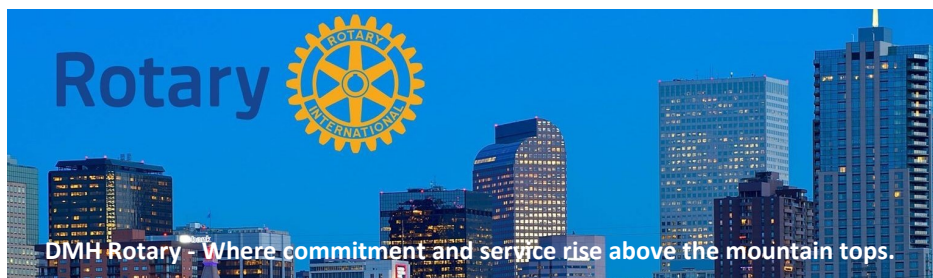




June 30, 2020

People of
Action



Denver Mile High
Rotary
Club



President's Column

**Denver Mile High
Rotary on the Web:**

[Denver Mile High Rotary](#)

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[Rotary District 5450](#)

[Rotary International](#)

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Greetings Denver Mile High Rotarians!

I am both honored and humbled to be writing my first weekly newsletter to you. This year is going to be one filled with much hope, anticipation, challenges and new experiences for us all. I am looking forward to sharing some of my thoughts and ideas as to what this coming year will look like for our club. As I have been talking with many of you over the past several months, one sage piece of advice I would like to share and be held accountable to is this, "Brad, just don't screw things up!" There are so many great things the past leaders and club members have created for us, that I want to make sure we not only keep with our traditions that we have grown to love, but to build upon them.

There is one key attribute all good leaders share, and that is that their followers trust them. Trust was defined during my PETS training as embodying the following characteristics: being reliable, predictable, benevolent, honest, accountable, open and competent. I will do my best to embrace these and do my best for you all. As your president, I am here to serve you.

I love bad-dad jokes, so you can anticipate seeing one each week, right here, in my closing thoughts, leaving you with either a smile, perhaps a chuckle or maybe a groan.

"If you are buying Smart Water for \$5.00 a bottle...it's not working!"

Thank you for the opportunity to serve and lead you this coming year.

Brad Thompson

A word from your editor...

Dear fellow Rotarians,

New year, new RI President, new District Governor, new DMHR President, new look! RI President, Holgar Knaack's 2020/21 logo and theme, which you will notice on the top left side of this page is the basis for our newsletter's updated appearance. I hope that when you see the formatting of your newsletter, you think of "opportunities you can create to strengthen leadership, help put service ideas into action, and improve the lives of those in need." Consider the opportunities you have had through Rotary to expand your mind, your world, your friendships, your service and your travels, and then go forth to improve the world for all.

Let us enthusiastically get behind **Brad Thompson, our new DMHR President** to help further Rotary's ethos and goals to help make this the best Rotary year ever! Thank you for your **Enthusiasm for the new Rotary Year and Leadership!**
Annely Noble M 303-842-8725 annely.noble@comcast.net
M 303-842-8725



Denver Mile High Rotary Calendar of Events

ZOOM LINK

Until further notice and in addition to in-person meetings, we will have Zoom video conference meetings. The meeting “room” will open at 7:00 am, and the meeting will begin at 7:15.

To join the Zoom meeting, click on the following link:

<https://zoom.us/j/317120546?pwd=ZjZKeGMyNEFQU2pTSXErZUpUa0Z3UT09>

Meeting ID: 317 120 546

Password: DMHR2020

Programs and Details

June 30 - 4pm - DMHR Book Club meets via Zoom, discussing The Bookish Life of Nina Hill by Abbi Waxman. Watch the newsletter for Zoom info, or call Linda Sue Shirkey for details.

July 1 - Inaugural Meeting - Brad Thompson will introduce club members to his vision and goals for the year.

July 8 - Road Trip! Denver author with Midwestern roots, **Allen Ferguson on “Route 36: Ohio to Colorado”** - America’s Heartland Highway. Join us for an informative/educational trip down US Highway 36—it’s so much more than the “Denver-Boulder Turnpike”!!

July 15 - Rhonda Hathaway - has been a member if the Commerce City Rotary for ten years, has been the Secretary for 9 years ,and has served a term as the President; she is also the Adams City High School Interact Sponsor for the last six years. Today’s presentation is the result of a \$10,000 grant awarded to the Adams City High School Interact Group from the Community First Foundation. The grant was to be used to try to eliminate the stigma around mental health and to begin having this conversation at an earlier age. This presentation is the end result; both the Interact Club of Adams City High School and the Commerce City Rotary are very proud of this presentation.

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

July 22 - Portia Prescott - Racial Justice and Rotarian Involvement - Portia Prescott and her partner Mary Jefferson have partnered with dozens of non-profits and leaders in Colorado African-American communities. With over 40 years of experience between them, they are embedded in both the Community of Color and the Political Arena locally, statewide and nationally.

August 29 - Virtual District 5450 Conference. Additional information will follow as it becomes available.

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

DMHR Year-At-A-Glance Calendar

JANUARY Write Valentine Cards for Seniors Mini-Dinner Fundraiser	FEBRUARY Craig Hospital Dinner New Member Orientation	MARCH Mini-Dinner Fundraiser
APRIL Mile High Spring Swing	MAY Craig Hospital Dinner RYLA Interviews	JUNE River Rafting
JULY Inner City Kids Hike/Rotary Peak RYLA Camp	AUGUST School Supplies Drive Past President's Party	SEPTEMBER Mini-Dinner Fundraiser New Member Orientation
OCTOBER 9 Health Fair Craig Hospital Dinner World Polio Day Event	NOVEMBER Write Holiday Cards to Deployed Military Citrus Fundraiser	DECEMBER Holiday Party Toy Drive

Did you know?

January	Rotary Awareness Month
February	World Awareness Month
March	Literacy Month
April	RI Magazine Month
May	Promote International Convention Month
June	Rotary Fellowship Month
July	Literacy Month and New Rotary Year
August	Membership and Extensions Month
September	New Generations Month
October	Vocational Service Month
November	Rotary Foundation Month
December	Family Month

Rotary has a theme for every month of the year. Every year the monthly themes are the same as the previous year, and next year the monthly themes will be the same as this year.

Have you memorized the monthly themes yet?

In next month's newsletter you will see the monthly themes incorporated into the Calendar-at-a-Glance seen above.

Weekly Inspirators, Greeters & Hosts

Date	Inspiration	Greeters	Host	Vocation
July 1	Ann Tull	Melanie Gentz and Tony Vaida	Mary Walta	
July 8	Bruce Ward	Amy Weed and Marty Waters	Ronnie Weiss	
July 15	Sonny Wiegand	Chris Wong	Pat Gorman Barry	
July 22	Jared Beach	Andrew Bell and Steven Blazek	Bob Connaghan	
July 29	Diane Messamore	Alessandro Eichstaedt and Debra Flick	Kevin Gallaway	

Upcoming July Birthdays

July 4 - Brad Thompson
July 8 - Dan Himelspach
July 19 - Annely Noble
July 23 - Jared Beach
July 24 - Betty Speir



Mental Health tip of the week brought to you by **Diane Messamore**.

Seriously, did I just put that tip under the birthday cake? Mixed messages!



Mental Wellness Tip of the Week

Eat Healthy

Rotary
Club of Denver Mile High



Join Rotary...Live Longer!

Article suggested by
Brad Thompson

DMHR Admin Information

Dues: c/o Kaili Purviance, Treasurer — treasurerdmh@gmail.com — Thank you!

Please use [the link below](#) to pay with credit card;
or reach out to the treasurer if you require
an invoice or would like to pay by check.

Mail your dues checks to: Kaili Purviance at 3244 S. Holly St, Denver, CO 80223
<https://rotary-club-of-denver-mile-high.square.site/product/drinks/2?cs=true>

DMHR Foundation: c/o Tom Giordano — 303-263-5091 — Thank you!

Please make out contribution checks to:

Rotary Club of Denver Mile High Foundation or DMHR Foundation

Hand to Tom Giordano at a meeting or **mail to:**

Tom Giordano at 7271 E. Wesley Ave., Denver, CO 80224

Or... [please click here](#) to go directly to our secure online donation site.

You may make a one time or automatic monthly donations.

Participants in the
2019 DMHR
Warriors on Cataract
Fundraising Rafting Trip
down Clear Creek!



Virtual Rafting was a Blast!

Fourteen Rotarians, including two from a Florida Rotary Club made contributions to support Warriors on Cataract. Total contributions to date are \$1,362.00, of which 25% (\$340.50) goes to the **DMHR Foundation**, and 75% (\$1021.5) supports **Warriors on Cataract**. 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. [Click here](#) to watch a video giving more details. And, for an additional, shorter video showing some wild river rides, [click here](#).

It is not too late to make a donation, please go to our DMHR website and click on "Donate" (at the bottom of the home page). Or, you can 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.

It's that easy!

Thank you, all!



Contributions to DMHR Foundation

*Giving Generously
 For the
 Greater Good*

2019-2020 Individual Donors

Pat Gorman-Barry	Annely 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



District Announcements

For all District 5450 June and July News and Information, [please click here](#).



VIRTUAL DISTRICT 5450 CONFERENCE

SAVE THE DATE! AUGUST 29, 2020

The District will be hosting a virtual conference on
Saturday, August 29.
Details, registration and schedule
will be out later this summer.

Member Contributions

[Mental Health Center of Denver](#) has webinars and tips for navigating life through Coronavirus.

One does not have to register to participate, just click and listen.

Contributed by **Pat Barry**



Pew Research Center 

The PEW Research Center is a highly respected philanthropic organization that underwrites research at leading U.S. universities. [Click here to learn](#) of research on how Covid-19 impacts different age groups.

Brought to you by **Pat Barry**.

Brad Thompson suggests - Please send photos of some of your highlights during COVID times, suggestions include great meals you've made, times you've spent with family, getting organized, yard and home improvements you've made, your first meal out (take out or eat in?), social distancing driveway parties, bear sightings (teddy, that is), whatever you think may be of interest to your fellow Rotarians.

If today you...
spread joy,
are kind,
are compassionate,
are patient and
generous...
then, you will have
a good day!

Above all, remember
Service Above Self.

