



June 2, 2020

Denver Mile High Rotary Club



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President's Column

Denver Mile High Rotarians...

I'm deeply saddened by the death of George Floyd. We are all people. All people should be treated with the same dignity and respect, regardless of color. Alas, our society as a whole does not act that way, but I am hoping there will be lasting change... this time. Our African American brothers and sisters deserve it and we all need to contribute to the change in some way. What does that look like? I don't know, but we need to have those conversations. And we need those conversations now.

Sunday was Pierce's 17th birthday and we took our boys and a couple of their friends downtown for dinner. After dinner we decided to walk down the 16th Street Mall to the capitol to see what was happening. It was a surreal experience. Downtown Denver is in sad shape, folks. Graffiti and destruction goes all the way down the mall and all areas near the protests are affected. If we don't already have enough to do as a club (right?!), perhaps this is something we can do as a club to get our city back to its prideful state.

Because of COVID-19, we have decided to cancel our annual whitewater rafting trip this year. Warriors on Cataract has also postponed their rafting trips from May until September, but they still need our support. Geoff Noble has organized a VIRTUAL whitewater rafting trip for Saturday morning, June 27th at 9:00 AM. You can make donations to support Warrior on Cataract AND our Club's Foundation. Please see more details on page 11 in the newsletter.

Please join us this afternoon (Tuesday) for a virtual happy hour (5pm - organized by Brad). It's more important than ever to come together for our sanity during this time in our history, and I hope to see you on the call.

Stay hopeful...

Scott

Important notices from our president and treasurer:

As a result of the pandemic and the unknown amount of time we will be required to distance from each other, we have decided to begin this quarter with all membership dues charged at the basic membership (no meal). Therefore, we ask that all members pay only \$150 for the quarter. And if the situation changes and we are allowed to start meeting at the U Club again, we will charge a prorated amount for people who want to eat.

Please reach out to me directly if you are having any financial challenges and need to have extra time to pay and/or need some help. We do not want to lose any of our members over membership dues during this challenging time!

Thank you!

Scott

**Please use [the link below](#) to pay,
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>

Thank you.

Kaili Purviance

treasurerdmh@gmail.com

Mail your dues checks to: Kaili at 3244 S. Holly St, Denver, CO 80223

A word from your editor...

Dear fellow Rotarians,

It's that time again...to read your June Rotarian publication! After reading President Maloney's final message, I realized that I do not know Rotary's new Action Plan, do you?

This is Rotary's plan for the next five years:

To increase our impact, expand our reach, enhance participant engagement, and increase our ability to adapt. By helping to realize the goals of this plan, you ensure a stronger and even more effective future for Rotary - a tremendous legacy.

This is our action plan!

In light of the most recent sad events (in addition to the pandemic), embracing Rotary's action plan may be the most substantial and effective undertaking we can embark upon.

Have you been wondering where the next few Rotary international conferences will be? Answers:

2021 - 12-16 June	Taipei, Taiwan
2022 - 4-8 June	Houston, TX, USA
2023 - 27-31 May	Melbourne, Australia
2024 -	Singapore

Bear in mind that these are "provisional" bids and awards and that COVID and cancellation of the in person 2020 Honolulu, HI convention may change them.

Send your thoughts, stories, poetry, songs, ideas and photos to

Annely.Noble@comcast.net

or text to 303-842-8725

Thank you for your **Hope and Patience!**

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

TODAY - June 2 - 5-6:30 pm - Denver Mile High Rotary Virtual Happy Hour. Details below.

June 3rd - Club Service Projects Review - Now is the opportunity to learn and review this year's service projects

June 10th - Weekly Rotary Zoom meeting—Details to follow

June 17th - Rhonda Hathaway, Greeley Rotarian speaks on Mental Health project.

June 22nd - World Community Service Mtg - Watch e-mail for time and connection information.

June 26-30th - Rotary International Convention - Virtual meeting, *see District news for details, pg XXX*

June 27th - DMH Rotary Virtual Rafting Trip! 9:00 am

July 21st - DMHR Foundation Board Meeting - 7:00 am via call until further notice

August 8th - World Peace Day at The Conflict Center

August 29th - Virtual District Conference. Details to follow.



DMHR Virtual Happy Hour Today, Tuesday, June 2nd

Dear Fellow Rotarians,

Are you thirsting to see some more familiar faces?

Are you thirsting for more contact with people you know, like and trust?

Are you just thirsty for something to wet your whistle?

Whatever you are thirsting, please join us for our next DMHR Virtual Happy Hour.

Today, Tuesday, June 2, 5:00-6:30pm

Join Zoom Meeting

<https://us02web.zoom.us/j/9013400245?pwd=N2RVQXJFMElqakZ5ZVN2WDQxR1FEQT09>

Meeting ID: 901 340 0245 Password: DMHR2020

Prost!

Brad

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=ZjZKeGMyNEFQU2pTSXErZUpUa0Z3UT09>

Meeting ID: 317 120 546

Password: DMHR2020

One tap mobile

+13462487799,,317120546# US

PROGRAM DETAILS

June 3 - Club Service Projects Review - Carolyn Schrader will do a short introduction after which the following individuals will share details about the grant recipients and how they used the funds to help the community. Q&A will follow.

Conflict Center—Diane Messamore

Covenant Cupboard Food Pantry—Annely Noble

Food for Thought—Brad Thompson

Jefferson Center for Mental Health—Amy Weedd

Metro Caring—Greg Thielen

June 10 - Regular weekly Zoom Rotary meeting.

June 17 - District 5450 Mental Health Initiative - Rhonda Hathaway, Greely Rotary Club - *Rotarians for Mental Health* brings together resources and information from district clubs with the purpose of bringing awareness and taking action around mental health and substance use disorders. Rhonda Hathaway, from the Greely Rotary club, will join us to present her club's mental health project.

June 27 - DMH Rotary Virtual Rafting Trip - See page 11 of this newsletter for additional information.

COVID-19

DMHR Project Fund

Notes of Appreciation



May 5, 2020

Denver Mile High Rotary
Diane Messamore - cdmessamore@gmail.com
Carolyn Schrader - schrader407@gmail.com
Greg Thielen - gthielen2@gmail.com

Dear Diane, Carolyn, Greg and Denver Mile High Rotary,

On behalf of The Conflict Center I would like to thank you for your generous contribution in the amount of \$1500.00, dated 4/8/20, on check #3139. Your sponsorship of our weekly community conversation, "Tuesdays with TCC" has greatly helped to sustain our work as we continue to adapt to the rapidly changing circumstances in the face of this pandemic.

Your support has helped us expand our programming in a unique and exciting way. Through "Tuesdays with TCC," we have been able to reach people who may not have otherwise connected with The Conflict Center and to build community in response to the stress, anxiety, and feelings of isolation caused by COVID-19. Week after week, people are tuning in and finding connection in ways they hadn't before the crisis. Due to the positive reception of "Tuesdays with TCC," we have decided to expand the conversation into May, discussing relevant topics such as how to give yourself grace during this difficult time and how to reenter society as stay-at-home restrictions begin to ease. You have given us an opportunity to adapt creatively to this crisis and engage people in continuing to build community. We are so grateful.

This is a new experience for all of us and we are so appreciative that you are part of our community. Please don't hesitate to contact me at 303-865-5625 or beth.yohe@conflictcenter.org or any of our staff if you need support or additional information.

Wishing you good health and hope you find joy in unexpected ways,

Beth Yohe
Executive Director

The Conflict Center is a 501(c)(3) tax exempt human service agency.
This letter will serve as your receipt for tax purposes and
confirm that funds will be used exclusively for charitable purposes and
that no goods or services were received in exchange for this contribution.
Your donation is fully tax deductible.

COVID-19 How Can I Help?

METRO CARING Provisioning Project Cherry Creek Rotary

At last Wednesday's Zoom Rotary meeting Joel Russman shared a way to help with Metro Caring. Metro Caring is buying food in bulk and Cherry Creek Rotary is setting up a location and system to bag the bulk items into smaller quantities for distribution to clients using Metro Caring.

Joel Russman is organizing supervisors for this project and Jim Hoops is organizing "scoop troops", those who will be re-bagging the food items. Please note: in the interest of health and safety of the volunteers during the Corona virus pandemic, those over the age of 64 may not participate.

For more information, please contact Joel and Jim as follows, and see below for online signup:

Joel Russman can be contacted at 303-870-2663 or rotary@joelrussman.com

Jim Hoops can be reached at 303-913-8526 or jshoops25@icloud.com.

We're using [SignUp.com](https://signup.com) to organize upcoming volunteer schedules for the Rotary/MetroCaring Provisioning Project.

Here's how it works in 3 easy steps:

- 1) [Click this link \(https://signup.com/client/invitation2/secure/3278400/false#/invitation\)](https://signup.com/client/invitation2/secure/3278400/false#/invitation);
- 2) Review the options listed and choose Shift Supervisor or Volunteer;
- 3) Sign up! It's easy - you will NOT need to register an account or keep a password on SignUp.com.
- 4) you may volunteer for more than one day

If you have any questions, please contact me. I am sure there are plenty of questions during this time of social distancing.

Jim Hoops
303-913-8526



Socially distancing with **Sarah Hite**... Both **Melanie Gentz**, who is Sarah's neighbor, and **Amy Weed**, who bikes 30 blocks, visit Sarah Hite, bringing lunch when they visit!

This is a photo Melanie took to show that she and Sarah are truly social distancing! —>

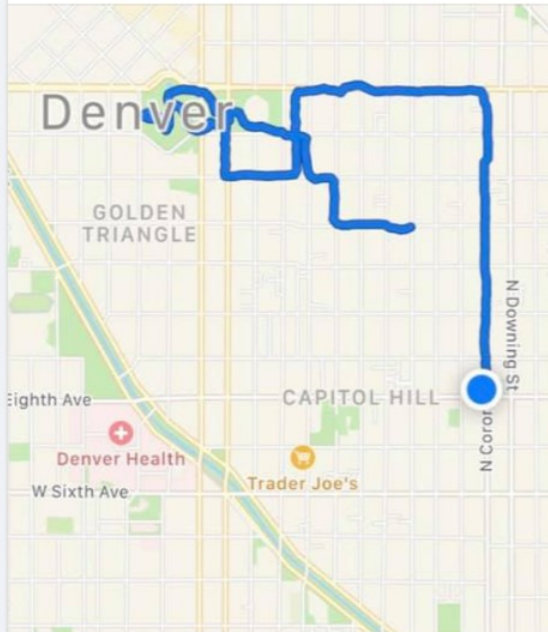


Members Respond...

In response to last week's question in the editor's note, on how all are doing in this new normal, **Ann Tull** responded with the following:

I am in my condo except for occasional walks and drives to Walgreens' drive-thru window. At 81 with a pacemaker, I am very careful! My daughter orders their food and my food from King Soopers, where she drives up and they put it in her trunk; I meet her outside my building, where she loads my food in my cart. She also comes to long-distance visit and for a walk and visit once a week. I have had one ER visit and a few Telehealth appointments. I do lots of online things with Zoom or other means. I don't have a microphone or camera, but watch and listen. Besides Rotary meetings, I do Active Minds lectures, OLLI classes, World Denver lectures, and D.U. lectures. **Our entire development including my 48-unit condo is having all of the stucco replaced** after we won a \$15 million lawsuit from the developer. It has been noisy, but now that they have started our building, it is very noisy. They are now putting up scaffolding. Then they cover all our windows; then they will cover the whole building with black netting-like stuff. So, **for the next 7+ weeks, I will be self-contained in a dark and noisy home with patio furniture all over my living room, dining room and kitchen.**

I went for a walk today.
 This is my Neighborhood.
 This is my City.
 This is my Nation.
 I took a garbage bag with me.
 Yesterday, I thanked the couple for picking up trash.
 Today. People thanked me.



TIME

01:25:59



Fun, fact and diversion...

Brad Thompson's acquaintance, Matt Farr penned a poem in response to the COVID times. You can link to it by [clicking here](https://coloradosun.com/2020/05/27/write-on-colorado-matt-farr/?fbclid=IwAR2XFWT7IH5sB0WWIz3WAtkeKKivGhulyD0iqknSbUu4dVsWG_Cng4QLKpg) or on the following URL:

https://coloradosun.com/2020/05/27/write-on-colorado-matt-farr/?fbclid=IwAR2XFWT7IH5sB0WWIz3WAtkeKKivGhulyD0iqknSbUu4dVsWG_Cng4QLKpg



Mental Wellness Tip of the Week

Spend time with a furry friend



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



Melanie Gentz and Robin Springer
riding at the Cherry Creek Reservoir
area, socially distancing!

In case you were wondering...

YES, there are BIG fish in the
Aurora Reservoir.

← **Geoff Noble**
has returned to Colorado
and is social distancing
at his local reservoir.

Weekly Inspirators, Greeters & Hosts

Date	Inspiration	Greeters	Host	Vocation
June 3	Carolyn Nobel	Annely Noble and Geoff Noble	Paul Karlson	
June 10	Charlene Porter	Adams Price and Kaili Purviance	Chuck Rudolph	
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 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 following page for details.



**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

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

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

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.

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.

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.

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](#)

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 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 - **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.

District Contact for additional information:
Beverly Mendel
District 5450 Operations Manager
303-477-0654
office@rotary5450.org

