



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



Denver Mile High
Rotary
Club



President's Column

Greetings Denver Mile High Rotarians!

March 22, 2021

Well, the Colorado Sun has a new fan....ME! Larry Rykman was a fascinating speaker with worldly insights and experiences in journalism. WOW. It was another home run, hit out of the park for our club regarding guest speakers! Great job Brian Good for lining him up for us.

On the home front, Amanda and I added a new member to our family. King Ole is an 8 week-old Labradoodle who has stolen our hearts, along with a few hours of sleep from us this week! Oh the joys of a new pup.

It was great celebrating St. Patrick's Day with everyone on Zoom too! Glad to see everyone who joined in the fun.

Don't forget to get your thoughts and input to **Debra Flick** regarding our Diversity, Equity, and Inclusion initiatives (DEI)! She would love to hear your thoughts and comments! Email her at dmarieliflick@gmail.com or call her at 303-949-8826.

Joke of the Week: Did you know that during King Arthur's time, one of his knights went around to collect taxes. His name was Sir Charge.

Be well and be safe,
Brad Thompson

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=aXZsTXRiZzJLZEVLR1N2RFZ3bnBRdz09)

[pwd=aXZsTXRiZzJLZEVLR1N2RFZ3bnBRdz09](https://us02web.zoom.us/j/81294791259?pwd=aXZsTXRiZzJLZEVLR1N2RFZ3bnBRdz09)

Meeting ID: 812 9479 1259 Passcode: 903839

Note from Last week's presenter

Dear Denver Mile High Rotarians,

I'm pretty passionate about the topic, so I really appreciate the opportunity to speak with you.

Have a great day (and thanks in advance for your membership support).

Final, final plug, I promise! coloradosun.com/membership

All the best,
Larry Rykman
Founder and Editor, The Colorado Sun

Interesting Facts...

Attendance last week

52 Total membership

12 Zoom members attending

1 Speaker on Zoom

0 Guest visiting

18 Members at U-club

22 Members missing

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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Word from the Editor

A word from your editor

Dear Fellow Rotarians,

PETS took place this weekend and Bob Kemp, District Governor, Steve Blazek, President Elect, and I, President Elect Nominee, enjoyed the event, learning so much to be good leaders for the Denver Mile High Club. We all agree that this is the best club in the district so aren't we fortunate!

Geoff and I spent the last two weeks in Florida with our children (all but one) and their families; which means Geoff and I were surrounded by a houseful of joy! We celebrated Geoff's 70th birthday and even swam in the lake and ocean (brrrr)! I cooked and cooked (tons of freshly caught lake fish) and had precious little time to devote to Rotary, except for the PETS (training), but I'll be in Denver tomorrow and back online. I could use the peace and quiet!

Hope to see most if not all of you either at the U-Club or on Zoom on Wednesday.

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?*



IRISH PROVERBS
provided by Michael Tapp

3-17-2021
Don't become broke by trying to look rich

May you have the hindsight to know where you've been, the foresight to know where you are going, and the insight to know when you have gone too far.

All the world's a stage and most of us are desperately unrehearsed.

No man ever wore a scarf as warm as his daughter's arm around his neck.

May love and laughter light your days,
and warm your heart and home.
May good and faithful friends be yours,
wherever you may roam.
May peace and plenty bless your world
with joy that long endures.
May all life's passing seasons
bring the best to you and yours!

Happy belated St. Patrick's Day!

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).

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



Denver Mile High Rotary Calendar of Events

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 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!

**More to come but do you have any leads for future speakers?
Call 303-994-6609, or e-mail Brian Good.**

Weekly Inspirators, Greeters & Hosts, etc.

Date	Inspiration	Greeters	Host
March 24	Bruce Ward	Marty Waters and Amy Weed	Ronnie Weiss
March 31	Sonny Wiegand	Pat Gorman Barry	Andrew Bell
April 7	TBD	TBD	TBD



**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

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

Mar 24	TBD
Mar 31	Adams Price

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

Mental Wellness
 Tip of the Week

*Think ten
 positive thoughts.*

Denver Mile High
Rotary
 Club



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

**Brad and
 Amanda Thompson**
 are parents to the cutest
 Labradoodle, only 8 weeks-
 old!





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

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®.
- If all else fails, contact Carolyn, 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.

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.

King Sooper Cash Back Fundraising Program

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](#)



Contributions to DMHR Foundation

<i>Giving Generously For the Greater Good</i>	<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		



<i>Corporate Generosity</i>	<i>2020-2021 Corporate Sponsors</i>	
	 MERGERS & ACQUISITIONS	



The Last Word...

Note from Cherry Creek Rotary to Denver Mile High Rotary

Dear Robin and Denver Mile High Rotarians,

We recently received (and posted to our website) the testimonial below from the Executive Director of Metro Caring. It is truly an honor to be so recognized. Of course we couldn't do it without the commitment of many volunteers. When we put this project together, we thought first of Rotary's "Service Above Self" motto and reached out to the clubs of District 5450.

I wanted to thank Denver Mile High Rotary for its pledge to provide ongoing volunteer support to this vital project, and to **Robin Springer** personally for championing this project with your Club. Denver Cherry Creek Rotary truly appreciates the special relationship between our clubs; this is but one more link in that longstanding chain.

Joel Russman
 Cherry Creek Rotary
 Metro Caring Provisioning Project

Note from Metro Caring

These days at Metro Caring, we are helping 300% more families with emergency food than we were pre-COVID. Thanks to our partnership with Cherry Creek Rotary, we are able to buy pallets of bulk goods for far less than if we'd had to buy them packaged for retail. A Rotary member arranged for us to use a warehouse free of cost for the storage and breakdown on these items. And Rotary volunteers have pitched in and recruited others to contribute a total of over 8,000 volunteer hours (and counting!) to scoop dry food, such as flour, rice, beans and oats, from 50- pound bags into one-pound portions that we provide to community members.

At Metro Caring our mission is to meet people's immediate needs for nutritious food while building a movement to end hunger in Colorado. That mission became harder due to COVID, and simply put, we couldn't do what we do without the help of Denver Cherry Creek Rotary Club. Thank you for being with us on our journey to respond to this moment and as we take the first steps to rebuild better together.

THANK YOU DENVER CHERRY CREEK ROTARY!

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