

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

May 26, 2020

# Denver Mile High Rotary

Denver Mile High Rotary on the Web:

Denver Mile High Rotary

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Rotary District 5450

**Rotary International** 

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# **President's Column**

Hey Denver Mile High Rotarians...

This weekend I went with a couple of friends to a town in northern New Mexico called Red River. One of my friends is a Harley Davidson biker who wanted to check out a bike rally that is usually scheduled for this time of year, in order to get a commemorative patch. We were already in southern Colorado and the drive is amazing so we went to Red River, and then later Taos.

The experience was surreal. The towns were dead. Shops closed. Going out of business signs were common. I felt so bad for the shop owners and people who are just trying to stay afloat. Some feel we went too far in our lockdown efforts, but it doesn't really matter. What matters is there is going to be a lot of people, in our own community, who will need our help. How should we be involved? What can we do? I'd like your opinion.

Following is a link to the results of <u>the survey</u> I sent out last week. Many people are eager to get back to in-person meetings but I can tell you that when we do, we will allow people who are uncomfortable going out to be able to watch from home. I know Brad had some great plans for how to handle the transition back and I'll be right there with him.

https://www.surveymonkey.com/stories/SM-QY8STHVD/

Thanks everybody. I appreciate your feedback and opinion!

Scott

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#### 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 <u>the link below</u> 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 PurvianceMail your dues checks to: Kaili at 3244 S. Holly St, Denver, CO 80223treasurerdmh@gmail.com

#### A word from your editor...

Dear fellow Rotarians,

Despite relaxation of our COVID-19 social requirements, it appears that social isolation and distancing are the new norms, and that we have settled into new lives. Although still finding humor in them, we no longer depend on memes for entertainment, as we have learned to entertain ourselves in different and more creative ways, and to depend on more meaningful play and work. No more social distancing time management ideas necessary for us!

We are beginning to analyze the time we have had with this slower, less frenetic schedule, and we are deciding which of the new ways of life we would like to adopt permanently. What are your thoughts on this? Have you actually found solace in some imposed home time, or have you found it too restrictive? Has being introverted or extroverted played a large part in your view of the COVID restrictions? Can you find a happy median? How have your shopping habits (and your credit card bills) changed over this time? Is your Amazon Prime account through the roof? Is your recycling full of broken down cardboard boxes? What are your thoughts on the past 70 days?

Finally, and most important, how can we help those who have been so detrimentally impacted by the virus... emotionally, physically, financially, etc.?

Send your thoughts, stories, poetry, songs, ideas and photos to <u>Annely.Noble@comcast.net</u> or text to 303-842-8725

Thank you for your perseverance and prudence!Annely NobleM 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.

#### **<u>Click here</u>** for a link to the online Denver Mile High Events Calendar

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

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

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 - DMH Rotary Virtual Rafting Trip! 9:00 am

July 21 - DMHR Foundation Board Meeting - 7:00 am via Webex call until further notice

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**

#### **ZOOM LINK**

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

## **PROGRAM DETAILS**

**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 Virtual Rafting Trip - Details coming soon 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. I will set up a "virtual" rafting trip that will give my fellow Rotarians the opportunity to contribute directly to Warriors on Cataract and the DMHR Foundation.

Stay safe. Stay healthy. Geoff Noble

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# COVID-19 DMHR Project Fund

## **Notes of Appreciation**



Report to Denver Mile High Rotary 1673 Sherman Denver CO 80203

Re: Covenant Cupboard Food Pantry Covid 19 Crisis Grant 4/18/20

Dear Annely Noble, Carolyn Schrader, and Denver Mile High Rotary,

On behalf of the clients and volunteers of Covenant Cupboard Food Pantry (CCFP) thank you for the generous contribution to feeding families in Metro Denver. The Club's \$1,500 donation allowed us to purchase additional food the past 2 weeks and ensure that households that participated in our drive through distribution were provided a nutritious selection of items.

CCFP has a 25-year history of serving those facing food insecurity and the organization did not hesitate to join the Emergency Support Team and make up some of the first pantries to respond to the increased need during the Covid 19 crisis. As such we are able to purchase food from Food Bank of the Rockies at discounted prices, thereby amplifying the funds we spend to obtain more food compared to purchasing at retail prices. The 2 attached Shopping Cart Summaries for 4/10 (\$748.69) and 4/17 (\$915.04) indicate that we were able to obtain over 6200 pounds of food with the donated funds.

During those 2 weeks we have served over 300 households with approximately 45% of these households being new to CCFP since the outbreak. These families are very grateful as expressed by feedback shared in recent phone call-

CCFP workers are always smiling, cheerful and friendly. Food is distributed in a logical and fair way. My family is particularly happy with the quality of food distributed in drive through: fresh milk and eggs, veggies and fruit, dessert... much more than we expected. We feel this pantry treats people with kindness and dignity. She and her sister hold up notes of thanks while driving through.

CCFP appreciates Denver Mile High Rotary's rapid response to contributing to our efforts. This donation makes an impact that goes beyond meals, it provides community members in need with a little relief and comfort during uncertain times.

With gratitude, Dave Day President, Covenant Cupboard Food Pantry

## **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





	Individual Sponsors		
Pat Gorman-Barry	Annely Noble	М	
Tom Cella	Adams Price	Ro	
Melanie Gentz	Chuck Rudolph	So	
Tom Gíordano	Roberta Símonton	R	
Tom Gregory	Robin Springer	И	
Вов Кетр	Míchael Tapp	O	
Díane Messamore	Ann Tull	O	

Constance Mortell

Noble Price Rudolph a Símonton Springer el Tapp лl Tony Víada

2019-2020

Mary Walta Ronnie Weiss Sonny Wiegand Room for more ... Will it be you? Or you? Or you? Or who?

2019-2020 Corporate Sponsors





## **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 <u>mavaida@vaida.net</u>.

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 <u>mavaida@vaida.net</u>.

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

# Participate to Contribute to DMHR Foundation







Latest update was 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

### **SERVICE ABOVE SELF...one session 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) Last Chance... Wednesday, May 27, 2020 09:00 AM
- Join Zoom Meeting
  <u>https://us02web.zoom.us/j/689706312?pwd=R1BpRIJFMXZQTnpWaGYybW9zU1FNZz09</u>
- Meeting ID: 689 706 312 Password: 789707

#### Howling Through Covid-19 -Contributed by Sarah Hite and Melanie Gentz

DMHR members who live near the downtown area are familiar with the 8:00pm "howling" heard for 2-3 minutes each night. Building on a national trend to signify solidarity during Covid-19, people stand on porches, sidewalks, and lean out windows and howl in unison. **Sarah Hite** thinks it is a wonderful event and goes out on her porch to listen. If she hears anyone in her neighborhood howling, she joins in. **Leslie Lawson** says that if she hears her neighbors howling, she joins in. Any other howlers out there?

Bear Sightings in the Neighborhood -Compliments of Annely Noble

Also in response to a national trend, children are enjoying going on "bear hunts", looking for bears in the neighborhood, specifically in neighbors' windows and on their porches. Here's the bear sighting at the Noble home...



# **Member Contributions**

#### 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...

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





**Pat Barry** recommended the video <u>linked here</u>, 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. "

#### Do not

call the police about suspicious people in your neighborhood! These are your neighbors without hair-coloring, make-up, and hair extensions. We're all in this together! Compliments of Robin Springer

## Weekly Inspirators, Greeters & Hosts

Date	Inspiration	Greeters	Host	Vocation
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	
June 24	Betty Speir	Robin Springer and Michael Tapp	Greg Thielen	

## Upcoming June Birthdays

June 6th - Steve Blazek 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**

**<u>Click here</u>** 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 <u>www.rotary.org</u> under your profile, as well as in your Rotary information in your ClubRunner profile.

**Click on <u>http://rotary5450.business/</u> 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 <a href="http://rotary5450.business/">http://rotary5450.business/</a> 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). <u>Click here</u> to watch and listen to the recording.