

Denver Mile High
Rotary
Club



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

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President's Column

Greetings Denver Mile High Rotarians!

January 25, 2021

Wow! I thoroughly enjoyed Jon Schlegel's story and journey that he shared with us last week. What an inspiration for us all to dream big and go after what we want in life! I loved his "Italy Chapter" and overcoming all of the obstacles he must have faced to learn to become a wine maker. What a creative person, to create the businesses that he has. Can't wait to see, taste, and hear more from him on February 11th for our fundraiser! Get your tickets today if you haven't already! Thanks Tom Cella and Brian Good for getting him lined up to speak to us. Who else do you know who has a good story to share with our club? Connect with Brian Good if you have a suggestion!

Joke of the Week: What is a cow's favorite game to play? MOO-sical chairs!

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

Interesting Facts...

Attendance last week

52 Total membership

36 Zoom members attending

1 Zoom speaker attending

1 Guest attending

16 members missing

Word from the Editor, District News and more

A word from your editor... Help!

Dear fellow Rotarians,

As many of you may know, our club is in the process of writing three Global Grants (GGs) as outlined below. There is a need for committee members for GGs, **please consider being involved in one of these grants** from the ground up. For more information about the grants and to volunteer your interest, please contact those spearheading the GG projects, (click on name for e-mail link). Many projects include the opportunity to travel to the country receiving the grant.

Nepal Economic Development - [Annely Noble](#)/Linda Sue Shirkey (Need an additional member)

Zimbabwe Water Project - [Carolyn Schrader](#)

Uganda Mental Health Project - [Diane Messamore](#)

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?



LAST CALL: Wanted : A Past Club President looking for a challenging, rewarding leadership position....to help inspire Rotarians to do great things!

**Rotary District 5450 is accepting nominations
for our 2023-2024 District Governor.**

There are numerous ways to provide service in Rotary. Serving in a leadership position in your club and in our District are important ways of providing service. Nearly every Past District Governor believes "it was an honor and a privilege to be selected and to serve as District Governor."

The position of District Governor is also both rewarding and challenging. The selected Nominee will work closely with District leadership before becoming District Governor, and the advanced training and orientation leading up to Rotary Year 2023-24 not only makes for better leaders, but provides continuity within our great District, one of the best in the Rotary world.

Who qualifies? Any past club president who is a member in good standing of his/her club and has been a member of Rotary for at least seven years when he/she would become District Governor (July 1, 2023), may be nominated. **The Process:** Fill out the nomination form - click here for the nomination form. Contact his/her current Club President for support of the club and Board of this nomination. This nomination must be accompanied by a formal resolution adopted at a regular Rotary Club meeting or by the club's Board of Directors supporting the selection of the candidate.

Applications must be submitted by January 31, 2021.

Submit nominations for District Governor directly to the Chair of the DG Nominating Committee, Past District Governor Curt Harris by January 31, at DGCurt2019.20@Rotary5450.org. The nominations will be reviewed, and selected candidates will be notified. PDG Curt Harris and his selected team will interview candidates in February 2021.

Thank you for your assistance in the very important role of identifying future leaders for our District.

Curt Harris - Rotary Club of Evergreen
District 5450 Governor 2019-2020
DGCurt2019.20@rotary5450.org

January District 5450 News

Please [click here](#) to see the JANUARY comprehensive District 5450 News.

One Stop Dues Payment with Zelle.

A simple one stop method that works just like a check without having to write one. It can be set up as an automatic payment or at your request each quarter.

If you are not familiar with Zelle ask **Roberta Simonton or Melanie Gentz**.

Those familiar with Zelle, the contact is RotaryDMH@gmail.com



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

Denver Mile High Rotary Calendar of Events

2021

January 25 - WCS Meeting - TODAY - 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 - PETS Training, virtually via Zoom.

Weekly Inspirators, Greeters & Hosts, etc.

Date	Inspiration	Greeters	Host
January 27	Brian Good	Tom Gregory and Marcus Hanlon	Dan Himelspace
February 3	Sarah Hite	Noreen Keleshian and Bob Kemp	Janine Kempfer
February 10	Audrey Leavitt	Kevin LeVezu and Susanne Lorenz	Jeff McAnallan



January Birthdays

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

It is not too early...

To consider being the newsletter editor! **Annelly 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. Annelly 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 [Annelly](#) so you can begin to learn the ropes. 303-842-8725

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

Meeting Leader Calendar

Jan 27 Steve Blazek
Feb 3 Adams Price
Feb 17 Steve Blazek
Feb 24
Mar 3 Melanie Gentz
Mar 10 Steve Blazek
Mar 17
Mar 24

One Stop Dues Payment with Zelle.

A simple one stop method that works just like a check without having to write one. It can be set up as an automatic payment or at your request each quarter. If you are not familiar with Zelle ask **Roberta Simonton** or **Melanie Gentz**. Those familiar with Zelle, the contact is RotaryDMH@gmail.com

**Mental Wellness
Tip of the Week**
Allow yourself
time to relax.

Denver Mile High
Rotary
Club



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?

Interested in traveling to a village outside Kathmandu, Nepal in about a year?

Then why not join **Linda Sue Shirkey** and **Annelly Noble** in finding funding for the Nepal Cold Storage Global Grant. [Click here](#) to e-mail Annelly to volunteer.

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. 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. 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 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

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 Craig Hospital Card Writing Wine and Cheese Tasting New Member Orientation World Awareness 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 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

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





Service Above Self

Volunteer Opportunity—Project Worthmore

Project Worthmore, as you recall from their presentation last autumn, is a local non-profit that serves the refugee community in the Denver metro area. In addition to providing a dental clinic, language classes and other services, they also are responding to the increased need for food in their community.

Since we we required club participation for helping fund the District Grant, they established the first Monday of every month as an opportunity for Rotary volunteers to help with their food program. They are looking for volunteers 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, all within about a 3-mile radius of Project Worthmore, 1666 Elmira St.

Project Worthmore is looking for volunteers for Monday, February 2nd, and the first Monday of any future months. Please let me know if you are interested and I will put you in touch with the appropriate person.

Remember you can choose either activity (packaging or delivery or both) for any given month.

Please contact **Robin Springer** by phone at 303-778-0858 or by email: 2respri@gmail.com. Thank you!

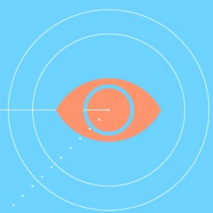


The Penultimate Word...

Inspiration Shared...

Please see below the inspirational material that
Marcus Hanlon shared with us at the meeting on January 13.

Critical Thinking Skills



1

Observation

The ability to notice and predict opportunities, problems and solutions.



2

Analysis

The gathering, understanding and interpreting of data and other information.

3

Inference

Drawing conclusions based on relevant data, information and personal knowledge and experience.

4

Communication

Sharing and receiving information with others verbally, nonverbally and in writing.

5

Problem solving

The process of gathering, analyzing and communicating information to identify and troubleshoot solutions.

The Last Word...

Mattie Stepanek is familiar to millions from his two New York Times best-sellers, *Heartsongs* and *Journey Through Heartsongs*, and his appearances on Oprah, Good Morning America, and many other television and radio shows. In his new book, *Just Peace: A Message of Hope* (2006), Mattie writes poetry about sustaining hope when your life and your world challenge you. Mattie's struggle with a rare form of muscular dystrophy has not diminished his ability to see light and hope in each individual and in the world. *Hope Through Heartsongs* includes poetry in sections called "Hope for Within," "Hope for Each Other," and "Hope for the World." In his young life, Mattie has faced a spectrum of loss and joy surprising to many, but natural to this poet and peacemaker. Read these poems and know that no matter how difficult some situations seem, with hope there is light.

Hope Haiku

Gentle and peaceful...
We are the children of one God,
Yet, so many faiths.
True, we are different...
Unique mosaic of life.
Still, we are the same.
United, we are...
The festive fabric of life.
Divided, we fall.

Inspiration Shared...

Thank you to **Debra Flick** for introducing us to the young, inspiring poet, Mattie J.T. Stepanek, who thrived and left a lasting legacy despite dealing with a fatal genetic mutation* and dying at the tender age of 13.

Mattie wanted to be remembered as,
**"a poet, a peacemaker, and
a philosopher who played."**

Stepanek suffered from a rare disorder, [dysautonomic mitochondrial myopathy](#).

His three older siblings died from the same illness. The condition was unknown until his mother was diagnosed with [mitochondrial disease](#) in 1992, after all four of her children had been born.

[Click here](#) to see a 5 minute video on Mattie's call to peace.

For Our World

By Mattie J.T. Stepanek

We need to stop.
Just stop.
Stop for a moment...
Before anybody
Says or does anything
That may hurt anyone else.
We need to be silent.
Just silent.
Silent for a moment...
Before we forever lose
The blessing of songs
That grow in our hearts.
We need to notice.
Just notice.
Notice for a moment...
Before the future slips away
Into ashes and dust of humility.
Stop, be silent, and notice...
In so many ways, we are the same.
Our differences are unique
treasures.
We have, we are, a mosaic of gifts
To nurture, to offer, to accept.
We need to be.
Just be.
Be for a moment...
Kind and gentle, innocent and
trusting.
Like children, like lambs,
Never judging or vengeful
Like the judging and vengeful.
And now, let us pray.
Differently, yet together,
Before there is no earth, no life,
No chance for peace.

"Peace grows
when we are
no longer afraid,
nor angry,
nor hating,
nor the cause
of any suffering.
Peace grows
when we are
united in hope."

Mattie J.T. Stepanek

www.MattieOnline.com

