

President's Column

Denver Mile High Rotary on the Web:

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This is an abbreviated version of the newsletter. For more information regarding paying dues, giving to the Foundation (both RI and DMHR), club sponsorship, or other matters, please contact [Carolyn Schrader](#) or [Annely Noble](#). The information will be available on the website soon via links from subsequent newsletters.

Greetings Denver Mile High Rotarians!

May 17, 2021

I think our DMHR club is on FIRE! This past week we earned the \$750 Excellence in Mental Health Award from Boulder Valley Rotary which will go to future mental health projects. We were also awarded the \$1,500 Diversity, Equality, Inclusion and Belonging (DEIB) award from the Centennial club, which will be used for our DEIB initiatives in the months ahead. Kudos to everyone involved on both of these projects! Plus, all of the great efforts on the local projects we have been engaged in this pandemic year has been tremendous. Including but not limited to helping with 9 Health vaccines, Metro Caring, Project Worthmore and everything else! Great job everyone. You all embody what it is to be Rotarians.

Joke of the Week: I was wondering why the baseball was getting bigger...
then it hit me!



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

Meeting ID: 812 9479 1259 Passcode: 903839

Ponder this...

Rivers Do Not Drink Their Own Water...
Rivers do not drink their own water; trees do not eat their own fruit; the sun does not shine on itself and flowers do not spread their fragrance for themselves. Living for others is a rule of nature. We are all born to help each other. No matter how difficult it is...life is good when you are happy, but much better when others are happy because of you."
- Pope Francis Contributed by **Brad Thompson**

Interesting Facts...

Attendance last week

51 Total membership

Zoom

10 Members, 2 guests, 1 speaker, 2 club views

U-Club attendance

20 Members, 1 guest

Missing

21 Members

Reminder...

All items new to this newsletter are outlined in **RED!**



Word from the Editor

A word from your editor

Good Monday morning, fellow Rotarians,

So much good news...we have a new member, Beau Smith, whose bio and photo you will find on page 4; the District Conference was a great success and we celebrated Bob Kemp's year as DG despite our pandemic circumstances; the Delaney Farm barns are almost fully painted thanks to the District Day of Service and DMHR's leadership; we can look forward to attending the Rotary International Conference virtually, which is better than not at all; our club has received two awards, one for mental health initiatives (\$750), and the other for DEI initiatives (\$1,500); we have three global grants submitted to Rotary International for approval; DMHR Rotary T-shirts will be available soon thanks to a Rotary branding compliance grant; and we have RAIN! Could Rotary life get any better?

Let's keep up the great work! Where do you see a need? How can our Rotary Club fill that need? Why don't you head up that project and get involved? Life is better with Rotary!

See you 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?*



Last Wednesday's Presentation

To contact **Jennifer Riley-Chetwynd**, Denver Botanic Gardens - Director of Marketing and Social Responsibility: 310-666-1128 or jennifer.riley@botanicgardens.org

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.

We are still looking for...

A permanent club treasurer for the upcoming year. Please contact incoming president [Steve Blazek](#), or [Carolyn Schrader](#), interim treasurer

Help Wanted...

Service Above Self

Wednesday, May 19

9:30am - 2:00pm

Delaney Farm Barn

This is a continuation of the Day of Service when we began painting the barns at Delaney Farm. Even if you have not registered, please come to help paint the second barn. We could finish the project with about 6-8 good workers, which means you are eligible! If you have questions, please contact [Tom Cella](#) 303-981-1222

Monthly District News

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

Note to New Members

The Rotary 101 Class is available and well worth the time to attend (virtually). [Click here](#) to register.

Rotary International Virtual Convention

[Click here](#) for more information and to register for the June 12-14, 2021 convention that **was** scheduled to occur in Taiwan.

DEI - Understanding Our History

Building inclusive communities work shop series. [Click here](#) for more information or to register.



Denver Mile High Rotary Calendar of Events

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

September 25 - Woohoomanity Challenge - DMHR Club fundraiser bike ride sponsored by Denver Southeast Rotary and piggybacking on the Denver Century Ride. For more information, [click here](#). Last year's team was *Melanie "Go Getter" Gentz, Steve "Beat the Pack" Blazek, Tom "Strides Ahead" Cella, and Marty "Fast Flowing" Waters.*

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 19	Annely Noble	Josh Peck and Charlene Porter	Adams Price
May 26	Linda Sue Shirkey	Carolyn Schrader and Chuck Rudolph	Vass Sirpolaidis
TBD	TBD	TBD	TBD



Mental Wellness
Tip of the Week
*Think of at least five things
you love about yourself.*

Denver Mile High
Rotary
Club



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

May Birthdays

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

Rotary Meeting Hosts at U-Club

May 19 – Melanie
May 26 – Adams
May 26 Zoom - Brian Good
June 2 Zoom - Brian Good

The Rotary Book Group... All Welcome

Discussions begin at 6:00 pm
Monday, June 14th

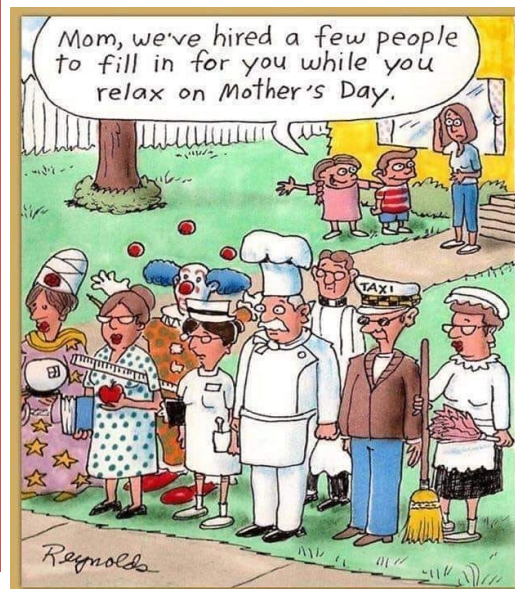
*A Woman of No Importance:
The Untold Story of the American Spy
Who Helped Win WWII*
by Sonia Purnell

The meeting will be at Tom Giordano's
home on June 14 at 6:00 pm.
His address is 7271 East Wesley
Denver, CO 80224
We also will hold a hybrid Zoom meeting
so those who do not want to attend in
person will still be able to participate.



Welcome our newest member... Beau Smith

I was born and raised in the Denver Metro area. I am a financial advisor with Edward Jones, and started my practice a little over 5 years ago. I love my job, because I am able to develop lifelong relationships with families for whom I truly make a difference. I am passionate about fitness and love CrossFit. My fiancé and I live in the Lowry neighborhood, where we usually spend our free time cooking and hanging out with our dog. If I have a good book, I also enjoy reading.
I am very excited to join Rotary!



Volunteer Opportunity

Following is the current list of vaccine sites. For additional information, please contact [Audrey Leavitt](#) (610-805-7579).

Day of Week	Clinic Name	City	Volunteer Needs
Sundays	Barnum Rec Center	Denver	Medical Observer, Non-Med, Interpreters
Saturdays (only May 9th)	St Cajetans	Denver	Medical Observer, Non-Med, Interpreters
Mondays	Swansea Rec Center	Denver	Medical, Non-Med, Interpreters
Monday (only May 10th)	Denver Red Shield	Denver	Medical Observer, Non-Med, Interpreters
Monday (only May 10th)	Emergency Disaster Services	Denver	Medical Observer, Non-Med, Interpreters
Tuesdays	MLK Rec Center	Denver	Medical Observer, Non-Med, Interpreters
Tuesdays	Stride in Hyatt Regency	Aurora	Vaccinators, Non-Medical
Tuesdays	Stride in RTD Parking	Lakewood	Non-Medical
Wednesdays	Barnum Rec Center	Denver	Medical Observer, Non-Med, Interpreters
Wednesdays	Crossroads Church Testing Site	Northglenn	Medical Testers, Greeters, Ambassadors
Thursdays	Village Exchange	Aurora	Vaccinators, Medical Observers, Non-Med
Thursdays	Stride in Hyatt Regency	Aurora	Vaccinators, Non-Medical
Thursdays	Stride in RTD Parking	Lakewood	Non-Medical
Friday (only May 14th & June 4th)	Housing Now	Denver	Medical Observer, Non-Med, Interpreters
Friday (only May 14th)	Colorado Springs Corps	Colorado Springs	Medical Observer, Non-Med, Interpreters
Fridays	Fort Lupton Rec Center	Fort Lupton	Medical Observer, Non-Med, Interpreters
Fridays	Arvada Covenant Testing Site	Arvada	Medical Testers, Greeters, Ambassadors
Saturdays	MLK Rec Center	Denver	Medical Observer, Non-Med, Interpreters
Saturdays (only May 8th)	St Cajetans	Denver	Medical Observer, Non-Med, Interpreters
Saturday (only May 15th & June 5th)	Coal Creek Canyon	Golden	Medical Observer, Non-Medical
Saturday (only 5/15, 5/29, 6/12, 6/26)	Center for African American Health	Denver	Medical Observer, Non-Medical
Any Week Day	Stride Call Center	Remote	Remote / Virtual Opportunity
Any Week Day	Denver Indian Call Center	Denver	Volunteer has isolated office space at clinic

Club Calendar Year-At-A-Glance

Please note: Due to pandemic restrictions, some events will not be held.
Please contact the club president for further information regarding events.

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 - Next year! Earth Day - 4/22 RI Magazine Month	MAY District 5450 Conference Craig Hosp Dinner & RYLA Interviews-cxld Promote International Convention Month	JUNE River Rafting - not this year Rotary Fellowship Month
JULY Inner City Kids Hike/Rotary Peak-cxl RYLA Camp—Canceled for 2021 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 Vocational Service Month	NOVEMBER Write Holiday Cards for Active Duty and Deployed Military Citrus Fundraiser Rotary Foundation Month	DECEMBER Holiday Party Toy Drive Family Month

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, June 10th 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. If you would like more information or to sign up, please contact [Ronnie Weiss](#). [Click here](#) to view the background check form.