

July 21, 2020

Denver Mile High
Rotary
Club



President's Column

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

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Hello fellow Rotarians!

Does anyone else feel that the last couple of weeks has been like the movie Groundhog Day, with Bill Murray? It seems like, I wake up at the same time every day, grab a cup of coffee, check my emails and the news, get some exercise, and start my work activities. The days have been dragging on, over, and over and over. With so much isolation in all of our lives with the pandemic, I took my own advice from last week's letter and made a couple of calls to connect with our Rotary members. It was truly the highlight of my week.

My first call was to Chuck. We talked about challenges of confines due to Covid, but quickly focused on the more positive stories and our shared desire for more time in the sun, outside, in the water, and catching fish.

My second call was to Sarah. I shared with her how much I enjoyed her wonderful stories and letters from her time in France, back in the mid 1950's. Amanda and I spent 3 weeks there for our honeymoon/1st year anniversary in 2006, so we really had fun talking about travels, our love of great food, wine and adventures. As a world traveler, I asked Sarah what her favorite trip has been, from the dozens of countries she has been to, and she quickly quipped, "My last one!" That made me smile.

I am really looking forward to our speaker this week, Portia Prescott. I know we will all learn some new thoughts and perspectives from what she will share on social injustice.

Stay well and stay safe!

Brad Thompson

Brad Thompson and Amy Weed met the new RI President, Holger Knaack. Would you recognize him in a crowd? Read the latest from Holger in the August RI Magazine.





Zoom Details and Meeting Schedule

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!

A word from your editor...

Dear fellow Rotarians,

The DMH Rotary newsletter appears in your e-mail and on the website on Tuesday morning, the day prior to our regularly scheduled meetings. Beginning next week, I will have the newsletter in your e-mail and on the website by early **Monday morning**. If you would like to contribute anything for inclusion, would you please send it to me (Annely.noble@comcast.net) by Sunday evening? Remember, this is your newsletter and your fellow members love hearing from you and seeing what you have been doing (send photos!). Editorials and op-eds welcomed!

Your new RI Magazine should arrive this week...read it this week to get ready for the quiz next week, which you will find in this section! ***The more you put into your Rotary experience, the more you get out of Rotary!***

Thank you for your ***hope and patience*** during this time.

Annely Noble

M 303-842-8725

Annely.noble@comcast.net



Denver Mile High Rotary Calendar of Events

July 21 - TODAY - DMHR Zoom Happy Hour from 5-6:30 pm. Please use the Wednesday Rotary meeting Zoom link found on the previous 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 23 - DMHR Foundation Board Meeting THURSDAY: 7-8 am. To join by conference call, please call 1-712-770-4010. You will be asked for your Conference ID: 955588# Please call Tony Vaida if you have questions.

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

August 5 - Jeff Blumenfeld, Boulder author of Travel With Purpose - A Field Guide to Voluntourism. Mr. Blumenfeld covers the work of Rotarians George Basch (Himalayan Stove Project) and John Freeman (ShelterBox), and is a former high school Rotary Key Club member. **Via Zoom**

August 11 - DMHR Board Meeting - 4:00 pm - details to follow. Please call Brad Thompson if you have questions.

August 12 - Gloria Price, VP for Development, Metro Denver YMCA, will provide an overview of the Denver YMCA and their COVID-19 Relief Project (funding to which DMH Rotary contributed; see thank you document on page 11 of this newsletter) . **Via Zoom**

August 24 - World Community Service Meeting - In person, please contact Audrey Leavitt for information.

August 26 - Kimba Langas, co-founder of [Free The Girls](#), will share how her organization exists to help girls rescued from sex trafficking live their best lives of true Freedom.

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. Details will follow soon.

Weekly Inspirators, Greeters & Hosts

Date	Inspiration	Greeters	Host
July 22	Jared Beach	Andrew Bell and Steven Blazek	Bob Connaghan
July 29	Diane Messamore	Alessandro Eichstaedt and Debra Flick	Kevin Gallaway
August 5	Melanie Gentz	Tom Giordano and Brian Good	Tom Gregory
August 12	Dan Himmelspach	Sarah Hite and Noreen Keleshian	Audrey Leavitt

Upcoming July Birthdays

July 23 - Jared Beach
July 24 - Betty Speir



From Diane Messamore...



Mental Wellness Tip of the Week

Take time to
Laugh

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 Vocational Service Month	NOVEMBER Write Holiday Cars for Active and Deployed Military Citrus Fundraiser Rotary Foundation Month	DECEMBER Holiday Party Toy Drive Family Month

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*

2020 - 2021 Individual Donors

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



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2019-2020 Corporate Sponsors





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Generate donations painlessly!
Shop at smile.amazon.com and we'll donate 0.5% of eligible
purchases to your favorite charitable organization -
no fees, no extra cost.

For more information, [click here](#) or
copy and paste the following into your browser:
<https://smile.amazon.com/gp/chpf/homepage?orig=Lw==>

Miscellaneous...need your help!

Members,

I have a short stack of the beautiful certificates we give our speakers, recognizing them for their time and presentation, and honoring them as a part of the DMHR Polio Plus contributions. I need your help and input, please; if you can help fill in the following gaps, I will mail their certificates to them, if they presented at our club at sometime in the past year.

Please email me the speaker's postal address if he or she DID PRESENT at Rotary.

Barbara MacFarlane
Michelle Jeske
Sara Dawson
Dave Ventimiglia
Jason Hopcus
Dr. Jackie Bellowe

If the person listed did not speak and you have some connections or insights, please let Brian Good or me know so that we may try to schedule that person for a future program.

Thank you.
Brad Thompson



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.

[Woohoomanity 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...

Service Above Self



Sabin, Amy Weed's significant other, would like to help Geoff in thanking all who contributed to the Warriors on Cataract Virtual Rafting Trip.
<—



Geoff Noble spent the past week working with maintenance doing some scary work at [Highlands Presbyterian Camp and Retreat Center](#) in Allenspark! They re-sided this staff home and replaced some steps on old camper cabins.



In the meantime, **Amy Weed, Ronnie Weiss, and Annely Noble** helped put together "Peace in a Box" activities at The Conflict Center, where Ronnie is the Director of Development.

Ronnie Weiss is a volunteer extraordinaire...here she is at the Metro Caring rebagging effort. Please see the next page for an update on this project headed by Cherry Creek Rotary...more volunteers needed but you must be 64 or younger.





Member Contributions

In case you missed this...

Page 13 of The July Rotarian has an interview with Debra Fine. Debra is an active Rotarian in the Denver Southeast Rotary Club. She spoke to our club a few years ago. As the author of "The Fine Art of Small Talk", she has some great suggestions about how to visit another club or even talk with members of your own club.

Contributed by **Ann Tull**.

During this time of looking racism in the eyes, [clicking on this](#) and listening to Dr. Robin DiAngelo will open our minds to something we may not understand about white privilege.

"Vital Conversations - An Interactive video Series on Today's Realities of Race and Racism"



UPDATE ON ROTARY/METRO CARING PROJECT

In the six weeks since Denver Cherry Creek Rotary started this project, we have run 5 three-hour shifts per week, processing from 2,000 to 4,000 pounds of dried food products per shift.

By "processing" I mean scooping flour, oats, rice, etc. out of 50-pound bags into 1-pound or 2-pound bags suitable for Metro Caring to give to the myriad hungry people in Denver.

Metro Caring tells us that it has given this project top priority, as the smaller bags we are preparing are at the heart of the 375 bags or so that they give away each day to feed families for a week.

Our volunteers have uniformly told us how happy they are to help the less fortunate during the pandemic. They are demonstrating that "Service Above Self" is more than just the Rotary Motto. We also hear how much they enjoy being able to go to the warehouse with a friend and spend a couple of hours chatting, face-to-face, while scooping. Real, in-person interaction (even with masks on and at a distance of six feet) really charges their batteries after being sequestered for so much of the time. A large percentage of volunteers are coming back regularly to help.

Thank you to the members of Denver Mile High Rotary who have helped us with this important project. Together with members of other Rotary Clubs (Denver Southeast, Five Points/Rino, Club 31) their volunteering has made this on-going project a remarkable success. Having said that, it is worth noting that our productivity is in direct proportion to the number of volunteers present. Next time DMHR members come to help, they are encouraged to bring a friend.

A reminder that volunteers can [sign up here](https://signup.com/go/URZxUJE) (<https://signup.com/go/URZxUJE>).

Update brought to you by **Robin Springer** whose husband **Joel Russman** is a member of the Cherry Creek Rotary which works closely with Metro Caring.



COVID Project Updates



May 31, 2020

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Rotary Club of Denver Mile High Foundation
1673 Sherman Street
Denver, CO 80203-1603

Dear Rotary Club,

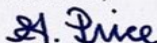
Thank you so very much for your meaningful gift of \$1,500.00 to the YMCA of Metro Denver that we received on 4/17/2020. I can't tell you how much we appreciate your support!

On March 26, Colorado Governor Jared Polis announced a state-wide "Stay at Home Order" and all non-essential services were required to cease. The Denver Y's five wellness centers were closed to normal operations, and our programming was paused. Because our Y is embedded in so many communities throughout the Denver metro area, government officials called upon us to be a partner in the response to COVID-19. Right now, the YMCA is hard at work continuing our tradition of emergency response. The immediate impact is tremendous:

- **Critical Care for Essential Workers' Children** – We are working with hospitals, medical providers, first responders, and municipalities to repurpose our staff and facilities to provide emergency care for the children of medical providers and first responders. To date, six emergency childcare locations have been set up and we serving **170 kids** daily for first responder and essential personnel families.
- **Nutrition Sites** – When schools closed, many children and families lost access to healthy meals. The Y quickly partnered with food banks to distribute essential and nutritious meals to children, families and individuals in need through "drive-up and pick-up" stations. Since March 17, more than **50,000 pounds** of food has been distributed to over **4,500** families in need.
- **Blood Donation Stations** – Blood banks are experiencing a severe shortage of lifesaving blood. We're currently working with partner blood banks to set-up stations throughout the metro area for individuals to donate blood.
- **Member Wellness Calls** – The Y is ensuring that our most vulnerable population impacted by COVID-19, older adults and seniors, are not alone, even if they cannot leave their home. Our wellness staff have called more than **3,700+** members daily to work through issues of isolation and depression and provide them with essential follow-up care including grocery and medication delivery.
- **Wellness at Home** – Our fitness team is hard at work developing new and creative ways to keep all members healthy in spirit, mind and body. We have had over **4,000** attendees participate in our virtual classes.

This contribution is making so much of this work possible and has been part of our matching program of \$650,000 – you have helped us double our dollars and double our impact.

In service,



Gloria Price
Vice President of Development
YMCA of Metro Denver

The YMCA of Metropolitan Denver is a 501(c)(3) tax exempt organization. Our EIN # is 84-0402696. No goods or services were received in exchange for this gift.

YMCA OF METROPOLITAN DENVER
2625 S. Colorado Boulevard, Denver, Colorado 80222

www.DenverYMCA.org