



SERVE TO CHANGE LIVES



Rotary



Club of Denver Mile High

## 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 1
- Meeting Zoom Link
- Word From the Editor 2
- Info to know
- Upcoming Program 3
- Details and Calendar
- Inspirators, Greeters, 4
- Hosts, Birthdays
- Tip of the Week, Misc.
- District News 5
- Palisade Peaches
- And More....
- Volunteer Opportunities 6

Hello Fellow Rotarians,

19 July 2021

I continue to be amazed at all the great work that all the Rotarians are doing around the world. The efforts of Dr. Munro and her husband promoting literacy in one of the poorest countries is incredible. Thank you to them, our club and all the others who are truly making a difference and serving to change lives around the world.

I wanted to give you a little heads up and get your creative minds working. Coming up at one of our meetings on August 18, we are going to dedicate the meeting to brainstorming and talking about service projects. Please be thinking of areas or causes you would like to get involved in and/or have the Club discuss participating in service projects to support those causes. No idea or project is too large or too small. Please come prepared to discuss. I look forward to hearing all of our great thoughts and ideas.

Love & Respect,  
Steve

### ZOOM LINK

In addition to in-person meetings, we will continue Zoom meetings. The Zoom meeting "room" will open at 7:00 am, and the meeting will begin at 7:15.

Join Zoom Meeting

<https://us02web.zoom.us/j/81294791259?pwd=aXZsTXRiZzJLZEVLN2RFZ3bnBRdz09>

Meeting ID: 812 9479 1259 Passcode: 903839

### Interesting Facts... Attendance last week

- 53 Total membership
- 9 Zoom members
- 1 Zoom Speaker
- 1 Zoom camera of U-Club
- 28 Members at U-Club
- 1 Guest at the U-Club
- 16 Members missing

### Rockies Game - Rotary Function September 26 - \$28 per ticket

Rotary members already have purchased 200+ tickets for the Rockies versus Saints Game on September 26 at 1:10pm. The area where Rotarians will sit is supposed to be shaded in the afternoon. District Governor Ray Anderson will be on the field to share about Rotary, so let's get out there and support him and our cause. **All profits to PolioPlus.**

Wear your Rotary gear... you will have your new Rotary T-shirts before then.



SERVE TO CHANGE LIVES

## Word from the Editor

### A word from your editor

Dear Fellow Rotarians,

Thank you, **Melanie Gentz**, for sending out last week’s newsletter and thank you, **Amanda Biffle**, for stepping up to be the next editor of the newsletter! Amanda will bring new life and her own perspective to our great publication. Now if we could find only 3 more individuals to be board members for the DMHR Club (speak to **Steve Blazek**), and 1 individual to be a board member on the DMHR Foundation (speak with **Tony Vaida**), we would have a full roster of administration! **Could it be you?** Remember, we are “people of action”, and those who volunteer are those in the know.

See you Wednesday!  
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?  
And, for what are you waiting?*



**[Amarok Society](#)**  
**Wednesday’s Presentation Info**

The U-club was totally silent as Dr. Tanyss Munro, Executive Director of Amarok Society presented on Zoom about promoting literacy with some of the poorest mothers in the world. A book of this experience, *South Asian Adventures With the Active Poor*, a collection of true short stories about some extraordinary mothers in the slums of Bangladesh and how Amarok Society got its start, written by her husband, G.E.M. Munro, is available on the Amarok Society website for \$20.

[Click here](#) for a link to the Amarok Society book.

**Midlife - Wednesday’s Inspiration**  
By Brené Brown and brought to us by Marcus Hanlon.

Midlife is when the universe gently places her hands upon your shoulders, pulls you close, and whispers in your ear: I’m not screwing around. All of this pretending and performing – these coping mechanisms that you’ve developed to protect yourself from feeling inadequate and getting hurt – has to go. Your armor is preventing you from growing into your gifts. I understand that you needed these protections when you were small. I understand that you believed your armor could help you secure all of the things you needed to feel worthy and lovable, but you’re still searching and you’re more lost than ever. Time is growing short. There are unexplored adventures ahead of you. You can’t live the rest of your life worried about what other people think. You were born worthy of love and belonging. Courage and daring are coursing through your veins. You were made to live and love with your whole heart. It’s time to show up and be seen.



SERVE TO CHANGE LIVES



## Calendar of Event and Presentation Details

**July 21 - Dr. George Chapar - The psychology, disruption, resilience and recovery of individuals as a result of COVID-19.** Dr. Chapar is a licensed, practicing clinical psychologist in Old Greenwich, Connecticut. He has a BA in sociologist from University of Connecticut, an MA in Special Education from Fairfield University, an MA in General Psychology from Yeshiva University - Ferkauf Graduate School of Professional Psychology and Albert Einstein College of Medicine, and finally, a PhD in Clinical Health Psychology also from Ferkauf.

**July 27 - DMHR Happy Hour - 5-7pm** at Carolyn and Paul Schrader's home, 407 Detroit St, Denver.

**July 28 - Dr. Jason Williams, Clinical Director of Pediatric Mental Health Institute** at Children's Colorado and Director of the PMHI Quality and Safety. A State of Emergency for Pediatric Mental Health: How COVID has made a serious problem worse.

**July 30 - Denver Children's Advocacy in City Park Pavilion.** [Click here](#) to sign up to volunteer. For more information, contact [Marty Waters](#).

**August 4 - Do not park on Sherman...street sweepers may sweep away your car, or worse, you may be ticketed.**

**August 4 - Elle Sypek, Denver Mile High and District 5450 World Peace Fellowship nominee,** will be speaking about Aarti for Girls, (a not for profit in Kadapa, India that works to end gender discrimination and the abuse of women and children), and specifically about a grass root, community level approach to change and how this has cultivated a comprehensive, positive impact for the physical and mental health, education, and livelihood of women and children.

**August 8 - Past President's Party - Sunday 5-7pm** - In the boulevard in front of Tom and Janis Cella's home, at 1739 Forest Parkway, Denver. Menu consists of burritos, guacamole, dessert, beer and wine. Bring your lawn chairs and a "roast" or a joke to share!

**August 11 - Greg Kingsley - Platte 15 Project and Cross Panel Timber movement**

**August 12 - 9:00-12:30 - Metro Caring Provisioning Project** - 5200 Smith Rd - See page 6 of this newsletter.

**August 18 - Tentative - Strategic Club Planning Session lead by Amy Weed.** What are our upcoming projects? Ideas for new projects, etc.

**August 25 - Jonathan Day - Planning your estate as you age.** "Estate" Planning sounds stuffy - what does it really mean? Estate planning can be thought of as "Future Planning," and there are more reasons you need it than you may think.

**September 1 - Do not park on Sherman - street sweeping.**

**September 25 - Woohoomanity Challenge - DMHR Club fundraiser bike ride** sponsored by Denver Southeast Rotary and piggybacking on the Denver Century Ride. For more information, [click here](#). Last year's team was *Melanie "Go Getter" Gentz, Steve "Beat the Pack" Blazek, Tom "Strides Ahead" Cella, and Marty "Fast Flowing" Waters*. If you choose not to ride, consider sponsoring a rider from our club. Details will follow in August.

**September 26 - Go to a Colorado Rockies (vs. Saints) game** which begins at 1:10pm, with district 5450 Rotary members from all clubs. [Click here](#) for info and to purchase tickets at special price of \$28 each. Profits to PolioPlus.

**Do you have any leads for future speakers? Contact Adams Price: 303-570-3315 or [adams.price@pmcf.com](mailto:adams.price@pmcf.com)**



### Weekly Assignments and More

Date	Inspiration	Greeters	Host
July 21	Janine Kempfer	Audrey Leavitt and Susanne Lorenz	Jeff McAnallen
July 28	Diane Messamore	Constance Mortell and Carolyn Nobel	Annelly Noble
August 4	Josh Peck	Charlene Porter and Adams Price	Chuck Rudolph



- July Birthdays**
- July 4 Brad Thompson
  - July 8 Dan Himelspach
  - July 15 Roni Cella
  - July 19 Annelly Noble
  - July 23 Jared Beach
  - July 24 Betty Speir

Mental Wellness  
Tip of the Week

Buy a bouquet of flowers or cut some from your yard to cheer your breakfast table.

Denver Mile High  
**Rotary**  
Club

Mental Wellness Tip brought to you by a fellow Rotarian!

**The Rotary Book Group...**  
**All Welcome**  
Monday, **August 23rd**, at 4:30 pm  
Sarah Hite's home  
648 Humboldt, Denver  
**No July meeting.**

*While Justice Sleeps - A Novel*  
By Stacey Abrams

A gripping thriller set within the halls of the U.S. Supreme Court - where a young law clerk finds herself embroiled in a shocking mystery plotted by one of the most preeminent judges in America.

### DMHR Literacy Award



L—>R  
**Amy Weed,**  
**Patricia**  
**Burnett, and**  
**Ronnie Weiss**

←



Patty Burnett, President of the Englewood Rotary, presented **Amy Weed** and **Ronnie Weiss** with a plaque representing the award bestowed on DMHR for the literacy work the DMHR Rotary in conjunction with the Conflict Center continued throughout the COVID-19 pandemic. Yay team!



SERVE TO CHANGE LIVES



## District Information and More

### Grand Lake Trail Help Requested

15 volunteers are needed on Saturday, July 24, from 8:30 am to 12:30 pm to build a section of trail destroyed by the East Troublesome Fire. It will be a reroute of the old Warbler Trail. It shouldn't be too physically demanding as the trail is already a snow-shoe trail in the winter. It mostly needs to be cleared and established as a trail with raking and digging. **Lunch and water will be provided. No experience necessary.**

First 15 volunteers sign up at:  
<https://www.signupgenius.com/go/60B0848A5AD2EA2F85-grand1>

Confirmation email will be sent on Thursday, July 22. This effort is supported by the District 5450 Natural Disaster Response Committee.

Beverly Mendel - District Operations Manager  
303-477-0654 office@rotary5450.org

### Woohoomanity - September 25th

#### Big bike ride - Saturday

[Click here](#) to sign up for Woohoomanity!  
If you don't want to ride, consider pledging your support for one of our club's riders. **Last year's team was**

**Melanie "Go Getter" Gentz,  
Steve "Beat the Pack" Blazek,  
Tom "Strides Ahead" Cella, and  
Marty "Fast Flowing" Waters.**

A portion of all funds pledged comes back to Denver Mile High Rotary!

[Help Make a Difference!](#)

### Monthly District News

[Click here to go to the District 5450](#) website to see July activities and information, and to listen to the July address by our new District Governor, Ray Anderson (2021-22)

### Did you know? We made a commitment...

The Provisioning Project in which our club participates is brought to you by the Rotary Club of Cherry Creek. They have rented a warehouse and count on our participation **only one day a month** to rebag 50 lb bags of flour, rice, oatmeal, and beans into 1.5 lb bags for Metro Caring. Several of our club members and their spouses have volunteered their time routinely, however, during summer, they are not able to commit to every month. Our club's assigned day is the second Thursday of each month; our next day will be August 12th, 9:00am-12:30pm. Please call [Robin Springer 303-778-0858](tel:303-778-0858), if you can fill in during August and September. We need 6-8 members each month.

**This is a very fun way to volunteer, do good, and get to know each other better, and the time seems to fly by!**

### Colorado - Palisade Peaches

Cherry Creek Rotary is again selling peaches - 10 lb boxes for \$27. Please order online by [clicking here](#). **Order by August 3rd - Pick up August 14th (by you)** from 8 am-1 pm at the McAuliffe International School, 2540 Holly St, Denver 80207. Need more details, please contact [Robin Springer 303-910-7835](tel:303-910-7835)

### Colorado Rockies vs. The Saints - September 26 - District 5450 event

Help knock polio out of the park when you join District Governor Ray Anderson and your District Polio Committee who invite you, your family, and friends to join them at Coors Field 1:10 pm on Sunday, September 26, 2021. Wear your Rotary best and make lots of noise - WE WILL HAVE A BLAST! [BUY YOUR TICKETS](#) EARLY for only \$28 each at [www.rockies.com/ROTARY](http://www.rockies.com/ROTARY). **All funds earned from our tickets sales will go toward polio eradication.**



SERVE TO CHANGE LIVES

**Service Above Self**



**PROJECT WORTHMORE**

**Project Worthmore - Volunteer anytime**

Project Worthmore is a local non-profit that serves the refugee community in the Denver metro area by providing a dental clinic, language classes, food for their community, as well as other services. We may **volunteer any Monday** during the entire month to help with food packaging and/or contactless deliveries. **Please contact [Tom Cella](#)** for more information and to volunteer.

**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 within about a 3-mile radius of Project Worthmore.



**CRAIG**

**Craig Hospital** - As COVID restrictions become relaxed, Denver Mile High Rotary will again participate at Craig hospital. For more information, please contact [Betty Speir](#) 303-489-0418

NEUROREHABILITATION & RESEARCH HOSPITAL



**METRO CARING**  
ENDING HUNGER AT ITS ROOT

**Volunteer for Metro Caring Provisioning Project:**

**Thursday, August 12th** is our next session.

**TIME: 9:00am - 12:30pm**

**LOCATION: 5200 Smith Road Suite 130 - west side entrance.**

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. If you'd like to bring a spouse or other family member, please do!

Please **contact [Robin Springer](#)** for additional information. [Click here](#) for a July update from Metro Caring.



**The Conflict Center**

The Conflict Center is always looking for volunteers to do a variety of tasks. Watch this space for opportunities beginning May and early June. If you would like more information or to sign up, please contact [Ronnie Weiss](#).



**Nine Health will again hold health fairs beginning this fall.** Please contact [Linda Sue Shirkey](#) 303-946-3196 or [Audrey Leavitt](#) 610-805-7579 for more info.



**Denver Kids** is part of a cooperative with Denver Public Schools. Watch this spot for volunteer opportunities for mentoring [Denver Kids](#). Training for volunteering begins this spring.