

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

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Greetings Denver Mile High Rotarians!

May 3, 2021

The National Western Stock show construction project was impressive. It was great that we had three different presenters, two in person, one on Zoom, to share their areas of expertise and knowledge. WOW...what a show case project that is and what a gem it will be for the City of Denver for decades to come. I also love the fact that Sarah Hite's late husband who worked for Metro Waste-Water is so revered for the work he did there too. That was a fun fact to learn as well.

Joke of the Week: Did you know that water is heavier than butane?
That's because butane is a lighter fluid!



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

Interesting Facts...

Attendance last week

51 Total membership
15 Zoom members
3 Zoom guests
1 Zoom camera at U-Club
20 Members at U-Club
2 Guests at the U-Club
2 Speakers at the U-Club
16 Members missing

[Click here for more](#) info
and to register for the
District Conference!

It is not too late
to register for the
all virtual option.





Word from the Editor

A word from your editor

Happy May to all!

Waking up to open windows, fresh air, and the sound of rain this morning was wonderful; we badly need the moisture. I only wish I had run my errands yesterday in the dry weather instead of washing my windows!

Have you read the May *Rotary Magazine* yet? It is jam packed with interesting articles including one which shares how seven organizations that got their start because of Rotary, including the Little Free Library, three of which our HOA added to the main thoroughfares in our neighborhood. Which of the seven project stands out to you?

Prompted by a letter to the editor in our most recent *Rotary Magazine*, I bring to your attention today the "Eight Levels of Charity" described by Maimonides. Please [click here](#) and ask yourself on which rung you stand.

It is not too late to sign up for our District's [Day of Service](#) (May 8 and others). We will be working at Delaney Farms. See the lower part of this page and page 5 for additional details and to register if you have not already done so. Many hands make light work!

See you Wednesday!

Annelly 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?*



[Click on this or the people icon --->
to register for the District Conference.](#)



District Conference - Day of Service

Thank you for signing up to be a volunteer to help do some work at Delaney Farms, for Project Worthmore! We have more than 30 people pitching in, digging in, and showing up this coming Saturday, May 8!

This email is a reminder that it will be a full day from 9 a.m. to 4 p.m. and we know that a few of you will be there only for the morning or afternoon and that's fine. Don't forget to wear work clothes, good footwear suitable for field work or painting, a Rotary T-shirt if you have one, a hat, work gloves and eye protection. Lather up with sunscreen and make sure you bring lots of water to drink and some food. [Click here for a map of Delaney Farm](#) and the different locations where we will be working.

Please take pictures to share with Annelly Noble for our newsletter and other marketing opportunities. Please send your photos to Annely.noble@comcast.net, or [click here](#). **For additional details, see page 5** of this newsletter.

Call Tom Cella at 303-981-1222 if you have any questions. He will be leading this project and will be on-site all day!

Thanks again for *being a person of action and showing up* for this great day of service!

Sincerely,
Brad Thompson
2020-2021 DMHR Club President



Denver Mile High Rotary Calendar of Events

May 5 - Stacia Sellers, Communications Director, Central I-70 Project. After two years of construction, the construction team on the I-70 project is preparing to move traffic off the viaduct and into the new lowered section of I-70 between Brighton and Colorado boulevards, and commence the subsequent demolition of the 57-year-old viaduct this spring and summer! Join us for a virtual update to get the inside scoop on these massive changes!

May 6-8 - District 5450 Conference - Thursday evening - Virtual; Friday evening - in-person dinner and virtual option. Saturday will be a Day of Service. Registration for in-person closed 4/30, but you still can register for virtual attendance. Click on the graphic to the right.



May 11 - 4:00pm - DMH Rotary Board meeting - Contact [Brad Thompson](#) (303-478-5729) for Zoom info.

May 12 - Please bring your toiletries (any size) to today's club meeting, for the Manual High School Toiletry Shelf, a partnership project with Five Points RiNo Rotary. If you have questions, please contact [Ronnie Weiss](#).

May 12 - Jennifer Riley-Chetwynd, Denver Botanic Gardens - Director of Marketing and Social Responsibility - What's New at Denver Botanic Gardens? Things you may not know and things to get excited about this year!

May 13 - 9a-12:30p - Metro Caring Provisioning Project. Please call [Robin Springer](#) for details.

May 19 - Carol Bowar, Executive Director, Girls Athletic Leadership School (GALS)

May 24 - 7-8a - DMH Rotary Foundation Board meeting. Please contact [Tony Vaida](#) (303-832-2100) for connection information.

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.

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

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

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 5	Noreen Keleshian	Janine Kempfer and Audrey Leavitt	Roberta Simonton
May 12	Jeff McAnallen	Diane Messamore and Constance Mortell	Carolyn Nobel
May 19	Annely Noble	Josh Peck and Charlene Porter	Adams Price



May Birthdays

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

Rotary Meeting Hosts at U-Club

May 5 – Scott
May 12 – Steve
May 19 – Melanie
May 26 – Adams

Mental Wellness
Tip of the Week
*Don't be afraid
to ask for help.*

Denver Mile High
Rotary
Club



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

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.

The Rotary Book Group... All Welcome

Discussions begin at 4:30 on
Monday, May 10th

*The Good Hand, A Memoir of Work,
Brotherhood, and Transformation in
An American Boomtown*
Memoir by
Michael Patrick F. Smith

New Arrival!

Joshua & Aimee Peck are pleased to
announce the birth of Joshua Jr. in April.
Despite being two weeks early, he was per-
fectly healthy and weighed nearly eight
pounds. The happy family is recovering at
home for a few more weeks.
If anyone would like to send well-wishes,
please send them to
11856 W. 57th Ave, Unit B Arvada, CO 80002
Below is a photo of the happy family.



Debra Flick is an avid gardener, see her amazing tulips!



District News and more...

[District Conference - Day of Service](#)

May 8, Saturday Morning, 9:00am-4:00pm

Additional Half Days include April 29, May 9, 11-13

Through Project Worthmore, Area 1 has chosen to work with DeLaney Farm in a variety of ways and over a number of days. Please respond to the survey that our club sent last Thursday to provide your preference for participation. There will be several ways in which to participate including scraping, sanding, caulking, and painting; or weeding, mulching and working with the earth, etc. This work will take several days.

If you are interested, [please click here](#) or on the link below to see all the dates and times you can join us!

<https://www.signupgenius.com/go/10C0945A9AA29A3FD0-district>

You can sign up for multiple days if you are able to join us for more than one slot and you can sign up your family and friends. Please bring your own work gloves. Tools and materials will be provided.

The work-days are April 29, May 8, 11, 12, and 13, split in half day shifts, 9a-12:30p or 12:30p-4:00p.

Hope you can join your fellow Rotarians from Area 1 in District 5450!

For additional information, please contact LCS Chair, [Tom Cella](#) or 303 981 1222.

Service above Self, Brad Thompson, 2020-2021 DMHR Club President

Denver Mile High Diversity, Equity, Inclusion and Belonging (DEI&B)

Thank you to everyone who completed the DEI&B survey - 33 people participated, representing 65% of DMHR members. With the information gathered and a great deal of research and thought, **Debra Flick** was able to produce a plan for DMHR to actively pursue DEI&B, and in the process, to apply for a \$1,500 *Rotary has a Dream Diversity Award* offered by the Rotary Club of Centennial.

[Click here for a link to the final presentation](#) which Debra provided with the award application. Below left is the graphic Debra created to represent DMHR's commitment to DEI&B! Nice work, Debra!



UPDATE - Denver Kids and BrainWise

Pat Gorman-Barry has provided an update about Denver Kids and their successes with BrainWise. [Please click here for a link](#) to the full article including photos!

Denver Mile High Rotarians, trained in the BrainWise techniques were instrumental in providing training to Denver Kids, with great results. See it all at the link above.



Monthly District News

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

Service Above Self - Volunteer Opportunities



Site	Address	Day of Week for Events	First Event Time	Access Window for Vaccine Staff	Ongoing schedule
Bear Valley Library	5171 W Dartmouth Ave, Denver 80236	Sundays	11 am to 7 pm every Sunday through at least May	9:45 am to 8 pm	Might skip some Sunday Holidays
Barnum Rec Center	360 Hooker Street, Denver 80219	Wednesdays	9 am to 5 pm	7:45 am to 6 pm 10:45 to 9pm on days	9am to 5 pm May 5 May 19 12 pm to 8pm May 12 May 26
MLK Rec Center	3880 Newport St, Denver 80207	Tuesdays	9am to 5 pm	7:45 am to 6 pm 10:45 to 9pm	9am to 5 pm May 5 May 18 12 pm to 8pm May 11 May 25

Audrey Leavitt has shared the current list of vaccine sites. Please contact [Audrey](#) (610-805-7579) for info on the Indian Center vaccination days.

Barnum and MLK now have added a third shift running 8a-8p. A shift is 4 hours.



The Conflict Center Volunteer Opportunity

Hello TCC volunteer,

We now have dates for Peace In A Box assembly and distribution. We hope you will join us for this fun event! We need volunteers for the following dates and times:

Assembly dates: You can work all or part of the shift.

Tuesday, May 18th: 9:30-1:30

Wednesday, May 19th: 11-3:00

Monday, May 24th: 10-2:00

Tuesday, May 25th: 10-2:00

Wednesday, June 2nd: 11-3:00

Thursday, June 3rd: 10-2:00

Distribution day:

Saturday, June 12th

Set-up 10:00

Distribution 11 - 2:00

Clean-up 2 - 3:00

Please let me know if you are available and which day(s) and time(s) you would like to sign up for. All volunteers must complete a background check. I have attached the form and will also need a copy of your photo ID.

Please let me know if you have questions. I look forward to hearing from you.

[Ronnie Weiss](#) Phone 303.865.5634

[Click here](#) to view the background check form.



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, May 13 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. See page 6 of this newsletter for current opportunities to help. If you would like more information or to sign up, please contact [Ronnie Weiss](#).

If you wish to volunteer at any of the 9 Health Vaccination Sites, please contact [Audrey Leavitt](#) 610-805-7579.

Audrey suggests you invite a friend as there is plenty of volunteer work to go around.

Additionally, your friend will be introduced to Rotary's Service Above Self and even may be motivated to become a Rotarian!



DMHR Service Above Self - Members doing good!

Guitars for Troops

DMHR's Local Community Service (LCS) committee contributed to a District Grant organized by **Patricia Fiske** from Castle Pines Rotary. The grant provided 45 guitars for active and inactive members of the military. Rotarians met at Elite Sound, a music business that houses the *Guitars for Troops* NPO and has a warehouse for the guitars, which resembles a museum, according to **Pat Gorman Barry**. While packing the guitars, Nathan, one of the guitar recipients, stopped by and posed with the Rotarians.



Pat Gorman Barry and Patricia Fiske

← pose with Nathan Brewer and the Castle Pines Rotary.

Presentation of the District Grant check to → Gordon Close for Guitars for Troops.



Above, assembling packages for shipping the guitars.

← Carefully packing the Rotary logo in the guitar.

Service Above Self - Volunteer Opportunities

Project Worthmore Asks for Assistance for a Refugee Family

Tom Cella received the following from the Volunteer coordinator at Project Worthmore...

Thanks for circling back with me on our needs! The family is from Afghanistan and they were able to come because they won a visa lottery. This is great, but it means that they don't get the same relocation support that other refugees get. They don't have a resettlement agency that gets them set up with a furnished apartment or helps them with the basic needs that most refugees get when they come here. The family has been here about 6 weeks and are still waiting for their green cards. This means they can't work, so they are in a pretty difficult situation! They are a family of 7, living in a two bedroom apartment. We have put together a signup genius in hopes of helping them get settled.

<https://www.signupgenius.com/go/4090A4EAFAD2DA13-furnishings>

Thanks for sharing this with your circle, Tom! Let me know if you have any more questions.

All the best,
Anne Kedl
Volunteer Coordinator
Project Worthmore
www.projectworthmore.org
1666 Elmira St.
Aurora, CO 80010
Office 720-460-1393
cell 720-284-9986

Connect with the stories of Denver's refugee community and Project Worthmore's work via our [newsletter](#).



**PROJECT
WORTHMORE**

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 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 Economic & Community Development And Vocational Service Month	NOVEMBER Write Holiday Cards for Active and Deployed Military Citrus Fundraiser Rotary Foundation Month	DECEMBER Holiday Party Toy Drive Family Month