



SERVE TO CHANGE LIVES

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



Rotary



Club of Denver Mile High

President's Column

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**What is
Denver Mile High Rotary's
Community Initiative?**

Dear Fellow Rotarians,

26 July 2021

I hope you found Dr. Chapar's discussion as interesting and informative as I did last Wednesday. I liked the Q&A format. Thank you Margaret for hosting and facilitating the questions to Dr. Chapar. Great job!

I am looking forward to some fun social events coming up for our Club. Thank you, Carolyn for opening up your home and hosting our happy hour this coming Tuesday. If you have not RSVP'd please do so to let Carolyn know how many to expect. And then on August 8th we have the Past President's Party. It will be great to see Brad and Amanda and honor him for his term of service as President. Fun times ahead!

Woooomanuity bike ride will be here in a couple of months....I need to get some training rides in. Maybe we could coordinate some group rides during the week and to train together. It is always good to ride with others.

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=aXZsTXRiZzJLZEVLR1N2RFZ3bnBRdz09](https://us02web.zoom.us/j/81294791259?pwd=aXZsTXRiZzJLZEVLR1N2RFZ3bnBRdz09)

Meeting ID: 812 9479 1259 Passcode: 903839

Happy Hour at the Schrader's! TOMORROW!

You are invited to a Happy Hour from **5pm to 7pm, Tuesday July 27**, hosted by Carolyn and Paul Schrader. Feel free to bring your spouse or friend along. We are in Cherry Creek North at 407 Detroit Street. We will provide hors d'oeuvres, wine and beer. **Please RSVP to Carolyn at schrader407@gmail.com**

There is street parking on the east side of Detroit and nearby streets. Be sure to check the posted information about parking. The ticket police are always around. We hope you can join us. Don't forget to RSVP.

Rockies Game - Rotary Function - CORRECTION!

September 26 - \$28 per ticket

Rotary members have purchased 200+ tickets for the [Colorado Rockies vs. the San Francisco Giants game](#). 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 go to PolioPlus.** [Click here to purchase tickets so Rotary gets PolioPlus credit.](#)

Wear your Rotary gear... you will have your new DMHR Rotary T-shirts this week.



SERVE TO CHANGE LIVES

Word from the Editor

A word from your editor

Dear Fellow Rotarians,

I don't know about you, but I don't think my July could have been any busier! We started out with our youngest daughter's wedding in Tucson on July 1st, followed by directing summer camp in the mountains the week after, followed by volunteering in the maintenance department the next week, after which we entertained folks from the Keystone Heights, FL Rotary, had an exchange student from Columbia for a week, and next week we have company from North Carolina...a Kiwanian family! And, we are watching our grandsons Monday-Friday while mom's in U.A.E., and dad's working. No wonder I can't seem to get the Rotary Book Club books read!

Great news! The new Denver Mile High Rotary Club **T-shirts are in** and I will be distributing them this Wednesday! I had to have the Rotary design approved by the RI Brand Center in Chicago which slowed the process a bit, but FINALLY they are here. So when is our next service day? Come to the August 18th meeting to help brainstorm our upcoming projects.

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



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
You pick up August 14th
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 or 303-778-0858

Interesting Facts...
Attendance last week
53 Total membership
6 Zoom members
1 Zoom Speaker
1 Zoom camera of U-Club
22 Members at U-Club
0 Guests at the U-Club
25 Members missing

Metro Caring Provisioning Project
The Provisioning Project is brought to you by the Rotary Club of Cherry Creek. They have rented a warehouse and count on volunteers 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 the second Thursday of each month, from 9:00-12:30pm.
At this time, our club will no longer be responsible for filling the Thursday time slot. There still is a need for volunteers however you may sign up for any day convenient for you when the warehouse is open.
[Click here to sign up to volunteer.](#)
Please contact [Robin Springer](#) 303-778-0858, if you have questions.
This is a very fun way to volunteer, do good, and get to know each other better, and the time seems to fly by!



SERVE TO CHANGE LIVES



Calendar of Event and Presentation Details

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 - Strategic Club Planning Session lead by Amy Weed. What are our upcoming projects? Ideas for new projects, etc. **Brainstorming session!** Let's find a reason to wear our new shirts for a day of service.

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



SERVE TO CHANGE LIVES

Weekly Assignments and More

Date	Inspiration	Greeters	Host
July 28	Diane Messamore	Constance Mortell and Carolyn Nobel	Annelly Noble
August 4	Josh Peck	Charlene Porter and Adams Price	Chuck Rudolph
August 11	Carolyn Schrader	Linda Sue Shirkey and Roberta Simonton	Vas Sirpolaidis



Mental Wellness
Tip of the Week
Look into the mirror and smile at yourself... you deserve it!

Denver Mile High
Rotary
Club 

Mental Wellness Tip brought to you by a fellow Rotarian!

- July and August Birthdays**
- July 24 Betty Speir
 - Aug 10 Tom Giordano
 - Aug 14 Vass Sirpolaidis
 - Aug 17 Ronnie Weiss
 - Aug 18 Sarah Hite
 - Aug 26 Ann Tull

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.

District Information

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)

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!](#)



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

NEUROREHABILITATION & RESEARCH HOSPITAL

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



METRO CARING
ENDING HUNGER AT ITS ROOT

Volunteer for Metro Caring Provisioning Project:

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

Choose your own time to volunteer by [clicking here](#).

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. Please see page 2 for updated information.



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.