



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



## President's Column

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Greetings Denver Mile High Rotarians!

January 18, 2021

Big news...we are starting up our hybrid meetings at the U-club again starting February 3! From the survey I sent out last week, 20 of the 30 responses I received, expressed the desire to gather, while practicing our social distancing skills. Again, the ZOOM platform will be utilized every week to maintain the health and safety for everyone. Please be patient with our meeting leaders and our technical volunteers, as they step in and step up to help coordinate our weekly meetings starting in February!

Joke of the Week: I just finished my first day of excavation training.  
So far I am digging it!

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](mailto:brian.good@denverwater.org) or 303-994-6609

Interesting Facts...  
Attendance last week  
52 Total membership

35 Zoom members attending  
1 Zoom speaker attending  
16 members missing

Speaking of Speakers, below is the contact information for  
Dr. Asplin, the speaker who presented at our last meeting.

Dr. Kelsey Asplin

[www.denvernaturopathic.com](http://www.denvernaturopathic.com)

email: [FrontDesk@DenverNaturopathic.com](mailto:FrontDesk@DenverNaturopathic.com)

Denver Naturopathic Clinic

phone: (303) 337-4884

## Word from the Editor, District News and more

### A word from your editor...

Dear fellow Rotarians,

Did you happen to notice the mental wellness tip in last week's newsletter...detach from electronics and give yourself time to think...easier said than done. Try it some time, hide your phone and don't look at your computer all day.

I hope that you are reading your *Rotary* (Magazine), January is the 110th Anniversary Issue! Launched in 1911, it went by the moniker *The National Rotarian*; in 1912, just a year later, the new name was *The Rotarian*; and as of September 2020, it is just "Rotary." Did you notice the change? No wonder I was confused at first! All that aside, reading it provides a wealth of information about Rotary locally, nationally, and internationally. Read it!

Annely Noble  
M 303-842-8725

[Annely.noble@comcast.net](mailto: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?*



### Save the Date...

SAVE THE DATE... September 25th

#### 2nd Annual Woohoomanity™ Challenge

RESOLVE TO HAVE FUN and MAKE A DIFFERENCE!

Enjoy a fun day of volunteering or biking at the Denver Century Ride, and make a difference by raising money for your club's service projects.

For more information contact Pat McGuckin

[pat@mcguckins.net](mailto:pat@mcguckins.net)

### 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.

Please see pages 5 and 6 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!

### The Rotary Book Group...

Discussions begin at 4:30  
on the following day:

**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.

\*\*\*\*\*

Rotarian readers, did you notice in the December issue of Rotary (magazine) the amazing book recommendations on page 38-43?

## Denver Mile High Rotary Calendar of Events

# 2021

**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 - We begin meeting in person at the U-Club,** although Zoom will always be available as well.

**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 see page 5 for details. Jon Schlegel and his company Attimo Winery are on board. Jon will be the sommelier. Eventbrite signup link on pg 5.

**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!

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

**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 23, 25, and 30 - PETS Training,** virtually via Zoom.

## Weekly Inspirators, Greeters & Hosts, etc.

Date	Inspiration	Greeters	Host
January 20	Need Someone here	Debra Flick and Kevin Gallaway	Tom Giordano
January 27	Brian Good	Tom Gregory and Marcus Hanlon	Dan Himelspace
February 3	Sarah Hite	Noreen Keleshian and Bob Kemp	Janine Kempfer



### Meeting Leader Calendar

Jan 20. Melanie Gentz  
Jan 27 Steve Blazek  
Feb 3  
Feb 17 Steve Blazek  
March 10 Steve Blazek

### January Birthdays

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

**Mental Wellness**  
**Tip of the Week**  
**Get more sleep!**

Denver Mile High  
**Rotary**  
Club



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



### It's Official...

We have another new member!

Our new member, Sharon Rose Cella, goes by Roni and is the sister-in-law to Tom Cella.

Roni, who has a strong elementary and early childhood instruction background, having taught for 25 years in the Catholic schools with additional experience in Adams County, Denver and Cherry Creek schools, has spent the past 12 years teaching at Metro State University as an Affiliate Faculty member.

Sharon's true love was growing up in the Congress Park neighborhood where she became a long time swimmer at the local pool. She is from a family of nine children and loved being the sixth in line.

Christopher Cella, Tom Cella's brother is Roni's best friend, whom she married in 1976. Together they have two children and 5 grandchildren, and now enjoy living in their University Hills neighborhood. She describes herself as one grateful person for all the blessings in her life!

Please welcome Roni at our next Zoom meeting or feel free to contact her.  
Sharon (Roni) Cella  
2571 S. Dennison  
Denver, CO 80222  
303-522-1876

## Denver Mile High Rotary Foundation Fundraiser



Upcoming ONLINE CLUB EVENT...

### Wine and Chocolate Tasting

Thursday Feb. 11th 6-8 PM

Featuring

**Jon Schlegel, sommelier,  
and his company Attimo Winery**

Please [click here to sign up](#) and  
for additional details of the event.

**What are you doing for your Valentine's Day?  
Why not this?**



**Velvære is the Norwegian word for the state of  
well-being.**

**Brad Thompson** has brought to our attention a lovely  
article about the Norwegian idea of "well-being."  
Please [click here to read it](#) and feel well despite the  
current crazy upheaval in our country.

### You asked, we answered...

We frequently talk about the significant impact of our  
donations to the Denver Mile High Rotary Foundation,  
The Rotary Foundation, and PolioPlus. We want you to  
know how easily you can make those donations.

Denver Mile High Rotary Foundation - Tom Giordano is  
the treasurer of our Club Foundation. You can write a  
check made out to DMHR Foundation and mail it to  
Tom at 7271 E. Wesley Ave., Denver 80224, or donate  
online at [www.denvermilehigh.org](http://www.denvermilehigh.org). Just scroll to the  
bottom of the home page.

The Rotary Foundation (TRF) - Noreen Keleshian pro-  
cesses our Club contributions to The Rotary Foundation.  
You can write a check to The Rotary Foundation and  
mail it to Noreen at 3220 S. Locust St., Denver 80222.  
You can also donate online at [www.rotary.org](http://www.rotary.org). Your  
personal donations to The Rotary Foundation earn  
credit towards achieving the Paul Harris Fellow designa-  
tion. Our Club will match your donations with additional  
credits to help you become a first time or multiple Paul  
Harris Fellow faster. If you donate online, please notify  
Noreen by email at [noreenkeleshian@gmail.com](mailto:noreenkeleshian@gmail.com) so she  
can process your credit appropriately.

PolioPlus - PolioPlus donations are also sent to The Ro-  
tary Foundation and must be designated for Polio.  
Audrey periodically collects cash or checks for Polio-  
Plus. You can also mail a check to Noreen or donate  
online. Your personal donations to PolioPlus earn Paul  
Harris Fellow credit, but do not qualify for a Club match.  
If you have any questions or need additional infor-  
mation, please ask **Noreen, Tom or Audrey**. Thank you.

## DMHR Admin Information

### DMHR Club Dues

**Carolyn Schrader, Treasurer** [schrader407@gmail.com](mailto: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](mailto: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

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

## 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



*Corporate  
Generosity*

### *2020-2021 Corporate Sponsors*



## The Last Word...



**Amy Weed and Roberta Simonton**  
making macaroni bags.

### Volunteers at Metro caring on January 14

Dan Himelspach	Amy Weed
Tom Giordano	Tom Gregory
Roberta Simonton	Tom Cella
Audrey Leavitt	Margaret VanVliet
Robin Springer	Debra Flick

**Noreen Keleshian and Audrey Leavitt**  
pass out the pasta.



"Whoever said time flies never bagged flour."  
Spoken by **Tom Giordano** (above)  
and photos brought to you by **Debra Flick**

**Dan Himelspach and Tom Gregory**  
up to their eyeballs in flour



**Margaret VanVliet and Robin Springer**  
opted for oats!

