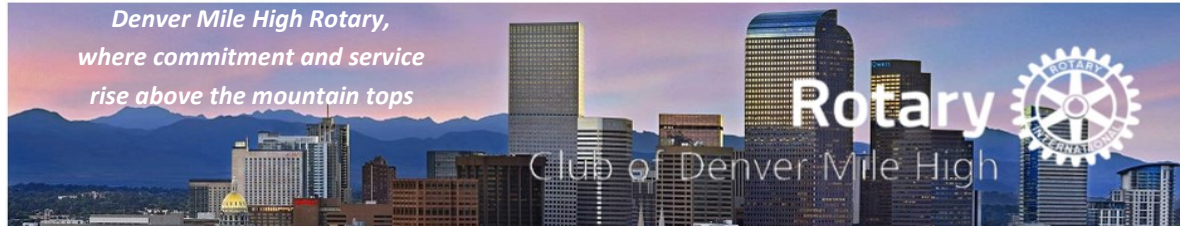




SERVE TO CHANGE LIVES



Rotary Club of Denver Mile High

Denver Mile High Rotary on the Web:

[Denver Mile High Rotary](#)

[DMHR on Facebook](#)

[DMHR on LinkedIn](#)

[DMHR on Instagram](#)

[Rotary District 5450](#)

[Rotary International](#)

Inside this issue:

President's Column	1
Word From the Editor News Worth Knowing	2
Upcoming Program Details and Calendar	3
Inspirators, Greeters, Hosts, Birthdays Tip of the Week, Misc.	4
Fundraising for our Club and Service Above Self	5
Service Above Self	6

President's Column

Hello Denver Mile High Rotarians:

Hard to believe it has been 20 years since the 9/11 terrorist attacks. I remember exactly where I was and what I was doing at the time of the attacks. A tragic event that has changed America forever. I hope you take a moment to remember.

I jumped the gun a bit announcing our meeting for this week, the 15th. We actually have a wonderful speaker lined up for Wednesday, so we will address and discuss what to do with our funds held in reserve and the best utilization for those funds at a future meeting very soon.

Fundraising for the Woohoomanity bike ride is doing awesome. We have a couple of weeks left to hit our goal of \$10,000. We can do it! And speaking of fundraising, please be thinking of other things we can do following the bike ride to raise funds for our Foundation. Citrus sales coming up, but what else can we do....mini-dinners, wine tasting.....please let Tom or myself know if you have ideas.

Love & Respect,
Steve

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=aXZsTXRiZzJLZEVLN2RFZ3bnBRdz09)

[pwd=aXZsTXRiZzJLZEVLN2RFZ3bnBRdz09](https://us02web.zoom.us/j/81294791259?pwd=aXZsTXRiZzJLZEVLN2RFZ3bnBRdz09)

Meeting ID: 812 9479 1259 Passcode: 903839

Please bring your September donations to [Ronnie Weiss](#) at a Wednesday meeting.

CALL FOR DONATIONS

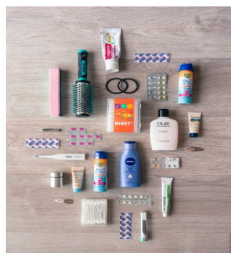
Rotary Club of Five Points RiNo is sponsoring a toiletry shelf for the students of Manual High School. We are seeking new toiletry item donations for restocking the shelf. Contact us for questions or to schedule a pick-up!

ITEMS NEEDED INCLUDE
(BUT ARE NOT LIMITED TO)

DEODORANT
SHAVING SUPPLIES
TOOTHBRUSHES/TOOTHPASTE
SHAMPOO/CONDITIONER
FEMINE PRODUCTS
SOAP/BODY WASH

Contact us at 5point Rotary@gmail.com

Rotary Five Points RiNo
Denver



The next **9Health Fair** will be at CEC on Saturday, Oct 9th. DMHR Members will be needed on October 8th to set up for the Fair, and on October 9th, 7:30a-12:30p to help with the function. **Geoff Noble** has volunteered to be the non-medical volunteer coordinator. See details on page 5.

9Health

Are we Showing Up? We have 52 members
27 Members at U-Club and 1 Speaker at U-Club
6 Members on Zoom and 19 Members missing



SERVE TO CHANGE LIVES

Rotary

Club of Denver Mile High



Page 2

Word from the Editor

A word from your editor

Dear fellow Rotarians,

Announcing...your new editor for the Denver Mile High Rotary Newsletter....**Amanda Biffle!** Please forward any news and calendar items, stories, photos and other information to [Amanda](mailto:Amanda@madisonprops.com) at Amanda@madisonprops.com. Amanda and I will be working together for the next couple issues in order to catch all your information. Thank you, Amanda!

So, as of today, our Denver Mile High Woohoomanity fundraising *is still second only to the Denver Southeast Club* whose project this is. If everyone could sponsor one of our team riders, or the entire team, we could reach our goal of \$10,000 easily! My favorite saying is "Just Do It!" [Click here to donate!](#)

Annely Noble, PE
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?
And, for what are you waiting?*



News Worth Knowing



Colorado Rockies vs. San Francisco Giants

It is not too late to purchase tickets.

[Click here](#) to go to the Rotary specific purchase site where all profits go to Polio Plus to eradicate polio once and forever.



PROJECT WORTHMORE - NEWS FLASH!

Beginning October 4th, Denver Mile High Rotary will be working with Cherry Creek Rotary...

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 delivery.

When: The first Monday of every month:

10:30am - 12:00pm: Food Packaging. Two volunteers will work in a well-ventilated room to put together boxes of food for the refugee families.

12:00pm - 2:30/3:00pm: Deliver boxes of food to families within a 3-mile radius of Project Worthmore. Maps will come with food but GPS navigation recommended.

Needed: A minimum of 2 baggers and 3 drivers each first Monday of the month. On October 13th, CCR will provide 4 baggers but no drivers, can 2 DMHR folks step up? This is not our regularly scheduled day.

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. Denver Mile High Rotary (through our Local Community Service Committee) has signed up to volunteer the **first Monday of each month** to help with food packaging and/or contactless deliveries. **Please contact [Tom Cella](mailto:Tom.Cella@dmhr.org) (303-981-1222) to volunteer.**



SERVE TO CHANGE LIVES



Calendar of Event and Presentation Details

September 14 - 4-5pm - DMHR Board Meeting. Contact Steve Blazek for Zoom info.

September 15 - Dr. Charles D. Hepler (Doug) presents *Managing Non-Prescription Remedies - Over-the-Counter Drugs and Nutraceuticals*. Dr. Hepler is a PhD chemist and is retired from the faculty of the University of Florida school of medicine. This topic is one of many covered in his numerous publications.

September 22 - Jake Dresden - A Little Help Nonprofit - Challenges that citizens in elder community face and how A Little Help provides services. Jake Dresden is A Little Help's full-time Outreach and Development Director. Jake brings over two decades of experience at Graland Country Day School, where he most recently served as a dean and secondary school counselor. In his work at Graland, Jake was most driven to help kids grow and find their voices as members of a community. Jake will be reaching out in the community and building relationships with A Little Help's supporters of all kinds.

September 23 - 7:00am - Denver Mile High Foundation Board meeting - Contact [Tony Vaida](#) for details.

September 25 - Woohoomanity Challenge - DMHR Club fundraiser bike ride sponsored by Denver Southeast Rotary and piggybacking on the Denver Century Ride. For more information, [click here](#). Last year's team was *Melanie "Go Getter" Gentz, Steve "Beat the Pack" Blazek, Tom "Strides Ahead" Cella, and Marty "Fast Flowing" Waters*. If you choose not to ride, consider sponsoring a rider from our club. Details on page 5.

September 26 - Go to a Colorado Rockies (vs. San Francisco Giants) game which begins at 1:10pm, with District 5450 Rotary members from all clubs. [Click here](#) to purchase tickets at only \$28 each. Profits to PolioPlus.

September 27 - 4:00pm World Community Service Committee meeting - Contact [Audrey Leavitt](#) for details.

September 29 - Johnny Barber - History of Colfax - Johnny Barber is with The Colfax Museum. He will be bringing many different stories about the longest street in the nation - things probably none of know about!

October 6 - Do not park on Sherman - The street sweeper will sweep away your car!

October 6 - Jeff Nowakowski - BOK Financial. Cryptocurrency overview, trends, SEC oversight, etc.

October 9 - Nine Health Fair at CEC High School - Details will follow from Audrey Leavitt and Linda Sue Shirkey

October 13 - Truman Bradley - Executive Director of the Marijuana Industry Group (MIG). State of marijuana industry in Denver and Colorado. Truman Bradley is excited to present what is happening with the cannabis industry. They have been involved since 2009 and he will be a great resource to bring us all up to date on this important part of our city and state economy/culture. **October 20 - Paul Singh of Blackrock. ESG Investing**

October 27 - Peter Kozinski - Transportation in Colorado.

November 3 - Denver Mile High Rotary Foundation overview, projects, etc.

Do you have any leads for future speakers? Contact Adams Price: 303-570-3315 or adams.price@pmcf.com



SERVE TO CHANGE LIVES

Weekly Assignments and More

Date	Inspiration	Greeters	Host
September 15	Tom Cella	Bob Connaghan and Alessandro Eichstadt	Debra Flick
September 22	Kevin Gallaway	Melanie Gentz and Tom Giordano	Brian Good
September 29	Tom Gregory	Marcus Hanlon and Dan Himelspace	Sarah Hite



September Birthdays

Sept 8 Roberta Simonton
Sept 22 Marty Waters
Sept 27 Jeff McAnallen

Mental Wellness
Tip of the Week
*Be thankful for the wisdom
you've gained and the wrinkles
showing that wisdom.*



Mental Wellness Tip brought
to you by a DMHR Rotarian!

The Rotary Book Group... All Welcome

Monday, October 11 at 4:30 pm
at Audrey Leavitt's home
8300 E Fairmount Dr, FF101
Denver 80247

The Four Winds by Kristin Hannah

is a captivating, heartbreaking tale of a family who will do anything for each other — and everything to survive. ... *The Four Winds* is also an ode to the strength and ferocity of mothers, and a declaration that sometimes, love is the only thing that holds us together.

District Information

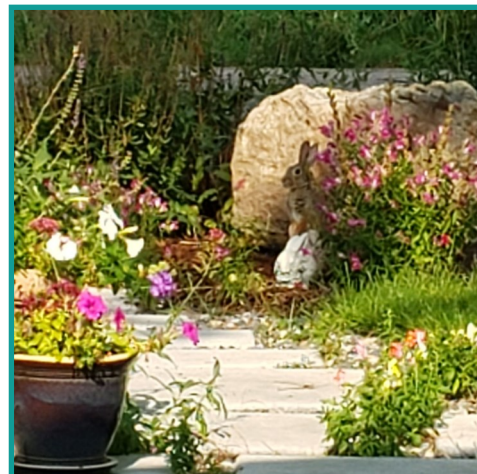
Monthly District News

[Click here to go to the District 5450](#)
website to see September activities
and information, and to listen to the
September address by our 2021-22
District Governor, Ray Anderson

Crucial Conversations

Sep 28, 2021 7:00 – 8:00 PM
[Click here for info and to register.](#)

Would the real rabbit please stand up?
Oh, he is standing! Photo compliments
of **Debra Flick** and her garden friend!





SERVE TO CHANGE LIVES

Service Above Self and Fundraising Opportunities



The next 9Health Fair will be at CEC on Saturday, October 9th.

Denver Mile High Rotary members will be needed on Friday, October 8th, late in the afternoon for about an hour to set up tables for the Fair, and on October 9th to help with the function from 7:00 AM until noon.

If you are able to assist, [please click here](#) or go to www.9Healthvolunteer.org and sign up. Or, Annely Noble will be passing around a sign up sheet during our Rotary breakfast for the next few weeks.

[Geoff Noble](#) is the Non-Medical Volunteer Coordinator and can be reached at gtnoble@comcast.net or by phone at (303) 669-5281.

FUNDRAISING UPDATE - Woohoomanity!

Team DMHR already has raised \$7,045 - only \$2,955 to raise! Our goal is to raise \$10,000 for the Club!
[Please click here to donate](#); ninety-five percent (yes, that is 95%!) of your donation comes back to our club!

Last year's team has registered:

Melanie "Go Getter" Gentz,
Steve "Beat the Pack" Blazek,
Tom "Strides Ahead" Cella, and
Marty "Fast Flowing" Waters.

New rider additions registered for this year include:

Margaret "I'd rather be fishing" Van Vliet
Annely "Cycle Anni" Noble
Robin "Rides Again" Springer
Debra "Woohoo!" Flick
Charlene "Hi Flying Pilot" Porter

- To sign up for the ride, [click here](#).
- [Click here to sign up for the fundraiser](#) for DMHR

<—Training for the ride —>

[Click here to see the 25 mile route](#)

Link provided by rider **Marty Waters**.

If you choose not to ride, **please donate** to the DMHR riders. [Click here to donate, please do it now!](#) You can choose to donate on behalf of a single rider, just enter the rider's name in the fundraiser search bar, or the Denver Mile High Team of Riders, either click on the DMHR icon, or in the team search bar type in "Denver Mile High".



AmazonSmile Program

Now a fundraiser for Denver Mile High Rotary!

Get started with AmazonSmile, visit smile.amazon.com and sign in with your Amazon.com credentials.
Choose Rotary Club of Denver Mile High to receive donations, and start shopping!

To join AmazonSmile from the mobile app, open the app and find "Settings" in the main menu. Tap on "AmazonSmile" and follow the on-screen instructions to turn on AmazonSmile on your phone.



SERVE TO CHANGE LIVES



Additional Service Above Self

Easy Volunteering Opportunity to Help Afghani Families Soon Arriving in Denver

Very soon there will be a surge of Afghani families resettling in Denver. Denver Mile High is looking at a number of ways to assist them.

Lutheran Family Services needs the following items. Used, and even open, items are okay, but all items need to be clean!

pots and pans kitchen utensils sheets and blankets - any size towels pillows
household cleaning and laundry supplies personal care items for men and women
mattresses - twin, full or queen with no stains. **Pickup available, contact Alison to arrange.**
Soccer balls - all sizes

Collections will be going on through September. Club members can drop bagged donations to the address below or reach out to **Alison Rabinoff at 303-999-6087 with questions. Her address is 6839 E Archer Dr, Denver, CO 80230.**



Haiti Needs Rotarian Help

ShelterBox is able to provide immediate assistance to families in Haiti. Below is information from Kathleen Pierz, our local ShelterBox contact and Brighton Rotary Club president (kathleen.pierz@gmail.com):

[Click Here for more information](#) and how to donate.