



SERVE TO CHANGE LIVES

Denver Mile High Rotary,  
where commitment and service  
rise above the mountain tops



Rotary



Club of Denver Mile High

## President's Column

### 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

Hello Denver Mile High Rotarians:

20 September 2021

I love all the seasons, but I do think fall is my favorite. The leaves are starting to change in the high country. We had one or two cool days, but then record highs came back. Need to get one or two more camping trips in before it gets too cold.

Thank you to all who completed the Community Service survey. We did get good responses. If you still have thoughts or input on a community service project or if there is something you are passionate about, please contact Tom Cella or myself to discuss. Better yet, please join us for a Local Community Service Zoom call this Tuesday 9/21 at 4:30. We will be discussing current and future community service projects. And, if you are interested in learning more or hearing about our international service projects, join Audrey on Monday 9/27 at 4:00 for a Zoom call to discuss World Community Service projects.

One last big push for Woohoomanity! We are so close to our goal of \$10,000. We can do it. Thank you again to all the riders who have signed up to ride and fundraise and thank you to all of you who have contributed. Please send the link out again to your family and friends and urge them to make a donation to fund our service projects.

Better go get a training ride in....

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

### Woohoomanity! Last Chance to help us set a record!

Team DMHR already has raised \$7,765 - only \$2,235 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!

#### This year's team includes:

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

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

- [Click here to sign up for the fundraiser](#) for DMHR

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.



SERVE TO CHANGE LIVES

# 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](mailto: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!](#)

Annelly Noble, PE  
M 303-842-8725  
[Annely.noble@comcast.net](mailto: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



**Crutches for Africa**  
will be loading a container with mobility devices.  
**Saturday Oct 2 - 9:30am till loaded**  
16080 Smith Rd  
Aurora 80011  
Bring water, hat and gloves.  
Email [Dave Talbot](mailto:C4A@crutches4africa.org) if attending at [C4A@crutches4africa.org](mailto:C4A@crutches4africa.org)  
This is a new location. Thanks to **Audrey Leavitt** for this info.

**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 Worth more. 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@rotary.org) (303-981-1222) to volunteer.**



SERVE TO CHANGE LIVES



## Calendar of Event and Presentation Details

**September 21 - Tomorrow - 4:30 pm - Local Community Service (LCS) meeting** - Please contact Tom Cella for Zoom and agenda information.

**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 - 9Health 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.** An experts view of evolving transportation in the i70 and i25 corridors, options for alternative transportation modes and the potential impact of the gargantuan infrastructure bill on Colorado transportation.

**November 3 - Denver Mile High Rotary Foundation overview, projects, etc. November 10 - Off-site meeting at the Byron White United States Courthouse.**

**November 17 - J.R. Lapierre - Managing Director of Lincoln Hills Cares** - Developing young leaders through outdoor education and recreation. Lincoln Hills Cares develops the next generation of young leaders through outdoor education and recreation, cultural history exploration and workforce advancement. Our programs empower youth who may not otherwise have the opportunity due to economic, social or family circumstances.

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



SERVE TO CHANGE LIVES

### Weekly Assignments and More

Date	Inspiration	Greeters	Host
September 22	Kevin Gallaway	Melanie Gentz and Tom Giordano	Brian Good
September 29	Tom Gregory	Marcus Hanlon and Dan Himelspach	Sarah Hite



Mental Wellness  
Tip of the Week  
*Call your closest friend.*  
Denver Mile High  
**Rotary**   
Club

Mental Wellness Tip brought to you by our new editor!

**September Birthdays**

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


**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.

**9Health Fair will be at CEC on  
Saturday, October 9th, 8am-12:00pm.**  
Denver Mile High Rotarians will be needed on Friday, October 8th, late in the afternoon (time TBD) 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](http://www.9Healthvolunteer.org) and sign up. Or, Annelly 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](mailto:gtnoble@comcast.net) or by phone at (303) 669-5281.



**AmazonSmile Program  
Now a fundraiser for Denver Mile High Rotary!**

Get started with AmazonSmile, visit [smile.amazon.com](http://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

# DMHR Global Grant Update

## Our guest at this past week's meeting... Reporting on DMHR Global Grant Community Mental Health Services and Economic Development in Uganda

The 9-month project consists of two primary activities: 1) training additional community health assistants in mental health counseling and delivering such counseling to the community; and 2) providing empowerment skills training for women within the community.

The main objectives are to:

- Increase the abilities of health workers to offer mental health services;
- Improve the quality of mental health care of Agago District by providing over 5,000 counseling sessions over 9 months;
- Increase mental health awareness for 36,000 people through a weekly radio talk show;
- Increase 100 women's business and technical acumen.

Activities for the Global Grant have begun! See the first steps that have occurred and the comments from some of the Rotarians and medical workers who were trained.

- Booster session was July 31
- Training of Trainers was August 2-7
- Training of new health workers was August 9 -14

### Comments from Amic Okema, Outgoing President, Rotary Club of Kitgum:

"...but it is good that we have had the opportunity for people like you to invest in counseling..."

"...Munyonyo, thank you very much for your work well done. This is something many would not think about."

"Let us expand this deliberately so in the future we have many that can support and can guide us..."

"I want to say thank you very much to all of us for coming here. I'm very grateful that as you go from here, you will send this news to all the communities that Rotary exists."

Comments from participants:

### Jenneth Akullu - new health worker

- The training that they have given me has given me a lot of knowledge that I really feel and I'm happy for it, the knowledge that I'm going to use for the rest of my life. I'm very, very happy. It's more than anything in my life.

-To Finemind and Rotary Clubs, I would like to thank you so much for coming to help our people here in Agago. We are so, so happy.

### Margret Ayaa - new health worker

-I really know that with the experience and the knowledge we have got from here for mental health issues - sincerely, we are going to do something in the community.

-In 2 months time, I lost my auntie who hung herself. I wish I had learned these lessons, I would have helped her a lot.

### Sam Tue - existing health workers

-I'm giving my thanks to Kampala Munyonyo, Rotary Club of Kitgum, and Finemind for coming and saving the lives of the community. I'm happy to serve as a counselor.



Carolyn Schrader, District Grant Guru, Diane Messamore (see below), and



Diane Messamore, writer of the grant described here.



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.
  - Soccer balls - all sizes
- Pickup available, contact Alison to arrange.**

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.

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

**9Health Fair - Coming Soon!**  
The next **9Health Fair** will be at CEC on Saturday, Oct 9th. DMHR Members will be needed to set up for the fair on October 8th, 3:30-5:30pm, and on October 9th, to help with the function at 7:30-12:00p, or 1:00 for cleanup.

Sign up to volunteer at the Wednesday Rotary meetings or online at [www.9healthvolunteer.org](http://www.9healthvolunteer.org).

Please contact Geoff Noble at 303 669 5281, if you have questions. Geoff has volunteered to be the non-medical volunteer coordinator.

### 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
- FEMININE PRODUCTS
- SOAP/BODY WASH

Contact us at [5point Rotary@gmail.com](mailto:5point Rotary@gmail.com)

