



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

Rotary
Club of Denver Mile High



Denver Mile High
Rotary
Club



**Denver Mile High
Rotary on the Web:**

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Photo compliments
of Debra Flick

President's Column

Greetings Denver Mile High Rotarians!

Feb 15, 2021

Loved, loved, loved learning more about Project C.U.R.E from CEO, Doug Jackson, last week. Their story was amazing and impressive! I think there could be a great opportunity to do some hands-on, local community service with them some day!

The Wine and Chocolate fundraiser for the DMHR foundation was not only SO FUN, but a great success as well. From early calculations, we raised about \$3,500! Thank you to Tony, Adams, Melanie, and Tom Cella for organizing this fun event. And a big thanks to everyone who participated and delivered wine too!

Joke of the Week: "When there is a meeting of four Rotarians late in the day, there is always a fifth!" Credit for this week's Joke goes to Brian Good.
Thanks Brian! Cheers!

Be well and be safe,
Brad Thompson

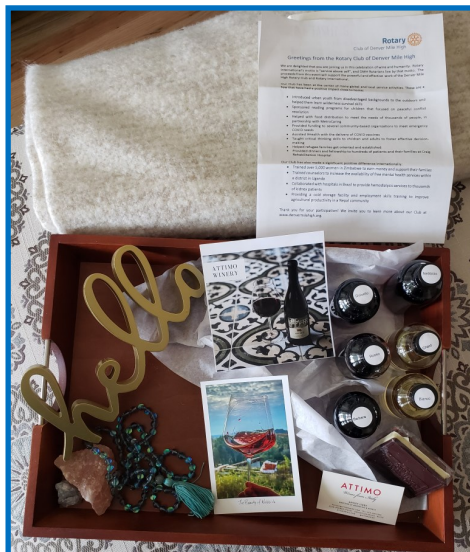
*****NEW ZOOM LINK*****

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=aXZsTXRiZzJLZEVL1N2RFZ3bnBRdz09)
[pwd=aXZsTXRiZzJLZEVL1N2RFZ3bnBRdz09](https://us02web.zoom.us/j/81294791259?pwd=aXZsTXRiZzJLZEVL1N2RFZ3bnBRdz09)

Meeting ID: 812 9479 1259 Passcode: 903839



Interesting Facts...

Attendance last week

52 Total membership

19 Zoom *members* attending

1 Zoom *speaker* attending

3 Zoom *guests* attending

0 Guests attending at U-club

19 Member U-Club attendance

14 Members missing

Attimo Wine & Chocolate Tasting Huge Success!

For more photos and to read
about details, see page 6.

Word from the Editor, District News and more

A word from your editor

Dear Fellow Rotarians,

Who recognizes any of the following one-liners? Rotary is all about serving our fellow beings. Didn't Rotary just declare (in the most recent *Rotary* magazine) that Rotary successfully eradicated wild polio from Africa?

Do More, Grow More

Grow More to Do More

Each One, Bring One

Don't just be a member of Rotary, be a Rotarian!

Service is the rent I pay for the space I occupy on the earth.

Don't leave the ship sitting in the harbor, it is meant to be sailed!

Serve to Change Lives.

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?



WANTED

Communications Committee Social Media Mogul - Influencer

This committee is looking for a member of the club who can routinely update the club's social media sites such as Facebook, Instagram and Twitter. The goal is to increase the awareness of the club's activities and impact, potentially also increasing membership. If you are interested in taking on this task either alone or with the assistance of another, please contact [Margaret Van Vliet](#).

P.S. Age is not a factor. See you on Facebook, Twitter and Instagram! Thank you!

WANTED

Denver Mile High Rotary Treasurer

Carolyn Schrader is currently acting as interim treasurer; for more information, please contact [Carolyn](#).

We are "counting" on you to volunteer. Thank you!

WANTED

It is not too early...

to consider being the newsletter editor! **Annely Noble** loves having this task, but as incoming PE, it is important for her to have a backup and then as President, to relinquish the role. Annely uses Publisher, part of Microsoft Office, a very intuitive program, and will always be available to help with questions. If you feel called to carry out this integral club duty, please contact [Annely](#) (303-842-8725) so you can begin to learn the ropes.

Let's turn the page to a new chapter!



Denver Mile High Rotary Calendar of Events

February 17 - Rick Ergle presents "A Fresh Look at the Rotary Four-Way Test." Rick Ergle is a Rotarian and member of the Keystone Heights Rotary Club in Florida. In this day and age of "fake news" and political polarization, Rick will share an updated and refreshing look at the Rotary 4-Way Test.

February 22 - World Community Service meeting - Please contact [Audrey Leavitt](#) for Zoom link.

February 23 - World Understanding and Peace Week. February 23 marks the day Rotary was founded in 1905.

February 24 - Communications Committee meeting - There are four Rotarians on this committee, we need a 5th! Please contact [Margaret Van Vliet](#) to be included in Zoom link distribution for the meeting.

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 we are welcoming back as she spoke to us a few years ago. Did you notice Debra's article in the Rotarian a few months gone by?

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

March 10 - Ms. Maro Casparian, Director Community Engagement, Denver District Attorney's Office - Consumer Scams and Fraud: From Bad to Worse during COVID-19 and How to Protect Yourself.

March 8 - 4:30 pm - DMHR Book Club discusses [Giver of Stars](#) by Jojo Moyes. Please contact [Linda Sue Shirkey](#) to be placed on Zoom distribution list. Link also will be available in newsletter right here on March 8. All welcome.

March 9 - 4:00 pm - DMHR Board Meeting.

March 17 - Larry Rykman, Founder and Editor, The Colorado Sun - Current State and Future of Print Journalism.

March - Post PETS Sessions, virtually via Zoom. March 19 beginning at noon, and March 20, beginning at 7:15am.

March 24 - Dr. Jim Bertz - Pediatric Cleft Palate Missions Around the World - Dr. James Bertz is a renowned Maxillofacial surgeon who has served on pediatric cleft palate missions around the world. A long-standing volunteer with Uplift, Jim has been on several trips to the Philippines and worked with Dr. Jamie Yrastorza, founder of Uplift and a fellow Rotarian from Wheat Ridge. Dr. Bertz practices in Scottsdale, AZ.

March 31 - Elizabeth Garner, State Demographer - Colorado's Changing Demographics and What That Portends for the Future.

April 7 - Speaker not yet identified—Any ideas, fellow Rotarians? Please contact [Brian Good](#), 303-994-6609.

April 14 - Speaker - Do you know anyone who would be a good candidate to share some good news?

May 7-8 - District Conference - Details to follow. **May 8 will be a Day of Service.**

Weekly Inspirators, Greeters & Hosts, etc.

Date	Inspiration	Greeters	Host
February 17	Diane Messamore	Constance Mortell and Carolyn Nobel	Annely Noble
February 24	Josh Peck	Charlene Porter and Adams Price	AVAILABLE
March 3	Chuck Rudolph	Carolyn Schrader and Linda Sue Shirkey	Roberta Simonton



February Birthdays

Patricia Barry 8-Feb
Sonny Wiegand 11-Feb
Andrew Bell 13-Feb
Adams Price 25-Feb

Meeting Leader Calendar - Brad Thompson will be leading meetings via Zoom with in-person assistance from:

Feb 17 Steve Blazek
Feb 24 Scott Smeester
Mar 3 Melanie Gentz
Mar 10 Steve Blazek
Mar 17 Melanie Gentz
Mar 24 TBD
Mar 31 Adams Price

Mental Wellness Tip
brought to you by a
Golden High School Student

Mental Wellness
Tip of the Week
**Know when you need help,
and honor someone by
asking for their assistance.**

Denver Mile High
Rotary
Club



The Rotary Book Group...

All Welcome

Discussions begin at 4:30
on the following day:

March 8, Monday -

Giver of Stars

by Jojo Moyes

Set in a small Kentucky town
in Depression-era America, the **novel**
details the lives of five women who become
traveling librarians, delivering books to the peo-
ple of Kentucky. The story follows Alice Wright,
a British woman, who moves after marrying
the Kentucky native Bennett Van Cleve.



Hope everyone had a great
Valentine's Day!
This is an Australian pink robin
compliments of
Constance Mortell.

Service Above Self



PROJECT WORTHMORE

Project Worthmore - Volunteer for March 1st
and/or every first Monday of the month

Project Worthmore is a local non-profit that serves the refugee community in the Denver metro area by providing a dental clinic, language classes, providing food in their community, as well as other services.

They have established the **first Monday of every month as an opportunity for Rotary members to volunteer** to help with food packaging and/or contactless deliveries.

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.

Project Worthmore - CORRECTION

To volunteer for this project, please **contact Rebecca Thomas**, the volunteer coordinator for Denver Cherry Creek Rotary. Her contact information is: bibliobec@gmail.com



[1139 Delaware Street, Denver 80204](#)

Volunteer dates TBD

Kudos to all who have volunteered at the vaccination test sites. Fifteen District 5450 clubs have helped in this effort. 9Health will be looking for additional volunteers as soon as sites are determined and plans are finalized; watch this newsletter for upcoming dates and times. The timing is flexible, but usually between 10am and 4pm. To volunteer, please call (610-805-7579), or e-mail [Audrey Leavitt](#).



METRO CARING
ENDING HUNGER AT ITS ROOT

Volunteer for March 11 - 9:00 am-12:30 pm

Metro Caring Provisioning Project:

Thursday, March 11 is our next session.

TIME: 9:00am - 12:30pm

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

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. [Click here](#) for a February update from Metro Caring.



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](#).

Service Above Self

Thank you to all who participated in the Wine and Chocolate Tasting Fundraiser

Thank you to 74 Rotarians and their friends who participated in this event. Rotary International's motto is "service above self", and DMH Rotarians live by that motto. The proceeds from this event (approximately \$3500) will support the powerful and effective work of the Denver Mile High Rotary Club and Rotary International.

Our Club has been at the center of many global and local service activities. These are a few that have had a positive impact close to home:

- Introduced urban youth from disadvantaged backgrounds to the outdoors and helped them learn wilderness survival skills
- Sponsored reading programs for children that focused on peaceful conflict resolution
- Helped with food distribution to meet the needs of thousands of people, in partnership with MetroCaring
- Provided funding to several community-based organizations to meet emergency COVID needs
- Assisted 9Health with the delivery of COVID vaccines
- Taught critical thinking skills to children and adults to foster effective decision-making
- Helped refugee families get oriented and established
- Provided dinners and fellowship to hundreds of patients and their families at Craig Rehabilitation Hospital

Our Club has also made a significant positive difference internationally:

- Trained over 5,000 women in Zimbabwe to earn money and support their families
- Trained counselors to increase the availability of free mental health services within a district in Uganda
- Collaborated with hospitals in Brazil to provide hemodialysis services to thousands of kidney patients
- Providing a cold storage facility and employment skills training to improve agricultural productivity in a Nepal community

Thank you for your participation! We invite you to learn more about our Club at www.denvermilehigh.org.

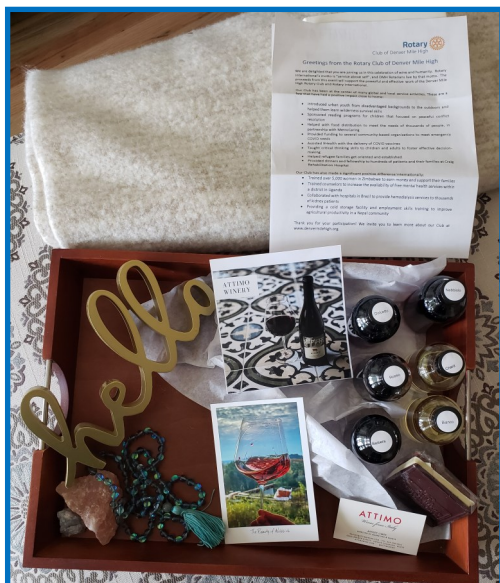


Photo compliments of **Debra Flick**.

On the left,
Debra Flick shows
the contents of the
bags we received
for the tasting,
while on the right,
Annelly Noble
shows the set up
for the tasting with
a neighbor... two
computers, two
sets of 6 glasses,
cheese, crackers,
nuts, and water to
cleanse the palate.
**What a GREAT
fundraiser! Thanks
to Tony Viada and
all who helped!**





Service Above Self

NEW Volunteer Opportunity

As part of our club's visioning targets and the District's Mental Health Initiative, we are working with the Mental Health Center of Denver to set up a Mental Health First Aid training. Mental Health First Aid is a national public education program that can help communities understand mental illnesses, seek timely intervention, and save lives. More information on what the purpose of the training can be found at <https://www.thenationalcouncil.org/training-courses/mental-health-first-aid/>.

We need 20 people minimum to schedule a training session outside of the normal Friday sessions and I would like to invite members of your club to participate with us if they are interested. We are tentatively planning to do this on Saturday, March 20th if that date works for the majority of people interested. **Note: there are two types of training to choose from: Adults assisting adults, or adults assisting youth (ages 12-18), and is delivered in two segments; online self-paced modules completed by participants (~2 hrs) and a 6-hour instructor-led Zoom class.**

This is being coordinated by my fellow club member Dave Schutz (davidmschutz@gmail.com) and he is hoping to hear back from those interested by the end of next week (Friday, Feb 19th). Please feel free to reach out to Dave or me if you have more questions.

Thanks all!
Suzie
Rotary Club of Five Points RiNo
President 2020-21 & Charter Member
720.891.0843

District 5450 Information

Become a member of District 5450's PolioPlus Society!

Rotary has eradicated wild polio from Africa, but the battle does not end there. There are two countries (Afghanistan and Pakistan) which still have polio victims and in which Rotary continues its eradication efforts. Please join the PolioPlus Society and help to free the world of this horrible illness. One hundred dollars a year is a small price to pay to protect children from polio and its devastating effects.

For information on District 5450's PolioPlus Society, [please click here!](#)



And to take action and to become a member of the PolioPlus Society, [please click here.](#)

February is

Black History Month

To see how Colorado honors this topic, [please click here.](#)

District News

[Click here](#) for February's District 5450 News.

Save the Date...

September 25th

2nd Annual

Woohoomanity™ Challenge

Saddle up (on your bike) and put in some training miles!

For more information contact Pat McGuckin
pat@mcguckins.net

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 - [Click here](#) or use <https://rotary-club-of-denver-mile-high.square.site/>
- 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 - schrader407@gmail.com

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

You may also use Zelle to pay your dues,

like a check but nothing to mail. See page 2 or 4.

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



DMHR Year-At-A-Glance Calendar

JANUARY Write Valentine Cards for seniors from your home and mail to the senior living facility of your choice. Rotary Awareness Month	FEBRUARY - See note below* Craig Hospital Card Writing Wine and Chocolate Tasting New Member Orientation Peacebuilding and Conflict Prevention Month	MARCH Mini-Dinner Fundraiser - TBD Up-in-the-air Literacy Month
APRIL Mile High Spring Swing - TBD RI Magazine Month	MAY Craig Hospital Dinner RYLA Interviews Promote International Convention Mth	JUNE River Rafting Rotary Fellowship Month
JULY Inner City Kids Hike/Rotary Peak RYLA Camp Literacy Month & New Rotary Year	AUGUST School Supplies Drive Past President's Party Membership and Extensions Month	SEPTEMBER Mini-Dinner Fundraiser New Member Orientation New Generations Month
OCTOBER 9 Health Fair & Craig Hospital Dinner World Polio Day Event Economic & Community Develpmt Month Vocational Service Month	NOVEMBER Write Holiday Cards for Active and Deployed Military Citrus Fundraiser Rotary Foundation Month	DECEMBER Holiday Party Toy Drive Family Month

*FEBRUARY - The week of the anniversary of Rotary's founding (23 February) shall be known as World Understanding and Peace Week.

Contributions to DMHR Foundation

Denver Mile High Rotary Foundation Donors

*Giving Generously
For the
Greater Good*

Pat Gorman-Barry	Carolyn Nobel	Tony Vaida
Tom Cella	Annely Noble	Mary Walta
Melanie Gentz	Adams Price	Marty Waters
Tom Giordano	Chuck Rudolph	Ronnie Weiss
Tom Gregory	Roberta Simonton	Sonny Wiegand
Bob Kemp	Robin Springer	<i>Room for more, will it be you?</i>
Diane Messamore	Michael Tapp	
Constance Mortell	Ann Tull	

The
Rotary
Foundation



Doing Good In The World



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