



Rotary

Club of Denver Mile High



President's Column

Denver Mile High Rotary on the Web:

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[Rotary District 5450](#)

[Rotary International](#)

Inside this issue:

President's Column	1
Word From the Editor Information You Need	2
Upcoming Program Details and Calendar	3
Inspirators, Greeters, Hosts, Birthdays, Tip of the Week, etc.	4
District News - DEI&B	5
Service Above Self Volunteer Opportunities	6-7
District Conference and Day of Service	8-10
The Last Word	11



Thank you, Leslie Lawson!

Greetings Denver Mile High Rotarians!

May 10, 2021

From what I heard, the day of service at Delany Farms was a fun success this weekend! Thank you to everyone who came out to help. I hope all of the mothers had a nice day/weekend celebrating your special day with you families and loved ones. Amanda and I celebrated with her mom and her mom's husband with brunch on the beach! In addition to being a "Bonus-Mom" to our three kids, the newest member of our family, Ole, got Amanda a card and some flowers too!

Joke of the Week: What's the girl's name standing in the middle of the tennis court? Annette!



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=aXZsTXRiZzJLZEVLN2RlZ3bnBRdz09)
[pwd=aXZsTXRiZzJLZEVLN2RlZ3bnBRdz09](https://us02web.zoom.us/j/81294791259?pwd=aXZsTXRiZzJLZEVLN2RlZ3bnBRdz09)

Meeting ID: 812 9479 1259 Passcode: 903839

Denver Mile High Foundation Board Needs you!

Please contact [Tony Vaida](#) if you feel called to serve as a member on the DMHR Foundation Board.

The meetings occur once every two months on the 3rd Thursday at 7:00am. The next meeting is on Thursday, May 27th.

As you know, the Foundation manages the funds that we raise and contribute, to do Service Above Self through the Local Community Service and World Community Service committees.

[Tony Vaida](#) - 303-204-1710

No personal hygiene supplies needed this month! School will soon be out for summer but we will resume collections when school resumes. This is our partnership project with Five Points RiNo to benefit Manual HS.

Interesting Facts... Attendance last week 51 Total membership

Zoom

12 Members, 1 guest, 1 speaker,
1 club view

U-Club attendance

24 Members, 1 guest

Missing

17 Members



Word from the Editor

A word from your editor

Is it Monday again, already???

So, this has been a busy weekend, starting with Thursday evening's District Conference kickoff featuring presentations by Jennifer Jones, RI's 2022-23 president, and Kyle Gunnells, member of Five Points RiNo, both discussing membership in Rotary and how we can increase it.

This was followed by Friday evening's in-person cocktail hour and dinner at the Arvada Center for Entertainment, which was attended by over 100 Rotarians! We had a virtual but live presentation by Brenda Cressey, trustee on the RI Foundation Board; and, we had a real, live presentation by our Rotary Scholar, Brian Adams, M.D., who in his 28 years has accomplished more than I in my almost 70 years!

Then, on Saturday, the District Day of Service, we all went to Delaney Farm to weed and mulch, or to pressure wash, scrape and paint! Thankfully the rain held off until we were almost finished. If you can come by Wednesday to help finish the job, we will be there from 9am-12:30pm. Questions? Contact **Marty Waters** or **Tom Cella**.

Thank you to all the many Denver Mile High Rotarians who made all this possible, the planning team for the District Conference (Bob Kemp, Amy Weed, Carolyn Schrader, Noreen Keleshian, Audrey Leavitt, Annely Noble), and the planning team for the Day of Service (Tom Cella, Marty Waters, Marcus Hanlon and others I'm not aware of)! Service Above Self in action! Photos thanks to Roni Cella, Debra Flick, Amy Weed and others.

See you Wednesday...at the U-club and at Delaney Farm!

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?*



DEI&B

Accountability and Inclusion: A DEI series

Throughout 2020-2021, Rotary (International) will host a webinar series to explore diversity, equity, and inclusion. Registration will be announced four to eight weeks prior to each webinar, and recordings will be posted. Topics are subject to change.

This series features six segments, of which four have hour-long informational videos. This is where DMHR begins learning how to participate in DEI&B. The topics presented include:

- Design an inclusive Plan for You Organization
- The Power of Connection With Diverse Communities
- Exploring the Black Experience in Rotary
- Building Strong Intergenerational Relationships
- Building a Welcoming Community for People with Disabilities
- Planning for an Inclusive Future

For more information, [please click here](#) or contact [Debra Flick](#).

Pedaling 4 Parkinson's

[Click here for more information](#)

on this fundraising ride, which Patricia Fiske, former DMHR member has asked us to consider supporting.

Brought to you by your DMHR Local Community Service Committee.

Colorado Young Leaders Rotaract Club

**Coming Soon - June 3rd
is the very first meeting!**

For more information, visit

www.coyoungleaders.org

Or e-mail

coyoungleadersrotaract@gmail.com

Hailey Davis and Megan Maccagnan
Co-Presidents and Founders

Denver Mile High Rotary Calendar of Events

May 11 - 4:00pm - DMH Rotary Board meeting - Contact [Brad Thompson](#) (303-478-5729) for Zoom info.

May 12 - No toiletries will be necessary for the Manual High School Toiletry Shelf as school is closing for the summer. We will resume this partnership project with Five Points RiNo Rotary when school is back in session. If you have questions, please contact [Ronnie Weiss](#).

May 12 - Jennifer Riley-Chetwynd, Denver Botanic Gardens - Director of Marketing and Social Responsibility, where she drives sustainability-oriented programming, partnerships and communications. What's New at Denver Botanic Gardens? Things you may not know and things to get excited about this year! Jennifer has an MBA from the University of Southern California's Marshall School of Business, an MA in Latin American Studies from the University of Texas at Austin and a bachelor's degree in Journalism from Northwestern University's Medill School of Journalism.

May 13 - 9a-12:30p - Metro Caring Provisioning Project. Please call [Robin Springer](#) for details.

May 19 - Carol Bowar, Executive Director, Girls Athletic Leadership School (GALS) -GALS Denver is a public, tuition-free, all-girls charter school (serving grades 6-12) with a strong focus on leadership while also leveraging the power of athletics and movement to better support learning. The school was born 11 years ago and since then has taught thousands of young women with its unique model. In 2020, the school was recognized as 1-of-10 US Schools by the Chan-Zuckerberg Initiative for Expanding the Definition of Student Success.

May 26 - Sandra Bainbridge, Colorado Alzheimer's Association, Healthy Living for Brain and Body - Making Living with Alzheimer's Easier Sandy Bainbridge, a former Rotarian, is a trained volunteer speaker and trainer for the Colorado Alzheimer's Association. Her Mom and father-in-law died of Alzheimer's disease.

May 27 - 7-8a - DMH Rotary Foundation Board meeting. Please contact [Tony Vaida](#) (303-832-2100) for connection information.

June 2 - DMHR Budget Overview. Overview of club finances and status of Local and World Community Service projects.

June 8 - 4:00pm - DMH Rotary Board Meeting. Contact Brad Thompson for Zoom link.

June 12 - 6a-4p - [Pedaling 4 Parkinson's](#) - Patricia Fiske has asked DMHR to consider participating in this fundraiser for Parkinson's. [Click here for details](#).

June 9 - Karlynn Cory, NREL Group Manager - Project Development and Finance - Transforming Energy through American Innovation - Karlynn will provide an overview about renewable energy and the activities that NREL participates in from research to commercialization of technologies.

June 16 - Harriet Crittenden LeMair, Executive Director, High Line Canal Conservancy - The Conservancy was formed in 2014 by a passionate coalition of private citizens to provide leadership and harness the region's commitment to protecting the future of the High Line Canal. With support from each jurisdiction and in partnership with Denver Water, the Conservancy is connecting stakeholders in support of comprehensive planning to ensure that the Canal is protected and enhanced for future generations. The mission of the Conservancy is to preserve, protect and enhance the 71-mile legacy Canal — in partnership with the public.

June 23 - Jonathan Pirillo and John Miller, Volunteers of America - Helping Homeless Veterans in the Denver Metro Area - Volunteers of America's Support Services for Veteran Families program helps veterans facing homelessness. Come learn about the challenges facing homeless veterans in our community, what VOA is doing about it, and how others in the community might be able to help.

June 30 - Passing the gavel! Honor outgoing president Brad Thompson and welcome new president, Steve Blazek.

August 8 - Past President's party

Do you have any leads for future speakers? Call Brian at 303-994-6609, or e-mail [Brian Good](#).

Weekly Inspirators, Greeters & Hosts, etc.

Date	Inspiration	Greeters	Host
May 12	Jeff McAnallen	Diane Messamore and Constance Mortell	Carolyn Nobel
May 19	Annely Noble	Josh Peck and Charlene Porter	Adams Price
May 26	Linda Sue Shirkey	Carolyn Schrader and Chuck Rudolph	Vass Sirpolaidis



May Birthdays

May 10 Robin Springer
May 11 Tony Vaida
May 20 Amy Weed

Rotary Meeting Hosts at U-Club

May 12 – Steve
May 19 – Melanie
May 26 – Adams



Mental Wellness
Tip of the Week
**Learn to cope with failure and
make the failure work for you!**

Denver Mile High
Rotary
Club

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

The Rotary Book Group... All Welcome

Discussions begin at 4:30pm
TODAY, Monday, May 10th

*The Good Hand, A Memoir of Work,
Brotherhood, and Transformation in
An American Boomtown*
Memoir by
Michael Patrick F. Smith



Who knew...

that **Tony Vaida** has such a
green thumb and has a way with
daffodils, tulips and irises?
Get to know your club members
and be pleasantly surprised
about their hobbies and extra-
curricular activities!

Connect 4!



District News and DEI&B

Monthly District News

[Click here](#) to go to the District 5450 website to see May activities, and to listen to our District Governor, Bob Kemp.

District Governor, Bob Kemp, and District Operations Manager, Bev Mendel, at the District Conference, Friday evening.

On the right is the DEI&B logo that **Debra Flick** designed to represent Rotary Club of Denver Mile High's commitment to this initiative... Diversity, Equity, Inclusion and Belonging. Rotary International is spearheading this process. **Read more about it...**[click here](#).



Denver Mile High Diversity, Equity, Inclusion and Belonging (DEI&B) MEMBERSHIP DEVELOPMENT

Dear club and district leaders,

Join us Thursday, 27 May, at 11:00 Chicago time (UTC-5) for the fifth webinar in our accountability and inclusion series, Building a Welcoming Community for People with Disabilities. Interpretation will be available in French, Mandarin, Spanish and Portuguese. **Everyone who registers will receive access to a recording.**

What does someone with a broken leg, someone in a wheelchair, and someone pushing a stroller have in common? They would all struggle to enter a building without access to a ramp. To build truly inclusive organizations, we need to offer products and experiences that can be used by the widest range of people, regardless of ability. Because exclusion can happen at any time, depending on the specific set of circumstances.

According to the World Bank, one billion people, or 15% of the world's population, experience some form of disability, and the prevalence of disability is growing due to population ageing and the global increase in chronic health conditions.

In conversation with disability rights advocates, we will learn to:

- Challenge assumptions we may have about people with disabilities.
- Adopt practical solutions for making experiences more accessible for everyone.
- Recognize that exclusion happens when we solve problems using our own biases.
- Include and learn from people with a range of perspectives.

Register now and submit your questions to our experts. We look forward to hearing your thoughts and questions.

Sincerely,
The Membership Development Team
Rotary International

P.S. Throughout 2020-2021, Rotary has hosted webinars that explore diversity, equity, and inclusion. Watch recordings of the sessions that have been offered.

Service Above Self - Volunteer Opportunities

Site	Address	Day of Week for Events	First Event Time	Access Window for Vaccine Staff	Ongoing schedule
Bear Valley Library	5171 W Dartmouth Ave, Denver 80236	Sundays	11 am to 7 pm every Sunday through at least May	9:45 am to 8 pm	Might skip some Sunday Holidays
Barnum Rec Center	360 Hooker Street, Denver 80219	Wednesdays	9 am to 5 pm	7:45 am to 6 pm 10:45 to 9pm on days	9am to 5 pm May 19 12 pm to 8pm May 12 May 26
MLK Rec Center	3880 Newport St, Denver 80207	Tuesdays	9am to 5 pm	7:45 am to 6 10:45 to 9pm	9am to 5 pm May 18 12 pm to 8pm May 11 May 25

Audrey Leavitt has shared the current list of vaccine sites. Please contact [Audrey](#) (610-805-7579) for info on the Indian Center vaccination days.

Barnum and MLK now have added a third shift running 8a-8p. A shift is 4 hours.

The Conflict Center Volunteer Opportunity

Hello TCC volunteer,

We now have dates for Peace In A Box assembly and distribution. We hope you will join us for this fun event! We need volunteers for the following dates and times:

Assembly dates: You can work all or part of the shift.

Tuesday, May 18th: 9:30-1:30

Wednesday, May 19th: 11-3:00

Monday, May 24th: 10-2:00

Tuesday, May 25th: 10-2:00

Wednesday, June 2nd: 11-3:00

Thursday, June 3rd: 10-2:00

Distribution day:

Saturday, June 12th

Set-up 10:00

Distribution 11 - 2:00

Clean-up 2 - 3:00

Please let me know if you are available and which day(s) and time(s) you would like to sign up for. All volunteers must complete a background check. I have attached the form and will also need a copy of your photo ID.

Please let me know if you have questions. I look forward to hearing from you.

[Ronnie Weiss](#) Phone 303.865.5634

[Click here](#) to view the background check form.

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 Metro Caring Provisioning Project:

Thursday, May 13 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. See page 6 of this newsletter for current opportunities to help. 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!



Denver Mile High at the District Conference



A special thanks to the Sergeant-at-arms and the registration volunteers at Friday evenings District Conference...

Tom Giordano	Charlene Porter
Constance Mortell	Dan Himelspace
Diane Messamore	Debra Flick
Marcus Hanlon	Steve Blazek
Roni Cella	



A very special thank you to **Leslie Lawson**, **Dan Himelspace's** wife, for making 20 amazing centerpieces for the conference dining tables!



Service Above Self at Delaney Farm



Service Above Self
Volunteers at the
Delaney Farm...
Steve Blazek
Pierce Blazek
Noreen Keleshian
Marcus Hanlon
Marty Waters
Geoff Noble
Roni Cella (Sharon)
Debra Flick
Buchi Anikpezie
Ray Anderson
Bob Kemp
Amy Weed
Linda Sue Shirkey
Audrey Leavitt
Carolyn Schrader
Annely Noble and
so many more
from other clubs
whose names I do
not know except
for...
Patricia Mourillion
Lisza Gulyas
Bri Erger
Carol ?
Kelly ?
Etc.



Farm manager
Chris (at left),
shares farm history
with Debra Flick
and Patricia Mouril-
lion. Patricia, from
E-Club One came all
the way from the
state of Georgia to
attend the District
Conference.



Service Above Self at Delaney Farm



Field, farm and painting crew at Delaney Farm for the District 5450's One Great Day of Service this past Saturday.



Above left, **Carolyn Schrader** and **Linda Sue Shirkey**, seemed to be enjoying their day at the farm!

Audrey Leavitt, above, and **Ronnie Weiss** and Rotarian **Patricia**, right, from E-Club One, (all the way from Georgia). Far right, **Marcus Hanlon** wields a snappy paint roller!



The Last Word...

**Inspiration Last Wednesday
provided by Noreen Keleshian**

**Do it Anyway
by Mother Teresa**

People are often unreasonable,
illogical, and self-centered.

Forgive them anyway.

If you are kind,
people may accuse you of selfish
ulterior motives.

Be kind anyway.

If you are successful,
you will win some false friends
and some true enemies.

Succeed anyway.

If you are honest and frank,
people may cheat you.

Be honest and frank anyway.

What you spend years building,
someone could destroy overnight.

Build anyway.

If you find serenity and happiness,
they may be jealous.

Be happy anyway.

The good you do today,
people will often forget tomor-
row.

Do good anyway.

Give the world the best you have,
and it may never be enough.

Give the best you've got anyway.

You see,
in the final analysis it is between
you and God;
it was never between you and
them anyway.



District
Conference
Planning Team...
L->R
Annely Noble
Audrey Leavitt
Carolyn Schrader
Bob Kemp
Noreen Keleshian
and
Amy Weed,
facilitator



District Governors... Bob Kemp 2020-21, Ray Anderson 2021-22,
Buchi Anekpezie 2022-23, and Marty Waters, work day
organizer.

