



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



## President's Column

Greetings Denver Mile High Rotarians!

June 28, 2021

It is bitter-sweet for me, writing my last thoughts for our DMHR newsletter this week. This year has flown by and I wanted to let you know that I have thoroughly enjoyed my time as President the past 12 months. Thank you for trusting in me, for your flexibility, and for all of the great ideas, comments, and stories you have shared.

I am looking forward to sharing a recap of the past 12 months and all that we have accomplished as a club. Each and every one of you have played a role to an amazing year for the Denver Mile High Rotary club!

Joke of the Week:

Did you know that in the Canary Islands, there is not one canary?  
Same with the Virgin Islands...there's not one canary there either!



Be well and be safe,  
Brad Thompson

### Denver Mile High Rotary on the Web:

[Denver Mile High Rotary](#)

[DMHR on Facebook](#)

[DMHR on LinkedIn](#)

[DMHR on Instagram](#)

[Rotary District 5450](#)

[Rotary International](#)

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### ZOOM LINK

In addition to in-person meetings, we will continue Zoom meetings. The Zoom meeting "room" will open at 7:00 am, and the meeting will begin at 7:15.

Join Zoom Meeting

[https://us02web.zoom.us/j/81294791259?](https://us02web.zoom.us/j/81294791259?pwd=aXZsTXRiZzJLZEVLRLN2RFZ3bnBRdz09)  
[pwd=aXZsTXRiZzJLZEVLRLN2RFZ3bnBRdz09](https://us02web.zoom.us/j/81294791259?pwd=aXZsTXRiZzJLZEVLRLN2RFZ3bnBRdz09)

Meeting ID: 812 9479 1259      Passcode: 903839



Please contact [Annely Noble](#) if you would like to have a copy of last Wednesday's Power Point presentation on **homeless veterans** given by two representatives from Volunteers of America.  
**Information includes contacts for all resources available to U.S. Veterans.**

**Interesting Facts...**  
**Attendance last week**  
**54 Total membership**  
**Zoom Attendance**  
10 Members, 1 guest,  
and 1 club view  
**U-Club Attendance**  
23 Members, 2 speakers  
**21 Members Missing**



## Word from the Editor

### A word from your editor

Good morning, fellow Rotarians,

The Rotary year has flown by in my opinion! This is the last newsletter for Brad's year as president and for Holger Knaack's Rotary theme. Next week, you will see this newsletter emblazoned with the new Rotary International theme and new colors, and Steve Blazek will write the president's column.

I will continue to publish the newsletter, however, it is time for a new editor to provide his or her ideas and talents. Please consider taking over this task as your contribution to Rotary. I will help you learn the Publisher software, which is very easy and intuitive. Prior to publishing the newsletter beginning in March 2020, I had never used Publisher and have since learned so much; and what a joy it has been. Our brains need this type of stimulation to stay young.

Life is all about change and adapting to it. Embrace the challenge!

See you Wednesday!

Annelly Noble

M 303-842-8725

[Annely.noble@comcast.net](mailto:Annely.noble@comcast.net)

*The more you contribute to your Rotary Experience,  
the more you benefit from your Rotary Experience.*

*What are YOU contributing to Rotary?*

*And, for what are you waiting?*



### Success *Inspiration from Sonny Wiegand as shared at last week's meeting.*

- "Success usually comes to those who are too busy to be looking for it."  
– Henry David Thoreau
- "Success is walking from failure to failure without loss of enthusiasm."  
– Winston Churchill
- "Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do."  
– Pele
- "Put your heart, mind, and soul into even your smallest acts. This is the secret of success."  
– Swami Sivananda

### Woohoomanity

Endorsed by Greg E. Podd, for info, call him at 303-330-0096  
Honorary Chair Woohoomanity Challenge  
RI Vice President 2015 - 2016 and RI Director 2014 - 2016

#### Make a Big Difference

- It's easy... just sign up, then send friends the email asking for support of your club service projects
- Low-Cost... only 1% expense and a typical credit card processing fee of 4%
- Last year a club had 80% participation and raised \$70,000... their best fundraiser ever
- Have a Ton of Fun
- The Woohoo piggybacks on the Denver Century Ride... routes start at an easy 25 miles
- Not just for riders... you can Volunteer, Do It Yourself, or Fundraise/Donate Only
- Enjoy a glorious Colorado day in the fellowship of your friends

Learn more and SIGN UP NOW at [www.woohoomanity.org](http://www.woohoomanity.org). Your proceeds will go to your club even if it hasn't joined the Woohoo... but clubs that do join will raise a LOT more!

## Denver Mile High Rotary Calendar of Events

**June 30 - Passing the gavel!** Honor outgoing president Brad Thompson and welcome new president, Steve Blazek.

**July 7 - Gordon Close, Founder, Guitars for the Troops** - presents in person a little guitar history and the benefits of providing guitars to service men and women. Harvest Guitars For The Troops is committed to providing quality guitar packages to service men and women around the world. Benefits of playing the guitar include musical enjoyment, education, music therapy and physical rehabilitation. DMHR recently contributed to a District Grant that contributed 45 guitars to this program.

**July 13 - DMHR Board meeting - 4:00 pm** - Contact Steve Blazek for Zoom details!

**July 14 - Dr. Tanyss Munro, Executive Director of Amarak Society** presents on Zoom about promoting literacy with some of the poorest mothers in the world. Dr. Tanyss Munro has spent her life, with her husband, best-selling author Gem Munro, to improving educational opportunities for vulnerable children and youth around the world.

**July 21 - Dr. George Chapar - The psychology, disruption, resilience and recovery of individuals as a result of COVID**

**July 27 - DMHR Happy Hour - 5-7pm** at Carolyn and Paul Schrader's home, 407 Detroit St, Denver.

**July 28 - Dr. Jason Williams, Clinical Director of Pediatric Mental Health Institute** at Children's Colorado and Director of the PMHI Quality and Safety. A State of Emergency for Pediatric Mental Health: How COVID has made a serious problem worse.

**July 30 - Denver Children's Advocacy in City Park Pavilion.** [Click here](#) to sign up to volunteer. For more information, contact [Marty Waters](#).

**August 4 - Speaker needed**

**August 8 - Past President's Party - Sunday 5-7pm** - In the boulevard in front of Tom and Janis Cella's home, at 1739 Forest Parkway, Denver 80220 (Around 18th and Forest St.). Menu consists of burritos, guacamole, dessert, beer and wine. Bring your lawn chairs and a "roast" or a joke to share!

**August 11 - Speaker needed**

**August 18 - Speaker needed**

**September 25 - Woohoomanity Challenge - DMHR Club fundraiser bike ride** sponsored by Denver Southeast Rotary and piggybacking on the Denver Century Ride. For more information, [click here](#). Last year's team was *Melanie "Go Getter" Gentz, Steve "Beat the Pack" Blazek, Tom "Strides Ahead" Cella, and Marty "Fast Flowing" Waters*. If you choose not to ride, consider sponsoring a rider from our club. Details will follow in August.

**September 26 - Go to a Colorado Rockies (vs. Saints) game** which begins at 1:10pm, with district 5450 Rotary members from all clubs. [Click here](#) for info and to purchase tickets at special price of \$28 each. Profits to PolioPlus.

**Do you have any leads for future speakers? Contact Adams Price: 303-570-3315 or [adams.price@pmcf.com](mailto:adams.price@pmcf.com)**



## Weekly Inspirators, Greeters & Hosts, etc.

Date	Inspiration	Greeters	Host
June 30	Sharon (Roni) Cella	Bob Connaghan and Alessandro Eichstaedt	Debra Flick
July 7	Melanie Gentz	Tom Giordano and Brian Good	Tom Gregory
July 14	Marcus Hanlon	Dan Himelspace and Sarah Hite	Noreen Keleshian



### June and July Birthdays

June 29 Linda Sue Shirkey  
 July 4 Brad Thompson  
 July 8 Dan Himelspace  
 July 15 Roni Cella  
 July 19 Annely Noble  
 July 23 Jared Beach  
 July 24 Betty Speir

Mental Wellness  
 Tip of the Week  
*Call your neighbor and check in.*



Mental Wellness Tip brought to you  
 by a fellow Rotarian.



### The Rotary Book Group... All Welcome

Monday, **August 23rd**, at 4:30 pm  
 Sarah Hite's home  
 648 Humboldt, Denver  
**No July meeting.**

*While Justice Sleeps - A Novel*  
 By Stacey Abrams

A gripping thriller set within the halls of the U.S. Supreme Court - where a young law clerk finds herself embroiled in a shocking mystery plotted by one of the most preeminent judges in America.

### Have you ever wondered about the Denver Mile High Scholarship?

Last week in the newsletter, we saw two very happy young high school graduates who are 2020-21 scholarship recipients of the DMHR annual scholarship program. A bit of background on the inception of this scholarship:

**Sonny Wiegand** had attended the Summit County Rotary fairly regularly for 25 years, and was exposed to their scholarship program. Last year, Sonny suggested that the Denver Mile High Rotary start a scholarship program aimed at local **Interact\*** club members, and he committed to an annual contribution to fund it. When the program was announced, **Dan Himelspace** agreed to contribute, and **others have also contributed. Carolyn Schrader, Tom Cella, Pat Gorman Barry, & Amy Weed** jumped in to organize the program.

If you know a high school senior who is in an Interact club and who would be interested in applying for this scholarship, please contact **Carolyn Schrader** who can provide the details of the qualifications, eligibility, deadlines, etc.

\* **Interact Clubs** promote the ideal of Service Above Self amongst students in high schools who are required to complete a project for the school, community, country and international. They are encouraged to **interact** with students from other clubs.

## News to Know and Volunteer Opportunity

### Save the date August 8!

Brad and Amanda will be in town,  
So turn that frown upside down.  
We'll have a past president's party,  
Outdoors we can celebrate hearty.  
Don't forget, that Brad we must roast,  
All in good fun, followed by a toast.  
Outside Tom Cella's wonderful home  
In the boulevard we'll happily roam.  
Food and drink for all will be there  
So come with a joke, do you dare?  
Steve Blazek as new pres we'll welcome,  
Let's start his new year with momentum!

### RYLA (Rotary Youth Leadership Awards) is a life-changing leadership training program...

where young people learn, develop, and enhance leadership skills and principles in an atmosphere of trust and respect. RYLA encourages and assists current and potential youth leaders in methods of responsible and effective leadership. Many past RYLarians claim, "It was the best week of my life!"

For 2021, Rocky Mountain RYLA is offering a **one day, virtual conference**. The conference will be held on Saturday, July 24, 2021- RYLA is open at no charge to all who wish to attend the one-day session. No interview is necessary this year.

[Click here](#) for more information and to register for RYLA.

### Volunteer Opportunity for [Denver Children's Advocacy Center \(DCAC\)](#)

[Click here](#) to see link to this program; view flyer on next page.

This program offers a unique way to engage yourself and your Rotary club members in an activity that supports the children who, through more than 11,000 phone calls to Denver Children's Advocacy Center (DCAC) last year alone, were suspected to be victims of or witnesses to abuse in Denver county (see flier on following page). Your club generously supported the Denver South East Rotary's district grant for support of forensic interviews for these children earlier this year. Because of confidentiality concerns, it is challenging to find ways that Rotarians can participate in the actual forensic interviews themselves. However, the activity described below is a great way to be engaged, as well as demonstrate Rotary's commitment to help serve these children.

The program is called "Save Jane" and mimics a program done in Dallas to increase awareness of the large number of innocent children who are likely victims of abuse. **The program is on July 30 at Denver City Park near the Pavilion**. Every name of every suspected victim will be read as either Jane Doe or John Doe, as well as the age of the suspected victim. You can schedule the approximate window of time you would like to read names by contacting Development Director, Michelle Davis at DCAC at 720-974-7231 or [mdavis@DenverCAC.org](mailto:mdavis@DenverCAC.org). Many Denver dignitaries and athletes will be in attendance. Early birds will receive t-shirts marking the event. Please wear your Rotary gear (shirts, pins, hats) to demonstrate the support your club has given to the forensic interview program. There will be TV and other media coverage as well as some light refreshments and possibly box lunches. The "Save Jane" program highlights an important reason why our action as Rotarians has helped to provide a needed service in our community. There will be information tables set up at the event if you wish to learn more about DCAC and its programs.

Again, Mary Sklar and Denver South East Rotary thank you for your support of this vital program that services children who are victims of or witnesses to abuse. I personally have been engaged with DCAC as a volunteer board member for at least a decade now, so I know directly how valuable and important it is to provide this first step in the healing process for these children.

Best regards,  
Karen Loeb  
PP DSE Rotary 2018-19



## News to Know continued...

This opportunity brought to you by Marty Waters.



I AM JANE DOE

### OVER 11,000 CASES OF CHILD ABUSE WERE REPORTED IN DENVER COUNTY LAST YEAR.

Denver Children's Advocacy Center is shining a light on this issue and asking for the community's help.

When you hear a person's name, the reality of their experience becomes more grounded. The challenge we face is that because victims of child abuse are minors, their identities and stories are concealed to protect them. Turning this challenge into inspiration, DCAC is launching the "Save Jane" campaign to illustrate in a thought-provoking and creative way that each John and Jane Doe who experiences child abuse in Colorado spans every race, age, and neighborhood.

We invite you to join us as we spread awareness about this critical issue while highlighting Denver Children's Advocacy Center's expert response and encouraging our community to join in our work. On July 30th at City Park, we will read each and every name and age of a child reported as abused last year. Of course, to protect their identities and the integrity of active cases, we cannot reveal a child's real name, so we will substitute 'Jane Doe' and 'John Doe' for all 11,418 individuals, reminding our community that there are real children and stories behind each name and that DCAC stands up and fights for them. We are asking the community – and those that represent the community – to join us in reading these names, an effort we anticipate will take a full day.

Can't be with us in person? We also have scripts available so you can participate by sending in a video or posting from your social media accounts.

## SAVE JANE

If you would like to learn more about this event and volunteer to read names, please connect with Development Director Michelle Davis at 720-974-7231 or [mdavis@DenverCAC.org](mailto:mdavis@DenverCAC.org).



Denver Children's  
Advocacy Center

## Service Above Self - Volunteer Opportunities



### PROJECT WORTHMORE

#### Project Worthmore - Volunteer anytime

Project Worthmore is a local non-profit that serves the refugee community in the Denver metro area by providing a dental clinic, language classes, food for their community, as well as other services. We may **volunteer any Monday** during the entire month to help with food packaging and/or contactless deliveries. **Please contact [Tom Cella](#)** for more information and to volunteer.

**Where:** Project Worthmore is located at 1666 Elmira Street, Aurora

**What:** They need a total of 8 volunteers - 3 to help with packaging and 5 to help with contactless deliveries.

**When:** The first Monday of every month. **July 5th is the next Rotary designated volunteer date.**

**10:30am - 12:30pm: Food Packaging.** Three volunteers will work in a well-ventilated room to put together boxes of food for the refugee families.

**12:30pm - 1:30pm: Deliver boxes** of food to families within about a 3-mile radius of Project Worthmore.



Denver Kids is part of a cooperative with Denver Public Schools. Watch this spot for volunteer opportunities for mentoring [Denver Kids](#). Training for volunteering begins this spring.

### 9HealthFair is Becoming 9Health:365

[1139 Delaware Street, Denver 80204](#)

**Volunteer dates TBD**

Kudos to all who have volunteered at the vaccination test sites. Fifteen District 5450 clubs have helped in this effort. 9Health will be looking for additional volunteers as soon as sites are determined and plans are finalized; watch this newsletter for upcoming dates and times. The timing is flexible, but usually between 10am and 4pm. To volunteer, please call (610-805-7579), or e-mail [Audrey Leavitt](#).

Rotary  
PEOPLE OF ACTION



METRO CARING  
ENDING HUNGER AT ITS ROOT

#### Volunteer for Metro Caring Provisioning Project:

**Thursday, July 8th** is our next session.

**TIME: 9:00am - 12:30pm**

**LOCATION: 5200 Smith Road Suite 130 - west side entrance.**

You will be repackaging bulk food into portions appropriate for individuals and families for distribution through the Metro Caring Food Bank. All volunteers will receive introductory training before beginning work. Gloves will be provided, and appropriate social distancing will be maintained between individual workstations. Masks or face coverings are required to enter the facility. If possible, please wear your own mask or face-covering, but one will be provided if necessary. If you'd like to bring a spouse or other family member, please do!

Please **contact [Robin Springer](#)** for additional information. [Click here for a June update](#) from Metro Caring.

#### Eviction Prevention by Colorado Legal Services

**When:** Monday 21, 2021 at 6 PM

**Where:** Zoom

Too many Coloradans struggle to afford the bedrock of their wellbeing - their home, or spend so much on their housing, that they don't have enough left to put food on the table for their families. Many Coloradans are facing eviction in the upcoming months as Federal and State moratoriums on evictions are coming to an end. Metro Caring is teaming up with Colorado Legal Services to host an Eviction Prevention Training. Join us for an online session of information and resources. Everyone is welcome to attend! [Click here to register for this class.](#)