



June 23, 2020



## President's Column

### Denver Mile High Rotary on the Web:

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[Rotary District 5450](#)

[Rotary International](#)

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Denver Mile High Rotary,

Next week Brad Thompson will have the honor of writing the newsletter intro and I am okay with that :) I am looking forward to Tuesday mornings where I don't have to get something out the door first thing in the morning! However, it has been a pleasure to think about you all and try to write something inspiring, funny, thought provoking, etc.

NOTE: I am going to start tomorrow's general meeting (Jun 24), 10 minutes earlier than usual because we have a number of things to do in the meeting, our speaker has a jam packed presentation, and we won't want to miss any of it. So please know that the bell will ring at 7:35 and the breakout rooms will open at 7:20 am.

It's time to take the plunge. Join fellow Rotarians and friends this weekend on a VIRTUAL whitewater rafting trip. Jump in on Saturday, June 27th at 9:00 AM, (see donation details on page 5 of this newsletter). Following is the Zoom link for our Saturday morning adventure, [click here](https://us02web.zoom.us/j/89138808234) or copy into your browser: <https://us02web.zoom.us/j/89138808234> (Bathing suits are optional.)

Please share the rafting trip link with your friends and family. This VIRTUAL whitewater rafting trip is not limited to just Rotarians. If it is more convenient, following is a link to donate by credit card to support Warriors on Cataract AND our club Foundation, [click here](https://www.denvermilehigh.org/Page/support-the-foundation) or copy the following into your browser: <https://www.denvermilehigh.org/Page/support-the-foundation>

Thanks everybody!

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,

Congratulations to 2020/21 District Governor Bob Kemp, who with retiring District Governor Curt Harris, drew a record attendance last Tuesday on the ZOOM District 5450 Governor Transition Ceremony! How proud we are that Bob is one of us; let's approach this new Rotary year with enthusiasm and alacrity!

Have you read the July *Rotarian*? Did you identify two of our District's Rotarians shown and featured in the publication? Former District Governor Jim Halderman of the Golden Club was shown in an ad on page 63 for "People of Action - Together We Fight Hunger" (fourth issue in a row); and Rotary Club of Denver Southeast member Debra Fine is featured on page 13, in "Words With Friends." District 5450 must be one of Rotary's "mover and shaker" districts!

Please join DMHR generous donors Tom Cella, Jeff McAnallen, Brad Thompson, Adams Price, Robin Springer, Geoff Noble, Pat Gorman Barry, Diane Messamore, and me in our river raft on June 27th! We have nine in the boat... let's see how many we can cram into a single raft!!!! See page 5 for additional details on donating.

Friends, keep those interesting newsletter items coming, please send to [annely.noble@comcast.net](mailto:annely.noble@comcast.net).

Thank you for your ***Perseverance, enthusiasm and alacrity!***

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 23rd - 5:00 pm - TODAY - 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.



**It is not too late to sit in on virtual RI Convention break out sessions...**

**[click here to be directed](#)**

## 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 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 24	Betty Speir	Robin Springer and Michael Tapp	Greg Thielen	
July 1	Ann Tull	Brad Thompson and Tony Vaida	Mary Walta	
July 8	Bruce Ward	Marty Waters and Amy Weed	Ronnie Weiss	

### Upcoming June Birthdays

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



## Meet DMHR's New Member!



### Meet Marcus Hanlon, newest member of Denver Mile High Rotary!

Marcus is a senior architect at Cresa in Denver. He and his wife of 20 years, Christine, relocated here from Richmond, VA but Marcus is originally from Boston, MA. Marcus and Christine live in Cheeseman Park neighborhood and have a dog named Kei. Their hobbies include skiing, hiking, cooking, eating, designing, traveling, and more. Scott Smeester sponsored Marcus who said he joined because he encountered friendly members who made him feel welcome. Let's prove him correct!

#### **Contact info:**

cell 804-754-6688

e-mail [marcushanlon@yahoo.com](mailto:marcushanlon@yahoo.com)

## 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





## 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.](#)

## 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](#)

It is not too late to sit in on virtual RI Convention break out sessions...

[click here to be directed](#)





## District Announcements

### Did you miss the District Grants Training Webinar?

If you missed the Grants training webinar, [you can click here](#) to see the function after the fact, and [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)



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

It is not too late to sit in on virtual RI Convention break out sessions...  
[click here to be directed](#).



### 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](https://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.



## Metro Caring

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



## The Conflict Center Peace in a Box Project c/o Ronnie Weiss



We will be putting together boxes of activities, books, etc. that can be delivered to or picked up by families. We plan to distribute 500 or more boxes. We will continue our partnerships with Denver Public Libraries and the Children's Museum for outreach and distribution.

Teaching kids and families social and emotional skills through fun and interactive methods is still our primary goal. We know that these skills are needed more than ever in these stressful and uncertain times. Below are several opportunities for which we need assistance this summer to make Peace in a Box a huge success. **Please let me know** if you would like to assist with any of these shifts, all or part of a shift is also fine. **E-mail me at [ronnie.weiss@conflictcenter.org](mailto:ronnie.weiss@conflictcenter.org)** and let me know if you have any questions. I look forward to hearing from you and working with you on this fun and exciting event.

### Peace in a Box Volunteer Opportunities: All COVID-19 safety practices in effect on all dates.

- Packaging activities and sorting items into boxes  
(4-6 volunteers comfortable with coming to The Conflict Center on a given day.
- We will then need folks to assist in box distribution for each of the time slots listed below  
(2-4 volunteers per time slot):

#### Box Assembling Dates:

Wednesday, July 15, 10 am - 3:00 pm  
Thursday, July 16, 10 am - 3:00 pm  
Monday, July 20, 10:00 am - 3:00 pm

#### Box Distribution Dates:

Thursday, July 23, 7:00 am – noon  
Friday, July 24, 3:00 - 8:00 pm  
Saturday, July 25, 10:00 am - 4:00 pm

The Conflict Center | 4140 Tejon St., Denver, CO 80211



### Mental Wellness Tip of the Week

# Help Someone



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