



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



Denver Mile High
Rotary
 Club

July 27, 2020

President's Column

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

- [Denver Mile High Rotary](#)
- [DMHR on Facebook](#)
- [DMHR on Instagram](#)
- [Rotary District 5450](#)
- [Rotary International](#)

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Greetings Denver Mile Rotarians!

I hope everyone had a great week last week! I loved that we had such a super turn out both in person and via Zoom for our meeting. Portia's presentation was not only timely, but so informative and thought provoking. There were some great comments and questions from our group as well. We had five or six people who were guests from other Rotary clubs, who all commented on what a great group of people we have and how well our hybrid meetings seem to be working! Thanks for all of your help and patience in making things work and for welcoming all of the guests on Zoom! Keep up the great efforts.

Through the Rotary Mask fundraiser, we donated \$100 to the DMHR foundation. I have been asked to try to get more, but they are sold out for now.

Speaking of fundraisers, please share your thoughts, ideas, and plans on what else we can do to raise money for the foundation this year. Send me an email so we can further discuss your ideas! We would love some thoughts on how to raise money through contributions from people outside of our club, and to extend our reach into the community.

Joke of the Week: I went to a bridge building seminar last week. It was absolutely riveting!

Stay well!

Brad Thompson

President Brad sporting his new Rotary mask. The DMHR Foundation made \$100 on the sales of these masks. Yippee!
 See page 7 to view the design on the opposite side of the mask.





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...

Good morning, fellow Rotarians,

This is your first *Monday Morning* Newsletter. Just a reminder, if you would like to contribute anything for next week's newsletter, please send it to me by Sunday evening, 8/2/20. Annely.Noble@comcast.net

Let's remember those DMH Rotarians who are shut in due to COVID, and who additionally may be dealing with health issues. Please see page 7 for details. Also, try to call members you haven't seen for a while at meetings or on Zoom.

Looking at this month's RI Magazine... I recommend reading the article about Rotarian Binish Desai, a very ambitious former Rotary Youth Exchange student! While reading this issue, I discovered several viable fundraising ideas, did you pick up any to share with our club? **Your quiz questions from this month's issue are:**

1.) What has Vivek Murthy, former U.S. surgeon general discovered about loneliness? Find the answer on page 41;

2.) What is the Mercator Projection (relating to maps); who advanced this perspective, and when; and, what is the inherent flaw in this mapping system? All answers on page 22;

3.) What current social media avenues are most helpful for attracting new members? Answer on page 30.

4.) In light of all the interesting club projects around the world (which are described in the RI Magazine), what, *in your opinion* is Denver Mile High Rotary's signature project or cause? How do we promote it? What fundraisers support it?

Thank you for your continued **interest and contributions!**

Annely Noble

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Annely.Noble@comcast.net

*The more you put into your Rotary experience, the more you get out of your Rotary experience!
What are YOU putting in?*



Denver Mile High Rotary Calendar of Events

July 29 - Reeves Brown - Building a Better Colorado - Reeves Brown presents the Bi-Partisan Legislative Proposal to Repeal the Gallagher Amendment. This presentation will be about Colorado's "Gallagher" constitutional amendment and the legislature's referred measure (which will appear on this November's ballot) to repeal that amendment. "Building a Better Colorado" is a non-partisan and non-advocacy statewide effort to promote constructive dialogue among community leaders to explore opportunities to improve statewide policies for the betterment of our state. The legislature's proposal to repeal the Gallagher Amendment was a consensus policy recommendation which grew out of BBCO's "Colorado Conversation" in 37 communities in 2019.

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 25 - DMH Rotary Book Club - 4:00 pm - Linda Sue Shirkey will send a Zoom link to all interested, please contact her for details: prodndsgn@aol.com. The book to read is Lady in the Lake by Laura Lippman.

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.

September 2 - DMHR Budget Overview - Past President Scott Smeester will recap how we ended his year as President, and President Brad Thompson will give an overview of where things are YTD.

September 9 - Dave Ventimiglia, CEO of The Tipi Raisers. This organization is a 501(c)(3) that has been actively working to better the lives of the Lakota People of Pine Ridge Indian Reservation since 2009. Dave has actually been working with the Lakota People since 1990

September 16 -

September 17 - DMH Rotary Foundation Board Meeting - 7:00am - Contact [Tony Vaida](#) for details.

September 23 -

September 30 -

October 7 - Annual Message and Update from the Rotary District 5450 Governor; our very own, BOB KEMP!!!


Weekly Inspirators, Greeters & Hosts

Date	Inspiration	Greeters	Host
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
August 19	Ted Hendryx	Kevin LeVezu and Susanne Lorenz	Jeff McAnallen


Upcoming August Birthdays
 August 10 - Tom Giordano
 August 14 - Vass Sirpolaidis
 August 17 - Ronnie Weiss
 August 18 - Sarah Hite
 August 21 - Brian Good
 August 26 - Ann Tull
 August 27 - Chris Wong



Thank you, **Diane Messamore** —>

 *Mental Wellness Tip of the Week*

Take three deep breaths


 Rotary
 Club of Denver Mile High



DMHR Year-At-A-Glance Calendar

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

*2020 - 2021
 Individual Donors*

*Giving Generously
 For the
 Greater Good*

<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>



*2019-2020
 Corporate Sponsors*

*Corporate
 Generosity*





Painlessly Raising Funds for the DMHR Foundation - Update...

Miscellaneous... need your help!

Members,
 Do you know any of the following speakers?
 Please email Brad Thompson 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 Brad Thompson know so that they may try to schedule that person for a future program.

Thank you.



amazonsmile
 You shop. Amazon gives.

Generate donations painlessly!
 Denver Mile High Rotarians,
 The preparations to join AmazonSmile have hit a snag; please watch this area for updates on using AmazonSmile to generate donations painlessly.
 We apologize for any inconvenience this has caused.

Service Above Self

Fellow Rotarians,
 Some of our members have been in lock down the entire Coronavirus time, not being able to go out for groceries or library books or anywhere; additionally, some are dealing with health issues. Please think of your fellow Rotarians who may be in this compromised situation and perhaps drop them a card to let them know that we are thinking about them even if they are unable to attend in person or even through Zoom meetings. A few individuals come to mind, but being a new member, I bet there are more of whom I do not know. Can you help recognize those who may be isolated during this time? Those needing some cheerleading for isolation and/or health issues include:

Ann Tull
 Chuck Rudolph (and Charla)
 Sara Hite
 Constance Mortell
 Thank you!
Annelly Noble

Proudly wear your Rotary masks!
 They will keep us and others safe,
 they are great advertisements for Rotary,
 and they raised some funds for
 the DMHR Foundation!
 Did you notice that each side is different?
 Modeled by **Brad Thompson**.



Followup to last week's presentation by Portia Prescott

Following up on the presentation from Portia Prescott this past week, **Debra Flick** provided many resources to help us fully comprehend the issues that we as a society must understand in order to bring equality of life to ALL oppressed peoples, particularly our Black population. Not all links are provided, but you can paste the name of the resource in your browser to find it.

Ways to Educate ourselves about diversity and inclusion:

Websites

[Color of Change](#)

[Anguish and Action](#)

[Anti-Racism Project](#)

[The BiPOC Project](#)

[Talking About Race](#)

[Black Lives Matters](#)

Articles

[How to not raise a racist white kid](#)

[Maintaining Professionalism in the Age of Black Death is...A Lot](#)

[5 ways to start being a better ally for your black coworkers](#)

[Your Black Colleagues May Look Like They Are Ok- Chances Are They Are Not](#)

[For our White Friends Desiring to be Allies](#)

[Guide to Allyship](#)

[White Privilege: Unpacking the Invisible Knapsack](#)

[Lesson of a Lifetime](#) (Blue eyes experiment referenced by Dr. Byers)

[So you want to talk about race in tech](#) (article by Ijeoma Oluo who wrote book recommended by Dr. Byers)

[Confessions of a Former Bastard Cop](#)

[Notice the Rage, Notice the Silence](#)

[21 day racial equity habit building challenge](#)

[100 Race Conscious Things You Can Say to your Child to Advance Racial Justice](#)

7 Ways We Know Systemic Racism is Real - You will need Google Docs to access this.

Books

[Do the Work: An Anti-Racist Reading list](#)

[Anti-Racism Books for Kids](#)

[The 15% Pledge](#)

[Between the World and Me](#) by Ta-Nehisi Coates

[White Fragility: Why It's So Hard for White People to Talk About Racism](#) by Robin DiAngelo

[Black Lives Matter: A Reading List](#) from Left Bank Books

[The Multiplier Effect](#) by Dr. Tony Byers

[When They Call You a Terrorist: A Black Lives Matter Memoir](#) by Asha Bandele & Patrisse Cullors (founders of BLM)

[Raising Our Hands: How White Women Can Stop Avoiding Hard Conversations, Start Accepting Responsibility,](#)

[and Find Our Place on the New Frontlines](#) by Jenna Arnold

[The New Jim Crow: Mass Incarceration in the Age of Colorblindness](#) by Michelle Alexander

[The Next American Revolution: Sustainable Activism for the Twenty-First Century](#) by Danny Glover,

Grace Lee Boggs, & Scott Kurashige

[Just Mercy](#) (Book and movie recommended by Dr. Byers)

[How To Be An Antiracist](#) by Ibram X. Kendi (recommended by Dr. Byers)

[So You Want to Talk About Race](#) by Ijeoma Oluo (recommended by Dr. Byers)



Followup to last week's presentation by Portia Prescott

Continued from previous page...

Novels

[Americanah by Chimamanda Ngozi Adichie](#)

[Native Son by Richard Wright](#)

[Invisible Man by Ralph Ellison](#)

[I Know Why the Caged Bird Sings by Maya Angelou](#)

[Betsey Brown by Ntozake Shange](#)

Children's Books

[Beastgirl & Other Origin Myths by Elizabeth Acevedo](#)

[Sulwe by Lupita Nyong'o](#)

[A is for Activist by Innosanto Nagara](#)

[Hands Up! by Breanna J. McDaniel](#)

[a kids book about racism by Jelani Memory](#)

[Peaceful Fights For Equal Rights by Rob Sanders](#)

[Not My Idea: A Book About Whiteness by Anastasia Higginbotham](#)

[Separate Is Never Equal by Duncan Tonatiuh](#)

[We Are All Born Free by Amnesty International](#)

[We March by Shane W. Evans](#)

[The Day You Begin by Jacqueline Woodson](#)

[The Skin You Live In by Michael J. Tyler](#)

[Amazing Grace by Mary Hoffman](#)

[Islandborn by Junot Díaz](#)

[Hair Love by Matthew A. Cherry](#)

[Please Baby Please by Spike Lee & Tonya Lewis Lee](#)

[We're Different, We're the Same by Bobbi Jane Kates](#)

[All Kinds of People by Rotner and Kelly](#)

Podcasts

[Brené with Ibram X. Kendi on How to Be an Antiracist](#)

[NPR's Code Switch](#)

[About Race with Reni Eddo-Lodge](#)

Let's Talk About Race - Kamran Rosen

Videos

[Harvard Business Review: What Leaders Must Do Today to Address Systemic Racism](#)

Ted Talks To Help You Understand Racism - https://www.ted.com/playlists/250/talks_to_help_you_understand_r



Followup to last week's presentation by Portia Prescott

Continued from previous page...

Films & TV Shows

13th directed by Ava DuVernay - Netflix (recommended by Dr. Byers)
Fruitvale Station directed by Ryan Coogler - Amazon Prime, Google Play, iTunes, Tubi, Vudu & Youtube
The Hate U Give directed by George Tillman Jr. - Amazon Prime, Google Play, Hulu, Vudu & Youtube
Ninth Floor directed by Mina Shum - Amazon Prime & iTunes
Selma directed by Ava DuVernay - Amazon Prime, Google Play, iTunes, Vudu & Youtube
I Am Not Your Negro directed by Raoul Peck - Amazon Prime, Google Play, iTunes, Vudu & Youtube
If Beale Street Could Talk directed by Barry Jenkins - Amazon Prime, Google Play, Hulu, Vudu & Youtube
Do the Right Thing directed by Spike Lee - Amazon Prime, Google Play, iTunes, Vudu & Youtube

Lists/Consolidated Resources

[A collection of ways to help](#)
[Black owned bookstores to buy from \(instead of Amazon\)](#)

Organizations to which to donate:

[Advancement Project](#)
[Color of Change](#)
[Equal Justice Initiative](#)
[NAACP Legal Defense and Educational Fund](#)
[Black Visions Collective](#)
[Communities United Against Police Brutality](#)
[American Civil Liberties Union](#) ACLU
[The Bail Project](#)
[Center for Policing Equity](#)
[Colorado Freedom Fund](#) (or your local fund)
[Reclaim the Block](#)
[Northstar Health Collective](#)
[Minnesota Freedom Fund](#)

Canada organizations

[Freedomschool - Toronto](#)
[Federation of Black Canadians](#)
[Black led LGBTQ Organization](#)
SNaPCo <https://www.snap4freedom.org/>
[House of GG](#)

Resources brought to you by **Debra Flick**.



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.

District Highlights...

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

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

[Woohoomanity Bike Challenge](#) - Bike Ride on September 12;
some of the DMH Rotary members will be riding in this...
watch for sponsorship information.

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

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