



Denver Mile High
Rotary
Club 

President's Column

**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](#)

Inside this issue:

President's Column and Zoom Link 1

Word From the Editor Help Wanted 2

Upcoming Program Details and Calendar 3

Inspirators, Greeters, Hosts, Birthdays Tip of the Week, Misc. 4

Service Above Self 9 Health Vaccine Sites 5

Service Above Self Volunteer Opportunities 6

King Soopers Fundraiser Year-at-a-Glance 7

District News 8

Club Admin Paying Dues How to use Zelle 9

DMHR Rotary Foundation 10

Greetings Denver Mile High Rotarians!

March 1, 2021

"In like a lamb, out like a lion!" What will the weather be like this March 2021? While you will be reaching for a snow shovel this month, it looks like I will be firing up my lawn mower, as my lawn is showing more and more blades of green!

I was so inspired to up my "conversation game" from Debra Fine's presentation last week. She had so many great tips and thoughts. You can read and reflect upon the poem she shared with us, which can be found in this week's newsletter as well.

Joke of the Week: My son was crying because he didn't know what a homophone was, so I sat down next to him, patted his back and said, "There, their, they're..."

Be well and be safe,

Brad Thompson

*******NEW 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?pwd=aXZsTXRiZzJLZEVLN2RFZ3bnBRdz09>

Meeting ID: 812 9479 1259 Passcode: 903839

**Substitute Volunteers Needed
for Metro Caring Food Re-bagging Project**

Robin Springer, Tom Gregory, and Annelly Noble need substitutes for their shifts on March 11, Thursday, 9:00am-12:30pm
Substitutes signed up (as of today):

1. **Steve Blazek**
- 2.
- 3.

Interesting Facts...

Attendance last week
52 Total membership

- 19 Zoom *members* attending
- 1 Zoom *speaker* attending
- 0 *Guests* attending
- 22 Members at U-club
- 11 Members missing



Word from the Editor

A word from your editor

Dear Fellow Rotarians,

It is a day past February and Black History Month, however, I still invite you to read on page 8 of this newsletter about [George Watson](#), an heroic CSU graduate.

In Okinawa, it is believed that residents live longer and happier lives because they know their “ikigai.” Translated from Japanese, ikigai means “reason for waking up.” What is your ikigai? And what do you look forward to this day, week, month? Happy Pi Day on March 14th (3.14, get it?), and Happy St. Patrick’s Day on March 17th!

Although the Rotary Magazine relegates the Rotary Object, Four-Way test, and Code of Conduct to page 60 of February’s issue, you will find it over the next three weeks on page 2 of this newsletter. Let’s refresh our minds on what Rotary means and how we are to be good practicing Rotarians.

Annely Noble
M 303-842-8725
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?*



Object of Rotary

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

FIRST: The development of acquaintance as an opportunity for service;

SECOND: High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian’s occupation as an opportunity to serve society;

THIRD: The application of the ideal of service in each Rotarian’s personal, business, and community life;

FOURTH: The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

WANTED

Denver Mile High Rotary Treasurer

Carolyn Schrader currently is acting as interim treasurer; for more information, please contact [Carolyn](#). We are “counting” on you to volunteer. Thank you!

WANTED

It is not too early...

to consider being the newsletter editor! Publisher, part of Microsoft Office, is a very intuitive program, and Annely Noble will always be available to answer questions. If you feel called to carry out this integral club duty, please **contact Annely** (303-842-8725) so you can begin to learn the ropes. How are you serving your club? Let’s turn the page to a new chapter!

WANTED

Communications Committee Social Media Mogul - Influencer

This committee is looking for a member of the club who routinely can update the club’s social media sites such as Facebook, Instagram and Twitter. The goal is to increase the awareness of the club’s activities and impact, potentially also increasing membership. If you are interested in taking on this task either alone or with the assistance of another, please contact [Margaret Van Vliet](#). **Melanie Gentz** currently fills this role superbly but could use additional contributors. P.S. Age is not a factor. See you on Facebook, Twitter and Instagram! Thank you!



Denver Mile High Rotary Calendar of Events

March 3 - DMHR Budget, LCS and WCS Projects Overview - Translation...how and what your club is doing.

March 8 - 4:30 pm - DMHR Book Club discusses **Giver of Stars** by Jojo Moyes. Please contact [Linda Sue Shirkey](#) to be placed on Zoom distribution list. Link also will be available in newsletter right here on March 8. All welcome.

March 9 - 4:00 pm - DMHR Board Meeting.

March 10 - Ms. Maro Casparian, Director Community Engagement, Denver District Attorney's Office - Consumer Scams and Fraud: From Bad to Worse during COVID-19 and How to Protect Yourself.

March 17 - Larry Rykman, Founder and Editor, The Colorado Sun - Current State and Future of Print Journalism.

March 17 - Club Happy St. Patrick's Day Zoom Hour! Wear green and bring your own green beer!

March 19 and 20 - Post PETS Sessions, virtually via Zoom. March 19 beginning at noon, and March 20, beginning at 7:15am.

March 24 - Dr. Jim Bertz - Pediatric Cleft Palate Missions Around the World - Dr. James Bertz is a renowned Maxo-Facial surgeon who has served on pediatric cleft palate missions around the world. A long-standing volunteer with Uplift, Him has been on several trips to the Philippines and worked with Dr. Jamie Yrastorza, founder of Uplift and a fellow Rotarian from Wheat Ridge. Dr. Bertz practices in Scottsdale, AZ.

March 31 - Elizabeth Garner, State Demographer - Colorado's Changing Demographics and What That Portends for the Future.

April 7 - Joel Bacon, C-SPAN - Learn How C-SPAN provides a window into Washington with access to public officials working on the issues facing our nation - like the coronavirus pandemic and the volatile economy. C-SPAN will also share how its nonpartisan mission guides its coverage of the political process and how its TV, online and radio resources can help you stay informed.

April 14 - Speaker? - Do you know anyone who would be a good candidate to share some good news? Please contact Brian Good, 303-994-6609.

April 21 - Speaker?

April 28 - Speaker?

May 5 - Speaker?

May 7-8 - District Conference - Friday evening in-person dinner. May 8 will be a Day of Service. Details to follow.

May 12 - Jennifer Riley-Chetwynd, Denver Botanic Gardens - Director of Marketing and Social Responsibility - What's New at Denver Botanic Gardens? Things you may not know and things to get excited about this year!

Weekly Inspirators, Greeters & Hosts, etc.

Date	Inspiration	Greeters	Host
March 3	Chuck Rudolph	Carolyn Schrader and Linda Sue Shirkey	Roberta Simonton
March 10	Vass Sirpolaidis	Scott Smeester and Betty Speir	Robin Springer
March 17	Michael Tapp	Tony Vaida and Margaret Van Vliet	Mary Walta



March Birthdays
 2 Audrey Leavitt
 8 Michael Tapp
 14 Geoff Noble
 23 Constance Mortell

See page 9 of this newsletter to see how two DMHR Club members, **Adams Price and Geoff Noble** are celebrating their birthdays in Florida.

Meeting Leader Calendar...
Brad Thompson will be leading meetings via Zoom with in-person assistance from:
 Mar 3 Melanie Gentz
 Mar 10 Steve Blazek
 Mar 17 Melanie Gentz
 Mar 24 TBD
 Mar 31 Adams Price

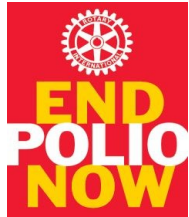
Did you see the Snow Moon on February 27th?
 It was big and beautiful and named that because in the United States, February, on average, is the snowiest month. In Colorado, March is the snowiest month.
 Here are the rest of this year's full moons with their names:
 • January 28 - Wolf Moon
 • February - Snow Moon
 • March 28 - Worm Moon
 • April 26 - Pink Moon
 • May 26 - Flower Moon
 • June 24 - Strawberry Moon
 • July 23 - Buck Moon
 • August 22 - Sturgeon Moon
 • September 20 - Harvest Moon
 • October 20 - Hunter's Moon
 • November 19 - Beaver Moon
 • December 18 - Cold Moon
Fun lunar fact: A little more than 50 years ago, on Feb. 6, 1971, Alan Shepard became the first person to hit a golf ball on the moon. I wonder when and where it landed? For more interesting lunar facts and gardening by the moon information, check out the [The Old Farmer's Almanac](#).

Mental Wellness Tip brought to you by a Golden High School Student

Mental Wellness Tip of the Week
Give yourself mental vacations.
 Denver Mile High
Rotary
 Club



The Rotary Book Group... All Welcome
Discussions begin at 4:30 on: Monday, March 8
Giver of Stars
 by Jojo Moyes
 Set in a small Kentucky town in Depression-era America, the **novel** details the lives of five women who become traveling librarians, delivering books to the people of Kentucky. The story follows Alice Wright, a British woman, who moves after marrying the Kentucky native Bennett Van Cleve.



Service Above Self

Vaccination Information from 9 Health
If you wish to volunteer to help at any of the following sites and times,
please contact [Audrey Leavitt](#) 610-805-7579.

Audrey suggests that it would be helpful to **invite a friend** as there is plenty of volunteer work to go around. Additionally, your friend will be introduced to Rotary’s Service Above Self and may even be motivated to become a Rotarian!

Site	Address	Day of Week for Events	First Event Date	First Event Time	Access Window for Vaccine Staff	Ongoing schedule
Bear Valley Library	5171 W Dartmouth Ave Denver 80236	Sundays	March 7 th	11 a to 7 p	9:45 am to 8 pm	11 am to 7 pm every Sunday through at least May (Might skip some Sunday Holidays)
Barnum Rec Center	360 Hooker Street Denver 80219	Wednesdays	March 10 th	9 a to 5 p	7:45 am to 6 pm on days open from 9 to 5 and 10:45 to 9pm on days open 12 to 8pm	9am to 5 pm - March 10 - March 24 - April 7 - April 21 - May 5 - May 19 12 pm to 8pm - March 17 - March 31 - April 14 - April 28 - May 12 - May 26
MLK Rec Center	3880 Newport St Denver 80207	Tuesdays	March 9 th	9a to 5p	7:45a - 6p on days open from 9 to 5 and 10:45a to 9p on days open 12 to 8pm	9am to 5 pm - March 9 - March 23 - April 6 - April 20 - May 5 - May 18 12 pm to 8pm - March 16 - March 30 - April 13 - April 27 - May 11 - May 25

Service Above Self



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.

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.



[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](#).



METRO CARING
ENDING HUNGER AT ITS ROOT

Volunteer for March 11 - 9:00 am-12:30 pm

Metro Caring Provisioning Project:

Thursday, March 11 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 February update from Metro Caring.



The Conflict Center

The Conflict Center is always looking for volunteers to do a variety of tasks. Watch this space for opportunities beginning May and early June. If you would like more information or to sign up, please contact [Ronnie Weiss](#).



Fundraising for Your Club

King Sooper Cash Back Fundraising Program

Hi everyone,

This is a reminder of a great way to support Denver Mile High Rotary if you shop at King Soopers, even once in a while. If you are registered at King Soopers (as a frequent shopper) you can designate Denver Mile High Rotary to receive cash back. Our rewards for 2020 were more than \$1,000.

If you are already registered with King Soopers and you want to designate DMHR as the recipient, here's how:

1. Go to <https://www.kingsoopers.com> If you have any problem with registering, call 1-800-677-5464.
2. Log in with your user name for frequent shopper discounts: this could be your email address or your phone number.
3. Once you are signed in, on the right side next to the shopping cart, you will see your name and "My Account."
4. Hover over "My Account" and it will open a new screen with "Community Rewards" on the left side. Click on that. You can then select the organization that will be credited for your purchases. Enter "Rotary Club of Denver Mile High" (the Club's formal name) or our code: DM464.

That's it—you will be enrolled. Every time you use your frequent shopper id, the Club will get credited for what you spend.

For those of you who have already signed up, thank you so much.

For the others, please consider this super easy way to support the Rotary Club of Denver Mile High.

If you have not registered as a frequent shopper at King Soopers, registering is a way to qualify for discounts and sales throughout the store. To register, go to <https://www.kingsoopers.com> and then to "sign in." Scroll to the bottom of the sign-in page and click on "create an account." Then use your phone number or email address to register. Once you are in their system, you can add Denver Mile High as the recipient of the cash back.

Thanks. Call me if you have any questions. [Carolyn Schrader](#)

<p>JANUARY Write Valentine Cards for seniors from your home and mail to the senior living facility of your choice. Rotary Awareness Month</p>	<p>FEBRUARY - See note below* Craig Hospital Card Writing Wine and Chocolate Tasting New Member Orientation Peacebuilding & Conflict Prevention Month</p>	<p>MARCH Connect4 - Each Rotarian calls 4 Rotarians during March. Get to know each other better! Literacy Month</p>
<p>APRIL Mile High Spring Swing - TBD RI Magazine Month</p>	<p>MAY Craig Hospital Dinner RYLA Interviews Promote International Convention Month</p>	<p>JUNE River Rafting Rotary Fellowship Month</p>
<p>JULY Inner City Kids Hike/Rotary Peak RYLA Camp Literacy Month & New Rotary Year</p>	<p>AUGUST School Supplies Drive Past President's Party Membership and Extensions Month</p>	<p>SEPTEMBER Mini-Dinner Fundraiser New Member Orientation New Generations Month</p>
<p>OCTOBER 9Health Fair & Craig Hospital Dinner World Polio Day Event Economic & Community Development And Vocational Service Month</p>	<p>NOVEMBER Write Holiday Cards for Active and Deployed Military Citrus Fundraiser Rotary Foundation Month</p>	<p>DECEMBER Holiday Party Toy Drive Family Month</p>



District 5450 Information

Note from Bob Kemp, District Governor:

All District Rotarians,

I heard from Scott Rainey, District Governor in Houston, TX. His District has created a special Freeze Response Grant to provide some modest funding to clubs that desire to help a needy family or individual impacted by the recent freezing weather conditions. The funds are intended to allow a club to help an individual or family restore access to water and/or repair broken pipes.

If you would like to contribute by check, please **send your donation as follows:**
Rotary District 5890 Charities, Inc.
Tax ID: 76-0569758
501C(3)

Please mail your check to:
Rotary District 5890 Charities, Inc.
c/o Jackie Barmore
3525 Preston
Pasadena, TX 77505

Or
ACH/Wire to:
Community Bank
3498 East Sam Houston Parkway South
Pasadena, TX 77505
Acct # 21235626
Routing # 113111983

Thanks for your consideration!

Bob Kemp
Rotary Club of Denver Mile High
District 5450 Governor 2020-21
DGBob2020.21@gmail.com

You Can Help!

Castle Rock High Noon member, Steve Baroch, is asking for **donations of gently used Smart Phones, Laptops and Tablets** for use in educational programs in Africa and on the Navajo Nation. Any of these USED DEVICES that are sitting at home or in your office will help. [Click Here for more information](#)

District 5450 Conference Save the date - May 6-7-8, 2021

The District Conference will have an in-person event (cocktail hour and dinner on Friday, May 7), a virtual event (business meeting and possible learning session), and a Day of Service on Saturday, May 8.

The planning team needs your help. Please contact [Amy Weed](#) if you can volunteer as a

sergeant-at-arms to remind attendees of the 6 foot social distance regulation at the cocktail hour (3-8pm, need 5 individuals to do this);

or for the **registration desk**, (3:30-5:30pm, need 2 individuals).

Additionally, we are looking for a **graphic artist** who can design the marketing materials for this event.

Again, please contact [Amy Weed](#) (720-331-8456) if you can help.

February was Black History Month

To read about George Watson, a Colorado State University graduate and a United States Army private, who during World War II was responsible for rescuing several soldiers from drowning at sea near Porlock, Harbor, New Guinea, [please click here.](#)

Save the Date... September 25th 2nd Annual Woohoomanity™ Challenge

Saddle up (on your bike and put in some training miles!
For more information, contact Pat McGuckin pat@mcguckins.net



DMHR Admin Information

How to pay... DMHR Club Dues

c/o Carolyn Schrader, Treasurer, schrader407@gmail.com
Please make out checks to: **Rotary Club of Denver Mile High
or DMHR**

- Mail a check to Carolyn Schrader at 407 Detroit St. Denver CO 80206 OR
- Bring a check on Wednesday, give to Tom Cella or Carolyn
- Pay by credit card - [Click here](#) or use <https://rotary-club-of-denver-mile-high.square.site/>
- Pay by credit card using the link on your invoice
- Pay by Zelle®. See the info to the right of this item. →
- If all else fails, contact Carolyn, schrader407@gmail.com

How to pay... DMHR Foundation Donations

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**

- **You may also use Zelle®** to provide your DMHR Foundation donation, like a check but nothing to mail. **See details to right of page.**
- Hand check 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, make a one time donation or set up automatic monthly donations.



Using Zelle® to pay by check without mailing!

Several members have expressed interest in paying dues with **Zelle®**, a service that allows Club members to send dues payments electronically to DMH Rotary. There is no charge and the transaction occurs in only a few minutes. And, the sender can choose the amount to send. Below is information about signing up for **Zelle®** and setting up the payment information for Denver Mile High Rotary.

Enroll with Zelle®

(your bank must offer **Zelle®** as a service)

1. Sign into Online Banking or mobile banking on your electronic device
2. Go to "Send Money with Zelle®" in Online Banking or the **Zelle®** tab in the Mobile app.
3. Agree to terms and conditions.
4. Enroll your account.
5. Verify security code.
6. You're ready to start sending/receiving payments through your bank account using **Zelle®**.

How to send money to Denver Mile High Rotary

1. Enter rotarydmh@gmail.com as the unique identifier for the Rotary Club of Denver Mile High. You can use DMHR as the name of the Club.
2. Enter the amount of the payment and an optional memo. (e.g., invoice number)
3. Review your payment. Make sure that you've entered the correct email address for the Club; then hit "Send."
4. Your payment will appear with your name on the Club's bank statement.

Thanks to our interim treasurer,
Carolyn Schrader
for this informative item.

← Last minute addition...

Adams Price, whose birthday was February 25th, is visiting **Geoff Noble**, whose birthday is March 14th. They are fishing in Lake Santa Fe in central Florida. No fish are safe in that water this week!



Contributions to DMHR Foundation

*Giving Generously
For the
Greater Good*

Denver Mile High Rotary Foundation Donors

Pat Gorman-Barry	Carolyn Nobel	Tony Vaída
Tom Cella	Annely Noble	Mary Walta
Melanie Gentz	Adams Price	Marty Waters
Tom Giordano	Chuck Rudolph	Ronnie Weiss
Tom Gregory	Roberta Simonton	Sonny Wiegand
Bob Kemp	Robin Springer	<i>Room for more, will it be you?</i>
Diane Messamore	Michael Tapp	
Constance Mortell	Ann Tull	



*Corporate
Generosity*

*2020-2021
Corporate Sponsors*



MERGERS & ACQUISITIONS

