

March 26, 2020



President's Column:

Hello Denver Mile Rotary Club...

Denver Mile High Rotary on the Web:

www.denvermilehigh.org

[DMHR on Facebook](#)

[DMHR on LinkedIn](#)

[DMHR on Instagram](#)

[Rotary Dist 5450 Website](#)

[Rotary Int'l Website](#)

Inside this issue:

President's Column	1
Word from your Editor	2
Calendar of Events	3
Tomorrow's Program	4
Member Contributions	5
Inspirators, Greeters, Hosts, Birthdays	6
District Announcements	7
Spring Swing Refunds	7
Shelter Box Marathon	8
Rotary Rafting Trip	9
Social Distance Management	10
Tips for RedKey	11
Denver Mile High Rotary	12

It's been just over a week since the shock of the whole COVID-19 shutdown started happening and we are settling into a new normal of being locked down for awhile. On the positive side, we all should be getting some missed time back that we've wanted to spend with our families!

Who's doing the newsletter now? Annely Noble is, and it gets me really excited because she has some ideas that I think you're really going to love! Her editorial will follow mine and I'll let her tell you what's to come, but I think it's gonna be great. Thanks Annely for stepping up and taking the newsletter to the next level!!

A huge thanks goes to Melanie Gentz for publishing the newsletter week in and week out, even when on vacation, for the last couple of years. It has been a key part of our communications with members and we really appreciate it, Melanie. Thanks for serving the club!

Tomorrow morning we start our programs online on Zoom, and while some of you are intimidated by new technology, I've been talking with Mary Wuest (another "stepper upper") and we want to explore how members who are comfortable with tech can help the members who are not so comfortable with new technologies or who just need to get over the hump to solve their own problems. If you're somebody who could use some help, let me or Mary know and we'll get you some!

One last thing... please help find and schedule speakers to fill our weekly programs. We had to cancel the ones we had scheduled so now we need to backfill the weeks and can use your help to get it filled again, so please watch out for interesting topics (coronavirus topic anybody?).

Thanks everybody. Stay safe!

Scott

A word from your editor...

What convinced you to join Rotary? In my case, reading the Rotary magazine cover to cover was the clincher; I couldn't believe all the good Rotary is doing in the world, projects originating out of clubs such as ours! So, have YOU read the March Rotary International magazine yet?

Have you read about the incoming RI president? What's his name?
How did he get involved with Rotary? What positions has he held in Rotary?

Do you know who Bob Quinn is?
Do you know what kamut is? And, what is the other name for kamut?

I would encourage you to read this informative Rotary International publication and give it to friends to read; who knows, your friends may decide to join as a result!

For our next newsletter, please...

Send in your photos and thoughts because
this newsletter is about
YOU and YOUR ROTARY CLUB!

THE CORONA VIRUS DOES NOT DAUNT THIS GROUP OF INDIVIDUALS!

Send your thoughts and photos to
Annely.Noble@comcast.net

Thank you for your optimism and brilliance!
Annely
303-842-8725

Denver Mile High Rotary Calendar of Events

See following page for details

**Click here for a link to the online
Denver Mile High Events Calendar**

*All meetings will be hosted on Zoom or other online teleconference utility
until further notice. Watch this space, your e-mail inbox and the Rotary website
for ways and directions to participate.*

March 25th - Speaker, Joel Barber, hydrogeologist working at LRE Water.

This is a Zoom meeting, please see next page for connection details.

April 18th - **CANCELED** - Spring Swing 2020

April 20th - World Community Service Committee meeting.
Stay tuned for connection information.

April 25th - **TO BE RESCHEDULED** - World Peace Day at the Conflict Center

April 21st - Local Community Service Committee Meeting.
Stay tuned for connection information.

May 17th - **TO BE RESCHEDULED** [Click](#) for rescheduling details.

[Run in the Colfax](#) for Shelter Box USA. Sign up for the relay, 10 miler, 1/2 Marathon, Marathon.
Choose Shelter Box as your Charity Partner. If we get 20 runners we can have the Shelter Box Tent
out at the event. It's up to you if you would like to raise money, this helps raise awareness.

June 6th-10th, 2020 - **CANCELED** - Rotary International Convention, Honolulu, HI
[CLICK HERE FOR DETAILS AND REGISTRATION REFUNDS](#)

June 27th- Rotary Rafting trip down Clear Creek .

Please do Reference our Website [Www.denvermilehigh.org](http://www.denvermilehigh.org)

Carolyn Schrader has been adding content about Our Club's service projects.
Carolyn would like info on other Club activities but needs input from the members.
Please contact Carolyn to offer information about club activities, etc.
schrader407@gmail.com



Denver Mile High Rotary Upcoming Programs

In the spirit of continuing life as normal as possible, we're going to continue to have video conference meetings and programs. **The first one is tomorrow, March 25**, and the details are below.

Start Time: 7:45am (please give yourself 5 minutes)

Location: <https://zoom.us/j/322543031>

Speaker at 7:55am: Joel Barber is a hydrogeologist working at LRE Water, Carolyn Nobel's firm. Joel will speak about some of the advances in water testing, engineering, and management. More importantly, he will talk about his trip to Zimbabwe, using his expertise to help us develop a viable plan for restoring clean water to communities in Zimbabwe. Joel will also share some experiences with the Highlands Rotary Club, our long-standing partner in Zimbabwe.

Additional background information...

Denver Mile High Rotary sponsored a District Grant for a water survey in Zimbabwe that was approved early in January. This grant was to fund the travel expenses of Joel Barber, an employee of LRE Water who volunteered to complete the survey. Our connection with LRE Water is the best: Carolyn Nobel is the Director of Operations for the organization. It was Carolyn who arranged for Joel, a hydrogeologist with an MS in hydrogeology from the Colorado School of Mines, to travel to Zimbabwe to complete a hydrogeological survey in a suburb of Harare. This survey was necessary to get approval for a \$100,000 Rotary Global Grant to repair and upgrade their water system.

Exciting international activities - Our members go places!

Coming attraction...Bob Kemp and Audrey Leavitt in Uganda


Get in touch with your Rotary members by joining the Slack communication platform.

[Click here](#) to get connected now.

Member Contributions


What are YOU doing during this “isolation” period?
Send your photos and tips for the next newsletter.

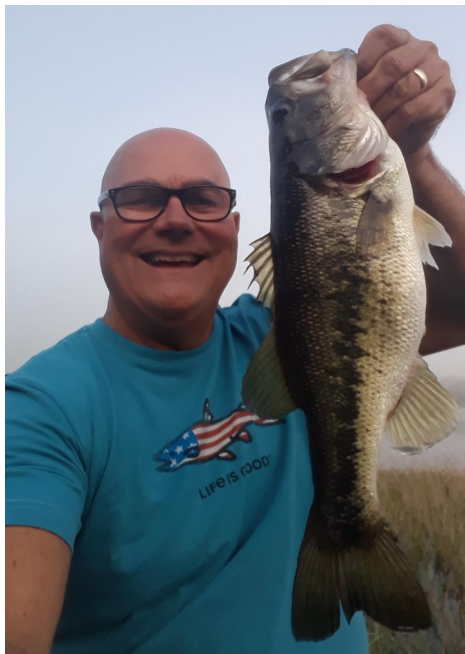
A contribution from
Diane Messamore...



Mental Wellness Tip of the Week

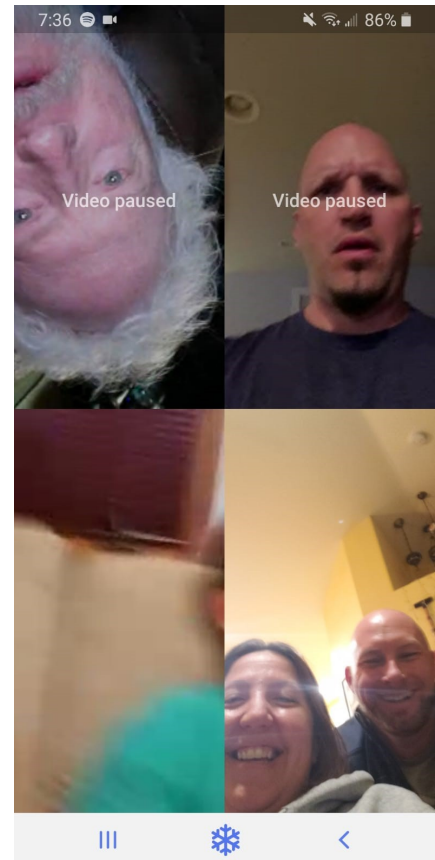
Be the reason
someone smiles today





Geoff Noble is spending his time fishing in Santa Fe Lake just outside of Melrose, FL, about 22 miles east of Gainesville, home of the University of Florida “Gators”.

Carolyn Nobel found that teaching her extended family to use a chat portal was very amusing!
So Carolyn, how’s that working for you?



Weekly Inspirators, Greeters & Hosts

Note:

Scott would like the inspirator listed to provide inspiration at tomorrow's meeting. Greeters will be installed in our Zoom meetings at an upcoming Wednesday.

March 25th -

Inspiration - **Betty Speir**

April 1 -

Inspiration - **Marvin Thomas**

Greeters - **Robin Springer and Michael Tapp**

Host - **Greg Thielen**

April 8 -

Inspiration - **Ann Tull**

Greeters - **Brad Thompson and Mary Walta**

Host - **Tony Vaida**

April 15 -

Inspiration - **Ronnie Weiss**

Greeters - **Bruce Ward and Marty Waters**

Host - **Amy Weed**

April 22 -

Greeters - **Sonny Wiegand and Chris Wong**

Host - **Mary Wuest**

April Birthdays

April 5th - Brian Duran

April 11th - Suzanne Lorenze

April 14th - Mary Walta

April 15th - Charlene Porter



DISTRICT ANNOUNCEMENTS

[Link](#) to District Site

District Functions Canceled...

LITERACY CONFERENCE 2020
Saturday, March 28 - University of Denver

DISTRICT CONFERENCE 2020
Friday-Saturday, April 24-25 - Westin Westminster

**District function NOT canceled
but stay tuned for further notices...**

WOOHOOMANITY BIKE EVENT
June 20 - a club led, District wide Bike Ride Fundraiser.
New money for your club's service projects! [Read More](#)

General District Information...

YOUNG ROTARY UPDATE!
There are now 55 Young Rotary/Interact clubs in District 5450
[a shout out to the newest four clubs.](#)
For more information about starting a club contact Cheryl O'Brien
at cherylannobrien@hotmail.com

**ARE YOU LISTED IN THE
ONLINE BUSINESS DIRECTORY?**
Get details [HERE...](#)

**CLUB MEMBERSHIP &
GIVING REPORT 02.10.2020**
[CLICK HERE](#)

**Please invite your friends
to the Spring Swing...**

next year!

Sadly, due to the Corona virus, we had to cancel the 2020 Spring Swing.

- ♦ If you purchased tickets with a **credit card**, you will see a refund on your next credit card statement.
- ♦ If you purchased tickets with a **check**, you will receive a refund check from Rotary.

Best regards,
Brad Thompson

Contributions to DMHR Foundation



**This function will be rescheduled,
[please click here](#) for the link
to the new date of this event.**

**Would you like to participate in the Colfax Marathon
supporting Shelter Box on May 17th?**

Think you could run one of these legs??
We need 11 more people to have a tent at the event!

[Click here](#) to get an overview of the legs
and how you can participate.

Amy Weed is Team Captain for one relay team!

LEG 1: URBAN RIVER - 6.5 MILES

LEG 2: NO GROANS AT SLOAN'S - 4.0 MILES

LEG 3: ECLECTIC MILE HIGH - 5.5 MILES

LEG 4: SCREAMING DOWNHILL - 4.1 MILES

LEG 5: DOWNTOWN RIVER TREK - 6.1 MILES

**We would love to get a few teams of 5 people
to complete the full marathon.**

JOIN THE ROTARY HALF-DAY RAFTING TRIPS WITH MILE HI RAFTING ON SATURDAY, JUNE 27TH

A \$5 DONATION IS INCLUDED IN THE COST OF EACH TRIP.

ALL PROCEEDS GO TO SUPPORT THE WARRIORS ON CATARACT PROGRAM

SURE-SHOT - \$54 ADULTS, \$47 CHILD (13 AND UNDER)

Rafting on Clear Creek River's mountain water is an experience that's fun for the whole family. Get ready for some fun on our exciting 'Sure Shot' beginner-rafting trip. Begin with passing by the historic Charlie Taylor Water Wheel experiencing Class II rapids (ripples). While rafting through Historic Idaho Springs the Class III rapids of Castle Falls and Argo Holes test your newly developed rafting skills. Below town history and nature abound, with the occasional sighting of Retail Hawk, Deer, Fox, Bob Cat, Lynx, Elk, and Big Horn Sheep. Dizzy Lizzy, Power Line, Mountain Lion, and Box prepare us for the grand finale of Mr. Twister! The perfect beginner - starting with Class II water so you can practice, and then the Class III rapids. There is a 50 pound minimum for rafting to insure proper fit of the life jacket. Allow 3 hours for the trip.

BLAST (INTERMEDIATE HALF DAY) - \$64 ADULTS

Perhaps you've already been there and done that and are looking for something more. Most folks who paddle the Blast weren't expecting some of Colorado's most consistent whitewater, and come back for more! With five solid class IV rapids and more class three whitewater than we have space to mention, the Blast is waiting for those with good physical conditioning and an attitude for adventure. If you are active in your daily life the 'Blast' is the trip for you. Allow 3 hours for the trip. Minimum age 14.

KAMIKAZE (ADVANCED HALF DAY) - \$84 ADULTS

One of our former guests refers to this trip as "the best darn whitewater around!", and after braving the rapids of the Kamikaze trip you'll understand why. Add another two miles of continuous (and we aren't kidding!) class IV/III whitewater onto the Blast and you have an adventure that will bring you back over and over. If you're on your toes you might have time to enjoy the scenery of the Front Range before you dive into your next rapid. Previous experience and the ability to swim is highly recommended. Allow 3 hours for the trip. Minimum age 14.

Click to contact for info or to register:

[Melanie Gentz](#)

[Andrew Bell](#)

[Brad Thompson](#)

[Geoff Noble](#)

NEW "SOCIAL DISTANCING" TIME MANAGEMENT IDEAS

Our social lives are limited and we have more time to spend at home, so,
what shall we do with the extra time at home?

Each week we will provide additional ideas for your benefit.

It's COLD outside...

Go through files and shred non-essential items

Clean up computer and e-mail files

Change your passwords (every 90 days?!)

Read the Rotary magazine and pass on to a
prospective member or friend

Begin populating your RedKey
[Click here](#) for an instructive video
and see next page for important hints

Start some seeds indoors for your
flower or vegetable garden

Research a speaker for Rotary or the
charity you've been meaning to learn about

Play family games

Finally, call a couple fellow club members
and get to know each of them better

It's WARM outside...

but keep social distancing in effect

Clean the garage

Clean up the winter yard debris

Take a family hike at a local state park
or the Cherry Creek Reservoir

Walk, don't drive, to the grocery store

Turn over your flower and vegetable
garden areas

Sweep your patio or deck, ready your
summer furniture chair pads

Make sure you have enough
gas in your patio or deck grill

RedKey

One sponsor of the
Denver Mile High Rotary Foundation

Helpful information for compiling information in your RedKey

In addition to the suggested list provided on your RED Key along the left side of the screen in the secured area, you may want to create:

- * A list and details of valuables, firearms, electronics and serial numbers, passwords.
- * Write “legacy letters” to your loved ones, and let them know how proud you are of them and how much you love them as Carolyn suggested a few meetings ago.
- * Save your favorite family recipes. Store a few of your favorite photos.
- * Think about anything and everything you want a copy of if your house burned to the ground and nothing was left.

If you have it on RED Key, you’ll always have a copy! Consider populating your RED Key as a process, and not a single event. Do a little bit each day over a period of time.

Pro Tip – do NOT use an apostrophe
does something to the encryption of
you can name and save “Brads

when naming your documents...it
the file when you do. For example,
POA”. Do NOT use “Brad’s POA”.



Contributions to DMHR Foundation

Contributions to the DMHR Foundation can be made by giving them to Tom Giordano at club meetings or by mailing checks directly to:

Tom Giordano
7271 East Wesley Avenue
Denver, CO 80224

Checks should be made out the Rotary Club of Denver Mile High Foundation (although DMHR Foundation will work). For questions, contact Tom at 303-263-5091

GIVING

2018-2019 Individual Sponsors

TOM CELLA	ALESSANDRO EICHSTAEDT	
MELANIE GENTZ	TOM GIORDANO	TOM GREGORY
DAN HIMELSPACH	SARAH HITE	BOB KEMP CONSTANCE
MORTELL	ADAMS PRICE	CHUCK RUDOLPH LINDA SUE
SHIRKEY	CAROLYN SCHRADER	ROBERTA SIMONTON MICHAEL
TAPP	BRAD THOMPSON	ANN TULL
TONY VAIDA	AMY WEED	RONNIE WEISS



GIVING

2018-2019 Corporate Sponsors

EKS&H | CAPITAL ADVISORS LLC

P | M | C | F
MERGERS & ACQUISITIONS

