



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



July 14, 2020

Denver Mile High  
**Rotary**  
Club 

## President's Column

**Denver Mile High  
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Hello fellow Rotarians!

This week has been filled with unexpected surprises and revelations. The most evident one for me, is that no matter how careful and cautious we all are, COVID 19 or SARS V.2, (new name I think) continues to propagate around us. Let me tell you my story.

My wife's sister, Ashley, who lives in Capital Hill, went to urgent care on Monday, with a very sore throat. As a part of their procedure, she was swabbed for COVID-19, which tested negative, although, she did test positive for strep throat. My wife, Amanda, delivered her meds to her on Wednesday, placing her 'scripts at her door-step, with a simple knock at her door. Ashley, opened the door, Amanda was 6-8 feet away, they conversed for 2 minutes or less. No hugs. No handshakes, very minimal exposure.

Ashley called Amanda on Thursday morning, to let her know that the blood test that was taken on Monday at Urgent Care, came back positive for COVID. Minutes later, I sent the email to all of you, that Amanda and I will be self-quarantining for 2 weeks to do everything we can to keep you, our community, as well as the general public, safe from us.

Amanda and I have been ULTRA safe and prodigious with our health and exposure and will continue to do so. I am not concerned for my health or Amanda's, but more so for our community, most importantly, our DMHR members, so that is why I will be attending our meeting via ZOOM for the next two weeks. I will miss seeing everyone in person for sure, as it has been so welcoming and supportive the past two weeks!

Our Hybrid Meetings are getting better with advancements with technology and I think the turn-out has been great, both in person and via Zoom. We'll continue to forge forward. For example, we had 19 people attend in person, and another 15 via Zoom last week. That's a good turn out! Keep up the great job!

There are three things that are important that we have to focus upon in making positive strides for life, which are these: Hope, Faith, and Effort! We have to have hope for the future of better things for all of us. We have to have faith in ourselves, others and higher powers to support and to guide us! Although, while hope and faith are great and we need them in our lives...they alone, are never enough!

President's column continued on page two.



## President's Column Cont'd

...EFFORT is the key to success to everything! We all have to make an EFFORT to do things differently, better, and collectively, to make the changes and adaptations so that we, as individuals, as artists, as business professionals, as volunteers, as a club, as citizens, and as humans may move forward! This is not only true for COVID and the pandemic, but for all things in our lives and in society. We need effort, from everyone, to change... to become better. I ask you what can you change...to become better...just a little bit?

Let us all continue to be safe, healthy, and create opportunities to learn and to serve others to the best of our abilities, be it through our stories, our talents, our memories, our out-reach, our phone calls, our letters, and our service.

Let's embrace the effort component this week with the thought of "What CAN I do!" I invite you all to reach out, call somebody today or tomorrow, maybe a club member you haven't seen or spoken to for some time, a friend, a colleague...to say "hello" and to sincerely ask, "How are you doing today? What's on our mind right now? Tell me, because I want to know." Then, listen. If we ALL simply make that one phone call, it will bring a smile and gratitude to at least TWO people. You and them.

I encourage you all, to make at least one call. Let's share our stories over the days ahead, to whom we connected with via Facebook, our website, and on our next Zoom connection! I can't wait to hear from you all! This is going to be so great for all of us!

With that, I will end my thoughts this week with a smile, smirk, or groan for you all.

Q. Why should you never cheat in a Limbo contest?

A. Because, it's the lowest thing you can do!

Be safe, be well, and never cheat in a limbo contest!

Brad Thompson

### A word from your editor...

Dear fellow Rotarians,

President Brad has said it all, and I agree with what he said! Let's be our best selves - reach out to each other and beyond, exhibit kindness, care and compassion, be the examples of how we would like our world to look each day and forever.

As Brad suggests, send stories and photos of your daily lives practicing being your best selves!

And, thank you for your *hope and patience* during this time.

Annelly Noble

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## Denver Mile High Rotary Calendar of Events

### ZOOM LINK

In addition to in-person meetings, we will have Zoom video conferencing available. The 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=ZjZKeGM5NEFQU2pTSXErZUpUa0Z3UT09>

Meeting ID: 317 120 546

Password: DMHR2020

If you are participating via ZOOM next week and beyond, here's what you can expect:

**7:00** - Dial into the call and chat amongst yourselves, mute and unmute yourselves to mix and mingle.

**7:15** - Ding, Ding! Everyone mute. Brad will go live and call the meeting to order, announce guests, inspiration and pledge.

**7:20** - Brad will mute his phone to prevent audio feedback, and all Zoom participants can unmute and chat amongst yourselves again. We will try to have some cameo appearances by our "in person" members, walk by, wave, and say hello via my computer with the audio on. We'll see if that works next week.

**7:40** - Everyone mute yourselves; the meeting announcements/presentation will begin.

**8:25** - Q&A

**8:30** - 4 way test and end the meeting. Ding, Ding!

**July 14 - TODAY - DMHR Board Meeting - 4-5pm** - Please contact Carolyn Schrader for the Zoom link.

**July 15 - Rhonda Hathaway** - is a 10-year member of the **Commerce City Rotary**, has been the Secretary for nine years, has served a term as President, and is a 6-year sponsor of Adams City High School Interact. Today's presentation is the result of a \$10,000 grant awarded to Adams City High School Interact from the Community First Foundation. The grant was used to try to eliminate the stigma around mental health and to begin having this conversation at an earlier age. This presentation is the end result; both the Interact Club of Adams City High School and the Commerce City Rotary are very proud of this program, project and presentation.

**July 21 - DMHR Foundation Board Meeting** - 7:00 am via call until further notice

**July 21 - DMHR Zoom Happy Hour** from 5-6:30 pm. Please use the Wednesday Rotary meeting Zoom link found at the top of this page.

**July 22 - Portia Prescott - Racial Justice and Rotarian Involvement** - Portia Prescott and her partner Mary Jefferson have partnered with dozens of non-profits and leaders in Colorado African-American communities. With over 40 years of experience between them, they are embedded in both the Community of Color and the Political Arena locally, statewide and nationally.

**July 29 - Reeves Brown - Building a Better Colorado** - Bi-Partisan Legislative Proposal to Repeal the Gallagher Amendment

**August 29 - Virtual District 5450 Conference.** Additional information will follow as it becomes available.

**August 29 - Past President's Party** - 5-7pm - The party will be outdoors and we will practice social distancing.

**Weekly Inspirators, Greeters & Hosts**

Date	Inspiration	Greeters	Host
July 15	Sonny Wiegand	Chris Wong and Pat Gorman Barry	Diane Messamore
July 22	Jared Beach	Andrew Bell and Steven Blazek	Bob Connaghan
July 29	Diane Messamore	Alessandro Eichstaedt and Debra Flick	Kevin Gallaway

**Upcoming July Birthdays**

July 4 - Brad Thompson  
 July 8 - Dan Himelspach  
 July 19 - Annely Noble  
 July 23 - Jared Beach  
 July 24 - Betty Speir



From **Diane Messamore...**

 *Mental Wellness Tip of the Week*

**Find the beauty around you**





**DMHR Year-At-A-Glance Calendar**

<b>JANUARY</b> Write Valentine Cards for Seniors Mini-Dinner Fundraiser  <i>Rotary Awareness Month</i>	<b>FEBRUARY</b> Craig Hospital Dinner New Member Orientation  <i>World Awareness Month</i>	<b>MARCH</b> Mini-Dinner Fundraiser  <i>Literacy Month</i>
<b>APRIL</b> Mile High Spring Swing  <i>RI Magazine Month</i>	<b>MAY</b> Craig Hospital Dinner RYLA Interviews  <i>Promote International Convention Mth</i>	<b>JUNE</b> River Rafting  <i>Rotary Fellowship Month</i>
<b>JULY</b> Inner City Kids Hike/Rotary Peak RYLA Camp  <i>Literacy Month &amp; New Rotary Year</i>	<b>AUGUST</b> School Supplies Drive Past President's Party  <i>Membership and Extensions Month</i>	<b>SEPTEMBER</b> Mini-Dinner Fundraiser New Member Orientation  <i>New Generations Month</i>
<b>OCTOBER</b> 9 Health Fair Craig Hospital Dinner World Polio Day Event  <i>Vocational Service Month</i>	<b>NOVEMBER</b> Write Holiday Cars for Active and Deployed Military Citrus Fundraiser  <i>Rotary Foundation Month</i>	<b>DECEMBER</b> Holiday Party Toy Drive  <i>Family Month</i>

**DMHR Admin Information**

**Dues:** c/o Kaili Purviance, Treasurer — treasurerdmh@gmail.com — Thank you!  
 Please use [the link below](#) to pay with credit card;  
 or reach out to the treasurer if you require  
 an invoice or would like to pay by check.  
<https://rotary-club-of-denver-mile-high.square.site/product/drinks/2?cs=true>  
 Mail your dues checks to: Kaili at 3244 S. Holly St, Denver, CO 80223

**DMHR Foundation:** c/o 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 or automatic monthly donations.

**Contributions to DMHR Foundation**

*Giving Generously  
 For the  
 Greater Good*

*2019-2020  
 Individual Donors*

<i>Pat Gorman-Barry</i>	<i>Annely Noble</i>	<i>Mary Walta</i>
<i>Tom Cella</i>	<i>Adams Price</i>	<i>Ronnie Weiss</i>
<i>Melanie Gentz</i>	<i>Chuck Rudolph</i>	<i>Sonny Wiegand</i>
<i>Tom Giordano</i>	<i>Roberta Simonton</i>	<i>Room for more...</i>
<i>Tom Gregory</i>	<i>Robin Springer</i>	<i>Will it be you?</i>
<i>Bob Kemp</i>	<i>Michael Tapp</i>	<i>Or you?</i>
<i>Diane Messamore</i>	<i>Ann Tull</i>	<i>Or you?</i>
<i>Constance Mortell</i>	<i>Tony Viada</i>	<i>Or who?</i>



*Corporate  
 Generosity*

*2019-2020  
 Corporate Sponsors*







## Warriors on Cataract - Project Update

Geoff Noble would like to thank the following individuals for their generous contributions to support Warriors On Cataract and our Club's Foundation:

Adams Price	Diane Messamore	Greg Thielen	Michael Tapp
Bob Kemp	Amy Weed	Annely Noble	Marty Waters
Pat Gorman Barry	Tom Cella	Robin Springer	Brad Thompson
Melanie Gentz	Jeff McAnallen	Elizabeth Condon*	James Williams*

\*Members of the Rotary Club of Keystone Heights, FL

TOTAL	\$1,462
75% to Warriors On Cataract =	\$1,096.50
25% to the Club's Foundation =	\$365.50

Additionally, Geoff would like to thank the Local Community Service Committee for approving a donation of \$1,000 to Warriors on Cataract, making the total support \$2,096.50.

## Member Contributions

Fellow Rotarians,

I am sending you this note to share some positive news about an important effort Denver Water is undertaking to keep our promise to protect water quality through our [Lead Reduction Program](#).

Denver Water is working on a neighborhood-by-neighborhood basis to replace customer-owned lead service lines, permanently removing this source of lead from our community. A service line is the pipe that brings water from the water main in the street to the plumbing on your property. This is an exciting project that will protect the health and well-being of our community now and in the future. It is quite possible that **this project eventually will impact members of our club, their families and friends** over the next 15 years.

As you can imagine, this is a complex topic and it is critically important that the public get the correct information from the right source. We are asking Mile High Rotary's help to get the word out about the program and share our website with the public. I want to let you know that we've added Rotary (but not individual members) to our e-mail list providing resources for your information, (e.g., templated newsletter articles, videos, social media content, linkable graphics). We hope you share this content on your organization's website and social media channels, and in your email updates. Perhaps we could even give a presentation about the program during an upcoming meeting.

Thank you, in advance, for your help. Please let me know if you have any questions.

Brian

**Brian Good** | Chief Administrative Officer  
**Denver Water** | t: 303-628-6503 | c: 303-994-6609  
1600 West 12th Ave | Denver, CO 80204-3412  
[brian.good@denverwater.org](mailto:brian.good@denverwater.org)

## District Announcements

[Click here](#) for a link to District 5450 home page where you can see the district calendar, other club activities, etc.

[Click here](#) to hear **Bob Kemp's** message for July.

Transition for Rotary is a mix of preserving our core values, while we approach challenges in new and different ways. This is a time of unprecedented change - and we must adapt. Now is the time for all of us in Rotary to shine!

Let's prepare for a year of uncertainty by cultivating a spirit of flexibility and creativity. Let's try new things, let's do things differently, let's find ways to connect with people we wouldn't otherwise have connected with! Being socially distant doesn't mean being socially disconnected. Let the world see your smile – even if you are wearing a mask!

My personal best wishes for a great Rotary Year to all of us!

**Bob Kemp**

Rotary Club of Denver Mile High  
District 5450 Governor 2020-21

## District Highlights...

[Supporting the Environment](#) becomes a new area of focus.

[Epic Ethics](#)...calm in conflict celebrating our diversity.

[Woooomanity Bike Challenge](#)...now scheduled for September 12th.  
**See following page for updated information**

[Club membership and giving report](#)... June 2020

And so much more... Club connections... The Rotary Foundation...  
Upcoming Events and Training...



## District Announcements cont'd

Dear All District Rotarians,

Two deadlines are fast approaching for the **Woohoomanity Challenge**.

**July 15th...** Riders need to register by this Wednesday to get a 15% discount on the Denver Century Ride. The discount drops to 10% after that.

**July 21st...** For both volunteers and riders, if you want a good-looking Woohoo jersey or t-shirt, you'll have to order by Tuesday, July 21st. Also, Woohoo face mask/neck gaiters are available for delivery now... order before they're gone.

COVID update... the Woohoo is moving forward, with significant health measures in place:

Denver Century Ride is working closely with the State on guidelines.

Masks will likely be required (except while riding), and temperatures will be taken of all volunteers.

**The street party is probably cancelled, as are the Expo and the Rotary Hospitality Tent.**

No wave starts this year... start any time within your 30-minute window.

A lot more volunteers are needed to help manage the Ride safely, so sign up now while you're thinking about it... it's easy to cross off your list.

Thanks for supporting your club's service projects.

Pat

Pat McGuckin

Chair, Woohoo Working Group

pat@mcguckins.net