

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

President's Column

Club of Denver Mile

Greetings Denver Mile High Rotarians!

December 7, 2020

Rota

I loved the updates last week from Carolyn on our financials, Audrey on World Community Service and Tom on Local Community Service. The updates on our Fruit Sales Fundraiser were also good to hear. I am so impressed with how organized and great our club truly runs. It's like a well-oiled machine. It's not one person that makes it so successful, but it truly takes so many great people and our committees that are spinning multiple plates every single week that make is seem easy. To our newer members, and a reminder to those of you who have been around for a while, we really do have a great collection of amazing people! I would like to invite you to make time this week to give another member a random call, just to check in or to get to know them better.

Joke of the Week: What's the difference between ignorance and indifference? I don't know and I don't care!

Stay well and see you on ZOOM this Wednesday!

Brad Thompson

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=ZjZKeGMyNEFQU2pTSXErZUpUa0Z3UT09

Meeting ID: 317 120 546

Password: DMHR2020

Note - If you are a DMHR Foundation donor and are not listed as such on the last page of this newsletter, please let me know as soon as possible so that I may correct that. Thank you, <u>Annely Noble</u> 303-842-8725.



Rotary Book Group Correction!

In the last newsletter, your publisher neglected to include the following book in the list of books the Rotary Book Group has recently read and discussed. <u>Girls Like Us</u> by Cristina Alger.

Denver Mile High Rotary on the Web:

Rotary

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Rotary District 5450

Rotary International

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Word From the Editor Citrus Sales Report

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The last Word... optional reading

Interesting Facts... Attendance last week 52 Total membership 36 - Speakers on Zoom 16 - Members missing





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Word from the Editor and Citrus Report

A word from your editor...

Dear fellow Rotarians,

You leave me speechless every week! The efforts of my fellow members in helping with gift giving projects; raising Polio Plus funds; selling, unloading, distributing citrus; volunteering to benefit Metro Caring; volunteering at many other city venues, and in many other ways, exemplifies service above self and shows how caring, giving and generous Rotarians are, not just during the holiday season, but throughout the year! Keep up the amazing role modeling! See you Wednesday!

Annely Noble 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?



Citrus sales were a resounding success during a difficult COVID year! Rotarians sold 195 boxes of citrus, profiting the DMHR Foundation, the source of funds with which we do good throughout the year. Thank you, Rotarians for your efforts! Forty of those 195 boxes went to Food For Thought thanks to the generosity of our members, and kudos to **Constance Mortell** who donated five boxes to the Denver Children's Home!

Thank you to Tom Giordano and Amy Weed for heading up this successful fundraising project.

Tom Cella, Adams Price, Amy Weed, Audrey Leavitt, Marty Waters, Marcus Hanlon, Josh Peck and Tony Vaida all helped unload, inspect each box, and distribute the citrus on Saturday morning! THANK YOU!



January 11, Monday - <u>Threading My Prayer Rug</u> by Sabeeha Rehman <u>Threading My Prayer Rug</u> 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.



And the winner is... **Robin Springer** found homes for 41 boxes of citrus. This resulted in profits which go directly to the DMHR Foundation! Way to go, **Robin**! Can someone top that next year?





Denver Mile High Rotary Calendar of Events

December 8 - DMHR Board Meeting - 4-5 pm MST. This is the unique Zoom link for all DMHR board meetings: <u>https://us02web.zoom.us/j/89392319378?pwd=akZ5L0w2anM3Qk4rZUIFWENrOVQzUT09</u>

December 9 - Pem Dorjee Sherpa - From Everest ascents to a home in the US, to Projects Back in his native Nepal. Aside from his mountaineering achievements, Dorjee has worked on improving the quality of life in his home village of Chayangba. Dorjee has organized service projects such as dental, eye, and other health projects, as well as funding to build libraries, schools, and drinking water systems in his village and other remote villages in Nepal.

December 10 - Volunteer for Metro Caring - Click here and see page 5 for details, or contact Robin Springer.

December 15 - DMHR Holiday party - 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!



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 see page 5 for details

January 20 - Debra Fine - Author of the Fine Art of Small Talk and The Fine Art of the Big Talk. Local Rotarian/author! January 25 - WCS Meeting - 4:00 pm. Please contact Audrey Leavitt for Zoom details.

January 27 - Temple Buel Scholar report from 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 <u>learn more about Jay</u> on his website, and of course during his Rotary presentation.

February 3, 2021 - 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 US cities and smaller collection centers around the country. With COVID-19, Project Cure pivoted to meeting needs domestically.

February 11 - Volunteer for Metro Caring - <u>Click here</u> and see page 5 for details.





Weekly Inspirators, Greeters & Hosts

Date	Inspiration	Greeters	Host
December 9	Betty Speir	Robin Springer and Michael Tapp	Tony Vaida
December 16	Margaret Van Vliet	Mary Walta and Bruce Ward	Marty Waters
Dec 23 and 30	Club Dark	Happy Holidays	See you in 2021!



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

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

Meeting Leader Calendar				
Dec 9	Melanie Gentz			
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			

Our Sargent-at-arms, **Tom Cella**, does a superb job of announcing monthly birthdays, but this month he forgot to announce his own until someone prodded him to do so! He always tells us with whom the birthday recipient shares his/her special day. Tom didn't happen to mention that he shares his

birthday with Dick Van Dyke, with whom Tom Cella even shares a slight resemblance, how about that?



Click here to catch up on the Metro Caring Chronicle. DMHR Rotarians are participating in re-bagging grains and legumes from 50 lb bags into 2 lb bags. Call Robin Springer to sign up to participate in the second Thursday of the month morning function.

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 <u>www.rotary.org</u> 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 <u>noreenkeleshian@gmail.com</u>, 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** and she will mail it to The Rotary Foundation for you. Thank you for your generosity!





District 5450 News

Wanted: A Past Club President looking for a challenging, rewarding leadership position.... to help inspire Rotarians to do great things! Rotary District 5450 is accepting nominations for our 2023-2024 District Governor.

Any past club president who is a member in good standing of his/her club and has been a member of Rotary for at least seven years when he/she would become District Governor (July 1, 2023), may be nominated. Submit nominations for District Governor directly to the Chair of the DG Nominating Committee, Past District Governor Curt Harris at DGCurt2019.20@Rotary5450.org. *Applications must be submitted by January 31, 2021.*

The nominations will be reviewed, and selected candidates will be notified. PDG Curt Harris and his selected team will interview candidates in February 2021. <u>Click here for more details</u> and to find the nomination form.

Bob Kemp Rotary Club of Denver Mile High

District 5450 Governor 2020-21

DGBob2020.21@gmail.com

The Ethics of the Four-Way Test

In case you missed this interesting presentation on December 1, you can <u>click here for a link</u> to experience it. If you have any questions please contact Candace Cole, <u>candace.cole999@hotmail.com</u> or 970-531-5543.

<u>Click here</u> for the link to the **December** District 5450 home page where you can hear DG Bob Kemp's monthly address, see the district calendar, other club activities, etc.





Register now for these great events! All times listed are Mountain Time US.

TOMORROW - TUESDAY, DEC. 8 | 7:00 - 7:30 PM THANK YOU HEALTH CARE WORKERS! Thanks to technology we are going to show Colorado healthcare workers some love.

We're asking ALL Rotarians join us for a brief District-wide Zoom call. **Join Zoom Meeting** https://us02web.zoom.us/j/81555201177?pwd=dUZEd2VZekJXTjIyWUpiY0wwbmN2Zz09

Meeting ID: 815 5520 1177 Passcode: 336387

Membership Panel Discussion (Satellites, Alumni, Engagement) Tuesday, Jan. 5 | 7:00 to 8:00 pm MST

Peace is Possible Thursday, Jan. 7 | 6:30 to 7:30 pm

Mid-year Presidents' Meeting Tuesday, Jan. 12 | 7:00 to 8:15 pm MST

Strategies for Developing RI Leads Tuesday, Jan. 26 | 7:00 to 8:00 pm MST

Principled (Win/Win) Negotiations Thursday, Feb. 4 | 6:30 to 7:30 pm

Unconscious Bias Thursday, March 4 | 6:30 to 7:30 pm Find registration and descriptions for all events on the District website at www.rotary5450.org. You do not need to log in to register for events.



2020-2021

RI President





DMHR Year-At-A-Glance Calendar

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JANUARY	FEBRUARY	MARCH
Write Valentine Cards for Seniors	Craig Hospital Dinner	Mini-Dinner Fundraiser
Mini-Dinner Fundraiser	New Member Orientation	
Rotary Awareness Month	World Awareness Month	Literacy Month
APRIL	MAY	JUNE
Mile High Spring Swing	Craig Hospital Dinner	River Rafting
	RYLA Interviews	
RI Magazine Month	Promote International Convention Mth	Rotary Fellowship Month
JULY	AUGUST	SEPTEMBER
Inner City Kids Hike/Rotary Peak	School Supplies Drive	Mini-Dinner Fundraiser
RYLA Camp	Past President's Party	New Member Orientation
Literacy Month & New Rotary Year	Membership and Extensions Month	New Generations Month
OCTOBER	NOVEMBER	DECEMBER
9 Health Fair & Craig Hospital Dinner	Write Holiday Cards for Active	Holiday Party
World Polio Day Event	and Deployed Military	Toy Drive
Economic & Community Development	Citrus Fundraiser	
Month		
Vocational Service Month	Rotary Foundation Month	Family Month

DMHR Admin Information

DMHR Club Dues

Carolyn Schrader, Treasurer schrader407@gmail.com Please make out checks to: *Rotary Club of Denver Mile High*

- Mail a check to Carolyn Schrader at 407 Detroit St. Denver CO 80206
- Bring a check to a Club meeting and give it to Tom Cella or Carolyn
- Pay by credit card <u>Click here</u> or use <u>https://rotary-club-of-denver-mile-high.square.site/</u>
- Pay by credit card using the link on your invoice
- If you would like to pay in a different way or have questions, contact Carolyn <u>schrader407@gmail.com</u>

DMHR Foundation

Tom Giordano — 303-263-5091 — Thank you! Please make out contribution checks to: Rotary Club of Denver Mile High Foundation or DMHR Foundation

- Hand to Tom Giordano at a meeting or
- Mail to: Tom Giordano at 7271 E. Wesley Ave., Denver, CO 80224
- Or... <u>please click here</u> to go directly to our secure online donation site.
- You may make a one time donation or set up automatic monthly donations.





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Contributions to DMHR Foundation



2020	al Donors		
Pat Gorman-Barry	Carolyn Nobel	Tony Vaída	
Tom Cella	Annely Noble	Mary Walta	
Melaníe Gentz	Adams Príce	Marty Waters	
Tom Gíordano	Chuck Rudolph	Ronnie Weiss	
Tom Gregory	Roberta Símonton	Sonny Wiegand	
Вов Кетр	Robin Springer	Amy Weed	
Díane Messamore	Míchael Tapp		
Constance Mortell	Ann Tull		









The Last Word...optional reading!

In a discussion among Rotarians recently, the question arose as to the various tests available for COVID diagnosis. Following is a succinct summary of COVID tests available.

- PCR test. Also called a molecular test, this COVID-19 test detects genetic material of the virus using a lab technique called polymerase chain reaction (PCR). A fluid sample is collected by inserting a long nasal swab (nasopharyngeal swab) into your nostril and taking fluid from the back of your nose or by using a shorter nasal swab (mid-turbinate swab) to get a sample. In some cases, a long swab is inserted into the back of your throat (oropharyngeal swab), or you may spit into a tube to produce a saliva sample. Results may be available in minutes if analyzed onsite or a few days if sent to an outside lab. PCR tests are very accurate when properly performed by a health care professional, but the rapid test can miss some cases.
- Antigen test. This COVID-19 test detects certain proteins in the virus. Using a long nasal swab to get a fluid sample, antigen tests can produce results in minutes. Because these tests are faster and less expensive than PCR tests, antigen tests may be more practical to use for large numbers of people. A positive antigen test result is considered accurate when instructions are carefully followed, but there's an increased chance of false negative results — meaning it's possible to be infected with the virus but have a negative result. Depending on the situation, the doctor may recommend a PCR test to confirm a negative antigen test result.

Certain COVID-19 test kits authorized by the FDA allow you to collect the sample at home and then send it to a lab to be analyzed. One at-home COVID-19 test that's authorized by the FDA provides fast results at home. This nasal swab test requires a doctor's prescription. At-home PCR tests are likely more accurate than at-home antigen tests are, but a sample collected by a trained professional may be most reliable. The FDA warns consumers that some scammers are promoting unauthorized COVID-19 tests, so only get a test that's authorized by the FDA.

You say you have some citrus at your home? Then why not treat yourselves to the following time honored orange cake?

Cream the following: 2 sticks of butter 3/4 cup sugar (don't skimp) Add to above and beat well: 3 egg yolks (save the whites) 1 cup sour cream (full fat) Grated rind of one orange In a separate bowl, sift and combine well: 1 3/4 cups flour 1 tsp baking powder 1 tsp baking soda

In a separate bowl, beat until stiff but not dry: 3 egg whites sprinkled with a pinch of salt

To the above wet ingredients, alternately stir in the dry ingredients and the beaten egg whites. Turn the cake batter into an oiled and floured bundt or angel food cake pan. Bake for one hour or until toothpick comes out clean. Let stand 10 minutes. Remove from pan, pierce the cake all over with fork and pour hot orange syrup over it.

Hot orange syrup. Mix in a pot and boil gently for 3-4 minutes: Juice of two oranges juice of one lemon

dash of salt 3/4 cup sugar

Recipe as sent to me by my mother, Ingeborg Glogowski, dated 2/3/75. Thank you for allowing me to share this. Annely Noble

