



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

Rotary
Club of Denver Mile High



Denver Mile High
Rotary
Club



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President's Column

Greetings Denver Mile High Rotarians!

March 8, 2021

After our weekly meeting, I had fun having lunch with Geoff Noble and Adams Price on Wednesday. Geoff and Annely used to live in the Jacksonville area and he introduced us to one of his old haunts. Great seafood, cold beer and excellent company. It was a fun to connect and catch up.

Nice job bringing our club up to date on our finances, global and local projects Carolyn, Audrey, and Tom! Thanks for all of your excellent work on all fronts! I loved Tom's comments about we are a club filled with volunteers and there's lots of way to volunteer! In addition to all of the fantastic projects we are involved in, we still have some roles to fill. Who wants to get out of their comfort zones and try something new? Expand your skillsets and volunteer to become a Treasurer, Social Media Expert, and more!

Joke of the Week: Why did the golfer wear two pairs of pants?
In case he got a hole in one!

Be well and be safe,
Brad

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=aXZsTXRiZzJLZEVLRLN2RFZ3bnBRdz09)
[pwd=aXZsTXRiZzJLZEVLRLN2RFZ3bnBRdz09](https://us02web.zoom.us/j/81294791259?pwd=aXZsTXRiZzJLZEVLRLN2RFZ3bnBRdz09)

Meeting ID: 812 9479 1259 Passcode: 903839

Before COVID...

One year ago, today! **Michael Tapp** honoring **Sonny Wiegand**, no masks and with a handshake!

Interesting Facts...

Attendance last week
52 Total membership

21 Zoom *members* attending
1 Guest *visiting* (Cindy-Club)
18 Members at U-club
13 Members missing



Word from the Editor, District News and more

A word from your editor

Dear Fellow Rotarians,

I really ought to be paying "errors and omission insurance"! Last week I forgot to add Deb Fine's Poem, to which Brad referred in his presidents comments! Please find it this week on the last page - The Last Word...

The District Conference planning team needs your assistance, please see below to volunteer. Any graphic designers in the group?

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 Four-Way Test, next week, The Rotarian Code of Conduct.

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?*



The Four-Way Test

The Four-Way Test is a nonpartisan and nonsectarian ethical guide for Rotarians to use for their personal and professional relationships. The test has been translated into more than 100 languages, and Rotarians recite it at club meetings:

Of the things we think, say or do...

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

For information on scheduling COVID Vaccinations without a hassle, please [click here](#): or use the URL:
<https://stridehc.org/covid-19/vaccine>

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).

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.

Denver Mile High Rotary Calendar of Events

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 14 - Daylight Savings Time Begins - spring forward an hour. It's also Geoff Noble's Birthday - 70 years young!

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=aXZsTXRiZzJLZEVLRLN2RFZ3bnBRdz09>
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, 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 10	Vass Sirpolaidis	Scott Smeester and Betty Speir	Robin Springer
March 17	Michael Tapp	Tony Vaida and Margaret Van Vliet	Mary Walta
March 24	Bruce Ward	Marty Waters and Amy Weed	Ronnie Weiss



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

Mar 10	Steve Blazek
Mar 17	Melanie Gentz
Mar 24	TBD
Mar 31	Adams Price

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.

March Birthdays

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



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

Take deep breaths...
inhale for 10 seconds
exhale for 10 seconds

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

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](#)

Note of Thanks from District PolioPlus Committee Chair

Transcription of yellow note pictured below

Dear President Brad Thompson and members of the Denver Mile High Rotary Club,

On behalf of District 5450's Polio Committee, I want to thank you and congratulate you all for your year-to-date donations to Polio Plus of \$2,710, which averages \$53 per member and is 774% greater than your goal for 2020-2021!

The district Polio Committee set an acquisitional goal of each club donating to PolioPlus an amount equal to or greater than \$50 per member. You now have joined 19 other clubs to meet that goal!!

We and the 20 million children who are walking today, spared the paralysis from polio due to distribution of the polio vaccine are truly grateful!

Our district has initiated a new program...

Editor note: I do not have the reverse side of the card but for more information on the initiative from District 5450, please see the following page.

Jan. 13, 2021
Dear President Brad Thompson and members of the
Denver Mile High Rotary Club,
on behalf of District 5450's Polio Committee, I want
to thank you and congratulate you all for your
year-to-date donations to Polio Plus of \$2,710
which averages \$53 per member and is 774%
greater than your goal for 2020-2021!!
The district Polio Committee set an aspirational goal
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We and the 20 million children who are
walking today, spared the paralysis from polio
due to distribution of the polio vaccine are
truly grateful!
Our district has initiated a new program
(over)

District News - New PolioPlus Initiative

Become a member of District 5450's PolioPlus Society!

Rotary has eradicated wild polio from Africa, but the battle does not end there. There are two countries (Afghanistan and Pakistan) which still have polio victims and in which Rotary continues its eradication efforts. Please join the PolioPlus Society and help to free the world of this horrible illness. One hundred dollars (\$100) a year is a small price to pay to protect children from polio and its devastating effects.

For information on District 5450's PolioPlus Society, [please click here!](#)



And to take action and to become a member of the PolioPlus Society, [please click here.](#)

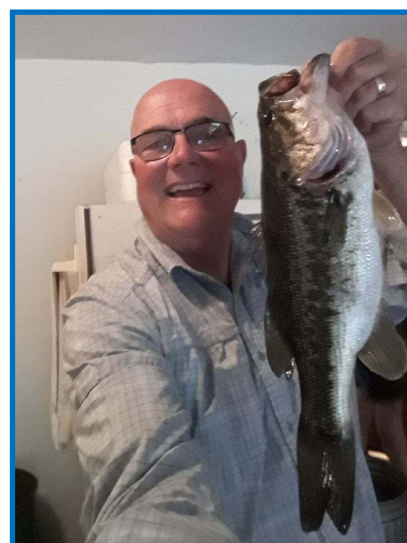
For the latest District 5450 news, [please click here.](#)

Denver Mile High Rotarians

cavorting with each other!
Send me photos of your interactions with your fellow Rotarians!

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

Info compliments of **Robin Springer**.



Adams Price and **Geoff Noble** are fishing on Santa Fe Lake in north central Florida (Melrose). Not a bad day's catch, and no, those fish pictured are not the same fish!

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](#).

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

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.

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](#)

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

Contributions to DMHR Foundation

Denver Mile High Rotary Foundation Donors

*Giving Generously
For the
Greater Good*

Pat Gorman-Barry	Carolyn Nobel	Tony Vaida
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	Room for more, will it be you?
Diane Messamore	Michael Tapp	
Constance Mortell	Ann Tull	

Foundation Donation update coming in next issue!

The
Rotary
Foundation



Doing Good In The World



*Corporate
Generosity*

2020-2021 Corporate Sponsors



The Last Word...

Thoughts from a New Member

I see you at the meetings,
But you never say hello.
You're busy all the time you're there
With those you really know.
I sit among the members,
Yet I'm a lonely gal.
The new ones feel as strange as I,
The old ones pass us by.
Darn it, you folks urged us to join
And talked of fellowship,
You could just cross the room, you know,
But you never make the trip.
Can't you just nod your head and smile?
Or stop and shake a hand,
Then go sit among your friends?
Now that I'd understand.
I'll be at your next meeting,
And hope that you will spend
The time to introduce yourself,
I joined to be your friend.

Author: Unknown
Excerpted from: *The Fine Art of Small Talk*
(Hyperion) by Debra Fine



According to [history.com](https://www.history.com), Women's History Month
"is a celebration of women's contributions to
history, culture and society."

"For generations, women have resolved conflicts in their homes, schools, and communities. They have rejected violence as counterproductive and stressed the need to restore respect, establish justice, and reduce the causes of conflict as the surest way to peace. From legal defense and public education to direct action and civil disobedience, women have expanded the American tradition of using inclusive, democratic and active means to reduce violence, achieve peace, and promote the common good."

— National Women's History Alliance

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