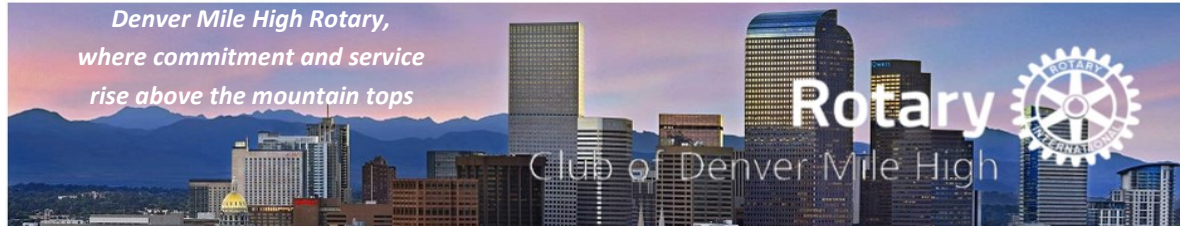




SERVE TO CHANGE LIVES



Rotary 
Club of Denver Mile High

President's Column

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	1
Word From the Editor Woohoomanity Info	2
Upcoming Program Details and Calendar	3
Inspirators, Greeters, Hosts, Birthdays Tip of the Week, Misc.	4
Past Pres Party Pix	5
Call for Donations and Fundraising Opportunities	6
Volunteer Opportunities	7

Next DMHR Happy Hour!

August 24th (Tues) from 5-7p
at the home of Dan and Leslie
Himelspach, 5285 E. 6th Ave.
Parkway - 6th and Glencoe.
Wine, beer and appetizers
will be provided. Please
[click here to r.s.v.p. to Dan](#),
at your earliest convenience.

Greetings, Denver Mile High Rotarians,

16 August 2021

New beginnings.....it's been a busy week as we have been getting our son packed up to head to his Freshman year of college. I will miss him dearly, but excited for him and his new adventures, learning opportunities and watching him continue to grow. It reminds me of when I first joined Denver Mile High Rotary. I was nervous, anxious and excited for what I was about to learn, people I would meet and the adventures I would take. I am so grateful that I listened to Adams, Brad, Tom and all the others and joined the Club. It's been life changing and rewarding....and we are just getting started.

We have eight members signed up for Woohoomanity! We are starting to see the fundraising dollars come in. Thank you to those who have signed up and thank you to those members who have made donations. Let's continue to promote this to our network of friends, family, neighbors and co-workers. I would love for us to hit our goal by getting donations from outside the club. If you have any questions, please reach out to me. If you are interested in riding, volunteering or helping us fundraise, please let me know.

I am looking forward to our meeting on Wednesday. We will brainstorm about all things community service. Please come prepared to share, brainstorm and come away with some thoughts, ideas and action items to serve our community.

Love and Respect,

Steve

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?](https://us02web.zoom.us/j/81294791259?pwd=aXZsTXRiZzJLZEVLN2RFZ3bnBRdz09)

[pwd=aXZsTXRiZzJLZEVLN2RFZ3bnBRdz09](https://us02web.zoom.us/j/81294791259?pwd=aXZsTXRiZzJLZEVLN2RFZ3bnBRdz09)

Meeting ID: 812 9479 1259 Passcode: 903839

Correction - Presentation Link- from Elle Sypek

The link in last week's newsletter to Elle's presentation (Aarti) was not accurate.
[Click here](#) for a functioning link to Elle's Power Point presentation.

My apologies, Annely Noble, Editor



SERVE TO CHANGE LIVES



Word from the Editor

A word from your editor

Good Monday morning, all,

I leave my house at 6:00am Monday through Friday to get our grandsons off to school, so you can see that the newsletter is appearing in your inbox on Sunday evenings. Get a jump on the week by reading your newsletter first thing in the morning, or even late Sunday evening.

Well, I'm on my bike again after a 16 year hiatus...13 miles on Thursday, 20 on Friday and 15 today. Yes, it was scary at first but I'm getting comfortable quickly. I am training for the Woohoomanity ride on September 25. It is not too late to sign up to ride, and it is never too late to donate to the DMHR Team! Please see the information below for details. This could be one of our major 2021-22 fundraisers so please consider donating today, or better yet, ride with us and ask family, friends and coworkers to support your efforts!

See you Wednesday!

Annelly Noble, PE

M 303-842-8725

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?

And, for what are you waiting?



Woohoomanity Fundraiser - Just Do It!

Woohoomanity!

Team DMHR has raised already \$450, only \$9,600 to raise! Yes, that's right, our goal is to raise \$10,000 for the Club! [Please click here to donate](#); ninety-five percent (yes, that is 95%!) of your donations comes back to our club!

Last year's team has registered:

Melanie "Go Getter" Gentz,
Steve "Beat the Pack" Blazek,
Tom "Strides Ahead" Cella, and
Marty "Fast Flowing" Waters.

New rider additions for this year include:

Margaret "I'd rather be fishing" Van Vliet
Annely "No Fear - Not" Noble
Robin "Rides Again" Springer

The following folks plan to sign up for the ride:

Charlene "Fly Girl" Porter
Tom Gregory - still working on Tom's moniker!
Debra "Low Flying" Flick
The more riders, the merrier, and the more funds!



But, if you choose not to ride, please donate to the DMHR riders. [Click here to donate, please do it now!](#) You can choose to donate on behalf of a single rider, (just enter the rider's name in the fundraiser search bar), or the Denver Mile High Team of Riders, (either click on the DMHR icon or in the team search bar type in "Denver Mile High").



SERVE TO CHANGE LIVES



Calendar of Event and Presentation Details

August 18 - Strategic Club Planning Session lead by President Steve Blazek. What are our upcoming projects? Ideas for new projects, etc. **Brainstorming session!** Let's find a reason to wear our new shirts for a day of service.

August 23 - 4:30pm - DMHR Book Club meets at Sarah Hite's home. See page 4 for details.

August 24 - 5-7pm - DMHR Happy Hour - Back by popular demand! Join your fellow Rotarians at Dan and Leslie Himelpach's home at 5285 E. 6th Ave. Parkway - 6th and Glencoe. Wine, beer and appetizers will be provided. Please [r.s.v.p. to Dan](#) using this e-mail: dg13-14@DisputeManagementInc.com at your earliest convenience.

August 25 - Blake Carleton - Hard Choice Habits - Any significant level of achievement is directly correlated with the total number of HARD decisions a person is willing to make. The Hard Choice Habits is a belief that the highest levels of growth, prosperity, and advancement are earned through an accumulation of hard choices. The Hard Choice Habits are anchored in a binary framework of rules that creates a simple, repeatable processes that can be adapted to any situation.

August 26 - 8-9am - Communications Advisory Council - Please contact [Margaret VanVliet](#) for Zoom info.

August 30 - 4-5pm - World Community Service Committee meeting. Please contact [Audrey Leavitt](#) for Zoom info.

September 1 - Do not park on Sherman - street sweeping.

September 1 - Mark Bitterman - Stratolaunch - Stratolaunch designs, manufactures, and launches aerospace vehicles and technologies to fulfill several important national needs, including the need for reliable, routine access to space and the need to significantly advance the nation's ability to design and operate hypersonic vehicles.

September 8 - Brandon Lloyd - Careerwise - European-modeled apprentice system as an alternative to immediate post-high school college attendance. Ex-Bronco, Brandon Lloyd works with Careerwise, a national program, started in Denver by Noel Ginsburg, to provide an alternative path to a career through apprenticeships modeled on the Swiss apprentice model, allowing high school students a path to a career without having to load up on dubious debt for a four year degree.

September 14 - 4-5pm - DMHR Board Meeting. Contact Steve Blazek for Zoom info.

September 15 - Open date. If you know of a good speaker, please contact Adams Price.

September 22 - Jake Dresden - A Little Help Nonprofit - Challenges that citizens in elder community face and how A Little Help provides services. Jake Dresden is A Little Help's full-time Outreach and Development Director. Jake brings over two decades of experience at Graland Country Day School, where he most recently served as a dean and secondary school counselor. In his work at Graland, Jake was most driven to help kids grow and find their voices as members of a community. Jake will be reaching out in the community and building relationships with A Little Help's supporters of all kinds.

September 23 - 7:00am - Denver Mile High Foundation Board meeting - Contact [Tony Vaida](#) for details.

September 25 - Woohoomanity Challenge - DMHR Club fundraiser bike ride sponsored by Denver Southeast Rotary and piggybacking on the Denver Century Ride. For more information, [click here](#). Last year's team was *Melanie "Go Getter" Gentz, Steve "Beat the Pack" Blazek, Tom "Strides Ahead" Cella, and Marty "Fast Flowing" Waters*. If you choose not to ride, consider sponsoring a rider from our club. Details on page 5.

September 26 - Go to a Colorado Rockies (vs. San Francisco Giants) game which begins at 1:10pm, with District 5450 Rotary members from all clubs. [Click here](#) to purchase tickets at only \$28 each. Profits to PolioPlus.

September 29 - Tentative Off-site meeting - Stay tuned for further details.

Do you have any leads for future speakers? Contact Adams Price: 303-570-3315 or adams.price@pmcf.com



SERVE TO CHANGE LIVES



Weekly Assignments and More

Date	Inspiration	Greeters	Host
August 18	Scott Smeester	Beau Smith and Betty Speir	Robin Springer
August 25	Scott Smeester	Ann Tull and Tony Vaida	Margaret Van Vliet
Sept 1	Tony Vaida	Margaret Van Vliet and Mary Walta	Bruce Ward



August Birthdays

Aug 10 Tom Giordano
Aug 14 Vass Sirpolaidis
Aug 17 Ronnie Weiss
Aug 18 Sarah Hite
Aug 26 Ann Tull

Mental Wellness Tip of the Week

*Plan your week on paper or
on your e-calendar, register
or r.s.v.p. for events, etc.*

Denver Mile High
Rotary
Club

Mental Wellness Tip brought
to you by a DMHR Rotarian!

The Rotary Book Group...

All Welcome

Monday, August 23rd, at 4:30 pm
Sarah Hite's home
648 Humboldt, Denver
No July meeting.

While Justice Sleeps - A Novel
By Stacey Abrams

A gripping thriller set within the halls of
the U.S. Supreme Court - where a young
law clerk finds herself embroiled in a
shocking mystery plotted by one of the
most preeminent judges in America.

District Information

Monthly District News

[Click here to go to the District 5450](#)
website to see August activities and
information, and to listen to the
August address by our 2021-22
District Governor, Ray Anderson

[Culture and your Rotary Club](#)

Zoom with Lee Mulberry
24 August - 7:00-8:00pm
What is your club's culture? Do you want
to change it? Or need to change it
to attract and retain members?
[Register Now](#) and Attend for Free.

DMHR Rotarians— In Person
Membership Summit
Sat. Aug. 21 - 8:30 to Noon

Origin Hotel Red Rocks
18485 West Colfax Ave.
Golden, CO 80401

[Click here for info and to register.](#)

Steve Blazek and Tom Gregory will be attending this
function; there is room for more to attend and this
could help our membership grow.



SERVE TO CHANGE LIVES



DMHR Past President's Party Pix

Thanks to Tom and Janis Cella for providing the location and extra equipment (tables, chairs, corn hole game, canopy, etc.) for the event.

Amy Weed (right) regaled the group with a list of the worst "bad" dad jokes that past president, **Brad Thompson** had shared each week in his newsletter "president's column", while current president, **Steve Blazek** (below) shared highlights of the year and thanks to a great mentor!



The coup d'état of the evening was passing of the Rotary Wheel, made by **Melanie Gentz** years earlier in a moment of inspiration! Note the brand compliance!



Betty Speir, party planner extraordinaire, shared moments and tchotchkes with **Brad Thompson**.



Brad and Amanda Thompson, we will miss you and your infectious spirits. Lucky Fernandina Beach!



SERVE TO CHANGE LIVES

Rotary

Club of Denver Mile High



Page 6

Upcoming Fundraising Event Details, etc.

CALL FOR DONATIONS

Rotary Club of Five Points RiNo is sponsoring a toiletry shelf for the students of Manual High School. We are seeking new toiletry item donations for restocking the shelf. Contact us for questions or to schedule a pick-up!

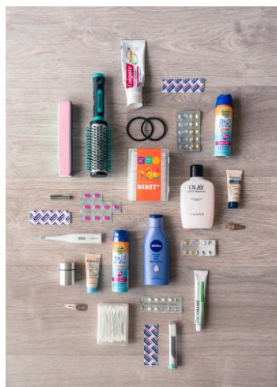
**ITEMS NEEDED INCLUDE
(BUT ARE NOT LIMITED TO)**

DEODORANT
SHAVING SUPPLIES
TOOTHBRUSHES/TOOTHPASTE
SHAMPOO/CONDITIONER
FEMININE PRODUCTS
SOAP/BODY WASH

Contact us at 5point Rotary@gmail.com



Five Points RiNo
Denver



Please bring your donations to [Ronnie Weiss](#) at Rotary meetings by August 18th. Thank you!

AmazonSmile Program Now a fundraiser for Denver Mile High Rotary!

Thanks to the diligent work of **Tony Vaida** with help from **Tom Giordano** we now have a way to raise funds through the **AmazonSmile Program!**

Tony had to do legal wrangling, getting the help of JDS, the Foundation accountants, dealing with IRS, and contacting Diana DeGette's office, no small feats!

To get started with AmazonSmile, visit smile.amazon.com on your web browser and sign in with your Amazon.com credentials.

Choose Rotary Club of Denver Mile High to receive donations and start shopping!

To join AmazonSmile from the mobile app, open the app and find "Settings" in the main menu. Tap on "AmazonSmile" and follow the on-screen instructions to turn on AmazonSmile on your phone.

Rotary-Metro Caring Provisioning Project

A message from Denver Cherry Creek Rotary:
Did you ever wonder what happened to those thousands of bags of food you repackaged in the warehouse? Here is your chance to see where the food went for distribution to families in need during the pandemic!

You are invited to a Metro Caring Open House to thank you for your support over the last 14 months of food repackaging. Don't miss a tour of Metro Caring's newly re-opened Market from 5:45 - 6:15 pm!

Light food and beverages will be provided.

[Click here to R.S.V.P.](#), do not register through Rotary.

Date: Thursday, August 19

Time: 5:30 – 6:30 pm

Address: 1100 E. 18th Ave Denver, CO 80218



SERVE TO CHANGE LIVES



Service Above Self



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.



CRAIG

NEUROREHABILITATION
& RESEARCH HOSPITAL

Craig Hospital - As COVID restrictions become relaxed, Denver Mile High Rotary will again participate at Craig hospital. For more information, please contact [Betty Speir](#) 303-489-0418



METRO CARING

ENDING HUNGER AT ITS ROOT

Volunteer for Metro Caring Provisioning Project:

LOCATION: **5200 Smith Road Suite 130 - west side entrance.**

Choose your own time to volunteer by [clicking here](#).

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. Please see page 4 for updated information.



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](#).



Nine Health will again hold health fairs beginning this fall. Please contact [Linda Sue Shirkey](#) 303-946-3196 or [Audrey Leavitt](#) 610-805-7579 for more info.



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.