



Denver Mile High Rotary
where commitment and service
rise above the mountain tops

Rotary
Club of Denver Mile High



Denver Mile High
Rotary
Club



President's Column

Greetings Denver Mile High Rotarians!

December 14, 2020

The stories that Pem Sherpa shared last week were incredible. What an amazing journey he has had so far. From his experiences in his younger years, to his gratitude for where he is in life right now, was a good reminder of all of the things that we all should be thankful for and the lives we have. His love and appreciation for Rotary really hit me as well, hearing the impacts all of the various clubs have made in his home village and country of Nepal alone, and knowing that is just a small snippet of what Rotary has been done around the world.

Joke of the Week: How does the Vatican pay their bills? They use "Papal!"

Stay well and see you on ZOOM on Tuesday night for the Holiday Party and then again on Wednesday morning!

Brad Thompson

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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ZOOM LINK

Due to the latest COVID-19 restrictions will have only Zoom conferencing available. The Zoom meeting "room" will open at 7:00 am, and the meeting will begin at 7:15.

To join the Zoom meeting, click on the following link:

<https://zoom.us/j/317120546?pwd=ZjZKeGM5NEFQU2pTSXErZUpUa0Z3UT09>

Meeting ID: 317 120 546

Password: DMHR2020

This newsletter is the **abbreviated version**. To view the comprehensive newsletter for December, [please click here](#).

Interesting Facts...

Attendance last week
52 Total membership
34 - Members on Zoom
1 - Speaker on Zoom
18 - Members missing

NEW COMMITTEES - NEW OPPORTUNITIES!

The Rotary board has suggested we create two new committees;

The **Communications Committee chair-person** will help create, curate and oversee our messaging both internally and externally. They will work with members on the weekly newsletter, our website, membership, and any other communications that occur. It is important to have consistent messaging across all platforms.

The **Technology Committee chair-person** will help our club and members stay current and help evaluate new technologies we can take advantage of for our current ZOOM and Hybrid meetings. They can also assist in the computer, projector and sound set up at the U Club and assist the meeting leader.

Please let me know if you have any interest in either of these roles or new committees! Thanks and be well! **Brad Thompson Ph. 303-478-5729**



Word from the Editor and Citrus Report

A word from your editor...

Dear fellow Rotarians,

Kudos to **Brian Good** (and to those who preceded him) for finding and scheduling our amazing speakers. Of course, others bring him their suggestions and ideas as well, but Brian keeps everything organized and on track. THANK YOU, Brian, and thank you to those of you who provide leads for speakers!

Don't forget that **DG Bob Kemp** (one of our own) has asked for help to organize and produce the "May Day of Service," which is the District Conference, and which will be virtual for the most part. Please contact Bob to offer your help and support: P 303 674 2049 or DGbob2020.21@gmail.com.

I look forward to receiving your newsletter input, especially photos! Please e-mail me your goodies by 6pm on Sunday to be included in the next day's (Monday) newsletter publication.

See you Wednesday on Zoom!

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*The more you contribute to your Rotary Experience,
the more you benefit from your Rotary Experience.
What are YOU contributing to Rotary?*

Rotary



Citrus Donation Thank You Note!

To my friends at Denver Mile High Rotary,

On behalf of Food for Thought and all of the families who received citrus boxes from Denver Mile High Rotary, thank you so much for your incredible generosity. Even in the best of times many of our families struggle to provide enough food, particularly fresh food, for their families. With the COVID-19 pandemic that struggle has turned into a crisis. During the last two weeks we have disturbed all of the oranges and grapefruit that you donated to families through the food pantries at South, West, Rise Up, Colorado High School Charter, and Cole High Schools. The moms and dads were so excited to get these donations!

One single mom, Cynthia, has four kids. She works hard to take care of her family. Three weeks ago one of her children contracted the coronavirus, then Cynthia came down with it. She was unable to work for three weeks. Besides feeling miserable she worried every day about feeding her kids. Cynthia is recovering and last week she came to the South food pantry where she was so relieved to get food for her family and was really pleased to get a large bag of oranges. She said, "My kids love oranges, but we usually can't afford them."

Thank you all for your kindness! Your contributions made a huge difference for Cynthia's family and many other families this holiday season.

I miss all of you, my friends, at Denver Mile High Rotary.

Greg (Thielen)

Denver Mile High Rotary Calendar of Events

December 15 - DMHR Holiday party - TOMORROW - Zoom in from 5:00-6:30 PM. Festive attire (Elf costume?) is suggested. BYOB. Use the weekly meeting Zoom found on the first page of this newsletter.

December 16 - Back in the Day - DMHR Rotarians' childhood photos and memories; can you identify our members from their 10 year old or younger photos? Or from their stories? If you haven't already, send Janine your info.

December 23 - Club Dark - HAPPY HOLIDAYS!

December 30 - Club Dark - January 1 - HAPPY NEW YEAR!

2021

January 6 - Patrick Byrne, CEO and Michelle Wiley, Chief Impact Officer, Denver Kids - Patrick and Michelle will talk about history of Denver Kids and Rotary, and inform the club of service opportunities available to DMHR members.

January 12 - DMHR Board Meeting - 4-5 pm MST. Here is the unique Zoom link for all DMHR board meetings:
<https://us02web.zoom.us/j/89392319378?pwd=akZ5L0w2anM3Qk4rZUIFWENrOVQzUT09>

January 13 - Club Activity - Write Valentine's Cards for shut ins, those we haven't seen for a while, etc.

January 14 - Volunteer for Metro Caring - [Click here](#) and scroll to page 5 for details.

January 20 - Jon Schlegel is a local who made a name for himself as the owner of SNOOZE and a wine expert. He will tell his story about his passion and his experience becoming an Italian wine maker (Attimo Winery).

January 25 - WCS Meeting - 4:00 pm. Please contact Audrey Leavitt for Zoom details.

January 27 - Report from Temple Buell Scholar Jay Arehart. Jay has been studying in Edinburgh, Scotland where his focus is on building and foundational structural materials sustainability. He has been a major partner with Project Drawdown; you can [learn more about Jay](#) on his website, and of course during his Rotary presentation.

February 3 - Charlie Hunt and Tilyian Phannenstiel - Partnership between Rotary and the Peace Corps. An incredible partnership agreement was formally created in 2015 and renewed in 2018. The partnership came about because a group of Rotarians in District 5450 helped both agencies realize that they do the same work but from different points of execution. Collaboratively, both could have greater projects and this would only happen with a greater awareness of the partnership at the grassroots level.

February 9 - DMHR Board Meeting - 4-5 pm MST. Here is the unique Zoom link for all DMHR board meetings:
<https://us02web.zoom.us/j/89392319378?pwd=akZ5L0w2anM3Qk4rZUIFWENrOVQzUT09>

February 10 - Julie Topeka and Doug Jackson share how Project Cure in Centennial is the world's largest distributor of donated medical relief. Project Cure routinely provides over \$50 million annually in donated medical equipment and supplies from six distribution centers in major U.S. cities and smaller collection centers around the country. With COVID-19, Project Cure pivoted to meet needs domestically.

February 11 - Volunteer for Metro Caring - [Click here](#) and see page 5 for details.

February 24 - Debra Fine - Beyond Texting: The Fine Art of Small Talk and Big Talk. Author of the [Fine Art of Small Talk](#) and [The Fine Art of the Big Talk](#). Local Rotarian/author!

February 26-27 - PETS Training, virtually via Zoom.

Weekly Inspirators, Greeters & Hosts, etc.

Date	Inspiration	Greeters	Host
December 16	Margaret Van Vliet	Mary Walta and Bruce Ward	Marty Waters
Dec 23 and 30	Club Dark	Happy Holidays	See you in 2021!
January 6	Amy Weed	Ronnie Weiss and Sonny Wiegand	Pat Gorman Barry



Meeting Leader Calendar

Dec 16	Steve Blazek
Dec 23	Dark - no meeting Happy Holidays!
Dec 30	Dark - no meeting Happy New Year!
Jan 6	Melanie Gentz
Jan 13	Adams Price
Jan 20	Melanie Gentz
Jan 27	Steve Blazek

Mental Wellness

Tip of the Week

Shred old documents and un-

Denver Mile High



clutter
your files.

December Birthdays

Dec 3 - Noreen Keleshian
Dec 4 - Tom Gregory
Dec 13 - Tom Cella
Dec 16 - Bob Kemp

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Mental Wellness brought to
you by **Diane Messamore**

Please give to the Rotary Foundation and become a Paul Harris Fellow!

District Governor **Bob Kemp** has asked us to support the humanitarian efforts of The Rotary Foundation of Rotary International in our year-end giving. Gifts to The Rotary Foundation help fund the many projects carried out through Rotary Clubs and individual Rotarians around the world.

The Rotary Foundation provides matching grants to Clubs and Districts to leverage funds from our Denver Mile High Rotary Club Foundation and make a greater impact in the world than we can make on our own. We have obtained matching grants for numerous international projects since our inception.

Donors to The Rotary Foundation are recognized as **Paul Harris Fellows** when their giving reaches \$1,000 or multiples thereof. To help you become a first time or multiple Paul Harris Fellow, our Club will match the credit that you get for your donation to the Annual Fund. So if you give \$100 to The Rotary Foundation, your Paul Harris account will increase by \$200.

Your contribution to The Rotary Foundation can be made online at www.rotary.org or via a check, payable to "The Rotary Foundation." **Noreen Keleshian** processes contributions to The Rotary Foundation for our Club. If you make an online donation to the Annual Fund please let Noreen know at noreenkeleshian@gmail.com, so she can add the match to your account.

If you pay with a check, please mail it to **Noreen at 3220 South Locust Street, Denver, Colorado 80222-7410** who will mail it to The Rotary Foundation for you. Thank you for your generosity!

The Last Word...optional reading!

To view **District News** for December, [please click here](#) and scroll to page 5.

To view the Denver Mile High **Foundation information**, [please click here](#) and scroll to page 7.

To view the **Year at a Glance Calendar** and how to **pay dues** or **donate to the Foundation**, [please click here](#) and scroll to page 6.



NEWSFLASH!

Santa arrives in Florida early this year...He says that **Brad Thompson** has been nice and Santa will bring him gifts!

Santa is avoiding the cold snowy front that is cutting through the U.S. this week... smart guy!



The Rotary Book Group...

will read the following two books. Maybe someone wants to buy you one of these books as a holiday present?

Discussions begin at 4:30 on the following days:

January 11, Monday -

Threading My Prayer Rug

by Sabeeha Rehman

Threading My Prayer Rug is a richly textured reflection on what it is to be a Muslim in America today.

February 8, Monday -

Broken For You

by Stephanie Kallos

Broken for You is the story of two women in self-imposed exile whose lives are transformed when their paths intersect.

Still have Citrus? Try out this recipe...

Curried Squash and Orange Soup with Crème Fraiche

4 oranges	1 c crème fraiche	1 1/2 tsp salt
1 lrg yellow onion	1/2 c olive oil	2 Tbsp curry powder
1/2 tsp cayenne	2 large apples	1 lb butternut squash
5+ c chicken stock	2 Tbsp honey	cilantro to garnish
1 1/2 tsp apple cider vinegar		black pepper to taste

- Zest two oranges into 1 cup of crème fraiche.
- Cut away the pith of the zested oranges and segment, setting the segments aside.
- Zest and juice remaining oranges and set aside.
- In a large sauce pan heat onion and oil over medium, stir in curry powder, salt, and cayenne. Cook until onion is translucent, about 6 minutes. Add peeled and diced apples and squash, stock, and reserved orange juice and zest. Simmer until all apples and squash are very tender, about 15 mins.
- Blend soup, (or use immersion blender) until smooth and return to pot.
- Stir in honey, vinegar, and salt to taste.
- Serve garnished with orange zested crème fraiche, reserved orange segments, cilantro and pepper.
- Can substitute sour cream for crème fraiche. Bon Appetit!