



June 16, 2020

Denver Mile High  
**Rotary**  
Club



## President's Column

### Denver Mile High Rotary on the Web:

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[Rotary District 5450](#)

[Rotary International](#)

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Hello Denver Mile High Rotarians...

Today is the day that we celebrate the transition from District Governor 2019-2020 Curt Harris to District Governor 2020-2021 Bob Kemp! That's right. You heard it correct. It's going down. Our very own Bob Kemp is going to be. The. Head. Honcho. and I know for a fact he's gonna hook us up with special Rotary District favoritism and shwag! I don't know what that is yet, but we're gettin' it. Congrats and good luck to Bob Kemp, my friend. **Following is the link ([or click here](#)) to join the Transition Party - today (Tuesday) at 5:30 pm. I will be doing the inspiration: <https://us02web.zoom.us/j/88153762161>**

It's time to make a donation and sign up to join us on our VIRTUAL whitewater rafting trip, Saturday, June 27th at 9:00 AM. See donation details on page 5. Here is the Zoom link for our Saturday morning adventure: <https://us02web.zoom.us/j/89138808234> or [click here](#).

Should you share the aforementioned VIRTUAL whitewater rafting trip link with your friends and family? YES. YES YOU SHOULD. This VIRTUAL whitewater rafting trip is not limited to just Rotarians, just in case you are trying to hoard it for yourself. It should be shared and enjoyed by the world. Oh, and should you donate whether you're going to be on it or not? YES. YES YOU SHOULD. Give what you can and let's make this an epic event!

Have a great week!

Scott

## Important Info Re: Our In-person Meetings at the University Club...

Starting on July 1, as we slowly and cautiously plan to return to in person meetings there will be changes we have to embrace. The majority of responses from our surveys indicated the desire to meet in person again. We will also be ZOOMING the meetings for our members that cannot and should not join us in person, and by all means, do not feel pressured to join us in person if you do not feel comfortable in doing so, or if you not feeling well or are running a fever.

Brad or volunteer will be sending out a weekly survey, asking if you will be attending our meeting in person and if you want breakfast. It is imperative to respond, especially regarding the food, as there will NOT be the normal buffet, there will be a single server, plating the items you would like to eat; therefore we need to have accurate numbers of eaters, so they know how much food to make for our hungry Rotarians. Your responses will need to be submitted by Sunday evening, so Brad can send the final numbers to the U Club, so they can have the right amount of food on hand for us.

Everyone will need to wear a mask. You can only remove your mask once seated at your table, to eat and drink. We must practice social distancing, no handshakes, no hugs. Be aware of the entry/exit points, stairways, and give people 6' distance please.

The U-Club has moved furniture, and groups of 3 can sit in the upstairs/fireplace room to chat. There are 4-5 areas there where you can have a small group together.

When entering the College Room, where we gather, you MUST go directly to a table and be seated. There will be the 8' Round tables set up, with only 4 chairs at each table. Please no mingling or standing. Go directly to a table and be seated.

Please keep your masks on until you are seated. You should only remove your mask if you are eating or drinking. If you are NOT eating or drinking, please keep you masks on.

There will be no community coffee/tea/juice service. A single server will take your order once you are seated at your table.

The U club will be monitoring their employees daily and will be abiding by all CDC guidelines for meetings, food prep, service and everything else.

Looking forward to seeing you soon!

Brad Thompson

### A word from your editor...

Dear fellow Rotarians,

Don't you think the newsletter is getting a bit out of hand? Too many pages, I see your eyes glazing over! It's to be a **news**letter, not a news**book**...stay tuned and watch for the pertinent information you need to know and *please continue to send your thoughts, stories, poetry, songs, ideas and photos* to me ([Annely.Noble@comcast.net](mailto:Annely.Noble@comcast.net)), or text to 303-842-8725; I will find space but will spread the items over a few issues.

[Please join donors](#) Tom Cella, Jeff McAnallen, Brad Thompson, Geoff Noble and me in our river raft on June 27th! Let's see how many we can cram into a single raft!!!! See page 5 for additional details on donating.

Join the [Rotary Walking Challenge](#), June 20-26; you need to walk only about 10k steps per day to be eligible!

Thank you for your **Understanding and Flexibility!**

Annely Noble

M 303-842-8725

## Denver Mile High Rotary Calendar of Events

**See the following page for Zoom and program details**

*All meetings will be hosted on Zoom until further notice.*

**[Click here](#) for a link to the online Denver Mile High Events Calendar**

**June 17th - Rhonda Hathaway presents Mental health programming in Adams City High School.** Rhonda is a 10 year member the Commerce City Rotary Club serving as Secretary and President and as Interact Sponsor for Adams City High School.

**June 22nd - World Community Service Mtg** - Watch e-mail for time and connection information. Contact Audrey Leavitt with Questions.

**June 23rd - 5:00 pm - Local Community Service Committee Meeting** - The link for this meeting will be in next week's newsletter. Anyone who would like to champion a project this summer should plan to attend. Contact [Greg Thielen](#) for additional information.

**June 24th - Dave Winsor presents The Beatles** - How did the Beatles become the biggest band in the world? Why was finding success in the United States so important? Why are they still relevant today 50 years after they disbanded?

**June 26-30th - Rotary International Convention** - Virtual meeting, please see District announcements on page 9 for details.

**June 27th - DMH Rotary and Warriors on Cataract Virtual Rafting Trip.** See page 5 for details.

**June 30th - 4pm - DMHR Book Club** meets via Zoom, discussing [The Bookish Life of Nina Hill](#) by Abbi Waxman. Watch the newsletter for Zoom info, or contact Linda Sue Shirkey for details.

**July 8th - Road Trip! - Allen Ferguson, author, presents Route 36: Ohio to Colorado.**

**July 21st - DMHR Foundation Board Meeting** - 7:00 am via call; connection details to follow.

**August 29th - Virtual District Conference.** Additional information will follow as it becomes available.



## Denver Mile High Rotary Upcoming Programs

### ZOOM LINK

In the spirit of "life as normal," we will have video conference meetings and programs.

Please note that the meeting "room" will be open at 7:30, and I encourage you to drop in.

Scott Smeester is inviting you to a scheduled Zoom meeting.

Topic: DMHR Meeting

Join Zoom Meeting

<https://zoom.us/j/317120546?pwd=ZjZKeGM5NEFQU2pTSXErZUpUa0Z3UT09>

Meeting ID: 317 120 546

Password: DMHR2020

### PROGRAM DETAILS

**June 17 - Rhonda Hathaway** -Together, the Interact Club of Adams City High School and the Commerce City Rotary were awarded a \$10,000 grant from the Community First Foundation to create a mental health program whose goal is to eliminate the stigma around mental health and to begin having a conversation at an earlier age. Commerce City. Rhonda will be introducing us to their successful mental health program.

**June 24 - The Beatles** - Presentation by **Dave Winsor**. Dave is a retired school counselor and an expert on The Beatles. He has traveled to nearly all of the major sites associated with The Fab Four, including: Liverpool, Hamburg, Abby Road, etc. Dave will share many of the stories and hidden history that touched many of our lives. This will be a light and fun meeting, guaranteed to keep you entertained.

**June 27 - DMH Rotary Virtual Rafting Trip** - See page 5 of this newsletter for additional information.

**July 8 - Road Trip! Author Allen Ferguson on "Route 36: Ohio to Colorado"** - Join us for an informative/educational trip down US Highway 36—it's so much more than the "Denver-Boulder Turnpike"!!

#### Get motivated!

[click here](#) to listen to

Admiral McRaven

give one of the best

motivational speeches ever!

Contributed by **Pat Barry**



**Join Denver Mile High Rafter's (by Zoom)  
for a virtual whitewater rafting trip on  
Saturday, June 27, 2020 at 9:00 AM.**

**Please make out your check to:**

**"The Rotary Club of Denver Mile High FOUNDATION".**

**and mail to Geoff Noble at 16658 E. Hialeah Ave., Centennial, CO 80015**

75% of your tax-deductible contribution will go directly to support [Warriors on Cataract](#).

25% of your tax-deductible donation will go to the [Denver Mile High Rotary Foundation](#).

[Warriors on Cataract](#) is a non-profit organization that has been taking disabled Veterans on rafting trips down the Colorado River through Cataract Canyon for the past ten years.

**Consider the benefits of a VIRTUAL whitewater rafting adventure:**

**You don't have to** set your alarm and get up before breakfast to drive 1½ hours up I-70 to Idaho Springs.

**You don't have to** put on a still damp (and cold) wetsuit, lifejacket and helmet.

**You don't have to** sign a Waiver of Liability against possible bodily injury or death.

**You don't have to** test your swimming skills against the current of spring runoff in Clear Creek.

**You don't have to** violate any COVID-19 social distancing guidelines!

**You don't even have to** know how to swim.

**THESE ARE THE TRIPS YOU ARE TAKING VIRTUALLY!**

**SURE-SHOT - \$54 ADULTS - [CLICK HERE TO JOIN](#)**

Rafting on Clear Creek River's mountain water is an experience that is fun for the whole family.

Get ready for some fun on our exciting 'Sure Shot' beginner-rafting trip.

**BLAST - INTERMEDIATE- \$64 ADULTS - [CLICK HERE TO JOIN](#)**

With five solid class IV rapids and more class three whitewater than there is space to mention, the Blast is waiting for those with good physical conditioning and an attitude for adventure.

**KAMIKAZE - ADVANCED - \$84 ADULTS - [CLICK HERE TO JOIN](#)**

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.

Previous experience and the ability to swim are highly recommended.

**We will gladly accept any donation in any amount.**

**Donations are tax-deductible.**

## Weekly Inspirators, Greeters & Hosts

Date	Inspiration	Greeters	Host	Vocation
June 17	Carolyn Schrader	Linda Sue Shirkey and Roberta Simonton	Vass Sirpolaidis	
June 24	Betty Speir	Robin Springer and Michael Tapp	Greg Thielen	
July 1	Ann Tull	Brad Thompson and Tony Vaida	Mary Walta	

### Upcoming June Birthdays

June 6th - Steve Blazek  
 June 11th - Bob Connaghan  
 June 13th - Melanie Gentz  
 June 29th - Linda Sue Shirkey



### Donate to The Rotary Foundation through purchases made through AmazonSmile

**Ann Tull** would like to remind all Rotarians that shopping on AmazonSmile can result in a donation to your favorite charity, which of course should be **The Rotary Foundation**, which you would choose when setting up your AmazonSmile account. Following is the info she recently received from her AmazonSmile account.

Dear Ann Tull,  
 Your charity, Foundation of Rotary International, **recently received a quarterly donation of \$3,143.27**, thanks to all customers who designated this charity and who shopped at smile.amazon.com.

**To date, AmazonSmile has donated a total of: \$44,779.29 to The Rotary International Foundation!**

[Click here to begin donating](#) to The Rotary Foundation by shopping at AmazonSmile.

## 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 at 7271 East Wesley Avenue, Denver, CO 80224

Please make out checks to the **Rotary Club of Denver Mile High Foundation** (although "DMHR Foundation" will work)

Or... [please click here](#) to go directly to our secure online donation site. You may make a one time or automatic monthly donations.

For questions, contact:  
Tom Giordano  
303-263-5091



*Giving Generously  
For the  
Greater Good*

### 2019-2020 Individual Sponsors

Pat Gorman-Barry	Annelly 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>

*Corporate  
Generosity*

### 2019-2020 Corporate Sponsors



## DMHR Foundation News...

Have you ever had an interest in serving on a board? **Now is your opportunity** as the Denver Mile High Rotary Foundation is **looking for a few good board members** (5), and promises you will not be bored! For information or to volunteer, please contact Tony Vaida at 303-832-2100 or [mavaida@vaida.net](mailto:mavaida@vaida.net).

The DMHR Foundation Board is **working on raising funds**, and the **sky is the limit!** Do you have ideas for fundraising? Please share them with the board. No idea is too small or too large, too crazy or too wild, and the **board appreciates all suggestions**. Again, please send your suggestions to Tony at [mavaida@vaida.net](mailto:mavaida@vaida.net).

If you are not interested in becoming involved in the board but you would like to **contribute to the Foundation**, please feel free to donate! See the next page for details. On the chart on the next page, you will be listed in **red as a new donor, or as a continuing donor (auto monthly donations)**. For questions about donating, please contact Tom Giordano, next page.

The COVID-19 outbreak will need funding for a while to come, and the Foundation is a great way to help with alleviating the needs. The Foundation also aids with other projects both locally and internationally. Be the person you want to be by helping your community and fellow humans, donate now to the DMHR Foundation!

[Click here to go directly to the donation site](#)

## Donate to the Denver Mile High Rotary Foundation and to Warriors on Cataract at the same time...

by participating in the first ever virtual river rafting experience.

Safe and recommended for all ages!

See page 5 for details on donating and rafting.

[Click here to raft virtually.](#)



## District Grants Training Webinar

Effective July 1, 2020, **the District will implement grant changes** based on demand and using DDF as efficiently as possible, and on changes made by The Rotary Foundation. **There will be a Grants Training webinar Thursday, June 18, from 1:00-4:00 pm that will cover the changes and meet the training requirement needed for clubs to apply for grants.** [Click Here to register now.](#)

The important grant changes effective on July 1, 2020, are:

District Grants:

- DDF allotment for District Grants of \$145,000
- Elimination of grants specifically for Satellite Clubs.

Global Grants:

- DDF allotment for Global Grants of \$130,000
- First Come First Serve process for DDF allocation
- Continued dollar for dollar DDF match by TRF
- Elimination of the 50% match on cash contributions.

Any Global Grant application currently in process will be subject to the rules in place during 2019-2020, **provided that the grant application is submitted to RI no later than June 30, 2020.** If the Grant is not submitted by that date, the application will be subject to the rules effective July 1, 2020.

[Click Here](#) to read more detail about the 2020-21 Grant Terms and Conditions. The files are on the left of the page under "links".

If you have questions about District Grants contact 'Buchi Anikpezie – [anikpezie@gmail.com](mailto:anikpezie@gmail.com);  
for Global Grants contact Carolyn Schrader – [schrader407@gmail.com](mailto:schrader407@gmail.com)

Beverly Mendel  
District Operations Manager  
303-477-0654  
[office@rotary5450.org](mailto:office@rotary5450.org)



## Additional District Announcements

[Click here](#) to go to the June District News Site.

**The first ever Virtual Rotary Convention has the ability to set an attendance record.** Of the 110 previous Rotary conventions, the highest level of attendance was 45,381. Members of Rotary, and the general public, from all over the world, have the ability to be a part of this historical effort. **The program will be world class, the cost of registration is FREE, and people can attend the convention using a computer, tablet or smart phone.**

The convention website [www.riconvention.org](http://www.riconvention.org) continues to provide updated information. You're encouraged to enter your email address so you can receive notifications when new information has been posted on the official website. These notifications will also let you know when it is time to sign up/register for the convention!

The preliminary breakout topics have also been listed at [www.riconvention.org/en/honolulu/breakout-sessions-schedule](http://www.riconvention.org/en/honolulu/breakout-sessions-schedule) - **you will need to sign up for the breakout sessions and general session once registration has opened.**

The 2020 VIRTUAL Rotary International Convention will occur June 26-30. Please register your e-mail in order to receive messages about participating for the Convention. [Click here](#) for additional information.

From Ann Tull...

**Jay Arehart is the Temple Buell Scholar that our club sponsored last year.** He has been in Scotland for the scholarship, and chose to stay there when the pandemic hit. His main focus was on global warming, but as you can see he is very versatile. Members of our Selection committee said he would change the world, and it looks like he is doing so.

Please visit Jay's website <https://jayarehart.com/2020/06/09/ascus-unconference/> or [click on this link](#).

Saturday, June 20, I will be part of the nominating committee for the World Peace Fellowship interviews. We will be interviewing on Zoom. One of our candidates is actually volunteering in Africa now. We nominated her last year, but Rotary International's committee didn't select her from among the huge number that were nominated. Stay tuned for more information.

### Service Above Self....

[Check out this article](#) that **Brad Thompson** found regarding living longer if you are doing good, i.e. volunteering in service to our fellow beings!



**Brad and Amanda Thompson** recently scooped 550 pounds of flour into 3 pound bags during one session at the new Metro Caring warehouse.



### Mental Wellness Tip of the Week

Love is a choice



← Thanks again to **Diane Messamore** for our Mental Wellness Tip of the Week!



DMH Rotary biker gang!  
These super fit members  
of DMHR road 30 miles  
this past Saturday.  
Participating were L—>R  
Marty Waters  
Melanie Gentz  
Amy Weed  
Grant Adams  
Tom Cella  
Joel Russman.

As summer approaches,  
remember that... —>



**Metro Caring** is looking for a  
Community Activation Manager.  
For more information on this position,  
[please click here.](#)



## Update on Denver Children's Home - A DMHR Local Community Service project

Provided by **Roberta Simonton** - for more information 303-777-6246

Thank you so much for checking in. We still have our residential kiddos living on site, 31 total at the moment. All of our day treatment kids are continuing school and therapy online. So far, everything is going pretty smoothly.

We are having a virtual, online gala this Thursday. There will be updates on the state of the Home in the age of COVID, as well as a call for donations. If you're at all interested in participating or sharing with your Rotary group, I'll provide the link here. Please reach out if you have any questions. Click the following to register or to donate: [June 18 - Thursday at 12:00 pm](#)

<https://secure.denverchildrenshome.org/event/the-denver-childrens-home-experience/e288030>

The Denver Children's Home Experience  
Denver Children's Home  
[secure.denverchildrenshome.org](https://secure.denverchildrenshome.org)

