

May 6, 2020

Denver Mile High
Rotary
Club



President's Column

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Hello Denver Mile High Rotarians!

It is spectacular weather and we don't have to go to work. What could be better than that? I'll tell you what could be better... a fresh round of margaritas and restocked bowls of chips and salsa in front of me and my friends (you) on the patio of a Mexican restaurant on Cinco De Mayo in 2021. That's what could be better. But that's down the road, let's focus closer...

At tomorrow's video meeting I'm really looking forward to hearing Mike Klis - the Denver Broncos INSIDER - as our speaker tomorrow morning. I've been a Broncos fan my whole life. He'll be talking about their recently successful draft, what's happening with ownership, etc. but will mostly be taking questions. It will be really cool to be able to ask questions directly and I know you all will come with really interesting questions so it will be very fun!

Below is the picture I described last week that hangs in our family room - Living Smaller. It's what we're doing; living smaller. We should be content. We should be happy. We can look forward to the moments mentioned in the previous paragraphs, but the current moment - with what it has - is all we really need.

Stay strong during the return to normal life. It will also be a challenge, but if there is anything I know about you all, it's that you are overcomers!

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

treasurerdmh@gmail.com

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

A word from your editor...

Dear fellow Rotarians,

Rotary provides so many resources to us, free for the taking. Last week I wrote of the April Rotary International magazine, and this week I would like to highlight the Polio Fireside Chat the district held via Zoom last week. If you missed the District 5450 Polio Fireside Chat, please see the District News page of this newsletter for a link to enjoy it, or [just click here](#). Truly informative and certainly interesting.

From the questions listed last week, the only answer not found in the magazine but provided below, was to # 8. Extra Credit....What is our beautiful "green" Colorado's average recycling rate? Do you think it is higher or lower than the U.S. **national average rate of 35%**

ANSWER to extra credit....Colorado's rate of recycling was a mere 12% in 2017, and 18% in 2018.

"EcoCycle and CoPIRG's city-by-city breakdown found that Loveland (61 percent), Boulder (52 percent), and Louisville (44 percent) continue to have the best residential recycling rates. Fort Collins has the best overall recycling rate for residential, commercial, and industrial waste (55 percent), and Aspen's residential recycling rate of 40 percent is the best outside of the Front Range."

For an interesting presentation on the recycling condition of our 50 states, [click here](#).

And finally, have the pandemic and ensuing stay at home periods motivated you to write a story, a song or poetry, or to make journal entries? If you would like to share any of these items in the newsletter, please send them to me at annely.noble@comcast.net. Diane's tip of the week recommends this!

THE CORONA VIRUS DOES NOT DAUNT THIS GROUP OF INDIVIDUALS!

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

Annely.Noble@comcast.net

or text to 303-842-8725

Thank you for your **service above self!**

Annely Noble

Denver Mile High Rotary Calendar of Events

See following pages for details

**[Click here](#) for a link to the online
Denver Mile High Events Calendar**

All meetings will be hosted on Zoom or other online teleconference utility until further notice. Watch this space, your e-mail inbox and the Rotary website for ways and directions to participate.

May 5th - *Today* - Denver Mile High Virtual Happy Hour - 5-6:30pm - see page 5 for details

May 6th - Regularly scheduled Rotary meeting - Speaker is Mike Klis, who is the Broncos Insider at 9NEWS in Denver, Colorado. He knows what we all want to know, be ready with questions!

May 13th - Regularly scheduled Rotary meeting - Managing Through and Beyond The Crisis. Q&A with Fred Taylor and Charlie Farrell - North Star Investment services. Send Robin your questions in advance to get the most out of this session. Robin Springer - 2respri@gmail.com

May 17th - [Run in the Colfax](#) for Shelter Box USA. Rescheduling for 2020 will not be announced until May at the earliest. [Click for rescheduling details.](#)

May 19th - Foundation Board Meeting - Watch e-mail for time and connection information.

May 20th - Regularly scheduled Rotary meeting - Bob Kemp and Audrey Leavitt speak on their trip to Africa delivering crutches and other medical devices

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

Save the Date... World Peace Day at The Conflict Center - RESCHEDULED to Saturday, August 8.

In case you missed the April 29th meeting, below are some links from Scott that you may wish to have.

We had a great meeting and presentation today from Shari Storm. Here is the link to watch it if you missed it:

<https://vimeo.com/413153612/6b7239b770>

Here is the link to the video she played on the presentation:

https://www.instagram.com/p/B_PrVZdhMiR/

If anyone wants to buy a signed copy of Sheri's book, it is \$15.00 total. Venmo is easiest or she can send a link for a credit card payment. Email her at sharistorm@category6consulting.com



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 6th - Mike Klis, our guest presenter, is the Broncos Insider at 9NEWS in Denver, Colorado. Mike went to college to be a sports broadcaster. He was so good at it he became a sports writer. On April 27, 2015, a mere 34 years after Mike received his degree in radio/TV broadcasting from Murray State, he joined 9NEWS to become its Broncos Insider. Be sure to Zoom in, **and invite your sports friends to join us**, to learn all about the Broncos and the recent draft!

May 13th - Managing Through and Beyond the Crisis - Fred Taylor and Charlie Farrell, Founder and CEO of Northstar Financial Advisors. Two nationally recognized investment professionals will answer your questions about the fast changing nature of the markets/Caronavirus/events as they relate to investing. Please send Robin your questions regarding your topics of interest so Fred and Charlie make sure they address them during their presentation. 2respri@gmail.com

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.

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.

Denver Mile High Virtual Happy Hour

It's that time again...time for our next DMHR Virtual Happy Hour! What better time to have our next virtual social gathering, other than the very day Cinco de Mayo falls on, Taco Tuesday, and during a pandemic lock down caused by something named after a Mexican beer? It's the craziest tri-fecta I have ever heard of!

Hope to see you then!

Ole'!

Brad

Brad Thompson is inviting you to a scheduled Zoom meeting. Topic: Rotary Happy Hour

Time: May 5, 2020 5:00 - 6:30 PM Mountain Time (US and Canada)Join Zoom Meeting

click on this link on your web browser -

<https://us02web.zoom.us/j/7202198737> Meeting ID: 720 219 8737

SERVICE ABOVE SELF...

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)

Apr 22, 2020 09:00 AM

Apr 29, 2020 09:00 AM

May 6, 2020 09:00 AM

May 13, 2020 09:00 AM

May 20, 2020 09:00 AM

May 27, 2020 09:00 AM

Join Zoom Meeting

<https://us02web.zoom.us/j/689706312?pwd=RlBpRlJFMXZQTnpWaGYybW9zU1FNZz09>

Meeting ID: 689 706 312

Password: 789707

Get in touch with your fellow Rotarians by joining the Slack communication platform.

[Click here](#) to get connected now.

Stay connected with...

Change of Contact Info...Michael Tapp wants to make sure everyone knows that he has changed jobs and contact info. After 15 years as a Private Mortgage Banker at Wells, Michael has accepted a position as Senior Mortgage Banker with Prosperity Home Mortgage (a Berkshire Hathaway Company).

Please update your contact info for Michael to include his new e-mail addresses: Michael.Tapp@PHMLoans.com (work)

OR michaelptapp@gmail.com (home).

His cell phone has stayed the same at 720-937-0452.

Reach out to Michael to see what he is up to when you have a chance."

Ronnie Weiss and Amy Weed volunteered at Food For Thought this week at the Loretto Heights College. There were plenty of volunteers; Food for Thought provided gloves and masks.



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


Just for fun and diversion...

Brad Thompson read [this article](#) and wanted to share it with our club members. Enjoy the read and the reminder that the simple things in life can be the most rewarding.

<https://www.bbc.com/worklife/article/20200429-nicoya-the-costa-rican-peninsula-where-centenarians-thrive>


[Click here for SGN](#) - Some Good News, thanks to Brad Thompson

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



Mental Wellness Tip of the Week

Create - Write a poem or short story



How have these "shelter in place" and "safer at home" times changed your life? Have you written a poem, a song, a story, or made journal entries that you would care to share? Please send to Annely for inclusion in the newsletter.

Member Contributions

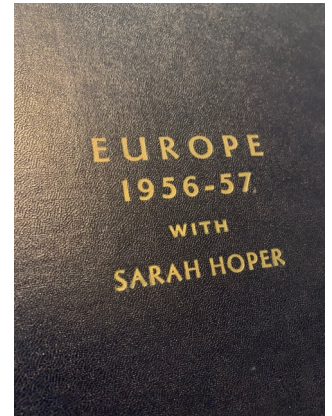
Friendship, Caring, and Memories

While travel seems far away now, we all have wonderful memories to share about past adventures. During a COVID-19 "distance-visit" with **Sarah Hite** at her house, **Melanie Gentz** learned that Sarah had an extensive collection of memorabilia and letters she sent to her parents during a college year abroad. Sarah was twenty years old when she studied in France from 1956-57 and traveled throughout Europe. Her father had their correspondence typed up and bound into a memory book with photos.



Melanie said that adding to the excitement of Sarah's year abroad was learning that Sarah's boyfriend and future husband, **Bob Hite**, was studying in Holland at the same time. In addition to stories of Bob, Sarah told Melanie about how she became fluent in French, visited many other European countries, and wrote her parents about the people she met, her travels, and the valuable lessons she learned. Sarah expressed gratitude to her parents for the opportunities they gave her – a tradition she has given to her own children.

Reflecting on their conversation, Melanie said she realized that she and Sarah share the same sense of adventures and have had similar parallels in their lives. During the pandemic, Melanie stops by to see Sarah, brings her lunch, and talks to her from the required distance. DMHR treasures these two members and their story of how to safely keep in touch during COVID-19.



Weekly Inspirators, Greeters & Hosts

Date	Inspiration	Greeters	Host	Vocation
May 6	Melanie Gentz	Kevin Gallaway and Tom Giordano	Brian Good	
May 13	Tom Gregory	Sarah Hanstad and Ted Hendryx	Dan Himelspace	
May 20	Sarah Hite	Bob Kemp and Audrey Leavitt	Kevin LeVezeu	
May 27	Jeff McAnallen	Diane Messamore and Suzanne Lorenz	Constance Mortell	
June 3	Carolyn Nobel	Annely Noble and Geoff Noble	Paul Karlson	

WEEKLY PRESENTATIONS

It's time to get back into the swing of things even under these unique circumstances - and that means meeting programs. It is a bit challenging under these circumstances but if you have any thoughts you'd like to share, please contact me.

Thank you - Robin

May Birthdays

May 10th - Robin Springer

May 11th - Tony Viada

May 20th - Amy Weed



[Click here](#) to see a powerful video displaying power and truth... compliments of Constance Mortell

And, for a follow up that's even better, [click here](#)!

District Announcements

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](#) or the link below to watch and listen to the recording:

<https://rotary5450.sharepoint.com/:v:/g/EUPmhtQP1TREgEX3r1pks4Bp5eFz1RiMdYbidoV7-Fufw?e=5k9zS4>

Beverly Mendel
District Operations Manager
303.477.0654

office@rotary5450.org

[District and Club Award](#)

[Applications Due May 15th](#)

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.

It's windy outside...

Write a poem, song or short story
and submit it to the newsletter!

Launder and put away your winter clothing,
leaving only a few layering clothes
for camping or occasional cool days.

Take stock of your supply of greeting cards, e.g.
birthday, get well, condolence, thinking of you.

Make a surprise dessert or bake an unusual loaf
of bread—requirement is that you must use
ONLY the food supplies you have on hand!

Give your pet a bath in your bathtub or deep sink!

Continue clearing closets and the dungeon!

Look up those pesky grammar questions...is it
Covid-19 or COVID 19? When to use i.e. or e.g.?

Place a stuffed animal(s) in a front window
for children walking by who
are on a “bear hunt”.

It's WARM outside... but keep social distancing in effect

Dig out those dandelions from the grass
before the seeds fly!

Take a walk with or without a pet at the dog park,
and enjoy the company of furry friends.

Use chalk to write notes of encouragement
on your sidewalk.

Take a walk around your neighborhood and
photograph the changing season, i.e. flowers,
trees budding and blooming, painted rocks, etc.

Give your pet a bath outside with the hose!

Tidy up your garage, making a corner to place donation
items until the centers accept donations again.

Eat your lunch outside on the patio, balcony or porch.

Sit in front of your home and wave to all who walk by.

Contributions to DMHR Foundation



This function will be rescheduled, still waiting for the date!
please [click here](#) for the link
to the new date of this event,
which may be announced in May

**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
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)

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>

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2019-2020 Corporate Sponsors

