



President's Column:

February 25, 2020



Greetings DMHRs...

We have a big opportunity this week to magnify our energy to so many guests and visitors for this week's meeting. You've done a fantastic job getting people to come and see our speaker Nadir Hashemi. Here's the question: is that level of effort sustainable? I believe it is, but either way, if we cared that much about all our speakers, and talked up our meetings with that level of enthusiasm for all of our meetings, we would grow and we would attract Denver's best people to our club.

I know you all will be well behaved at the meeting. Please get around and say your greetings to the guests. I ask for your help by getting everybody where they need to go - down the stairs when I ring the bell and through the food line and sitting at tables. And if the speaker isn't talking into the microphone, come and see me. I'll handle it ;-)

Thanks to all of you. You all are the ones who keep this thing going. Everybody plays their part and the results are beautiful. I tried to think I could fill some space by thanking a few individuals, to no avail. What happened is I kept thinking of everybody who did something and it was literally everybody. Everybody would have been listed for what they do.

Let's have a great program and enjoy our special speaker. Come with good energy!

Scott

High Rotary on the Web:

www.denvermilehigh.org

[Denver Mile High Rotary on Facebook](#)

[Denver Mile High Rotary on LinkedIn](#)

[Denver Mile high Rotary on Instagram](#)

[Rotary District 5450 Website](#)

[Rotary International Website](#)

Inside this issue:

Rotary Calendar **2**

Programs **3**

Inspirators, Greeters, **4**

Family of Rotary **5**

Sponsors **6**

DINE FOR DOLLARS
THURSDAY, MARCH 19, 2020
4 P.M. - 10 P.M.

THE MELTING POT OF LITTLETON

***30% OF YOUR BILL DONATED BACK TO:
CEC EARLY COLLEGE OF DENVER (FOOD ONLY)**

*Dining for dollars fundraising events are not valid with any other promotions,
dip certificates or coupons.



The Melting Pot
a fondue restaurant

As one of our Interact projects, one group of students is raising money for a Kindness Campaign. Please consider attending our Dine for Dollars Event and follow our page on facebook CEC Kindness Campaign @ceckindness

Dine for dollars on Thursday, March 19th at The Melting Pot of Littleton located at 2707 W. Main Street in Littleton from 11 A.M - 10 P.M. **30% of your bill** (food only) will be donated back to our school. Reserve your table at <https://www.meltingpot.com/littleton-co/reservations.aspx> or call (303) 794-5666.

DISTRICT 5450 CONFERENCE **Westin Hotel, Westminster** **April 24-25, 2020**

Registration is now open! Bring your inner super hero to the party because **Together We Achieve More!**

Featuring our guest speaker Erik Weißenmayer, author of *No Barriers* and the first blind person to summit Mount Everest. **REGISTER NOW**

Denver Mile High Rotary Calendar of Events

<http://denvermilehigh.org/Events/Calendar>

March 19th - Monthly Happy Hour –5 - 7pm - This month will be hosted by Carolyn Schrader. This month bring either a beverage to drink (beer, wine spirits) OR an appetizer and make a donation to the Denver Mile High Rotary Foundation (An amount you would normally spend on happy hour, the amount it up to you, \$20?) - 407 Detroit

April 18th - Spring Swing 2020

April 20th - World Community Service Committee meeting

April 25th - World Peace Day at the Conflict Center

April 21st - Local Community Service Committee Meeting

May 17th - Run in the Colfax for Shelter Box USA.

<https://www.runcolfax.org/>

Sign up for the relay, 10 miler, 1/2 Marathon, Marathon. Choose Shelter Box as your Charity Partner. If we get 20 runners we can have the Shelter Box Tent out at the event. It's up to you if you would like to raise money, this helps raise awareness.

June 6 - 10th, 2020 - Do you plan to attend the RI Convention in Honolulu? If so, **December 15th is the last day before registration costs increase!** Go to www.riconvention.org to register.

June 27th - Rotary Rafting trip down Clear Creek

Please do Reference our Website
Www.denvermilehigh.org

Carolyn Schrader has been adding content about Our Club's service projects. Carolyn would like info on other Club activities but need input from the members. Please contact Carolyn to offer information about club activities, etc.

schrader407@gmail.com

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## Denver Mile High Rotary Upcoming Programs

**February 19<sup>th</sup>** - Pavel Reppo – Fine Mind

**Feb 26<sup>th</sup>** - Nader Hashemi - Director of the Center for Middle East Studies and an Associate Professor of Middle East and Islamic Politics at the Josef Korbel School of International Studies at the University of Denver.

This is an exceptional opportunity to invite guests to the Club who have an interest in international affairs.

Nader Hashemi is the Director of the Center for Middle East Studies and an Associate Professor of Middle East and Islamic Politics at the Josef Korbel School of International Studies at the University of Denver. Nader is a leading expert on the Middle East. He is frequently interviewed by PBS, NPR, CNN, Al Jazeera, Pacifica Radio and the BBC. His writing has appeared in the New York Times, Newsweek, the Wall Street Journal, and [CNN.com](http://CNN.com). He is the author of Islam, Secularism and Liberal Democracy: Toward a Democratic Theory for Muslim Societies.

He also co-edited The People Reloaded: The Green Movement and the Struggle for Iran's Future, The Syria Dilemma and Sectarianization: Mapping the New Politics of the Middle East.

The topic of Nader's talk to Rotary will be: "How can we explain the ongoing turmoil and instability in the Middle East? Are the roots of the region's turmoil to be located in history, religion or politics, specifically Western interventions in this region?"

Ann Tull and I heard Nader speak about a month ago and were privileged to join him for lunch. He is incredibly knowledgeable and has such insights into the region.

**Our only request is that you let Tom Cella know by Monday February 24** how many guests will be joining us. You can call or email Tom: [tomcella1739@gmail.com](mailto:tomcella1739@gmail.com) or (303) 981-1222. We want to make sure to have enough breakfast and adequate tables and chairs.

## **Weekly Inspirators, Greeters & Hosts**

### **February 26th -**

Inspiration - **Kevin LeVezu**

Greeters - **Susanne Lorenz and Jeff McAnallen**

Host - **Diane Messamore**

### **March 4th -**

Inspiration - **Constance Mortell**

Greeters - **Carolyn Nobel and Annely Noble**

Host - **Karl Paulson**

### **March 11th -**

Inspiration - **Charlene Porter**

Greeters - **Adams Price and Kaili Purviance**

Host - **Chuck Rudolph**

### **March 18th -**

Inspiration - **Carolyn Schrader**

Greeters - **Linda Sue Shirkey and Roberta Simonton**

Host - **Vass Sirpolaidis**

### **March 25th -**

Inspiration - **Betty Speir**

Greeters - **Robin Springer and Michael Tapp**

Host - **Greg Thielen**

## **February Birthdays**

February 8th - Pat Gorman Barry

February 11th - Sonny Wiegand

February 13th - Andrew Bell

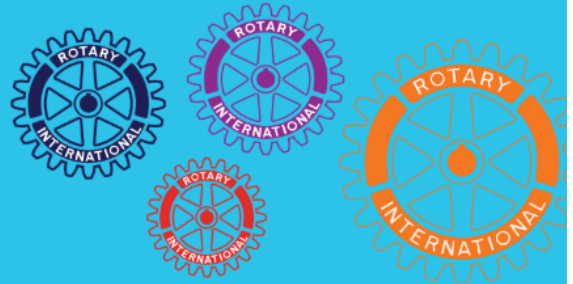
February 24th - Marvin Thomas

February 25th - Adams Price





The Rotary Club Of Denver Southeast  
Rotary District 5450  
Rotarians for Mental Health



# **13th Annual State of the State Luncheon**

## **Suicide Prevention Symposium and Mental Health & Wellness EXPO**

### **Luncheon Speakers**

**Jared Polis**

Governor of the State of Colorado

**Linda Rosenberg - Columbia University**

Immediate Past President and CEO of the  
National Council for Behavioral Health

**Kim Christiansen - 9News Anchor, Emcee**

**Thursday, March 5, 2020**

**Hyatt Regency DTC, 7800 E Tufts Ave, Denver, CO**

Free Symposium 8:30 - 11:20 AM

(See Symposium Schedule and Session Topics)

Free Mental Health & Wellness EXPO 10:00 - 11:45 AM

Luncheon 12:00 - 1:30 PM

Register at [dserotary.org](http://dserotary.org) by February 28

### **Presented By**

**Rotary Club of Denver Southeast, Rotary District 5450 & Rotarians for Mental Health**

Welcoming Guests, Community Leaders and Mental Health Advocates and Providers



## District Announcements

### **STATE OF THE STATE LUNCHEON & MENTAL HEALTH EXPO**

**Thursday, March 5 - Hyatt DTC**

Don't miss hearing Governor Polis and keynote speaker Linda Rosenberg, Columbia University Dept. of Psychiatry. [REGISTER NOW](#)

### **PEACE COMMITTEE WORKSHOP - LET'S TALK**

**Saturday, March 14 - Red Rocks Community College**

How can we foster conversations to bridge our divides? [CLICK HERE](#) for more information and to register.

### **LITERACY CONFERENCE 2020**

**Saturday, March 28 - University of Denver**

New Perspectives on Literacy & Basic Education for Colorado and the World. [REGISTER NOW](#)

### **DISTRICT CONFERENCE 2020**

**Friday-Saturday, April 24-25 - Westin Westminster**

Featuring our guest speaker Erik Weißenmayer, author of *No Barriers* and the first blind person to summit Mount Everest. [REGISTER NOW](#)

## Please invite your friends to the Spring Swing...

Mark your calendars, buy your tickets and plan join us for another great night of music, dancing, awesome food and beverages, as well has a ton of fantastic and fun people! Last year was a blast, as you know if you were there...and this year will even be better! Once again the big band music of the Flatirons Jazz Orchestra will be featured!

I know it's a few months out, but I wanted to let you know that tickets are now available with early-bird/discounted pricing for the Denver Mile High Rotary Club, 2<sup>nd</sup> Annual Mile High Spring Swing event! You can find more details below and via the link provided.

<https://springswing2020.eventbrite.com>

Don't delay in taking advantage of our early bird pricing and I am looking forward to seeing you there!

Best regards,

**April 18th, 2020** - 2<sup>nd</sup> Annual Mile High Spring Swing event! Date is set. Venue secured. Band is getting locked in. Catering should be good to go. Wheels are in motion. Discounted tickets are in the works

[CLICK HERE to](#) buy your tickets

\$85 from 1/1/2020 until 2/29/2020

\$100 from 3/1/2020 until April 18, 2020.



## Contributions to DMHR Foundation

Contributions to the DMHR Foundation can be made by giving them to Tom Giordano at club meetings or by mailing checks directly to

Tom Giordano  
7271 East Wesley Avenue  
Denver, CO 80224

Checks should be made out the Rotary Club of Denver Mile High Foundation (although DMHR Foundation will work). For questions, contact Tom at 303-263-5091



Would you like to participate in the Colfax Marathon supporting Shelter Box on May 17th?

Think you could run one of these legs?? We need 11 more people to have a tent out at the event!

<https://www.runcolfax.org/races/marathon-relay/marathon-relay-leg-overview/>

**LEG 1:** URBAN RIVER - 6.5 MILES

**LEG 2:** NO GROANS AT SLOAN'S - 4.0 MILES

**LEG 3:** ECLECTIC MILE HIGH - 5.5 MILES

**LEG 4:** SCREAMING DOWNHILL - 4.1 MILES

**LEG 5:** DOWNTOWN RIVER TREK - 6.1 MILES

**We would love to get a few teams of 5 people to complete the full marathon.**

Amy Weed is Team Captain for one relay team!

## **JOIN THE ROTARY HALF-DAY RAFTING TRIPS WITH MILE HI RAFTING ON SATURDAY, JUNE 27<sup>TH</sup>**

**A \$5 DONATION IS INCLUDED IN THE COST OF EACH TRIP.**

**ALL PROCEEDS GO TO SUPPORT THE WARRIORS ON CATARACT PROGRAM**

### **SURE–SHOT - \$54 ADULTS, \$47 CHILD (13 AND UNDER)**

Rafting on Clear Creek River's mountain water is an experience that's fun for the whole family. Get ready for some fun on our exciting 'Sure Shot' beginner-rafting trip. Begin with passing by the historic Charlie Taylor Water Wheel experiencing Class II rapids (ripples). While rafting through Historic Idaho Springs the Class III rapids of Castle Falls and Argo Holes test your newly developed rafting skills. Below town history and nature abound, with the occasional sighting of Retail Hawk, Deer, Fox, Bob Cat, Lynx, Elk, and Big Horn Sheep. Dizzy Lizzy, Power Line, Mountain Lion, and Box prepare us for the grand finale of Mr. Twister! The perfect beginner - starting with Class II water so you can practice, and then the Class III rapids. There is a 50 pound minimum for rafting to insure proper fit of the life jacket. Allow 3 hours for the trip.

### **BLAST (INTERMEDIATE HALF DAY) - \$64 ADULTS**

Perhaps you've already been there and done that and are looking for something more. Most folks who paddle the Blast weren't expecting some of Colorado's most consistent whitewater, and come back for more! With five solid class IV rapids and more class three whitewater than we have space to mention, the Blast is waiting for those with good physical conditioning and an attitude for adventure. If you are active in your daily life the 'Blast' is the trip for you. Allow 3 hours for the trip. Minimum age 14.

### **KAMIKAZE (ADVANCED HALF DAY) - \$84 ADULTS**

One of our former guests refers to this trip as "the best darn whitewater around!", and after braving the rapids of the Kamikaze trip you'll understand why. Add another two miles of continuous (and we aren't kidding!) class IV/III whitewater onto the Blast and you have an adventure that will bring you back over and over. If you're on your toes you might have time to enjoy the scenery of the Front Range before you dive into your next rapid. Previous experience and the ability to swim is highly recommended. Allow 3 hours for the trip. Minimum age 14.

**Contact Melanie Gentz, Andrew Bell, Brad Thompson or Geoff Noble at [gtnoble@comcast.net](mailto:gtnoble@comcast.net)**

**We can get a 10% rebate for a group that we book by  
March 1st**

**All rebates to be donated directly to the Colorado based non-profit program Warriors on Cataract**



# MILE HIGH Spring Swing

*Music by The Flatirons Jazz Orchestra*

*Featuring Vocalist Deborah Stafford*

**APRIL 18, 2020**

**6:00 to 10:00 PM**

**INDUSTRY RiNO STATION  
3858 Walnut Street  
Denver, CO 80205**

*Snazzy Casual Attire*

**Catering by INDULGE Bistro + Wine Bar**

Proceeds Benefit Local, Regional, & Global Efforts Supported By **Rotary**  
Club of Denver Mile High



**Advance Ticket Purchase Only:  
<https://springswing2020.eventbrite.com>**



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7271 East Wesley Avenue

Denver, CO 80224

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GIVING

### 2018-2019 Individual Sponsors

|                |                       |                          |
|----------------|-----------------------|--------------------------|
| TOM CELLA      | ALESSANDRO EICHSTAEDT |                          |
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| DAN HIMELSPACH | SARAH HITE            | BOB KEMP CONSTANCE       |
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| SHIRKEY        | CAROLYN SCHRADER      | ROBERTA SIMONTON MICHAEL |
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GIVING

### 2018-2019 Corporate Sponsors



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