



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



## President's Column

Greetings Denver Mile High Rotarians!

March 15, 2021

I thought Maro Casparian's presentation on ID Theft and Scams had some interesting insights. One tip I shared with our ZOOM audience after the meeting, is to set your alerts to \$1.00 or more on your credit cards so you know each and every transaction that your card is used for instantly, so you can call the provider immediately if you card was used by someone other than you! I used to have mine set at \$300 or more, now they are all set at \$1 or more!

Joke of the Week: Why did the cowboy get a Dachshund?  
Some told him to "Get a long little doggie!"

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?pwd=aXZsTXRiZzJLZEVLN2RFZ3bnBRdz09>

Meeting ID: 812 9479 1259 Passcode: 903839

### Spring is on the way, March 20 is the day!

Despite the recent snow fall, bulbs will be pushing their way through the soil. Please send me your photos of your yard emerging from the winter doldrums. We will have a spring issue with our March 29th issue.

### Interesting Facts...

#### Attendance last week

52 Total membership  
18 Zoom members attending  
1 Guest visiting  
17 Members at U-club  
17 Members missing

### To follow on with the information we received this week about online safety...

and cyber-threats, I would like to share that the FTC has excellent resources to stay abreast of the latest threats. The threats are constantly evolving, so it is important for us to keep educating ourselves!

The FTC Consumer Alerts Site: <https://www.consumer.ftc.gov/>

To receive updates by email, click the link in the bottom-right of the webpage or go to [https://public.govdelivery.com/accounts/USFTCCONSUMER/subscriber/new?topic\\_id=USFTCCONSUMER\\_8](https://public.govdelivery.com/accounts/USFTCCONSUMER/subscriber/new?topic_id=USFTCCONSUMER_8)

Brought to you by DMHR member, Josh Peck.



## Word from the Editor

### A word from your editor

Dear Fellow Rotarians,

*New information* is bounded by red boxes and easy to find. Now you will not have to read redundant info, though it still may be there for your reference.

Please note that there is a different Zelle “code” for donating to the DMHR Foundation; please contact Tom Giordano if you would like to use Zelle for the Foundation.

Although the Rotary Magazine relegates the Rotary Object, Four-Way test, and Code of Conduct to page 62 of March’s issue, you will find it on page 2 of this newsletter. Let’s refresh our minds on what Rotary means and how we are to be good practicing Rotarians. This week, The Rotarian Code of Conduct.

Annely 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?*



### ROTARIAN CODE OF CONDUCT

As a Rotarian, I will:

1. Act with integrity and high ethical standards in my personal and professional life
2. Deal fairly with others and treat them and their occupations with respect
3. Use my professional skills through Rotary to mentor young people, help those with special needs, and improve people’s quality of life in my community and in the world
4. Avoid behavior that reflects adversely on Rotary or other Rotarians
5. Help maintain a harassment-free environment in Rotary meetings, events, and activities; report any suspected harassment; and help ensure non-retaliation to those individuals that report harassment

### Help Wanted...

#### 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), 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).

Thank you to **Brad Thompson** for volunteering his daughter **Margaux** (with her permission of course), to design the marketing materials for this event.

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



## Denver Mile High Rotary Calendar of Events

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

**March 17 - 5-6pm MDT - Club Happy St. Patrick's Day Zoom Hour!** Wear green and bring your own green beer!

Join Zoom Meeting: <https://us02web.zoom.us/j/81294791259?pwd=aXZsTXRiZzJLZEVLRL1N2RFZ3bnBRdz09>

Meeting ID: 812 9479 1259 Passcode: 903839

Just FYI, this is the Wednesday morning Zoom link.

**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, Jim 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 12 - Rotary Book Club - 4:30pm - *That Used to Be Us*** - Book by Michael Mandelbaum and Thomas Friedman

**April 14 - Past Zimbabwe District Governor Stella Dongo - News** about the COVID situation in Zimbabwe, Rotary, and politics as well as an update about the DMHR grant that has been approved in Harare, the capital.

**April 21 - Tom Giordano, DMHR Rotarian and History Scholar** speaks on the "Over-rated President"

**April 28 - Liz Adams, National Western Complex Redevelopment** and Jocelyn Hittle, CSU Spur Campus

**May 5 - Speaker? - Any ideas**

**May 6-8 - District Conference** - Thursday evening - Virtual; Friday evening - in-person dinner and virtual option. Saturday 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 17	Michael Tapp	Tony Vaida and Margaret Van Vliet	Mary Walta
March 24	Bruce Ward	Marty Waters and Amy Weed	Ronnie Weiss
March 31	Sonny Wiegand	Pat Gorman Barry	Andrew Bell



**Meeting Leader Calendar...**  
**Brad Thompson will be leading meetings via Zoom with in-person assistance from:**

Mar 17	Melanie Gentz
Mar 24	TBD
Mar 31	Adams Price

**The Rotary Book Group... All Welcome**  
 Discussions begin at 4:30 on:  
 Monday, April 12th  
***That Used to Be Us***  
 Book by Michael Mandelbaum and Thomas Friedman

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



**Margaret Van Vliet's** mother passed away the week of March 8th. If you would like to send a condolence to Margaret, address is as follows:

Margaret Van Vliet  
 1750 Little Raven St, Apt 728  
 Denver, CO 80202

**New initiative from Brad Thompson**  
**Connect4 - but not the game!**


This month, I invite each of you to call or FaceTime with four of our fellow DMHR members you don't know well, that's only one call per week in March! Now, I know, some of you like to check things off your list as soon as you can, so if you connect with four members in one day, that's great too! Double down and call 8 members this month! Save the information you learn about your new Rotary buddy for another initiative to be announced soon!

The absence of human connection is at a zenith for all of us, and I think this will be a great way to connect and get to know more members better. Try to plan for a 10-15 minute conversation to get started. Call someone you don't know as well as others. Our newer members may get more calls, but that's OK too! We love you all and we want to welcome you. You can find a list of everyone's contact information in Clubrunner. Print it off so you have an updated list of our current members. Also, check out the item to the right —>

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

Mental Wellness  
 Tip of the Week

Walk 10,000 steps outside, breath deep the air and marvel at the beauty.

Denver Mile High  
**Rotary**  
 Club 

For some good ideas on conversation starters, [click here](#).  
 Compliments of **Brad Thompson**.

## 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

For the latest March District 5450 news, [please click here.](#)

For information on scheduling **COVID vaccinations**,  
please [click here](#): or use the URL:  
<https://stridehc.org/covid-19/vaccine>

Info compliments of **Robin Springer**.







## 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.

**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 antimes. 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 April 8th - 9:00 am-12:30 pm

Metro Caring Provisioning Project:

**Thursday, April 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 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](#).

**If you wish to volunteer at any of the 9 Health Vaccination Sites, please contact [Audrey Leavitt](#) 610-805-7579.**

Audrey suggests you 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 even may be motivated to become a Rotarian!





## DMHR Admin Information

### How to pay...

#### DMHR Club Dues

c/o Carolyn Schrader, Treasurer, [schrader407@gmail.com](mailto: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](mailto:schrader407@gmail.com)

#### 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*

- 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.
- Please contact Tom Giordano for instructions to set up a Zelle payment for your donation to the Club Foundation.

### E-mail to Ann Tull from the Amazon Smiles program:

- This is the quarterly notification to inform you that the charity you've selected, **The Rotary Foundation of Rotary International**, recently received a donation of **\$4,090.06** from AmazonSmile -- at no cost to you or other customers.

Thanks to customers shopping at [smile.amazon.com](https://smile.amazon.com), or with AmazonSmile ON in the Amazon Shopping app, everyday purchases have generated over **\$266 million** in donations to charities worldwide so far.

AmazonSmile's impact:  
**\$58,199.12** to The Rotary Foundation of Rotary International\*

- **\$241,928,506.19** to all charities in the US
- **\$266,896,659.48** to all charities worldwide

To track donations or change your charity, simply visit [Your AmazonSmile Impact](#) page.

Editor's Note: The Denver Mile High Rotary will be able to designate their shopping proceeds to our club very soon. The DMHRm non-profit classification currently is undergoing approval by the IRS. We will announce when we can participate in Amazon Smile and how a.s.a.p.

Please see the **Denver Mile High Foundation Donation** page to see the updated list of donors. Are you on the list? If you are not on the list and should be, please contact Tom Giordano.



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



**Contributions to DMHR Foundation**

<p><i>Giving Generously For the Greater Good</i></p>	<i>Denver Mile High Rotary Foundation Donors</i>		
	Pat Gorman-Barry	Janine Kempfer	Vass Sirpolaidis
	Steve Blazek	Audrey Leavitt	Betty Speir
	Tom Cella	Kevin LeVisu	Robin Springer
	Bob Connaghan	Diane Messamore	Michael Tapp
	Alessandro Eichstaedt	Constance Mortell	Brad Thompson
	Patricia Fiske	Carolyn Nobel	Ann Tull
	Melanie Gentz	Annelly Noble	Tony Vaida
	Tom Giordano	Josh Peck	Bruce Ward
	Tom Gregory	Charlene Porter	Marty Waters
	Marcus Hanlon	Adams Price	Amy Weed
	Dan Himelspach	Chuck Rudolph	Ronnie Weiss
	Sarah Hite	Carolyn Schrader	Sonny Wiegand
	Noreen Keleshian	Linda Sue Shirkey	
Bob Kemp	Roberta Simonton		



<p><i>Corporate Generosity</i></p>	<i>2020-2021 Corporate Sponsors</i>	
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