

May 19, 2020

Denver Mile High
Rotary
Club



President's Column

**Denver Mile High
Rotary on the Web:**

[Denver Mile High Rotary](#)

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[Rotary District 5450](#)

[Rotary International](#)

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Greetings Denver Mile High Rotary...

I'm back after taking a much needed week off and I'm eager to finish out our year strong. I have just another month to prepare for Brad Thompson's reign and as usual, it's been an easy transition working with the board and Brad and all the members to make the new year happen. Again, just another reason to be proud to be a Denver Mile High Rotarian!

Brad and I will be meeting with the University Club this morning to create a plan to start restoring our meetings back to in-person. I'll provide an update on our virtual meeting tomorrow morning so try to be on it, okay? In the meantime, I encourage you to email me and let me know how you feel about it. Will you plan to be there if we have meetings? What will it take to get you there? What are your biggest concerns? I would really like to get the pulse of all of you so that the leadership is in line with the members, so please email me at scott@smester.com.

Please join us for our Wednesday virtual meeting, especially if you have never done so. Bob and Audrey went to Uganda in February to assist Dave Talbot deliver crutches and other mobility devices to those in need in Uganda and they will be talking about that whole experience. It will be really cool so don't miss it!

Be safe. Be strong.

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

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

treasurerdmh@gmail.com

A word from your editor...

Dear fellow Rotarians,

Thank you to all who have taken the time and effort to send items for inclusion in the newsletter! The items have been funny, amazing, informative and enjoyable. Would anyone be able to send new and improved, creative ideas for our "social distancing" time management section (see page 13)?

I finished reading *The Rotarian* and wonder if you noticed the following interesting facts?

1. Page 28 - Russia's District 2223 (77 clubs and 1,107 members) spans all of Russia, more than 4000 miles; visiting all those clubs would be difficult for an incoming DG, right?
2. Page 35 - The Rotary Foundation global grant partnered by Rotary Club of Cartago, Costa Rica and the Rotary Club of Denton, TX, had three components: business training, aquaponics, and establishing an eco-hotel, which not only added to the sustainable eco-industry championed in Costa Rica, but also helped to keep young adults working in their rural home communities, rather than venturing into the cities for employment. The benefits of this global grant were far-reaching, empowering for individuals, and economically impactful for this community!
3. PP 48-49 - [Interota is a triennial convention](#) for Rotaractors. This year, the Rotaract model has changed in these ways: Rotaract now is a *membership type*; the upper age limit of Rotaract has been eliminated; new Rotaract clubs don't have to rely on Rotary clubs to sponsor them; now Rotaractors are eligible to serve alongside Rotarians on District and RI committees; the Rotaractors are able to receive *The Rotarian* digitally; the individual dues that provide the extra benefits are only \$5 or \$8 *annually*; and, finally, the leadership training program that resulted from the liaison between Toastmasters and Rotary is available to Rotaractors. Very cool...Rotary needs to attract the young!

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

Annely.Noble@comcast.net

or text to 303-842-8725

Thank you for your **alacrity and volunteerism!**

Annely Noble

M 303-842-8725

Denver Mile High Rotary Calendar of Events

See the following page for Zoom and program details

All meetings will be hosted on Zoom until further notice.

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

May 20th - Regularly scheduled Rotary meeting - Bob Kemp and Audrey Leavitt speak on their trip to Africa delivering crutches and other medical devices. [Click here for a preview](#) of the presentation!

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 **CANCELED**

August 8th - World Peace Day at The Conflict Center

By popular demand, following is the inspiration
Audrey Leavitt provided at the May 13 meeting:

Things that are not cancelled...

Sunshine is not cancelled

Spring is not cancelled

Love is not cancelled

Relationships are not cancelled

Reading is not cancelled

Naps are not cancelled

Devotion is not cancelled

Music is not cancelled

Dancing is not cancelled

Imagination is not cancelled

Kindness is not cancelled

Conversations are not cancelled

Hope is not cancelled

And best of all Rotary is not cancelled!



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

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. To watch a trailer about Audrey and Bob's trip [please click here](#).

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.

June 27 - DMH Rotary Rafting Trip **Canceled - Note from Geoff Noble:**

I regret to inform you that the Board of Directors for the Denver Mile High Rotary Club has decided to cancel our planned whitewater rafting trip that was scheduled for June 27th. Concerns over COVID-19 were the primary reason. We hope to rebook in the spring of 2021. When I return to Denver, I will set up a "virtual" rafting trip that will give my fellow Rotarians the opportunity to contribute directly to Warriors on Cataract.

Stay safe.

Stay healthy.

Geoff Noble

COVID-19
DMHR Project Fund
Notes of Appreciation



April 28, 2020

Rotary Club of Denver Mile High
c/o Carolyn Schrader
407 Detroit St.
Denver, CO 80206-4311

Dear Carolyn,

On behalf of Food for Thought Denver, Thank you to the Rotary District 5450 and Rotary Club of Denver Mile High for the generous and timely Grant Award.

In these unprecedented times we are experiencing surging demands for the food we provide to Denver's children and their families. 100% of this Grant has been utilized for the purchased of food to fulfill that exact mission.

Thank you again for the support of Rotary!

Our TIN # for your reference is: 81-2971428

Sincerely,

Bob Bell
Co-Founder

Food for Thought Denver • P. O. Box 11813 • Denver, CO 80211

DMHR Foundation News...

Have you ever had an interest in serving on a board? **Now is your opportunity** as the Denver Mile High Rotary Foundation is **looking for a few good board members** (5), and promises you will not be bored! For information or to volunteer, please contact Tony Vaida at 303-832-2100 or mavaida@vaida.net.

The DMHR Foundation Board is **working on raising funds**, and the **sky is the limit!** Do you have ideas for fundraising? Please share them with the board. No idea is too small or too large, too crazy or too wild, and the **board appreciates all suggestions**. Again, please send your suggestions to Tony at mavaida@vaida.net.

If you are not interested in becoming involved in the board but you would like to **contribute to the Foundation**, please feel free to donate! See the next page for details. On the chart on the next page, you will be listed in **red as a new donor, or as a continuing donor (auto monthly donations)**. For questions about donating, please contact Tom Giordano, next page.

The COVID-19 outbreak will need funding for a while to come, and the Foundation is a great way to help with alleviating the needs. The Foundation also aids with other projects both locally and internationally. Be the person you want to be by helping your community and fellow humans, donate now to the DMHR Foundation!

[Click here to go directly to the donation site](#)



Latest update was yesterday - May 18th

Still waiting for the rescheduled date!

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 at 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)

Or... [please click here](#) to go directly to our secure online donation site. You may make a one time or automatic monthly donations.

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



Denver Mile High Ladies of Rotary



The fabulous females of Rotary met on Zoom but were Zoom “bombed” by Paul Schrader! Norene Keleshian opened this meeting by giving a presentation on herself for us all to get to know her better. Attending: top row L->R, Carolyn Schrader, Mary Wuest, Constance Mortell, Sarah Hite and Amy Weed. Mid row, L->R Norene Keleshian, Sara Hanstad, Audrey Leavitt, Diane Messamore, Pat Barry Third row, L->R Ronnie Weiss, Robin Springer, Charlene Porter. Joining the meeting later were Melanie Gentz and Annely Noble. We meet Thursdays at 5:00 pm. Zoom in, why don't cha? Contact Carolyn Schrader for details.

SERVICE ABOVE SELF...**two sessions remaining!**

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)
May 20, 2020 09:00 AM
May 27, 2020 09:00 AM

Join Zoom Meeting

<https://us02web.zoom.us/j/689706312?pwd=RlBpRlJFMXZQTnpWaGYybW9zUjFNZz09>

Meeting ID: 689 706 312 Password: 789707

Stay connected with...

Metro Caring is calling for action from us regarding the state government revenue shortfall, which could severely hamper relief efforts.

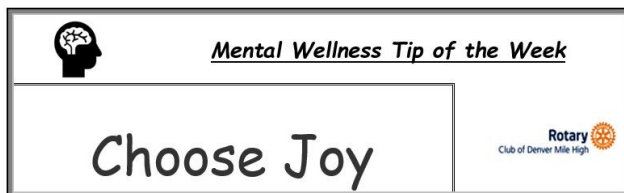
- [Click here for a link](#) to find out how you can help by contacting our state officials.

Fun, fact and diversion...

Brad Thompson is informing us that Colorado will have a new state park soon! [Click here](#) for details.

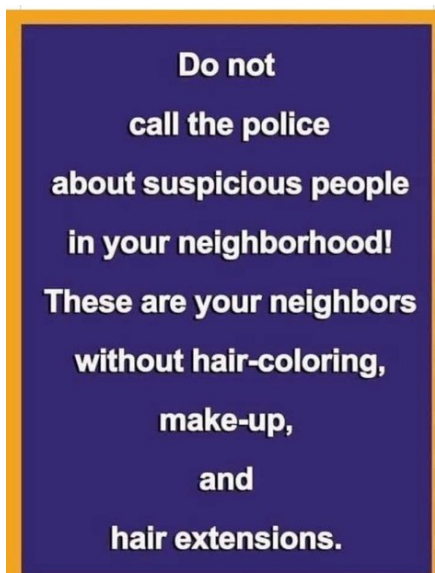
Brad also would like to recommend a book he is reading...The Secret Network of Nature, by Peter Wohilleben. Book club anyone?

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



Pat Barry recommended the video [linked here](#), which shows, via fluorescent paint and black light, how quickly a virus can spread within a group of people at a restaurant. Additionally, says Pat, "I posted it on the BrainWise blog so educators and parents can use it as a teaching tool to reinforce

the concepts of Wizard Brain over Lizard Brain, Constellation of Support, Red Flag Warnings, Emotions Elevator, Fact vs. Opinion, Ask Questions, Identify Choices, Consider the Consequences, Set Goals, and Communicate Effectively. "



We're all in this together!
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.



Brad Thompson ran into Melanie Gentz at Cheeseman Park today and thankfully, no one was hurt!

Weekly Inspirators, Greeters & Hosts

Date	Inspiration	Greeters	Host	Vocation
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	
June 17	Carolyn Schrader	Linda Sue Shirkey and Roberta Simonton	Vass Sirpolaidis	

May and upcoming June Birthdays

May 20th - Amy Weed
 June 11th - Bob Connaghan
 June 13th - Melanie Gentz
 June 29th - Linda Sue Shirkey



**May Social distance
Brings our June 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.

Rotary Business/Professional Directory Now Available and Deeply Discounted!

\$1.00

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

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.

Details on Upcoming Events

THIS EVENT HAS BEEN CANCELED DUE TO COVID-19 CONCERNS

**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.

*I've been working hard...
it's time to do something inside!*

Finish reading your May issue of *The Rotarian*.

Pack up the books you've already read to donate to the library book sale. Our public facilities will need extra funding in the near future.

Do you have a pen pal? Have you considered inviting your grandchildren or a long lost friend to be yours?

Dust your computer screen and keyboard, compact and clean up the files, and remove the cookies.

Review your committee responsibilities to make sure you are up-to-date.

Call the arborist to take care of unruly trees.

Have you thought of forming a book club? Why not do it now?

Learn a new “app”, e.g. Whatsapp; Instagram; Facebook; TED Talks; Podcasts, etc.

And, if none of those items floats your boat, dust the baseboards!

Send me your ideas for this column!

*I cannot stay inside
a minute longer...
but keep social distancing in effect*

Finish reading your May issue of *The Rotarian* outside!

Enjoy your morning coffee early (5:00 am) outside so you can hear the first birds chirping.

As soon as it is dark enough, go outside to identify some of the brightest constellations.

Look over the fence at your neighbors' yards to see the new plants growing and flowering.

Find a particular plant you can chronicle in photos for the year and plan on making a collage or photo montage showing the changes.

Over Facetime or Zoom, etc. teach a child how to press leaves between wax paper, and help the child research the leaf source and document its characteristics, ultimately making a “book” together. Homeschool science project anyone?

Place labeled markers next to spring bulbs so after the leaves have withered and you have removed them, you will not accidentally dig up your bulbs!

And, if none of these fun ideas floats your boat, clean your garden tools, and wash your garden gloves!