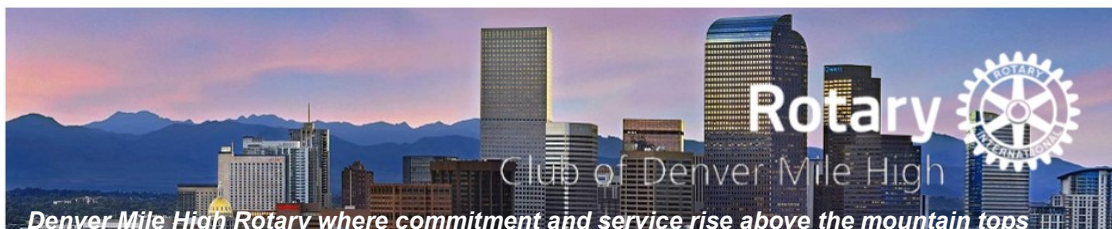




Denver Mile High
Rotary
 Club



President's Column:

June 11, 2019

Hi everyone,

Our missing members of the last two weeks have returned from Hamburg and the RI Convention. We'll hear more about their adventures at the meeting this week. But those of us who stayed in Denver and were at last week's meeting had a great treat in hearing from Bruce Ward. What a wonderful presentation he made. We are so fortunate to have him as a member. Thanks Bruce for sharing your history and your ambitions for American Forests working with Chuck Leavall.

Last Thursday eight Club members hosted a family barbeque dinner at Craig Hospital. We served between 35 and 40 people and it was a great opportunity to engage with the patients and their families. We also had a chance to tour parts of the facility and find out more about the hospital. It has consistently been in the top 10 facilities for spinal injuries in the US.

We will have one last party/fundraiser this Saturday, June 15 from 6pm to 10pm: Summer Solstice Party at the Himelspace's. This will be a great celebration of our accomplishments of the year, accompanied by food and tasty margaritas. In addition to music and fellowship, there will be a raffle with 50% of the proceeds going to the winner. You don't need to be present to win, although you'll miss all the fun. Tickets are \$35 for the event, and that includes one raffle ticket. Please bring your checks on Wednesday if you will be joining us. You can also register on line. Heidi has done a great job handling the ticket sales while most of the organizers were in Germany.

Also, don't forget the Rafting event on Saturday June 22. We currently have a total of 28 Rotarians, family, friends and INTERACT students signed up. We are trying to get a group of 40 or more, so that we earn a 20% rebate to donate to our charitable cause, Warriors On Cataract, It's not too late ! We can add rafters to our group up until Wednesday, June 19th, Please consider inviting a co-worker or friend to join us, It's also a great way to introduce a potential new member to our Rotary Club.

To follow up on the announcement last week that the Club is changing bank accounts, that has been done. If you still have outstanding dues for the current Rotary year, please take a few minutes to pay them. With the change in accounts and treasurer, we'd like to close out the 2018-19 year as soon as we can. If you have any outstanding club expenses to be reimbursed, please submit them to me for approval by email so you can be paid by June 30.

Scott and Kaili, our incoming President and Treasurer, will be working to offer more efficient ways to pay dues and should be able to talk about those options this week. But don't worry if you still want to pay by check—that ability won't go away.

See you all Wednesday. Have a great week.

Carolyn

High Rotary on the Web:

www.denvermilehigh.org

[Denver Mile High Rotary on Facebook](#)

[Denver Mile High Rotary on LinkedIn](#)

[Denver Mile high Rotary on Instagram](#)

[Rotary District 5450 Website](#)

[Rotary International Website](#)

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Thanks to all who volunteered at Craig Hospital last week

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Tips for to Mental Wellness!

Simplify your morning-prepare the night before and put things you need to take with you by the door.

Take advantage of your body rhythms-schedule difficult tasks during your peak hours.

Be active-take a walk, ride your bike, take a break and get outdoors.  
Breathe!

Be well-drink plenty of water, eat small nutritious meals and get a good night's rest.

Stay connected-spend time with family and friends.

Lighten up-seeing the humor in a situation can help you better manage stress.

Relax-read a book, have a special lunch or take a long leisurely bath.

Focus on the positive-take a moment to reflect on all the good things in your life.



## Denver Mile High Rotary Calendar of Events

<http://denvermilehigh.org/Events/Calendar>

**June 11th** - Final board meeting for this Rotary year

**June 15th** - Summer Solstice Fundraising event, [click here](#) to buy tickets

6pm—9pm

The Himelspach's Residence

5285 E. 6th Ave

Denver, CO

**June 24 Book Club** , 7 PM, at Sarah Hite's. We are reading Charlene Porter's "Boldfaced Lies."

**June 22nd - Annual Rafting Trip** - More details to come - Save the date Mile Hi Rafting – Contact Geoff Noble. Bring Friends, family, friends of friends. It is a great day on the river!!

**July 8th** - Rotary Peak Hike—starting at 9am to ring in Curt Harris' year as District Governor. All are invited and kazoos will be provided.

**April 18th, 2020** - 2<sup>nd</sup> Annual Mile High Spring Swing event! Date is set. Venue secured. Band is getting locked in. Catering should be good to go. Wheels are in motion. Discounted tickets are in the works

[CLICK HERE to](#) buy your tickets

\$75 until 12/31/19

\$85 from 1/1/2020 until 2/29/2020

\$100 from 3/1/2020 until April 18, 2020.



## Denver Mile High Rotary Upcoming Programs

### **June 12th** - Sustainability of Agriculture Joyce Kelly -



Joyce Kelly is executive director of the Colorado Pork Producers Council (CPPC) headquartered in Lucerne, Colorado. She joined the council in 2015 and is responsible for pork producer communications, education programs, pork promotion and community outreach. Joyce also represents Colorado pork producers at the state and national level.

With growing concerns about climate change and food safety, farmers continuously improve how they raise food and protect the environment.

This presentation, using pig farming as a case study, demonstrates how a commitment to doing things better has achieved one the most significant evolutions in food safety, nutrition and environmental stewardship in the last 55 years.

### **June 19th** - Robert Mintz - Dental Mission

### **June 26th** - Changing of the Guards

### **July 3rd** - DARK no meeting

### **July 10th** - Debra Falkner - Brown Palace

Rotary





## Weekly Inspirators, Greeters & Hosts

### June 12th -

Inspiration - Ann Tull

Greeters - Tony Vaida and Mary Walta

Host - Bruce Ward

### June 19th -

Inspiration - Amy Weed

Greeters - Ronnie Weiss & Sonny Wiegand

Host - Chris Wong

### June 26th -

Inspiration - Pat Gorman Barry

Greeters - Andrew Bell and Steven Blazek

Host - Bob Connaghan

### June Birthdays

June 6th - **Steve Blazek**

June 11th - **Bob Connaghan**

June 13th - **Melanie Gentz**

June 29th - **Linda Sue Shirkey**





**DENVER MILE HIGH  
ROTARY CLUB**

# **SUMMER SOLSTICE CELEBRATION**

for the benefit of the Denver Mile High  
Rotary Foundation

**June 15, 2019 | 6-10 PM**

**The Himelspach Residence**

**5285 E 6th Ave, Denver, CO 80220**

Celebrate Summer with margs, music and fun  
while supporting local and global community  
service project!

**\$35 Tickets include:**

Dinner provided by Illegal Pete's

Margarita Bar

Ice Cream Station

1 ticket to 50/50 Chance to Win

*Tickets available on Eventbrite or at Club Meetings*

**Rotary**



Club of Denver Mile High



## JOIN THE ROTARY HALF-DAY RAFTING TRIPS WITH MILE HI RAFTING ON SATURDAY, JUNE 22<sup>ND</sup>



A \$5 DONATION IS INCLUDED  
IN THE COST OF EACH TRIP.  
ALL PROCEEDS GO TO SUPPORT  
THE WARRIORS ON CATARACT  
PROGRAM

### **SURE-SHOT - \$54 ADULTS, \$47 CHILD (13 AND UNDER)**

Rafting on Clear Creek River's mountain water is an experience that's fun for the whole family. Get ready for some fun on our exciting 'Sure Shot' beginner-rafting trip. Begin with passing by the historic Charlie Taylor Water Wheel experiencing Class II rapids (ripples). While rafting through Historic Idaho Springs the Class III rapids of Castle Falls and Argo Holes test your newly developed rafting skills. Below town history and nature abound, with the occasional sighting of Retail Hawk, Deer, Fox, Bob Cat, Lynx, Elk, and Big Horn Sheep. Dizzy Lizzy, Power Line, Mountain Lion, and Box prepare us for the grand finale of Mr. Twister! The perfect beginner - starting with Class II water so you can practice, and then the Class III rapids. There is a 50 pound minimum for rafting to insure proper fit of the life jacket. Allow 3 hours for the trip.

### **BLAST (INTERMEDIATE HALF DAY) - \$62 ADULTS**

Perhaps you've already been there and done that and are looking for something more. Most folks who paddle the Blast weren't expecting some of Colorado's most consistent whitewater, and come back for more! With five solid class IV rapids and more class three whitewater than we have space to mention, the Blast is waiting for those with good physical conditioning and an attitude for adventure. If you are active in your daily life the 'Blast' is the trip for you. Allow 3 hours for the trip. Minimum age 14.

### **KAMIKAZE (ADVANCED HALF DAY) - \$84 ADULTS**

One of our former guests refers to this trip as "the best darn whitewater around!", and after braving the rapids of the Kamikaze trip you'll understand why. Add another two miles of continuous (and we aren't kidding!) class IV/III whitewater onto the Blast and you have an adventure that will bring you back over and over. If you're on your toes you might have time to enjoy the scenery of the Front Range before you dive into your next rapid. Previous experience and the ability to swim is highly recommended. Allow 3 hours for the trip. Minimum age 14.

**Contact Melanie Gentz, Andrew Bell, Scott  
Smeester, or Geoff Noble at**  
[gtnoble@comcast.net](mailto:gtnoble@comcast.net)

**All rebates to be donated directly to the Colorado based non-profit  
program Warriors on Cataract**



## Contributions to DMHR Foundation

Contributions to the DMHR Foundation can be made by giving them to Tom Giordano at club meetings or by mailing checks directly to

Tom Giordano

7271 East Wesley Avenue

Denver, CO 80224

Checks should be made out the Rotary Club of Denver Mile High Foundation (although DMHR Foundation will work). For questions, contact Tom at 303-263-5091

### GIVING

#### 2018-2019 Individual Sponsors

TOM CELLA  
MELANIE GENTZ  
DAN HIMELSPACH  
CONSTANCE MORTELL  
LINDA SUE SHIRKEY  
MICHAEL TAPP  
TONY VAIDA

ALESSANDRO EICHSTAEDT  
TOM GIORDANO  
SARAH HITE  
ADAMS PRICE  
CAROLYN SCHRADER  
BRAD THOMPSON  
AMY WEED

TOM GREGORY  
BOB KEMP  
CHUCK RUDOLPH  
ROBERTA SIMONTON  
ANN TULL  
RONNIE WEISS



### GIVING

#### 2018-2019 Corporate Sponsors

