



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



Denver Mile High
Rotary
 Club 

President's Column

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Free wine ———>	

Greetings Denver Mile High Rotarians! Feb 22, 2021

After last week's presentation by Rick Ergle, I am sure we are all thinking about the Four Way Test a little differently. I know I am.

I had a great week with my daughter visiting us last week. She was our first official guest in our new home. We did some sight-seeing, walked on the beach, visited a State Park and had some great meals. Family visits are always fun.

Joke of the Week: Did you hear about the new broom that everyone is talking about?
 It's sweeping the nation!

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

Meeting ID: 812 9479 1259 Passcode: 903839

A Rotary thank you to **Betty Speir** for organizing, implementing, and delivering the Valentine's Day cards to Craig Hospital while we cannot, due to COVID, provide the Family Dinners that DMHR usually does. Thank you to all the Rotarians who wrote the cards for the Craig Hospital residents/patients.

And, another Rotary thank you to **Tony Vaida** for planning, organizing and implementing the Attimo Wine and Chocolate Tasting, which so heartily benefited the DMHR Foundation account. Thank you also to **Adams Price, Steve Blazek, Tom Cella, Tom Giordano and Melanie Gentz** who did so much to make this happen, and of course the 70+ Rotarians and friends who made the event the success it was. Final report coming soon. **NOTE - For a free glass of wine**, please return your empty sample bottles to Attimo. Check hours prior to going.

Interesting Facts...

Attendance last week

52 Total membership
 30 Zoom *members* attending
 1 Zoom *speaker* attending
 3 Zoom *guests* attending
 0 Members at U-club, closed
 22 Members missing
 Note - Number discrepancy due to our speaker's single Zoom comprising 1 honorary DMHR member, 1 speaker and the president of their club.

Question?

Does your corporation offer matching funds for charitable contributions? See page 4.



Word from the Editor, District News and more

A word from your editor

Dear Fellow Rotarians, highlights from this month's *Rotary* magazine...

Rotary International formed an alliance with **Toastmasters International** in 2020. The "My Rotary" site states, "To help you achieve your personal and professional goals, Rotary International is working with Toastmasters International to provide opportunities to grow your networks, your leadership and communication skills, and your impact within the community." Toastmasters has delivered eight educational courses to Rotary, which, tailored to members of Rotary and Rotaract, will include speech assignments and peer evaluation. [Click here](#) for more information.

How did you feel about **Rick Ergle's notice** that *Rotary* magazine is relegating The Object of Rotary, The Four-Way Test, and the Rotarian Code of Conduct to page 60 of the magazine? If you feel these are foundations of the Rotarian character, why not write the magazine and suggest it be placed near the front of the publication, maybe page 4?

Can someone tell me why, on page 31 of this month's *Rotary* magazine, Morocco, Libya, Egypt, North Sudan, and Somalia are grey? They are all on the African continent but there is no information regarding their polio eradication status.

On page 35 of the *Rotary* magazine, you will see that in order to totally eradicate polio (in Pakistan and Afghanistan), and to keep it away, Rotary's goal is to raise \$50 million per year, and that the Bill and Melinda **Gates Foundation matches every dollar we raise 2-to-1**. That's pretty good leverage for your PolioPlus donation! See page 6 of the newsletter for more info on becoming a PolioPlus Society member.

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

Denver Mile High Rotary Treasurer

Carolyn Schrader currently is 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 2022-23 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. How are you serving your club? Let's turn the page to a new chapter!

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](#). **Melanie Gentz** currently fills this role superbly but could use additional contributors. P.S. Age is not a factor. See you on Facebook, Twitter and Instagram! Thank you!



Denver Mile High Rotary Calendar of Events

February 22 - TODAY - World Community Service meeting, please contact [Audrey Leavitt](#). [Click here](#) 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 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 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 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 Maxo-Facial 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 - Joel Bacon, C-SPAN - Learn How C-SPAN provides a window into Washington with access to public officials working on the issues facing our nation - like the coronavirus pandemic and the volatile economy. C-SPAN will also share how its nonpartisan mission guides its coverage of the political process and how its TV, online and radio resources can help you stay informed.

April 14 - Speaker? - Do you know anyone who would be a good candidate to share some good news? Please contact Brian Good, 303-994-6609.

May 7-8 - District Conference - Friday evening in-person dinner. May 8 will be a Day of Service. Details to follow.

May 12 - Jennifer Riley-Chetwynd, Denver Botanic Gardens - Director of Marketing and Social Responsibility - What's New at Denver Botanic Gardens? Things you may not know and things to get excited about this year!

Weekly Inspirators, Greeters & Hosts, etc.

Date	Inspiration	Greeters	Host
February 24	Josh Peck	Charlene Porter and Adams Price	AVAILABLE
March 3	Chuck Rudolph	Carolyn Schrader and Linda Sue Shirkey	Roberta Simonton
March 10	Vass Sirpolaidis	Scott Smeester and Betty Speir	Robin Springer



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

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
Surround yourself with good people.
 Denver Mile High
Rotary
 Club



February Birthdays

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

Wisdom from the February 2021 Rotary Magazine....
 "Play is essential for learning, socializing, and developing a healthy means of regulating the internal state of our bodies. 'Play, (found researchers at Northwestern University) could be an antidepressant.'"
 Read the entire article on pages 22-24.

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 people of Kentucky. The story follows Alice Wright, a British woman, who moves after marrying the Kentucky native Bennett Van Cleve.

Does your corporation provide matching charitable donations?

In 1953, the New Jersey Supreme Court, in the case Smith v. Barlow, upheld that philanthropic gifts by corporations were good for the company, the community, and the United States. Discover whether your company matches philanthropic gifts. Find your employer's matching gift campaign with Rotary's company matching gifts tool, it's as easy as 1., 2., 3.:

1. Go to rotary.org/matchinggifts.
2. Enter your company's name to find its policy and procedures on matching gifts.
3. Follow the directions and send your employer a matching gift request.

The Denver Mile High Rotary thanks you in advance for your efforts!





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.



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.



[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

NEW Volunteer Opportunity Training registration closing *now*.

Five Points (RiNo) Rotary Club is offering a volunteer opportunity in the mental health arena. To volunteer or for more information, contact club president [Suzie Ahlers](#) at 720-891-0843, or [Dave Schutz](#), the project coordinator.

RiNo is working with the Mental Health Center of Denver to set up a Mental Health First Aid training. More information on the training can be found by [clicking here](#).

They need at least 20 people to schedule a training session outside of the normal Friday sessions. Training is tentatively set up for Saturday, March 20th. **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.

Please contact [Dave Schutz](#) as soon as possible to register or for more information.

Bags o' Fun - An initiative of Rotary Club of Denver South East to provide personalized, high quality items to children who are chronically hospitalized. For more information and to volunteer to help fill the Bags o' Fun, please contact [Bryan Fancendini](#) 720-597-2569.

District 5450 Information

You Can Help!

Castle Rock High Noon member, Steve Baroch, is asking for **donations of gently used Smart Phones, Laptops and Tablets** for use in educational programs in Africa and on the Navajo Nation. Any of these USED DEVICES that are sitting at home or in your office will help. [Click Here for more information](#)

February is Black History Month

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

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!](#)



To take action to become a member of the PolioPlus Society, [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



District 5450 Information

District 5450 Conference - Save the date - May 7-8, 2021

The District Conference will have an in-person event (cocktail hour and dinner on Friday, February 7), a virtual event (business meeting and possible learning session), and a Day of Service on Saturday, February 8.

The planning team needs your help. Please contact [Amy Weed](#) if you can volunteer as a **sergeant-at-arms** to remind attendees of the 6 foot social distance regulation at the cocktail hour (need 5 individuals to do this). Additionally, we are looking for a **graphic artist** who can design the marketing materials for this event. Again, please contact **Amy Weed** (720-331-8456) if you can help.

New District Award - Sponsored by the Rotary Club of Centennial

Brought to our club's attention by President of Centennial Rotary - Diana Whye

What - This unique and forward looking award challenges Clubs to imagine, create and implement meaningful and courageous diversity initiatives within their Clubs that will empower them to advance the cause and conversation of diversity, equity, and inclusion.

Type - \$1,500 payment to the Club judged to have the most creative and potentially impactful diversity initiative for implementation within their Club. Additional \$500 awarded separately for community project in Centennial.

DEADLINE FOR SUBMISSION: May 1

Rules - The "Rotary Has a Dream" Diversity Award recognizes a Rotary Club in District 5450 whose forward looking initiatives and efforts will result in significantly increasing the conversation and understanding of reducing intolerance of Racial, Ethnic, Religious, Gender and Sexual Diversity within their club, with an ultimate goal of creating a more diverse Club membership body.

History - Conceived by Diana Whye, the first African American Club President in the Rotary Club of Centennial's 20-year history, the Award is named to honor two civil rights icons, Martin Luther King, Jr. with his dream of nonviolent activism, and John Lewis, who had a vision that ordinary people could redeem the soul of America by getting into "good trouble." Both of these individuals spent their lifetimes working to reduce intolerance in society and were willing to risk their lives to effect this change.

Criteria - The proposed initiative(s) should be able to be implemented within a 12-month period from the date of the award; examples of the types of initiatives that would qualify for the award include diversity speaker fees, diversity training opportunities, etc. Be creative and have fun! You're limited only by the imagination of your Club! All evaluations will be judged relative to the potential to expand the conversation, education and understanding of diversity, equity, and inclusion within the award applicant's Club.

Thank You Note from Craig Hospital for Valentine's Day Cards

Hi Betty,

I hope you had a nice time in Beaver Creek! I just wanted to send a thank you to you and the rotary for taking the time to write the Valentine's Day cards and drop them off for our patients and families. I heard from the Family Housing staff that families were touched to receive them and really appreciated the sweet gesture for the holiday. Thank you for thinking of us and especially making the effort to remain connected during the pandemic. We are thankful for your friendship and support. Though, I can't wait until we can all visit again with a Family Night Dinner!

Have a great evening!

Sara Wells

Event & Communications Specialist

swells@craighospital.org

Tel: 303.789.8919 | Fax: 303.789.8940



craighospital.org

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 & 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 Month	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 9Health Fair & Craig Hospital Dinner World Polio Day Event Economic & Community Development And 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

*Giving Generously
For the
Greater Good*

Denver Mile High Rotary Foundation Donors

Pat Gorman-Barry	Carolyn Nobel	Tony Vaída
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>
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