

May 12, 2020

Denver Mile High
Rotary
Club



President's Column

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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Dear Denver Mile High Rotarians,

Greetings from I-76 in northeast Colorado! Audrey is helping me compose this message while I am driving. We are taking advantage of the kids being out of school to visit her parents in Iowa for a few days. Everyone's bringing their computers so they can continue to work and check in on classes. We are all excited for the change of scenery!

As you certainly know, there are many unknowns for our future. I am meeting with the University Club next Tuesday and we will discuss their plans at this time. However, for the time being, we need to plan on continuing to meet via our zoom video calls. We have had great success with our video calls. Our attendance has increased and feedback from everyone has been extremely positive. In fact, the district seems to be sending more and more prospective members our direction. This is great news for our club! And maybe a silver lining.

To that end, and to continue our forward momentum, we need to continue to embrace the video format of our meetings as our new reality for at least the next several months, and continue to invite guests and prospective members. It's also imperative that we continue to find amazing guest speakers, so keep it up!

Our club does amazing things and you guys never cease to impress me. Have a great week!

Scott



Important notices from our president and treasurer:

As a result of the pandemic and the unknown amount of time we will be required to distance from each other, we have decided to begin this quarter with all membership dues charged at the basic membership (no meal). Therefore, we ask that all members pay only \$150 for the quarter. And if the situation changes and we are allowed to start meeting at the U Club again, we will charge a prorated amount for people who want to eat.

Please reach out to me directly if you are having any financial challenges and need to have extra time to pay and/or need some help. We do not want to lose any of our members over membership dues during this challenging time!

Thank you!
Scott

**Please use [the link below](#) to pay,
or reach out to the treasurer if you
require an invoice or would like to pay by check.**

<https://rotary-club-of-denver-mile-high.square.site/product/drinks/2?cs=true>

Thank you.

Kaili Purviance

treasurerdmh@gmail.com

Mail dues checks to: Kaili at 3244 S. Holly St, Denver, CO 80223

A word from your editor...

Dear fellow Rotarians,

I've been reading the May Rotary International magazine, and am amazed at how much I am learning about many different topics. Did you know the following...?

1. What are the similarities and the differences between organic agriculture and regenerative agriculture? Pg 6
2. Did you know that Rotary and Toastmasters International have developed an alliance? Pg 7
3. Check out Rotary International's Instagram story on May 14 for an interactive poll about ecotourism in Costa Rica. Pg 7
4. Did you know that you can master anything if you devote 15 minutes a day to practice? Pg 8
5. Rotary clubs are shredding, but did you know that shredded paper cannot always be recycled? Click [here](#) and [here](#) for ways to reuse shredded paper. Pg 12

So these are just a few goodies I gleaned from reading our organization's publication. What have you learned from reading it?

THE CORONA VIRUS DOES NOT DAUNT THIS GROUP OF INDIVIDUALS!

Send your thoughts, stories, poetry, songs, ideas and photos to

Annely.Noble@comcast.net

or text to 303-842-8725

Thank you for your ***compassion and caring!***

Annely Noble

303-842-8725

Denver Mile High Rotary Calendar of Events

See following pages for details

**[Click here](#) for a link to the online
Denver Mile High Events Calendar**

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

May 13th - Regularly scheduled Rotary meeting - Managing Through and Beyond The Crisis. Q&A with Fred Taylor and Charlie Farrell - North Star Investment services. Send Robin your questions in advance to get the most out of this session. Robin Springer - 2respri@gmail.com

May 17th - [Run in the Colfax](#) for Shelter Box USA. Rescheduling for 2020 will not be announced until May at the earliest. [Click](#) for *rescheduling details*. **No new info as of 5/12/20.**

May 19th - Foundation Board Meeting - Watch e-mail for time and connection information.

May 20th - Regularly scheduled Rotary meeting - **Bob Kemp and Audrey Leavitt** speak on their trip to Africa delivering crutches and other medical devices

May 27th - DMH Rotary Club Anniversary - What is our present and what will be our future?

June 17th - Rhonda Hathaway, Greeley Rotarian speaks on Mental Health project.

June 22nd - World Community Service Mtg - Watch e-mail for time and connection information.

June 27th - Rotary Rafting trip down Clear Creek

August 8th - World Peace Day at The Conflict Center

In case you missed the April 29th meeting, below are some **links from Scott** that you may wish to have.

We had a great meeting and presentation today from **Shari Storm**. Here is the link to watch it if you missed it: <https://vimeo.com/413153612/6b7239b770>

Here is the link to the video she played on the presentation: https://www.instagram.com/p/B_PrVZdhMiR/

If anyone wants to buy a signed copy of Shari's book, it is \$15.00 total. Venmo is easiest or she can send a link for a credit card payment. Email her at sharistorm@category6consulting.com



Denver Mile High Rotary Upcoming Programs

In the spirit of "life as normal," we will have video conference meetings and programs.

Please note that the meeting "room" will be open at 7:30, and I encourage you to drop in.

Scott Smeester is inviting you to a scheduled Zoom meeting.

Topic: DMHR Meeting

Join Zoom Meeting

<https://zoom.us/j/317120546?pwd=ZjZKeGMyNEFQU2pTSXErZUpUa0Z3UT09>

Meeting ID: 317 120 546

Password: DMHR2020

One tap mobile

+13462487799,,317120546# US

FYI - See below for a link to the recorded May 6th meeting featuring Mike Klis.

May 13th - Managing Through and Beyond the Crisis - Fred Taylor and Charlie Farrell, Founder and CEO of Northstar Financial Advisors. Two nationally recognized investment professionals will answer your questions about the fast changing nature of the markets/Caronavirus/events as they relate to investing. Please send Robin your questions regarding your topics of interest so Fred and Charlie make sure they address them during their presentation. 2respri@gmail.com

May 20th - Bob Kemp and Audrey Leavitt went to Uganda to help deliver, with Bob Talbot, medical devices through **Crutches for Africa**. Come hear the tales and descriptions of needs in Uganda.

May 27 - Club Anniversary What is Our Future Post Pandemic? What is the Most Important Lesson You Learned From the Pandemic?

June 3 - Club Service Projects Review - Now is the opportunity to learn and review this year's service projects.

June 17 - District 5450 Mental Health Initiative - Rhonda Hathaway, Greely Rotary Club - *Rotarians for Mental Health* brings together resources and information from district clubs with the purpose of bringing awareness and taking action around mental health and substance use disorders. Rhonda Hathaway, from the Greely Rotary club, will join us to present her club's mental health project.

May 6th - Following is the link to watch the a recording of our Zoom meeting this morning. We had Mike Klis the Broncos Insider on and he went into great detail about the Broncos - what a great meeting.

Here is the link: <https://vimeo.com/415556390/513c73c344>

Thanks to Kevin Galloway for putting that together!

COVID-19
DMHR Project Fund
Notes of Appreciation



April 17, 2020

Rotary Club of Denver Mile High Foundation
Tom Giordano
1673 Sherman St
Denver, CO80203

Dear Tom,

On behalf of all of us here at Jefferson Center for Mental Health (Jefferson Center), I would like to express my heartfelt thanks to the Rotary Club of Denver Mile High Foundation's generous gift of \$1,500.00 to support Jefferson Center staff premium salaries and food for serving on the front lines. Jefferson Center is committed to providing hope and healing now and well into the future. We are and will continue to be your community mental health center. Each year, we touch the lives of over 34,000 community members, including nearly 20,000 who are directly enrolled in services. By making a gift to Jefferson Center, you help veterans with PTSD find peace, guide parents to raise healthy children, support the recovery of those with severe mental illness, and create hope for individuals struggling with addiction. This important work could not be done without you!

Thank you again for choosing to support Jefferson Center and for your investment in our mission. Please know that when you donate to Jefferson Center, you help our community heal. If you'd like to get involved and see the impact of your support firsthand, please join us for a Mental Health First Aid class! Mental Health First Aid is offered free of charge, thanks to donors like you. Upcoming classes are posted at www.jcmh.org/mhfa.

Sincerely,

Kiara S. Kuenzler, Psy.D., Licensed Psychologist President and CEO

4851 Independence Street | Wheat Ridge, CO 80033 | Main 303-425-0300 | Fax 303432-5260 | jcmh.org

* * * * *

Jefferson Center for Mental Health is a nonprofit, 501(c)(3) organization.
Your donation is tax deductible to the full extent allowed by law.

Denver Mile High Virtual Happy Hour



If you missed the Cinco de Mayo Happy Hour, you missed a good time! Amanda Thompson, Paul Schrader, Joel Russman, and Betty Speir's friend Bryan made guest appearances. Also on the call but signed off to do something productive, (such as cooking dinner) were Robin Springer, Linda Sue Shirkey and Constance Mortell.

Top row L->R are: Audrey Leavitt, Brad Thompson, Melanie Gentz with Rusty.

Mid row L->R are: Amy Weed, Jeff McAnallen, Betty Speir and Bryan.

Bottom row L->R are Annely Noble, Bob Kemp, Paul and Carolyn Schrader.

We hope you are able to attend the next Denver Mile High Virtual Happy Hour!

SERVICE ABOVE SELF...

During this COVID-19 lock down, maintaining your physical health is of utmost importance.

DMH Rotarian, Linda Sue Shirkey would like to invite you to participate in complimentary yoga classes which she leads!

Though complimentary for DMH Rotarians during COVID-19, if you would like to express your thanks, a donation to the DMHR Rotary Foundation would be greatly appreciated. Lessons cost \$20 per week.

Linda Sue Shirkey is inviting you to a scheduled Zoom meeting.
Topic: Wednesday morning Yoga

Time: Apr 22, 2020 09:00 AM Mountain Time (US and Canada)

Every week on Wed, until May 27, 2020, 6 occurrence(s)

Apr 22, 2020 09:00 AM

Apr 29, 2020 09:00 AM

May 6, 2020 09:00 AM

May 13, 2020 09:00 AM

May 20, 2020 09:00 AM

May 27, 2020 09:00 AM

Join Zoom Meeting

<https://us02web.zoom.us/j/689706312?pwd=RlBpRlJFMXZQTnpWaGYybW9zU1FNZz09>

Meeting ID: 689 706 312

Password: 789707

Stay connected with...

Change of Contact Info... **Michael Tapp** wants to make sure everyone knows that he has changed jobs and contact info. After 15 years as a Private Mortgage Banker at Wells, Michael has accepted a position as Senior Mortgage Banker with Prosperity Home Mortgage (a Berkshire Hathaway Company).

Please update your contact info for Michael to include his new e-mail addresses: Michael.Tapp@PHMLoans.com (work)
OR michaeltapp@gmail.com (home).

His cell phone has stayed the same at 720-937-0452.

Reach out to Michael to see what he is up to when you have a chance."

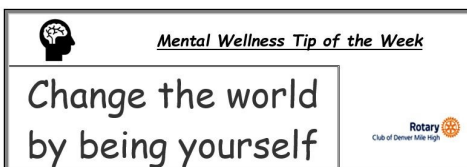
Metro Caring - [Click here for a link](#) to find out how you can help by contacting our state officials.

Just for fun and diversion...

Brad Thompson read [this article](#) and wanted to share it with our club members. Enjoy the read and the reminder that the simple things in life can be the most rewarding.

<https://www.bbc.com/worklife/article/20200429-nicoya-the-costa-rican-peninsula-where-centenarians-thrive>

Thanks again to
Diane Messamore
for our
Mental Wellness Tip
of the Week!



How have these “shelter in place” and “safer at home” times changed your life? Have you written a poem, a song, a story, or made journal entries that you would care to share? Please send to Annely for inclusion in the newsletter.



Calmer days will return...
Photo compliments of Robin Springer

Member Contributions

From Melanie Gentz: My mother had this hanging on the wall when I was a child. I would read it often.... tried to memorize it. This poem resonated then and now...

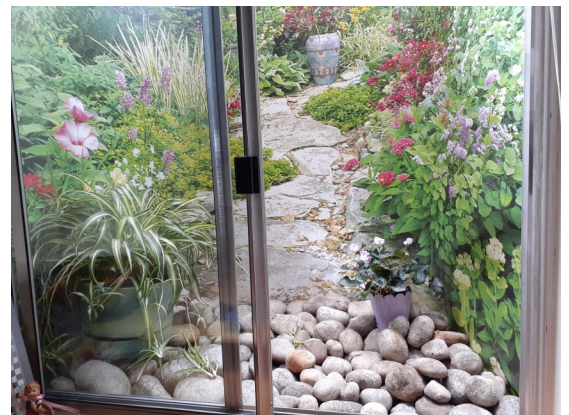
Don't Quit
by John Greenleaf Whittier

When things go wrong as they sometimes will,
When the road you're trudging seems all up hill,
When the funds are low and the debts are high
And you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest if you must, but don't you quit.
Life is strange with its twists and turns
As every one of us sometimes learns
And many a failure comes about
When he might have won had he stuck it out;
Don't give up though the pace seems slow—
You may succeed with another blow.
Success is failure turned inside out—
The silver tint of the clouds of doubt,
And you never can tell just how close you are,
It may be near when it seems so far;
So stick to the fight when you're hardest hit—
It's when things seem worst that you must not quit.

John Greenleaf Whittier (1807 - 1892) was one of the "Fireside Poets," called such because their work was popular enough to be read (ostensibly by the fire) in homes all over America. And Whittier was one of those rare poets who actually made a rather comfortable living from the proceeds of his work. Born into a Massachusetts farm family, Whittier was introduced to poetry by one of his school teachers. An avid reader and writer early on, Whittier spent much of his working life as an editor, though he had political aspirations as well. He was a staunch abolitionist, and produced two collections of anti-slavery poems, along with an anti-slavery pamphlet that managed to incur the wrath of *both* sides and effectively any hopes Whittier had of a political career. Critical opinion on the value of Whittier's poetry is mixed. Some dismiss it as overly emotional, while others believe the heartfelt simplicity is precisely its appeal.



On a less cerebral note...
On the left is Annely Noble's old, rusty basement window well that she transformed into the more pleasant to view garden scene on the right, which makes working at her desk much more pleasurable!

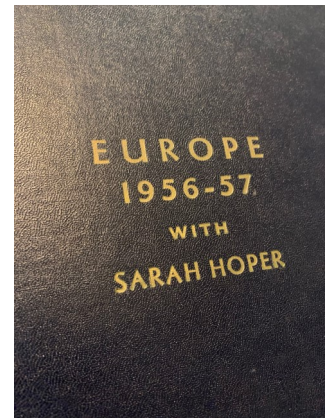


Friendship, Caring, and Memories

While travel seems far away now, we all have wonderful memories to share about past adventures. During a COVID-19 "distance-visit" with **Sarah Hite** at her house, **Melanie Gentz** learned that Sarah had an extensive collection of memorabilia and letters she sent to her parents during a college year abroad. Sarah was twenty years old when she studied in France from 1956-57 and traveled throughout Europe. Her father had their correspondence typed up and bound into a memory book with photos.



Melanie said that adding to the excitement of Sarah's year abroad was learning that Sarah's boyfriend and future husband, **Bob Hite**, was studying in Holland at the same time. In addition to stories of Bob, Sarah told Melanie about how she became fluent in French, visited many other European countries, and wrote her parents about the people she met, her travels, and the valuable lessons she learned. Sarah expressed gratitude to her parents for the opportunities they gave her – a tradition she has given to her own children.



Reflecting on their conversation, Melanie said she realized that she and Sarah share the same sense of adventures and have had similar parallels in their lives. During the pandemic, Melanie stops by to see Sarah, brings her lunch, and talks to her from the required distance. DMHR treasures these two members and their story of how to safely keep in touch during COVID-19.



Weekly Inspirators, Greeters & Hosts

Date	Inspiration	Greeters	Host	Vocation
May 13	Tom Gregory	Sarah Hanstad and Ted Hendryx	Dan Himelspace	
May 20	Sarah Hite	Bob Kemp and Audrey Leavitt	Kevin LeVezu	
May 27	Jeff McAnallen	Diane Messamore and Suzanne Lorenz	Constance Mortell	
June 3	Carolyn Nobel	Annely Noble and Geoff Noble	Paul Karlson	
June 10	Charlene Porter	Adams Price and Kaili Purviance	Chuck Rudolph	

May Birthdays

May 10th - Robin Springer
 May 11th - Tony Viada
 May 20th - Amy Weed



**May Social distance
Brings June's existence**

Clubrunner Info you may appreciate

[Please click here](#) for information from Clubrunner that you may want to see regarding:

Setting up a donations page

Going virtual with meetings

Best Practices for Driving Club Success Webinar Recap

COVID-19 Support & Resources Center

District Announcements

[Click here](#) to go to the May District News Site.

The District first Polio Fireside Chat on April 28 was a huge success! Lots of information on polio, the impact of Covid-19, and inspiring personal stories from National Immunization Days (NID). [Click here](#) to watch and listen to the recording.

For answers to any of your District 5450 questions, feel free to contact:

Beverly Mendel
District Operations Manager
303.477.0654
office@rotary5450.org

NOTE

[District and Club Award](#)
[Applications Due Thursday, May 15th](#)

With clubs meeting virtually, now is a perfect time to sign up for the District's Online Business/ Professional Directory. Why not do business with people you know you can trust!

To help businesses recover, we are reducing the regular \$25 annual fee for the directory to just \$1.00! When you get to the payment page **enter promo2020** into the coupon code – **this will reduce the price to \$1.00 for the first year.** If your listing has expired, you can renew for just \$1.00 as well using the **promo2020** code.

Each entry is reviewed and manually verified within 24 business hours –*you do need to know your Rotary number to register.* You can find your Rotary number on your Rotarian Magazine address label, on www.rotary.org under your profile, as well as in your Rotary information in your ClubRunner profile.

Click on <http://rotary5450.business/> to get started – if you have questions please feel free to send me an email.

Some exciting online features include:

- Google Maps – search by location and will list closest businesses at the top of the page
- Search by category, location or key word based on the information entered in the Business Description
- Unlimited Business Description – enter as much information as you would like – not only will the directory search pick up on keywords, but Google search will as well
- Optional additional photo Gallery for each entry is available
- Email notification of payment and receipt of your business listing
- Ability to login and edit your existing listing, at any time, should anything change

Click on <http://rotary5450.business/> to access the directory.

Thanks!

Bev -
Beverly Mendel
District 5450 Operations Manager
303-477-0654
office@rotary5450.org

Details on Upcoming Events

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 FOR VETERANS

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. 'Sure Shot' is for beginners. You will pass 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 new 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, 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;
what shall we do with the gift of time?

Each week you will see additional ideas for your benefit.

*It's raining...
I would like to stay inside today!*

Read your May issue of the
Rotary International Magazine.

Begin writing that book you've
always thought about.

Write each of your children a “love” letter.

Catch up on book club selections you may
not have had time to read earlier.

Revise your monthly, yearly, and decade plans.

Plan your next trip on paper, noting URLs so that
when we may travel again, you will be ready to
book, having all details worked out.

Take an “armchair trip”—download e-travel
videos from your local library.

If you're not already, learn how to “stream TV”
so you can easily change your ISP
when the need arises.

And, if none of those items floats your boat,
dust the tops of the fan blades!

Send me your ideas for this column!

*It's WARM outside...
but keep social distancing in effect*

Read your May issue of the
Rotary International Magazine outside!

Video chat with your family, showing them all the
home improvements or projects you've completed
during this “stay at home” time.

Have happy hour “over the fence” with your
neighbor, maintaining the 6 foot rule!

Take a casual bike ride along the bike path,
stopping to take in the changing spring scenery.

Walk to a local restaurant that has an outdoor
seating area and order something that
you would not usually eat,
i.e. decadent dessert? Designer coffee? Pastry?

Now, take the long way home so you
can walk off those calories!

If you have some to spare in your garden,
cut some spring bulb flowers for your kitchen table.

And, if none of those fun ideas floats your boat,
take the weeds and grass out of
your flower and shrub beds.

Send me your ideas for this column too!

Contributions to DMHR Foundation



This function will be rescheduled, still waiting for the date!
please [click here](#) for the link
to the new date of this event,
which may be announced in May

**Would you like to participate in the Colfax Marathon
supporting Shelter Box?**

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

Amy Weed is Team Captain for one relay team!

[Check out the info online.](#)

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.



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

Please make out checks to the **Rotary Club of Denver Mile High Foundation**
(although "DMHR Foundation" will work)

For questions, contact:
Tom Giordano
303-263-5091



*Giving Generously
For the
Greater Good*

2019-2020

Individual Sponsors

Pat Gorman-Barry	Annelly Noble	Mary Walta
Tom Cella	Adams Price	Ronnie Weiss
Melanie Gentz	Chuck Rudolph	Sonny Wiegand
Tom Giordano	Roberta Simonton	<i>Room for more...</i>
Tom Gregory	Robin Springer	<i>Will it be you?</i>
Bob Kemp	Michael Tapp	<i>Or you?</i>
Diane Messamore	Ann Tull	<i>Or you?</i>
Constance Mortell	Tony Viada	<i>Or who?</i>

*Corporate
Generosity*

2019-2020 Corporate Sponsors

