



Denver Mile High Rotary Club

President's Column

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](#)

Inside this issue:

President's Column and Zoom Link	1
Word From the Editor District News And More	2
Upcoming Program Details and Calendar	3
Inspirators, Greeters, Hosts, Birthdays	4
Tip of the Week, Misc.	
Service Above Self	5
News Worth Knowing	6
DMHR Admin Info	7
Year At-A-Glance Calendar	
The Last Word	8
DMHR Rotary Foundation	9

Greetings Denver Mile High Rotarians!

January 11, 2021

It was so nice to see everyone on our ZOOM meeting last week. I am glad that 2021 is off to a healthy and great start for everyone. Who else is excited about the Virtual Wine and Chocolate Pairing Fundraiser that is planned for February 11? I sure am! What a fun event this will be. Let's get the details out to all of your friends and neighbors to join us. What a fun way to celebrate Valentine's Day and raise money for the DMHR Foundation! A BIG "Thank you" to Tony, Adams, Melanie, Debra, and Tom Cella for organizing all of the details to make this happen!

Joke of the Week: Why can't you trust trees? They seem kind of shady!

Be well and be safe,

Brad Thompson

ZOOM LINK

Until further notice and due to the latest COVID-19 restrictions, the Denver Mile High Rotary 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=ZjZKeGMvNEFQU2pTSXErZUpUa0Z3UT09>

Meeting ID: 317 120 546

Password: DMHR2020

Wanted...Speakers

No, not Bose, JBL or Klipsch!

Please give fellow Rotarian **Brian Good** some leads on contacts you know who would make interesting speakers at our Rotary meetings.

Finding 52 speakers a year is not an easy task so please, contact Brian at brian.good@denverwater.org or 303-994-6609

Interesting Facts...

Attendance last week

52 Total membership

34 Zoom members attending

1 Zoom speaker attending

17 members missing





Word from the Editor, District News and more

A word from your editor...

Dear fellow Rotarians,

Geoff and I are in Florida enjoying visiting our son, his wife and our Florida grandchildren, Reed (9) and Clara (5), and my sister and brother-in-law, as well as a college friend. There is no internet in Geoff's family home so I've jumped from home to home to try to keep up electronically! As much fun as this is, life is always easier at home where I will be in about a week.

Please welcome our new member, Sharon (Roni) Cella, her bio will be in next week's issue. See you Wednesday!

Happy New Year!
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?*



January District 5450 News
Please [click here](#) to see the JANUARY comprehensive District 5450 News. The District Governor, Bob Kemp, is a member of The Denver Mile High Rotary as you all know.



CAROLYN DOES US PROUD, AGAIN

We just received news that **Carolyn Schrader** has been appointed to serve on the Rotary Foundation Programs Committee for an additional three years. The Programs Committee is one of the five highest level TRF Committees and makes recommendations to the Trustees on policy matters. It consists of three Trustees and three non-Trustee Rotarians, one of which is our very own Carolyn Schrader.

This appointment is testimony to the expertise Carolyn has developed through years of dedicated hard work working with the Rotary grant programs. Please offer congratulations to Carolyn for a well-deserved recognition.

Additionally, **Dan Himelspach** was recently named to the faculty for District Governor training at the Zones 26/27 Institute to be held in Tucson, Arizona in November this year.

Please see page 7 of this newsletter to learn how to donate to the Rotary Foundation, the Denver Mile High Rotary Foundation, and how to pay your quarterly dues. Thank you!

Save the Date...
The Woohoomanity Bike Ride is scheduled for September 25, 2021.



Denver Mile High Rotary Calendar of Events

2021

January 11 - 4:30 - Rotary Book Group meets. [Please click here](#) for 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 - Dr. Kelsey Asplin, Denver Naturopathic Clinic - How Stress Affects the Body - Entering the New Year with a New Outlook! Stress has a very real affect on the body, mind and spirit. The physiological impact can cause us to lose sleep, change heart rate and blood sugar and impact libido. It can trigger us to look for comfort foods or vices. So what are some techniques to combat this? Some are totally behavioral and free. Some involve natural remedies or advice from an expert. Coming into the new year (and off a really bad one...), Dr. Asplin will give us some tips and tricks to start this year with a healthier new outlook!

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 as a wine expert. He will tell the story of 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 11 - Wine and Chocolate Tasting! - Early evening event - time will be available soon. Jon Schlegel and his company Attimo Winery are on board. Jon will be the sommelier. Watch for an Eventbrite signup.

February 17 - Rick Ergle presents "A Fresh Look at the Rotary Four-Way Test." Rick is a Rotarian from the Keystone Heights, FL club where Geoff Noble attends while a practicing snowbird.

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!

Weekly Inspirators, Greeters & Hosts, etc.

Date	Inspiration	Greeters	Host
January 6	Amy Weed	Ronnie Weiss and Sonny Wiegand	Pat Gorman Barry
January 13	Jarod Beach	Andrew Bell and Steve Blazek	Bob Connaghan
January 20	Alessandro Eichstaedt	Debra Flick and Kevin Gallaway	Tom Giordano



Mental Wellness Tip
 brought to you a Golden
 High School Student

**Mental Wellness
 Tip of the Week**

Detach from electronics and
 give yourself time to think.

Denver Mile High
Rotary
 Club



January Birthdays


1 Jan - Kevin LeVezu
 8 Jan - Marcus Hanlon
 21 Jan - Bruce Ward
 22 Jan - Debra Flick

Meeting Leader Calendar

Jan 13 Adams Price
 Jan 20. Melanie Gentz
 Jan 27 Steve Blazek

Upcoming Club Function...

Wine and Chocolate Tasting
 Thursday Feb. 11th
 Early evening function, time TBD.
 Featuring
**Jon Schlegel, sommelier, and his
 company Attimo Winery**



The Rotary Book Group...

will read the following two books.
**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.



Service Above Self

Thank you note from Covenant Cupboard

for which the DMHR provided families
with toys and gift cards



Dear Shoppers for Toys and Giftcards,

A big THANK YOU to everyone who made the Covenant Cupboard Annual Toy Distribution a huge success, especially during this challenging year! Your help meant that 387 children and 152 families received toys; stockings stuffed with all kinds of goodies; blankets, scarves, gift cards, and some bonus gifts made with a lot of love.

We have an unusual gift of thanks! Please follow this link <http://covcupboard.org/toy-distribution-2020/> to a short movie about this community effort, start to finish. As there were so many volunteers of varying skills, read the attached credits to see all the people who made this toy distribution possible.

Comments and thanks have already been received from the clients you helped. May their words fill your hearts with joy this year and into the next!

A client mailed a Christmas card expressing "Thanks for Everything - Love,"

Another client, "The gifts made such an incredible difference for me! I know that the children will love them! Thank you very much for everything that you do for so many people. You and your team make a real difference! Thank you for being beautiful examples of love."

Happy New Year!!

Covenant Cupboard Food Pantry Toy Committee

Steve Werner, Vicky Mangan, Karyl Meyer, Linda O'Bryan, Shelley Hunter, Victoria Simpson



To all members who volunteered for the Metro Caring Provisioning Project:
This **Thursday, January 14th** is our second session.
TIME: **9.00 M - 12:30 PM**
LOCATION: **5200 Smith Road Suite 130 - west side entrance.**

If you'd like to bring a spouse or other family member, please do! 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. Please contact [Robin Springer](#) for additional information.

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



News Worth Knowing

Conflict Center News

Rotarian **Ronnie Weiss's** Conflict Center is in the news; [click here](#) to read an article which shares how the DA's office uses the Conflict Center for Restorative Justice cases. Thanks to **Pat Gorman Barry** for bringing this to our attention.

Inspiration from **Amy Weed** at the last meeting.
For easier reading, [click here](#).

10 ways to show up for yourself

1. Commit to habits, practices, routines and rituals that are good for your well-being - even when you don't want to.
2. Allow yourself to feel a multitude of feelings without labelling it as wrong, bad or negative.
3. Practice listening to your needs and discovering different ways of meeting those needs.
4. Practice self-forgiveness; for not being perfect, for forgetting, for your past, for what you don't know, and for getting "off-track" sometimes.
5. Let yourself start again, over and over, as often as needed.
6. Take care of your basic needs: stay hydrated, get enough sleep, move your body, and eat plentifully.
7. Give yourself permission to rest, to take breaks, and to have down time.
8. Spend quality time with yourself: reading, writing, creating and getting to know who you are underneath who you think you should be.
9. Use a lens of curiosity and compassion with yourself as often as possible.
10. Remind yourself that you are as worthy of being shown up for as anyone else in life. Make yourself a priority in your own life.

averstu.com



New Denver Mile High Member!

Roni Cella has applied for membership and has been approved by our board. We are looking forward to inducting Roni, when we get back to the University Club for a meeting. Watch the next newsletter for an introduction to Roni Cella.



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

- 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 Mini-Dinner Fundraiser Rotary Awareness Month	FEBRUARY Craig Hospital Dinner New Member Orientation World Awareness Month	MARCH Mini-Dinner Fundraiser Literacy Month
APRIL Mile High Spring Swing 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 Development 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

The Last Word...

Not all of 2020 was bad... Check Out a Few Gems of 2020

Thank you to **Brad Thompson** for bringing our awareness to [Civil Media](#)

- Just 11 months after COVID-19 was discovered, the FDA authorized a vaccine; the fastest in human history. The previous record was four years. ([Boston Children's Hospital](#))
- While mandatory lockdowns were extremely controversial, their positive environmental impact is clear. The reduction in greenhouse gas emissions was significant; compared to last year, air pollution in New York decreased by 50%. ([BBC](#))
- We learned that real heroes wear scrubs, not capes. Thank you, front-line responders and essential workers. ([Brookings Institute](#))
- SpaceX launched two astronauts into space, marking the first time a private company successfully sent people to space. ([Fox 29](#))
- 34 million people watched Tiger King in the 10 days after its release. The memes alone were worth the price of admission. ([Forbes](#))
- Drive-in movies are back in style! Say hello to the rebirth of the 1950's Golden Age. ([Bloomberg](#))

NEW COMMITTEES - NEW OPPORTUNITIES!

The Rotary board has suggested we create two new committees:

Communications Committee chairperson

FILLED - Margaret Van Vliet, Chair

NEEDED - 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



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>
Diane Messamore	Michael Tapp	
Constance Mortell	Ann Tull	



*Corporate
Generosity*

*2020-2021
Corporate Sponsors*



MERGERS & ACQUISITIONS

