

President's Column:

May 7, 2019



Hi everyone,

Our speakers last week were fabulous, don't you agree? Two refugees—Majid Shaalan from Iraq and Nhi Aronheim from Vietnam. Each of them experienced danger that we cannot even imagine, living in and escaping their homelands. Even though they faced incredible challenges when they got to America, they have survived and thrived in the United States. It was really an honor to hear them talk about their experiences.

We are very grateful to have met Majid 12 years ago and to have played a part in his successes in this country.

Speaking of long histories, we will be celebrating our 30th anniversary next Wednesday. Our guest of honor will be Karol Shupe, the widow of our Club's founder, Loy Dickinson. Steve Sehnert, a former member now living in Steamboat Springs, will present a short history of Loy and his Rotary history. We were lucky that, even though Loy helped start many Clubs, he chose to stay with our Club. He saw us as a special Club...and we believe that we are still special.

Hear more at the meeting on Wednesday.

We will also have a chance to watch the incredible photo show that Robin put together for the Spring Swing.

See you all Wednesday. Have a wonderful week.
Carolyn

Jared Beach has been approved for membership in the Club. He is a successful business owner, fifth generation Denver native, and will be involved in local community service. His sponsor is Dan Himelspach.

Jared will be inducted on May 15.

High Rotary on the Web:

www.denvermilehigh.org

[Denver Mile High Rotary on Facebook](#)

[Denver Mile High Rotary on LinkedIn](#)

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[Rotary District 5450 Website](#)

[Rotary International Website](#)

Inside this issue:

Upcoming Programs **2**

Family of Rotary **3**

Inspirators, Greeters, **4**

DMHR Calendar

Sponsors **6**

FAMILY OF ROTARY

Metro Caring Community Garden. DMHR's Local Community Service committee is supporting a garden the Metro Caring organization provides so families and individuals can have plots to grow their own vegetables. CEO Teva Sienicki spoke to DMHR a few months ago and told members learned about the organization that provides any impoverished community member and their families with healthy food sources. We learned about its free grocery store where shoppers can choose from an array of nutritious foods that meet their health and dietary needs. These include fresh fruits and vegetables, whole grains, dairy products, and lean protein.



The organization also provides cooking and education lessons and recipes, cultural cooking clubs, cooking for children and families, and cooking for diabetics. They launched a job-readiness program in 2016, and provide assistance to individuals in need of ID and utilities assistance and help navigating government food programs.

Last summer, St. Joseph's Hospital offered gardening space for Metro Caring at their park on the corner of 18th and Humboldt. Metro Caring assigned spaces to individuals and families, giving them an opportunity to grow their own food. This summer, DMHR stepped up and will build additional beds for more individual gardens. The project will increase the number of proud participants who are able to not only grow food for their families, but donate the extra produce to Metro Caring's store. **Tom Cella** is the project champion. He and **Robin Springer** visited the space last week to make preparations for this Saturday's project.



Tom and Robin

VOLUNTEERS ARE NEEDED THIS SATURDAY!

PLEASE CONTACT ROBIN AT 2respri@gmail.com / 303-778-0858

Tom Cella getting ready to build 5 more garden beds this Saturday (may 11th) for Metro Caring. Space is limited - call/write to Robin if interested in helping or to confirm your attendance.



Sarah Hite has been a long-time volunteer with Metro Caring and works at their grocery store every Wednesday following Rotary. A few weeks ago, Sarah was in a car accident caused by a cup of coffee. Her injuries were minor, but she totaled her car and damaged another. The incident was unnerving and she was willing to give up driving but was encouraged to take a rigorous driving test to evaluate her skills. She agreed, and was delighted when she learned she had passed with flying colors. She will receive her new car this week. Typical of Sarah, she continued her busy schedule in the weeks following the accident, and kept her Rotary and Metro



Pa

Caring commitments by arranging alternate transportation.



Terry Fiske Update

The fragile health of Terry has reached a point he will start to receive in-home hospice care this week. Patricia has managed his care at home for several years, but his declining health has led to the need for hospice. The "always thinking of others" Patricia shares two books she recommends: *Being Mortal*:

Medicine and What Matters at the End by Atul Gawande, MD and *Advice to Future Corpses and Those Who Love Them* by Sally Tisdale.

Terry is a charter member of DMHR and actively served the club and community more than two decades. He headed the Family of Rotary for many years and was a prominent attorney and Marine who served in WW II. He and Patricia would enjoy cards, so please send them a note to 836 Good Hope Drive, Castle Rock, CO 80108,



Patricia, Terry and Melanie



Have Fun While

Making a Difference

Join the Rotary Club of Castle Pines

for Top Golf

on Sunday, May 19th

5:00 – 8:00 p.m. (4:30 p.m. check in)



[Click Here to Register Online](#)

\$125.00

per person buys you...

3 hours Top Golf tournament play

Golf Prizes

Great Food

2 Drink Tickets

Lotsa Fun

Contributing to Making a Difference!

[Click Here for Printable Form for Mail Registration](#)

**Make checks payable to
Rotary Club of Castle Pines Foundation
P.O. Box 796
Castle Rock, CO 80108**

Denver Mile High Rotary Calendar of Events

<http://denvermilehigh.org/Events/Calendar>

May 9th - Happy Hour at the Acoma 5-7pm - 816 Acoma - we will have a keg of Cooper Kettle beer, feel free to bring wine or if you prefer something other than beer, or an app.

May 10th - Join the Rotary Club of Five Points RiNo 7:30 - 9:30pm for a silent disco and silent auction. All proceeds will go to support local non-profits, including the Women's Bean Project, GrowHaus, Bessie's Hope, and more. \$30

There will also be food trucks available in Improper City's expansive outdoor space.

Tickets can be purchased and a list of silent auction items can be found here: <https://www.eventbrite.com/e/silent-disco-party-for-a-cause-tickets-58592497738>

May 21st - Foundation Board Meeting—7am at PERA

June 22nd - Annual Rafting Trip - More details to come - Save the date Mile Hi Rafting – Contact Geoff Noble

April 18th, 2020 - 2nd Annual Mile High Spring Swing event! Date is set. Venue secured. Band is getting locked in. Catering should be good to go. Wheels are in motion. Discounted tickets are in the works. We should talk about the details and new Eventbrite page in the next week!

Fantastic day of Hiking Mt Galbraith - May 4th.



Denver Mile High Rotary Upcoming Programs

May 8th - DMH Celebration - 30th Year Anniversary

May 15th - Tim Portz - Cryptocurrency

June 12th - Mike Kuhn, DVM - Antibiotic Stewardship / Animal Health—SafeFood



CAPTURE THE MOMENT

Are you among the 25,000 people who have already registered for the convention? If not, don't miss this opportunity to experience the spirit of Rotary with people of action from around the globe at the 2019 Rotary International Convention in Hamburg, 1-5 June.

Gain new perspectives from [exceptional speakers](#) during general sessions, raise awareness of Rotary's work toward polio eradication at the [3K Walk Against Polio](#), and explore the [House of Friendship](#), where you'll discover the four priorities of Rotary's new strategic plan at the exhibit The Future of Rotary.

Time is running out. Register today, and Capture the Moment with new friends.

P.S.: don't forget to [register for the Convention Orientation Webinar](#) which will take place on 9 May at 12:00 p.m. CDT.

Weekly Inspirators, Greeters & Hosts

May 8th -

Inspiration - Carolyn Nobel

Greeters - Geoff Noble and Karl Paulson

Host - Charlene Porter

May 15th

Inspiration - Adams Price

Greeters - Kaili Purviance and Heidi Resetarits-Buchhout

Host - Chuck Rudolph

Induction of new member - Jared Beach

May 22nd -

Inspiration - Linda Sue Shirkey

Greeters - Roberta Simonton and Vass Sirpolaidis

Host - Scott Smeester

Vocational - Amy Weed

May 29th -

Inspiration - Michael Tapp

Greeters - Diane Messamore and Betty Speir

Host - Robin Springer

May Birthdays

May 10th - **Robin Springer**

May 11th - **Tony Vaida**

May 20th - **Amy Weed**

May 26 - **Anson Thompson**



JOIN THE ROTARY HALF-DAY RAFTING TRIPS WITH MILE HI RAFTING ON SATURDAY, JUNE 22ND



A \$5 DONATION IS INCLUDED
IN THE COST OF EACH TRIP.
ALL PROCEEDS GO TO SUPPORT
THE WARRIORS ON CATARACT
PROGRAM

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. Get ready for some fun on our exciting 'Sure Shot' beginner-rafting trip. Begin with passing 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 newly developed 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) - \$62 ADULTS

Perhaps you've already been there and 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.

**Contact Melanie Gentz, Andrew Bell, Scott
Smeester, or Geoff Noble at**
gtnoble@comcast.net

**All rebates to be donated directly to the Colorado based non-profit
program Warriors on Cataract**

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

Checks should be made out the Rotary Club of Denver Mile High Foundation (although DMHR Foundation will work). For questions, contact Tom at 303-263-5091

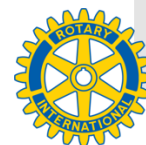
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GIVING

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