



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 21, 2020

It's official, Amanda and I closed on our new home in Fernandina Beach, FL (Amelia Island) on Friday! Now the fun part of unpacking three moving pods begins this week, as well as getting settled and starting the long list of projects to work on over the weeks and months ahead.

Bravo Janine Kempfer for putting together that great slide show, "Back in the Day!" last week. I loved seeing everyone's photos from their youth and the fun back-stories on them. Thanks for your time, efforts and great presentation.

Joke of the Week: What do snowmen do in their spare time? They just chill.

Merry Christmas, Happy Chanukah, and joy to everyone this holiday season.

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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Interesting Facts...  
Attendance last week  
No meetings on December  
23rd and 30th.  
See you January 6, 2021

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

## ZOOM LINK - Next meeting January 6, 2021

**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

Season's Greetings and Cheers  
from your Rotary President and  
President Elect and their spouses!

Top: **Steve and Jeannie Blazek**  
Bottom:  
**Brad and Amanda Thompson**



## Word from the Editor and RI Foundation Info

### A word from your editor...

Dear fellow Rotarians,

One eighth of me wishes you Happy Hannukah and seven eighths of me wish you a Merry Christmas, and all of me thinks we should celebrate each other, no matter what we choose to believe! I just may have crossed a Rotary boundary... no religious and no political discussions however, it is well intentioned and heartfelt. People and relationships are "my thing," I value everyone.

Above all, this year I hope that you each remain safe from contracting the virus and can be thankful for the bountiful blessings we have, even if we cannot spend time with our families and friends.

Annely Noble  
M 303-842-8725

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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?*



### 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 International Foundation** in our year-end giving. 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](http://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](mailto:noreenkeleshian@gmail.com), so she can add the match to your account.

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

**Please make sure Noreen receives your check in time to postmark it to the RI Foundation by December 31, for your tax benefit.**

### NEW COMMITTEES - NEW OPPORTUNITIES!

The Rotary board has suggested we create two new committees:

**Communications Committee chairperson** will help create, curate and oversee our messaging both internally and externally. He/she will work with members on the weekly newsletter, our website, membership, and any other communications that occur. It is important to have consistent messaging/branding across all platforms.

**Technology Committee chairperson** 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. She/he 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 P 303-478-5729**

## Denver Mile High Rotary Calendar of Events

**December 23 - Club Dark - HAPPY HOLIDAYS!**

**December 30 - Club Dark**

**January 1 - HAPPY NEW YEAR!**



**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 11 - 4:30 - Rotary Book Group** meets. Contact Linda Sue Shirkey for the Zoom link

**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 8 - 4:30 - Rotary Book Group** meets. Contact Linda Sue Shirkey for the Zoom link.

**February 9 - DMHR Board Meeting - 4-5 pm MST.** [Click here](#) for the Zoom link for all DMHR board meetings.

**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.

**March 3 - DMHR Budget, LCS and WCS Projects Overview** - Translation...how and what your club is doing.

## Weekly Inspirators, Greeters & Hosts, etc.

Date	Inspiration	Greeters	Host
Dec 23 and 30	Club Dark	Happy Holidays	See you in 2021!
January 6	Amy Weed	Ronnie Weiss and Sonny Wiegand	Pat Gorman Barry
January 13	Jarod Beach	Andrew Bell and Steve Blazek	Bob Connaghan



### December Birthdays

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

### Meeting Leader Calendar

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

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### Mental Wellness

#### Tip of the Week

Make your life's  
timeline, listing  
significant events and  
accomplishments.

Denver Mile High  
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Mental Wellness brought to  
you by **Diane Messamore**

### Fellow Rotarians...

While most of us are healthy and able to participate in Zoom meetings and parties, others of us are dealing with life's challenges. Please, remember our fellow Rotarians who are pillars in this club but who are confined to their residences due to COVID and not always able to participate fully. Because many of you have asked for **Chuck and Charla Rudolph's** contact information, I have included it below:

**Chuck and Charla Rudolph**  
Balfour at Riverfront, Ste 2004  
1500 Little Raven St  
Denver, CO 80202

P 720-290-9523

For this past week's  
inspiration,  
**Margaret Van Vliet** gave a  
terrific summary of the book  
by Bishop Michael Curry,  
Love is the Way.  
[Click here](#) for a podcast by  
Bishop Michael Curry.

### Very Important...

Don't throw your defunct holi-  
day lights in the trash. For infor-  
mation on how and where to  
properly recycle them, please  
[click here](#).

### The Rotary Book Group...

will read the following two books.  
Please contact **Linda Sue Shirkey**  
for the Zoom link.

**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.



## Member contributions



**Amy Weed's**  
inviting front door  
and porch!  
Amy, may we come  
over and sip some  
hot Glühwein with  
you and Sabin on  
your front porch?



**Christmas at  
Amy's!**

Below on her  
buffet, is Amy's  
very unique Israeli  
nativity village.



**Ronnie Weiss** sent this photo saying...

"This is the little Angel of Hope. We had a virtual White Elephant gift exchange party on Zoom with The Conflict Center staff, interns and a few key volunteers, a totally new COVID invention! In the spirit of the White Elephant, I "stole" this little item from one of my co-workers as I liked her so much. She sits next to the holiday village in my living room." —>





## The Penultimate 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.

**Pat Gorman Barry** sent in the following, which we all can use...

### COVID STRESS BUSTER: HEALTH BENEFITS OF VOLUNTEERING

In 2017, RI General Secretary John Hewko asked researchers at the Johns Hopkins Center for Civil Society Studies to measure the amount and value of Rotarians' volunteer service. The September, 2020 Rotarian Magazine gave a one-page summary of the results and here is a link to the study <https://ccss.jhu.edu/rotary-volunteering-report/>. Key findings show that Rotarians give 47 million volunteer hours per year, providing an estimated \$850 million dollars of service.

What the report did not mention was the value the Rotarians gain as the benefits. The Mayo Clinic fills this gap and cites research that identifies six health benefits volunteers gain from serving others:

Volunteering decreases the risk of depression. Research has shown that volunteering leads to lower rates of depression, especially for individuals 65 and older. Volunteering increases social interaction and helps build a support system based on common interests — both of which have been shown to decrease depression.

Volunteering gives a sense of purpose and teaches valuable skills. Volunteers perform critical roles in assisting individuals and families. The work that volunteers provide is essential to everyday processes, which gives volunteers a sense of purpose.

Volunteering helps people stay physically and mentally active. Volunteer activities get you moving and thinking at the same time. One study found that volunteering among adults age 60 and over provided benefits to physical and mental health. Another study found that, in general, volunteers report better physical health than do non-volunteers. Older volunteers experience greater increases in life satisfaction and greater positive changes in their perceived health as a result of volunteering.

Volunteering may reduce stress levels. Volunteering may enhance a person's social networks to buffer stress and reduce risk of disease. By savoring time spent in service to others, you will feel a sense of meaning and appreciation, both given and received, which can have a stress-reducing effect.

Volunteering may help you live longer. An analysis of data from the Longitudinal Study of Aging found that individuals who volunteer have lower mortality rates than those who do not, even when controlling for age, gender and physical health. In addition, several studies have shown that volunteers with chronic or serious illness experience declines in pain intensity and depression when serving as peer volunteers for others also suffering from chronic pain.

Volunteering helps you meet others and develop new relationships. One of the best ways to make new friends and strengthen existing relationships is to participate in a shared activity together. Volunteering is a great way to meet new people who share common interests with you. Dedicating your time as a volunteer also helps you expand your network and practice social skills with others.

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/helping-people-changing-lives-the-6-health-benefits-of-volunteering>



## The Last Word...optional reading!



Holiday Party Breakout Room photos  
thanks to **Amy Weed**!

**Marty Waters's** many disguises were a hit!  
Below he is in a beret, prior to that he had  
reindeer antlers, and before that he  
sporting very funny glasses!

If anyone has additional photos, bring 'em on!

