

Oct 26, 2020

Denver Mile High  
**Rotary**  
Club



## President's Column

### Denver Mile High Rotary on the Web:

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[Rotary District 5450](#)

[Rotary International](#)

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### NOTE

Please [click here](#) for the  
October 7th [newsletter](#) and  
for more information on  
- District Announcements  
- Calendar-at-a-Glance,  
- DMHR Admin Info for  
dues payments, etc.  
- DMHR Foundation

Greetings Denver Mile Rotarians!

Oct 26, 2020

I hoped everyone enjoyed Amanda's presentation on Emotional Intelligence! She enjoyed sharing her insights and details about EQ and the real impacts it has in all aspects of our lives: professionally, personally, as Rotarians, and especially during COVID.

This Thursday, we will be loading up our moving pod and closing this chapter in Denver after many, many decades. Friday we'll drive to Tulsa and have dinner with good friends of mine from college. Saturday we'll be in Jackson, MS and staying with more good friends there, and Sunday we'll finish our drive and will be in St. Simon's Island, GA with Amanda's mom and husband for a few weeks, as our house is finished up.

Joke of the week: (HALLOWEEN THEME THIS MONTH) Why are ghosts such bad liars? Because you can see right through them!

Stay well and see you in person or on Zoom on Wednesday!

Brad Thompson

### So Long Soirée

for Brad and Amanda Thompson

**TOMORROW - October 27th from 5-7pm on Zoom**

Due to the upsurge in Coronavirus cases,  
Mayor Hancock has tightened restrictions on in-person events  
resulting in the need for a Zoom sendoff for Brad and Amanda.

[Click here for the news item](#). Questions? Contact Betty Speir  
No fears, Brad is continuing as DMHR's President, Zooming in long distance.

### Interesting Fact

**Attendance 21 Oct 2020**

52 Total membership  
20 - Attending in person  
17 - Attending on Zoom  
14 - Unaccounted for  
1 - Guest  
3 - Zoom club views





## Zoom Details and Meeting Schedule

### ZOOM LINK

**In addition to in-person meetings**, we will have Zoom video conferencing available. The Zoom meeting "room" will open at 7:00 am, and the meeting will begin at 7:15.

**To join the Zoom meeting, click on the following link:**

<https://zoom.us/j/317120546?pwd=ZjZKeGMyNEFQU2pTSXErZUpUa0Z3UT09>

Meeting ID: 317 120 546

Password: DMHR2020

#### **If you are participating via ZOOM, here's what you can expect:**

**7:00** - Dial into the call and chat amongst yourselves, mute and unmute yourselves to mix and mingle.

**7:15** - Ding, Ding! Everyone mute. Brad will go live and call the meeting to order, announce guests, inspiration and pledge.

**7:20** - Brad will mute his phone to prevent audio feedback, all Zoom participants can unmute and chat amongst yourselves again. We will try to have some cameo appearances by our "in person" members, walk by, wave, and say hello via my computer with the audio on. We'll see if that works next week.

**7:40** - Everyone mute yourselves; the meeting announcements/presentation will begin.

**8:25** - Q&A

**8:30** - 4 way test and end the meeting. Ding, Ding!

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

Dear fellow Rotarians,

It is already 10:00 am on Monday and I am just now getting this newsletter to your e-mail inboxes! There is something about snow days that takes the urgency out of my life; do any of you have that same feeling? It's a good thing unless you are one of those individuals who likes to see the newsletter first thing Monday morning. Sorry!

Having heard Kip Otteson's podcast on the Platte Valley Yacht Club, I strongly recommend you not miss his presentation this coming Wednesday! Also, having raised three children who have each served in our U.S. military, I am excited about the upcoming November 4th "Write our troops" Rotary meeting. My upcoming "inspiration" will share a story related to this function.

I have purchased two boxes of citrus and have promises from friends to order more; how are your sales coming along? Remember that all profits (\$20 per box sold) will go directly to our DMHR Foundation, which we use to do good in our community, nation, and world. Can we each sell at least 5 boxes? Please help fund this important work. See page 5 for details.

Believing in the power of Rotary to improve the world...together we can achieve...

See you Wednesday!

Annely Noble

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*The more you contribute to your Rotary Experience,  
the more you benefit from your Rotary Experience.*

*What are YOU contributing to Rotary?*

## Denver Mile High Rotary Calendar of Events

**October 27 - 5-7pm - So Long Soirée for Brad and Amanda Thompson** - See details on first page of newsletter.  
**October 27 - CHANGE - Rotary Book Club moved to Nov 3 at 4:30pm.** Now you can Zoom into the So Long Soirée.

**October 28 - Kip Otteson—Platte Canyon Yacht Club** - How do you motivate a group of mountain high school students in a creative, innovative way? Enter them in a 70-mile ocean race and tell them they have to build their own boat. You won't believe the outcome!

**November 1 - Margaret Van Vliet's Mini-mini Sunday Brunch – ALPEN STYLE!**

**November 4 - Street sweeping on Sherman**, park on another street. *Last month until April 2021 for sweeping.*

**November 4 - DMHR Club Activity - Writing cards to our deployed military.** Time also available for a vocational talk. See [page 8](#) for details if you are a Zoom attender or want to send additional cards.

**November 11 - Heather Potters, Pharmajet** - relays her story of discovering need and inventing the solution, specifically...Polio eradication!

**November 18 - Sara Dawson** (in person) - **Researching the History of Your Home.** Sara Dawson researches older homes to discover the historic significance of the people, place, architecture, and events that took place there to assist homeowners and associations applying for historic designations. What's in your home?

**November 19 - DMH Rotary Foundation Board Meeting - 7:00am** - Contact Tony Vaida for call-in information.

**November 23 - Last day to order Citrus—Contact Amy Weed**

**November 25 - CLUB DARK - THANKSGIVING.**

**November 30 - World Community Service meeting.**

**December 2 - Parking on Sherman - No restrictions.** Street sweeping runs April through November.

**December 9 - Pem Dorjee Sherpa - From Everest ascents** to a home in the US, to Projects Back in his native Nepal. Aside from his mountaineering achievements, Dorjee has worked on improving the quality of life in his home village of Chayangba. Dorjee has organized service projects such as dental, eye, and other health projects, as well as funding to build libraries, schools, and drinking water systems in his village and other remote villages in Nepal.

**December 12 - Pick up Citrus orders** at 1600 W. Colfax; details will follow.

**December 16 - Back in the Day - DMHR Rotarians' Childhood photos and memories;** can you identify our members from their 10 year old or younger photos? Or from their stories? See next page for more information.

**December 23 - Club Dark**

**December 30 - Club Dark**

**January 6 - Time available** for a presentation, please contact Brian Good.

**January 13 - Club Activity** - Write Valentine's Cards for shut ins, those we haven't seen for a while, etc.

**January 20 - Debra Fine - Author of the Fine Art of Small Talk and The Fine Art of the Big Talk.** Local author!

## Weekly Inspirators, Greeters & Hosts

Date	Inspiration	Greeters	Host
October 28	Janine Kempfer	Dan Himelspace and Sarah Hite	Noreen Keleshian
November 4	Scott Smeester	Audrey Leavitt and Kevin LeVezu	Susanne Lorenz
November 11	Jeff Mcanallen	Diane Messamore and Constance Mortell	Carolyn Nobel



**Mental Wellness Tip of the Week**  
*Put in your mailbox a note of encouragement to your mail person.*



Mental Wellness brought to you by **Diane Messamore**

### November Birthdays

17 Nov - Chuck Rudolph  
23 Nov - Diane Messamore  
26 Nov - Kaili Purviance  
26 Nov - Carolyn Schrader

**Rotary Book Group** is reading **Girls Like Us** by **Cristina Alger**.  
Join the Rotary book club discussion on **Nov 3 at 4:30 pm**.  
Contact **Linda Sue Shirkey**.

### December Project "Back in the Day!"

Brad Thompson and Brian Good have thought of a fun and creative presentation which will be featured in December but for which they need your help as soon as possible. Janine Kempfer is putting this project together.

Scan and send to Janine a digital photo of yourself, under the age of ten and include a few sentences sharing what this photo means to you or why you love the memory it gives you.

Janine's email is [janine@primemortgage.biz](mailto:janine@primemortgage.biz).

Can't wait to see those cute mugshots!

### Meeting Leader Calendar

Note: One must have been a Rotary president to fill this role.

Nov 4	Scott Smeester	Dec 16	Steve Blazek
Nov 11	Melanie Gentz	Dec 23	Dark - no meeting Happy Holidays to all!
Nov 18	Adams	Dec 30	Dark - no meeting - Enjoy family time, don't go crazy!
Nov 25	Dark - no mtg Happy Thanksgiving.	Jan 6	AVAILABLE
Dec 2	Steve Blazek	Jan 13	Adams
Dec 9	Melanie Gentz	Jan 20.	Melanie Gentz
		Jan 27	AVAILABLE

## Denver Mile High Rotary Citrus Sales

Fresh ruby red grapefruits and fresh navel oranges straight from the Rio Grande Valley in Texas are available in 20 lb. boxes. Boxes of citrus are the perfect gifts for clients, friends and family or for your own winter enjoyment. In addition, boxes of oranges are available for donation to Food for Thought (FFT), which provides food for schoolchildren in Denver and Aurora.

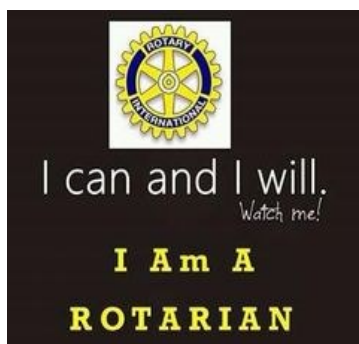
The Denver Mile High Rotary Club uses the proceeds from the sale to fund projects serving Denver and international communities. Buying holiday citrus is a fantastic way to give twice! Denver projects include:



- 9HealthFair
- The Conflict Center
- Metro Caring
- Organizations affected by COVID-19
- Warriors on Cataract
- Mental Health Awareness
- Rotary Youth Leadership Awards (RYLA)

Orders can be picked up or delivery can be arranged. Orders must be received by November 23. Pickup will be at 1600 West Colfax Avenue on December 12. Details will be provided later. To order, bring this completed form with checks or cash to the club meeting or mail this form along with checks to: Amy Weed, 1535 Newport St., Denver, CO 80220. Please make checks out to: Denver Mile High Rotary Foundation. Credit card orders can be made at club meetings or online (<https://dmhr-105472.square.site/>). For additional questions, contact Tom Giordano ([giordant@comcast.net](mailto:giordant@comcast.net)) or Amy Weed ([aeweed7@yahoo.com](mailto:aeweed7@yahoo.com)).

Name	email	Rotarian Name





## District 5450 News

### 2020 Rotary International President's Dinner

Due to COVID-19, the District is unable to hold the typical President's dinner, so we've opted for a **virtual luncheon with RI President Holger Knaack LIVE from Germany**. The program will include a polio update, and this event will also serve as our annual polio fundraiser. We hope that you will attend, and continue to support the End Polio Now program!

**Sunday, Nov. 1st from noon to 1 pm MST**

**Only \$28 to register! \$25 goes to fight polio - additional donations welcome**

Additional Guest Speaker Rachel Lonsdale, Gates Foundation Polio Program

[REGISTER NOW!](#)

Watch this great [polio update video from DG Bob Kemp](#), which includes photos from his March 2020 Uganda trip and the impact polio has on its victims.



**If you have questions, please call**

Bev Mendel

District Operations Manager

303-477-0654

[office@rotary5450.org](mailto:office@rotary5450.org)



Register now for these great events!  
All times listed are Mountain Time US. **Daylight Savings Time ends Nov. 1!!!**

[Virtual Lunch w/RI President Holger Knaack & Polio Fundraiser](#) —>

Sunday, Nov. 1 | 12:00 to 1:00 pm MST

[Alternative Membership Options & Satellite Clubs -](#)

Tuesday, Nov. 10 | 7:00 to 8:00 pm MST

[Ethics of the 4-Way Test](#)

Tuesday, Dec. 1 | 7:00 to 8:00 pm MST

[Membership Panel Discussion \(Satellites, Alumni, Engagement\)](#)

Tuesday, Jan. 5 | 7:00 to 8:00 pm MST

[Strategies for Developing RI Leads](#)

Tuesday, Jan. 26 | 7:00 to 8:00 pm MST



Holger Knaack  
2020-2021  
RI President

Registration and descriptions for all events is on the District website at [www.rotary5450.org](http://www.rotary5450.org).  
**You do not need to log in to register for events.**

Beverly Mendel  
District Operations Manager  
303-477-0654  
[office@rotary5450.org](mailto:office@rotary5450.org)



## District 5450 News Cont'd

Dear District 5450 Rotarians,

As I am sure you have all heard, the **wildfire situation here in Colorado** has taken a turn for the worse. While we do not yet know the full impact of these devastating fires and events, we do know that this is a significant Natural Disaster. This is a time for Rotarians to respond. The best way in which you can help now is to donate to the District 5450 Colorado Wildfire Relief Fund.

Please know that the District Disaster Response Team is coordinating with local Rotarians from the impacted communities. Our thoughts and prayers go out to those who still are in harm's way. Over the coming days and weeks, we will determine how Rotary can best help with hands on service. First we need for the fires to subside and for initial damage assessments to be made.

Until recent days much of the impact of these fires was largely environmental in nature as large tracts of remote forest land were consumed by the flames. The most recent fires unfortunately have had a more distinct socio-economic impact as flames swept through populated mountain communities. While everyone has experienced the discomfort from persistent smoke, many areas are now experiencing mandatory evacuations as flames approach populated areas. We learned this morning that at least one of our Grand Lake Rotarians lost her home last night. There may be others as well. Rotarians and their communities in Grand Lake, Granby, and surrounding areas have taken a direct hit. Foothill communities outside of Boulder and Longmont have also been severely impacted.

Thanks everyone for joining us in this time of need for our neighbors and friends.

**Bob Kemp**

Rotary Club of Denver Mile High  
District 5450 Governor 2020-21  
DGBob2020.21@gmail.com

Opportunity brought to our attention by **Carolyn Schrader...**

The Arthur V. Mauro Institute for Peace & Justice at St. Paul's College and the University of Manitoba  
Peace and Conflict Studies Graduate Programs in collaboration with Rotary District 5550  
World Peace Partners and the Conflict and Resilience Research Institute of Canada present:

**A Conversation with Nobel Laureate Professor Mohammad Yunus**

Thursday, October 29 - 9:00 am CDT (8:00 am MDT)

We welcome the father of Microcredit and Social Business for a timely conversation about Economic Justice during and in the aftermath of COVID-19. During the conversation, we will explore questions such as:

- What opportunities exist to reinvent and reinvest in our societies and political economies?
- Why is there an urgent need to do so, and does COVID-19 provide an opportune moment?
- Can Western societies achieve greater social equity, enriched by an embrace of Eastern lessons embodied in microcredit and social business principles?

Direct link to [Facebook LIVE!](#)

**The event is also available via Zoom:**

<https://us02web.zoom.us/j/88992678819?pwd=eHdaci9wLzlCYVR2eGl1dkNPbFlzUT09>

Meeting ID: 889 9267 8819 Passcode: DyP9WW

Dial by your location - Meeting ID: 889 9267 8819 Passcode: 476039

Find your local number: <https://us02web.zoom.us/j/koQw8jbF2>

## DMHR Mini-mini Dinner Reviews



**Michael and Betsy Tapp's *Gimme' Those Baby Back Ribs* mini-mini dinner** saw a full house of attendees who so exceedingly enjoyed themselves that no one remembered to take photos! But the attendees, **Diane and Ken Messamore, Roberta Simonton** and her grandson, **Logan** gave glowing reports!



**Amy Weed** and her partner, **Sabin** hosted the next dinner and sent these photos. The fun décor left no question that this was the **Caio Bella mini-mini dinner!** The attendees included **Constance Mortell** and friend **Darby, Audrey Leavitt** and **Bob Connaghan**. The photos of folks stretched out relaxing give the impression that there was *plenty of delicious Italian food!*





## DMHR Club Activity Followup

### Emotional Quotient (EQ) - Additional information Followup to presentation by Amanda Thompson

The following are some of Amanda's and Brad's favorite EQ resources:

**Videos:**

The power of EQ: <https://www.youtube.com/watch?v=fZB2vVHmiug>

Why emotional intelligence matters: <http://www.bakadesuyo.com/2016/08/neuroscience-of-mindfulness/>

**Books:**

[Emotional Intelligence 2.0](#) by Travis Bradberry

[Permission to Feel: Unlocking the Power of Emotions to Help Our Kids, Ourselves, and Our Society Thrive](#)  
by Marc Brackett, PhD

### Military Holiday Cards - November 4 Club Activity - Additional information

For general information regarding this project, [please click here](#) or go to <https://www.forthetroops.org>. See the very last page of this news letter for quick guidelines for writing our American heroes.

Rotarians participating at home have two ways to send greetings to our troops.

- 1.) You may write cards at home and mail them yourselves, or
- 2.) you may e-mail a greeting by [clicking here](#).

Address your packet of cards to "For the Troops", PO Box 12, Simi Valley, CA 93062

E-mail to [USA@ForTheTroops.org](mailto:USA@ForTheTroops.org) Website: [www.ForTheTroops.org](http://www.ForTheTroops.org) Phone: 805-306-0830

### Guidelines for writing to our U.S. Troops

You can send your thanks, encouragement, or even make a difference in the life of a U.S. Serviceperson by writing a letter, signing a greeting card or coloring a picture for one of America's brave heroes. Our troops love hearing from supporters back home. Please follow these guidelines to maintain security, privacy, safety and appropriateness:

- 1.) Address the letter to Freedom Fighter or American Hero.
- 2.) Letters should be uplifting and positive—kids can write about pets, sports, school subjects or activities they like; questions about the weather/landscape/area where The Troops are serving are perfectly acceptable.
- 3.) Thank the freedom fighter/American hero for protecting our country and our freedoms.  
If time permits, The Troops enjoy responding with their own messages—please provide a mailing or email address with every letter/card/picture delivered to For The Troops.
- 4.) Send letters to For The Troops, P.O. Box 12, Simi Valley, CA 93062.

Thank you!

We encourage you and/or your organization to continue corresponding  
with our American heroes *even beyond the holidays*.





## DMHR - The last word

### Donate to the DMHR Foundation Painlessly

**Melanie Gentz** had a great idea regarding **raising money for the DMHR Foundation**. If you have items cluttering up your home, she suggests selling them online and donating the funds to the DMHR Foundation. Melanie can give instructions on how to do this or she has offered to help sell the items online. Please contact Melanie if you would like help selling your items.



Rotary doing good in the neighborhood!  
Photo contributed by **Debra Flick**.

