



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



President's Column

Denver Mile High Rotary on the Web:

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Inside this issue:

President's Column	1
Meeting Zoom Link	
Word From the Editor	2
News You Need to Know	
Upcoming Program	3
Details and Calendar	
Inspirators, Greeters,	4
Hosts, Birthdays,	
Tip of the Week, and	
New member!	
Rotary and Toastmasters	5
Help India Fight COVID	
Thank You from	6
Warriors on Cataract	
Vaccination Opportunities	7
Calendar-at-a-Glance	
Volunteer Opportunities	8

Greetings Denver Mile High Rotarians!

May 24, 2021

I hope everyone has had a great week. Amanda and I flew to Southern California to celebrate our youngest son, Alec's graduation from Chapman University. The school decided to postpone the official graduation until August, but he and his friends wanted to celebrate this month, as tradition has established. A collective group of eight families created a ceremony, gave speeches, passed out homemade diplomas, and raised our glasses in their honor of the successful four years they all had. It was great fun.

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 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=aXZsTXRiZzJLZEVLRL1N2RFZ3bnBRdz09)

[pwd=aXZsTXRiZzJLZEVLRL1N2RFZ3bnBRdz09](https://us02web.zoom.us/j/81294791259?pwd=aXZsTXRiZzJLZEVLRL1N2RFZ3bnBRdz09)

Meeting ID: 812 9479 1259 Passcode: 903839

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.

Attendance last week

51 Total membership

Zoom

9 Members, 2 club views

U-Club attendance

22 Members, 4 guests, 1 speaker

Missing

20 Members

Great news!

Beginning this coming Wednesday, Stacy at the U Club said that breakfast will be served buffet style, not plated. Stacy also said that it was up to the Rotary Club to decide whether or not our members should wear masks.



Word from the Editor

A word from your editor

Good Monday morning, fellow Rotarians,

Yes, the newsletter is shrinking. Carolyn Schrader and I are busy adding to the website those items that remain static, such as the year-at-a-glance calendar, the routine volunteer opportunities, the list of DMHR Foundation donors, the directions to pay dues, how to use Zelle, ways to participate in passive fundraisers like King Soopers and Amazon Smiles, and other items. If you are missing these items, please call Carolyn or me, we will help you find what you need, or you can consult earlier newsletters through the DMHR website, where years of bygone newsletters always are available. [Click here](#) to go to the list of previous and current newsletters.

Something to which to look forward...in July, this newsletter will reflect the new Rotary year branding.



Finally, and as always, if there is something you want to see in the newsletter (photos, articles, suggestions, editorials), please send it my way! Remember that Rotary steers clear of politics or religion, honoring all members in all ways.

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?*



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.

Time for clematis...



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.

We are still looking for...

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

Denver Mile High Rotary Calendar of Events

May 24 - 4:00 pm - LCS Committee Meeting - Contact [Tom Cella](#) to receive the agenda and Zoom link.

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

June 2 - Do not park on Sherman - Street sweeping!

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 26	Linda Sue Shirkey	Carolyn Schrader and Chuck Rudolph	Vass Sirpolaidis
June 2	Scott Smeester	Betty Speir and Robin Springer	Michael Tapp
June 9	Ann Tull	Tony Vaida and Margaret Van Vliet	Mary Walta



Mental Wellness Tip of the Week

*Put yourself first (take time to
make sure your needs are met)*

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

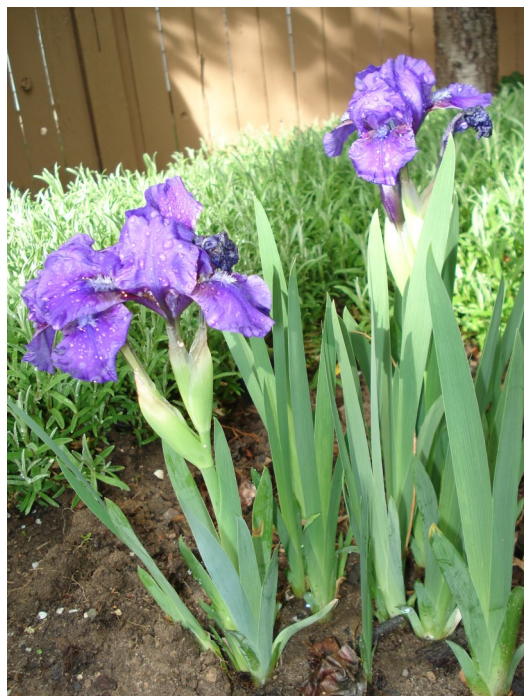
May 19 – Melanie
May 26 – Adams
May 26 Zoom - Brian Good
June 2 Zoom - Brian Good

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 Purnel

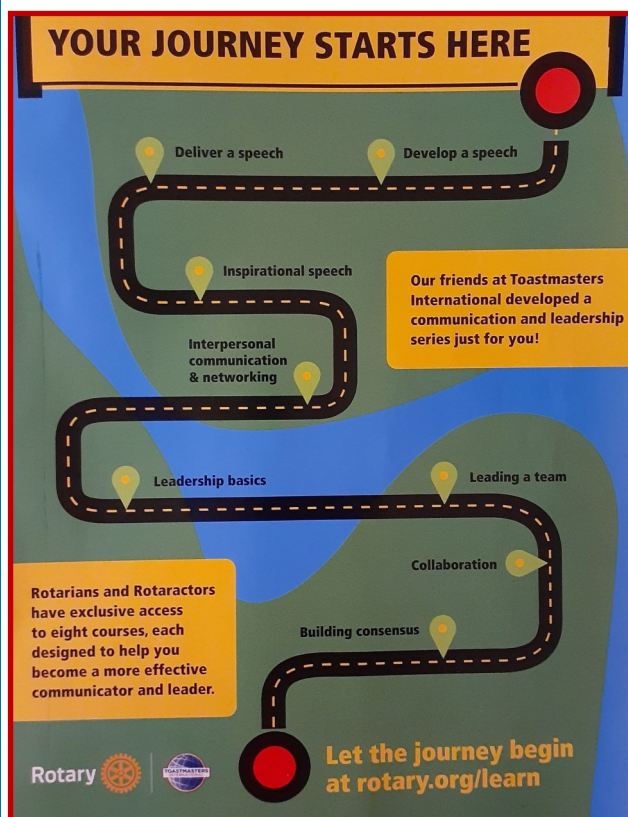
The meeting will be at Tom Giordano's
home on June 14 at 6:00 pm.
His address is 7271 East Wesley
Denver, CO 80224
We also will hold a hybrid Zoom meeting
so those who do not want to attend in
person will still be able to participate.



The rain has brought us some amazing flowers...it is time to see
blossoms from irises, pansies, clematis, candy tuft, bleeding
heart, lilies of the valley, and more. It is also time to cut off the
seed heads of dandelions, or you may have more yellow than
you want! Please send me photos of your yard and plants!



Rotary International Affiliates with Toastmasters International



Rotary International has affiliated with Toastmasters International in order to promote education in speaking and leadership development of Rotarians everywhere.

Step out of your comfort zone... Overall, fear of public speaking is America's biggest phobia - 25.3 percent say they fear speaking in front of a crowd - greater even than the fear of zombies (8.9%), clowns, (7.6%), and ghosts (7.3%). We are never too old or too experienced to learn.

For a Toastmasters Club near you, [click here](#).
Diagram on the left of this page is from the *Rotary Magazine*, April 2021, page 65.

Challenge...today, how many times will you say "ah", "um" "and", "well", "but", "so", "I mean", "like", "you know", or those other phantom words that sneak into our daily speech? You may be surprised!

[Click here](#) for more on this topic.

Service Above Self

The second surge of the COVID pandemic is raging in India. The numbers are staggering. Hospitals have run out of beds, and sick patients are fighting to breathe without the aid of oxygen.

Project C.U.R.E. is the world's largest distributor of donated medical equipment and supplies to resource-limited communities across the globe, touching the lives of patients, families, and children in more than 135 countries.

Project C.U.R.E. has 10,000 beds ready to ship via air to India – and [Rotarians can help by donating NOW directly to Project C.U.R.E.](#)

The Co-Chairs of the Disaster Relief Committee have met with Project C.U.R.E.'s India team and feel that partnering with them (as Rotarians have done in the past) is the quickest and most effective route to provide aid. India is now Project C.U.R.E.'s #1 priority.



Denver Mile High Rotary Calendar of Events

Update from Warriors on Cataract

Greetings,

We have just completed our first two Warriors on Cataract trips.

- May 2 launch, 20 Marines
- May 9 Open Manifest launch, 22 veterans largely out of the Salt Lake and Cheyenne VA Hospitals
- May 26 is the upcoming launch of 23 Navy SEALs, Air Force Pararescue, and some Special Operations vets.
- August 22 is the All Female 5-day launch in Desolation Canyon. We'll fly 24 women into the remote put-in at Sand Wash.

We also ziplined a number of the vets at <https://www.ravensrim.com/ziplines> on the slick rock above Moab.

A number of heartening comments have come out of the first two trips. Several are:

- Warriors on cataract was the best trip I have ever done. This trip was the most fun stress relief I have had in a very long time. Just an all around 5 star trip, guides were awesome, food was amazing, was not expecting to get the meals we got. This trip was a very special trip especially being able to do it with some brothers from my unit. I will always look back on this trip for when the hard times come. Thank you all for your support for our nations warriors. I will pass this on to many of my brothers who need to experience what I have.

Thank you!

- Best trip I've been on hands down. It helped me out in many ways. The raft trip completely changed my life!
- From Will, one of the Guides: I've been guiding for over 8 years, and this was the best trip I have been on.
- Thanks, this was one of the greatest adventures of my life. Will be lifelong memories.
- Spending time, quality time with other vets is so therapeutic.
- I have not smiled or laughed in over a year, until now.

Best of regards, thank you for your support.

Fred Solheim

Karen house

Lew Kleinhans

Ian McBride



130 Mohawk Drive
Boulder, CO 80303-3648
303.818.7600
www.WarriorsOnCataract.org
Facebook: Warriors on Cataract
Instagram [WarriorsOnCataract](https://www.instagram.com/WarriorsOnCataract)

We owe much to those who served and defended our Nation at great personal cost

<https://www.ravensrim.com/ziplines>



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.