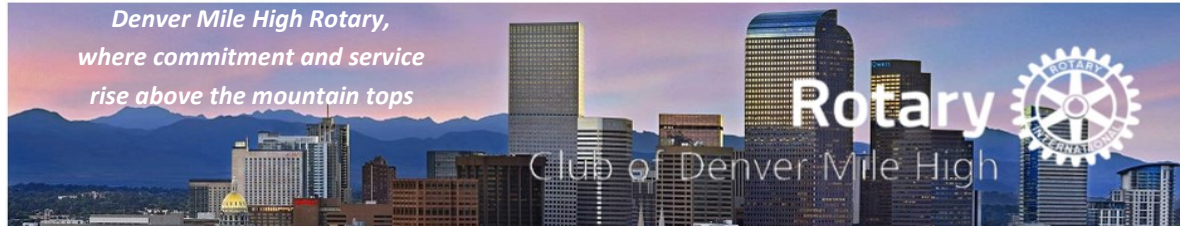




SERVE TO CHANGE LIVES



## 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:

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Hello Denver Mile High Rotarians,

6 September 2021

Happy Labor Day! Labor Day is a time to pay tribute to American workers, and all of their many contributions and achievements throughout the years. It is sometimes called the "unofficial end of summer". I am not ready for summer to end. Still have too many things I want to accomplish this summer.

Woohoomanity team is doing awesome and contributions are coming in. Thank you all for your efforts. Everyone, please keep promoting, even if you are not riding, send out a note to friends and family and have them contribute to help support our community service projects.

Please continue to keep member recruitment top of mind. If you know someone who might be interested, bring them to a meeting and introduce them to the Club. Or if you have any recruiting ideas please let Tom Gregory or myself know.

Enjoy your weekend and see you Wednesday.

Love & Respect,  
Steve

### ZOOM LINK

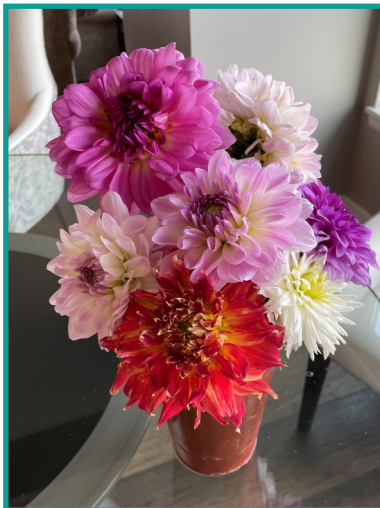
In addition to in-person meetings, we will continue Zoom meetings. The Zoom meeting "room" will open at 7:00 am, and the meeting will begin at 7:15.

Join Zoom Meeting

[https://us02web.zoom.us/j/81294791259?](https://us02web.zoom.us/j/81294791259?pwd=aXZsTXRiZzJLZEVLN2RFRzZ3bnBRdz09)

[pwd=aXZsTXRiZzJLZEVLN2RFRzZ3bnBRdz09](https://us02web.zoom.us/j/81294791259?pwd=aXZsTXRiZzJLZEVLN2RFRzZ3bnBRdz09)

Meeting ID: 812 9479 1259 Passcode: 903839



**Happy Monday!**  
**Tony Vaida** is a master at growing Dahlias. Thank you for making our Monday newsletter joyful!

Tony will be competing in the Dahlia Society show in Longmont next weekend at the Flower Bin 1805 Nelson Road, Longmont 80501, from 9-4 both Saturday and Sunday.

To contact last Wednesday's fascinating speaker, Mark Bitterman, from Stratolaunch, use this: [MEBitterman@comcast.net](mailto:MEBitterman@comcast.net)

How are we doing?

Attendance:

Lots of Members at U-Club  
1 Speaker at U-Club  
5 Members on Zoom  
?? *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,

Do you have suggestions for mental wellbeing? Please send your tips to me so that I may include them in upcoming newsletters; I will give you credit for your tips!

We still are the second highest fundraising team in the [Woohoomanity Challenge](#). See link below to donate.

1. Denver Southeast Club has raised \$68,128 of \$100,000 goal - 68% to goal!
2. Denver Mile High (that's us!) has raised \$4,749 of a \$10,000 goal - 47% to goal! **Let's catch up to DSE!**
3. Denver Club 31 has raised \$2,951 of a \$10,000 goal - 30% to goal!

Have a Happy Labor Day and see you Wednesday!

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?*



## Woohoomanity Fundraiser - Just Do It!

### FUNDRAISING UPDATE - Woohoomanity!

Team DMHR already **has raised \$4,094 - only \$5,906 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  
Annelly "And, I thought this would be easy!" Noble  
Robin "Rides Again" Springer  
Debra "Woohoo!" Flick



- 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**.

But, 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").





SERVE TO CHANGE LIVES



## Calendar of Event and Presentation Details

**September 8 - Brandon Lloyd - Careerwise** - European-modeled apprentice system as an alternative to immediate post-high school college attendance. Ex-Bronco, Brandon Lloyd works with Careerwise, a national program, started in Denver by Noel Ginsburg, to provide an alternative path to a career through apprenticeships modeled on the Swiss apprentice model, allowing high school students a path to a career without having to load up on dubious debt for a four year degree.

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

**September 15 - Open date.** If you know of a good speaker, please contact Adams Price or Margaret Van Vliet

**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](mailto:adams.price@pmcf.com)





SERVE TO CHANGE LIVES

## Weekly Assignments and More

Date	Inspiration	Greeters	Host
September 8	Pat Barry	Andrew Bell and Amanda Biffle	Sharon (Roni) Cella
September 15	Tom Cella	Bob Connaghan and Alessandro Eichstadt	Debra Flick
September 22	Kevin Gallaway	Melanie Gentz and Tom Giordano	Brian Good



### September Birthdays

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

Mental Wellness  
Tip of the Week  
*Thank someone in writing for  
a kindness or thoughtfulness,  
and mail the note.*



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

### Global Virtual Concert for Peace

Sep 18, 2021 7:00 – 9:00 AM

[Click here for more info and to register.](#)

### Crucial Conversations

Sep 28, 2021 7:00 – 8:00 PM

[Click here for info and to register.](#)

**Tony Vaida** grows more than just dahlias!





SERVE TO CHANGE LIVES



## Warriors on Cataract Year End Report

Greetings all,

We have just completed our 2021 season of Warriors on Cataract disabled veterans raft trips. This is our 11th year, 41 raft trips, over 750 disabled veterans.

- In May we conducted three 4-day trips on the Colorado River, Moab to Lake Powell. **See A below**
  1. The first trip was for 19 Marines, conducted by Western River Expeditions. **See B below**
  2. The second was Open Manifest (22 veterans from all branches, all conflicts, both sexes) conducted by Navtec. **See C below**
  3. The third trip was 20 Navy SEALs and Air Force Pararescue, conducted by World Wide River Expeditions. There was also a Special Operations Marine and his Marine wife, who was part of Obama's security cadre.
- Raven's Rim Ziplines zipped a number of the veterans. There are six ziplines up on the slick rock above Moab, two 1300 feet long. A bit of a challenge for some. **See D and E below**
- The All Female Trip (even the guides and trip leader were female) was our 4th trip this year, launched August 22. We flew them into a remote put-in on the Green River. Our usual 4-day trip was extended to 5 days to allow more therapeutic and recreational activities for the women. These include yoga on the beach, mindfulness, meditation, campfire time, and other activities. Sheri Griffith River Expeditions was the outfitter. The manifest was nearly full at 24 women. This was certainly one of the best of our trips over 11 years. **See F below**
- Red Tail Aviation flew us into the remote air strip in their turboprop aircraft. **See G below**
- Even though the river flows were low this year, the rapids were still there, just different. the water was warmer, the beaches wider.

We are now working on the photo albums of this year's trips, hope to get them out by Christmas.

Best of regards, thanks for your support

Fred Solheim  
Karen House  
Lew Kleinhans



130 Mohawk Drive  
Boulder, CO 80303-3648  
303.818.7600  
[www.WarriorsOnCataract.org](http://www.WarriorsOnCataract.org)  
Facebook: Warriors on Cataract  
Instagram WarriorsOnCataract

*We owe much to those who served and defended our Nation at great personal cost*



A



B





SERVE TO CHANGE LIVES



## Warriors on Cataract cont'd

C



D



E

F



G





SERVE TO CHANGE LIVES



## Service Above Self Opportunities

### How, through Rotary, Am I Able to Help the Afghan Refugees?

Watching the news, I saw an Afghan couple desperately lift their baby up a wall topped with razor-wire into the safe hands of our American soldiers. This wasn't just an image... it was a real family, and It was heartbreaking! Can you even imagine giving up your child like this?

At the same time, it was uplifting to see the true greatness of our country through the eyes of those parents. They trusted the compassion and bravery of our soldiers, and of all of us, with an unshakable belief that their family will be okay if they can just reach America.

The reality is that the refugees who make it here will need our help. They are our human family, and our Rotary family is called on to help ease their suffering.

Together we can do a lot! "Service above Self" urges all of us to help critically impacted communities as they rise to the challenge of rebuilding their lives.

**HOW CAN YOU HELP?** Through our District-wide "Woohoomanity" fundraiser, Rotarians and our friends are stepping up to support our clubs' service projects. If you've already signed up, you'll have fun, but that by itself doesn't help fund projects. If you've already donated, that does help... thank you! BUT WAIT! The true power of the Woohoo lies in **multiplying our impact by emailing friends & family.**

**IT'S EASY...** just sign up at [www.woohoomanity.org](http://www.woohoomanity.org) to:

**HAVE FUN...** volunteer or bike on Sept 25th at the Denver Century Ride, or do your own thing any day. Or skip the fun, although we could really, really use your help as a volunteer!

**AND DONATE / FUNDRAISE...** you'll receive the email to send friends & family, plus your own donation page where they can give online. You can donate yourself, and even better, send out the email. One person last year brought in \$12,000! It's also unusually effective. 95% of the money you raise goes to your club's service projects, with just 1% to shared expense and the rest to the credit card processor.

Your club can use the proceeds however it sees best... Afghan refugees arriving in Colorado... ongoing wildfire recovery... our District's Haiti earthquake response... support for our healthcare workers... RI's End Polio Campaign... your club's existing projects... or anything else your club deems worthy.

If you're hesitant about emailing your friends, think about the couple who put their child in our hands. Let's live up to their faith in us. We're lucky to live in America and to be able to help others in need. I ask you to please do everything you can.

Learn more and sign up to make a difference at [www.woohoomanity.org](http://www.woohoomanity.org).

Abbas Rajabi ~ Woohoo Board Member ~ Past District Governor 2017-18 ~ [info@woohoomanity.org](mailto:info@woohoomanity.org)

### CALL FOR DONATIONS

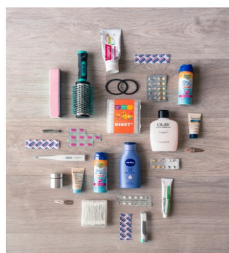
Rotary Club of Five Points RiNo is sponsoring a toiletry shelf for the students of Manual High School. We are seeking new toiletry item donations for restocking the shelf. Contact us for questions or to schedule a pick-up!

ITEMS NEEDED INCLUDE  
(BUT ARE NOT LIMITED TO)

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

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

Rotary Five Points RiNo  
Denver



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

### 9Health

The next 9Health Fair will be at CEC on Saturday, October 9th. DMHR Members will be needed on October 8th to set up for the Fair, and on October 9th to help with the function. This is usually a morning event on Saturday but stay tuned for more details from **Linda Sue Shirkey** and **Audrey Leavitt**.



SERVE TO CHANGE LIVES



## Help Haiti, Help Afghani Refugees...

### 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.

My daughter MC introduced me to a way in which we can help right now. A good friend of MC's works with Lutheran Family Services to help these families by furnishing their apartments.

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.** Members can also contact me directly.

Our Club helped furnish refugee housing in the past and it is easy and makes such a difference to the families. I can vouch for Alison; my daughter has worked with her on a number of different projects.

Thanks for considering this opportunity.  
Carolyn Schrader

### 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):

A devastating 7.2 magnitude earthquake hit southwestern Haiti on Saturday morning at 8:30 (local time).

- Over 1,900 killed, nearly 10,000 injured, hundreds missing; more than 80,000 (37,300 homes destroyed, 46,000 damaged) homes have been damaged or destroyed. This number is still expected to rise.
- The earthquake was followed by Tropical Storm Grace, which brought heavy rains to Haiti.
- Hospital systems are overwhelmed with an abundance of COVID-19 patients and now injured victims.
- The country is extremely politically turbulent, and Haiti is one of the poorest countries in the Western Hemisphere

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

### AmazonSmile Program

#### Now a fundraiser for Denver Mile High Rotary!

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



## Service Above Self



### PROJECT WORTHMORE

#### Project Worthmore - Volunteer anytime

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. We may **volunteer any Monday** during the entire month to help with food packaging and/or contactless deliveries. Please contact [Tom Cella](#) for more information and to volunteer.

**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 deliveries.

**When:** The first Monday of every month.

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

**12:30pm - 1:30pm: Deliver boxes** of food to families within about a 3-mile radius of Project Worthmore.



### CRAIG

NEUROREHABILITATION  
& RESEARCH HOSPITAL

**Craig Hospital** - As COVID restrictions become relaxed, Denver Mile High Rotary will again participate at Craig hospital. For more information, please contact [Betty Speir](#) 303-489-0418



### METRO CARING

ENDING HUNGER AT ITS ROOT

#### Volunteer for Metro Caring Provisioning Project:

LOCATION: **5200 Smith Road Suite 130 - west side entrance.**

Choose your own time to volunteer by [clicking here](#).

You will be repackaging bulk food into portions appropriate for individuals and families for distribution through the Metro Caring Food Bank. All volunteers will receive introductory training before beginning work. Gloves will be provided, and appropriate social distancing will be maintained between individual workstations. Masks or face coverings are required to enter the facility. If possible, please wear your own mask or face-covering, but one will be provided if necessary. If you'd like to bring a spouse or other family member, please do!

Please **contact** [Robin Springer](#) for additional information. Please see page 4 for updated information.



#### The Conflict Center

The Conflict Center is always looking for volunteers to do a variety of tasks. Watch this space for opportunities. If you would like more information or to sign up, please contact [Ronnie Weiss](#).



**Nine Health will again hold health fairs beginning this fall.** Please contact [Linda Sue Shirkey](#) 303-946-3196 or [Audrey Leavitt](#) 610-805-7579 for more info.



**Denver Kids** is part of a cooperative with Denver Public Schools. Watch this spot for volunteer opportunities for mentoring [Denver Kids](#). Training for volunteering begins this spring.



SERVE TO CHANGE LIVES



## Calendar of Event and Presentation Details

### The Fisherman and the Philanthropist

Inspiration brought to you by **Marty Waters**

I caught a large fish while on vacation – surf casting on a Caribbean beach. Perfect for grilling at my all inclusive resort. On the way to my cabana, I passed a woman with two small children, worn clothes/ malnourished. With pleading arms, she was asking for help. I gave her the fish. She was thankful. I felt gratified being able to assist. I told my friend about the meeting, “That’s great. You helped her family for a day. What about tomorrow?”

A few days later, I met the same woman with the same plea. Since I had neither fish nor money, I asked, “Would you like to learn how to catch such fish?” She declined. “We are hungry. We need food, not a lesson.” Being unable to help, I felt bad.

A few days later, we met a third time. “Here’s a fish for your family. Would you like to know how to catch these fish?” She agreed. She learned quickly. I left some gear. She was grateful. I felt good. It was nice being able to contribute to her family’s life getting a bit better. My friend listened to the update, “That’s great. And what about her hungry neighbors?” I had no answer, I returned to the states the next day.

No more time to fish or teach. At least helping one person made some difference... Over the next months, I thought about the family a few more times until the memory faded. During the year, I planned my next vacation. Searching the internet to arrange details, I came upon an interesting story from the resort area: “Local community forms co-op, Starting a fish farm. Seeking social investors.” The story told how women of the village had organized to start this small fish farm. They were seeking additional funding to complete the project. For less than the cost of a two-week stay at the resort, their fish farm would support 20 families for many years. Using their own labor, some collective funds, consultation from a local hydroponic specialist, and additional capital from social investors, they would build two large ponds with filtration systems. With good results, they would have access to ongoing food and potential profits selling to the tourist industry.

The idea hooked me. My colleagues and I provided a grant to cover the remaining costs Within 6 months, the community began to harvest fish and feed their families. By year’s end, their co-op was selling fish to resorts. They reinvested part of the profits to expand the fish farm and distributed the balance among the co-op members who could now afford some of life’s missing essentials. They were appropriately proud of their work. While they valued our grant, they appreciated even more their own ability as a group to make this happen. We understood our role as helpful but temporary in the scheme of things. Their perception of who had the ability to make life better had shifted from caring strangers to empowered neighbors. For the moment, my provocative friend had no more questions, only a nod upon hearing the update.

The philanthropist’s takeaways:

- Addressing extreme hunger with fish for a day, requires no need to justify!
- Teaching a person how to fish provides self-reliance, plus a lifetime food supply!
- Investing in a community led fish farm offers the greatest results, the type that multiply