

Inspiration - Brian Good

Greeters - Tom Gregory and Ted Hendryx

Host - Dan Himelspace

April 24th

Inspiration - Sarah Hite

Greeters - Noreen Keleshian and Bob Kemp

Host - Audrey Leavitt

April Birthdays

April 5th - **Brian Duran**

April 14th - **Mary Walta**

April 15th - **Jane Fisher**

April 15th - **Charlene Porter**





MILE



HIGH

Spring Swing

Music by The Flatirons Jazz Orchestra

Featuring Vocalist Deborah Stafford

APRIL 13, 2019

6:00 to 10:00 PM

INDUSTRY RiNo STATION
3858 Walnut Street
Denver, CO 80205

Snazzy Casual Attire

Catering by INDULGE Bistro + Wine Bar



Proceeds Benefit Local, Regional, & Global Efforts Supported By **Rotary**
Club of Denver Mile High



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Take 20% off one ride to or from Industry at RiNo Station for Mile High Spring Swing!

<https://www.lyft.com/invite/MHSS19>

Or if you are parking here is the Map

INDUSTRY RiNO STATION

PARKING GUIDE



--- Tenant Walking Route
Monitored Private Lot
for RS Tenant Parking Accounts

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

GIVING

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GIVING

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