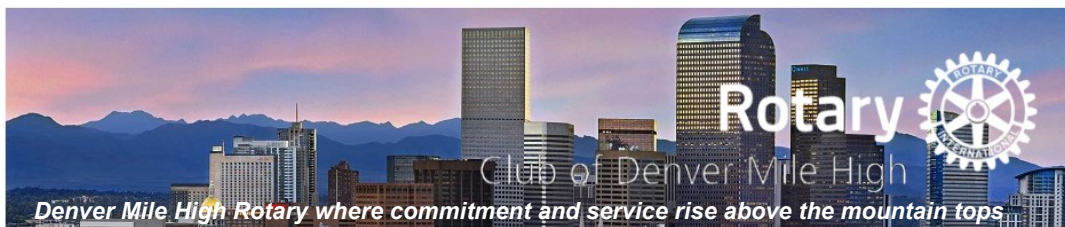




Denver Mile High  
**Rotary**  
Club



May 16th, 2017

## President's Column:

### High Rotary on the Web:

[www.denvermilehigh.org](http://www.denvermilehigh.org)

[Denver Mile High Rotary  
on Facebook](#)

[Denver Mile High Rotary  
on LinkedIn](#)

[Rotary District 5450 Web-  
site](#)

[Rotary International Web-  
site](#)

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Tomorrow I am excited to hear from everyone who ventured to Nepal as the group will share their stories of their experiences and what impact our club is making to a community in Nepal.

I can feel the Rotary year coming to an end and so much going on before then! As the club and our Foundation start to transition - there are so many great things happening. To everyone on the Foundation board that has helped and worked on the new bylaws. I know that is not an easy job. We are so lucky to have our own Foundation within the Denver Mile High Rotary Club. There have been so many great things that have come from it.

I know I mentioned it last week, and Tom Giordano announced to the club, we do need a few members to serve on the Rotary Foundation board. Tom is more than happy to go over with you what that commitment is and what it will mean. Please contact Tom with questions - **Thomas Giordano**  
[giordant@comcast.net](mailto:giordant@comcast.net)  
Next week on May 25<sup>th</sup>

there will be a monthly Happy Hour held at Elways. Be sure to put it on your calendar and come out, get to know your fellow Denver Mile High Rotarians a little better.

This past Week the CEC Early College recognized Denver Mile High Rotary with a special Excel Award that recognized that Denver Mile High Rotary has made an impact in the community and with the students at CEC with our involvement with the Interact club. Thank you CEC.

Today Bob Kemp and I will be visiting the Boulder Valley Rotary Club to present them with the World Community Service award. Our World Community Service Committee picked the Boulder Valley Rotary club for the work they are doing on the "El Trapiche, Nicaragua Water Project".

The community of El Trapiche has suffered both poverty and the ravages of war, having been at the epicenter of the ten year long Contra Civil War.

The WCS review team was impressed by the impact of the project on the community which has over 2000 inhabitants. The project involved

strong community involvement both in terms of in-kind labor provided by the villagers as well as an ongoing commitment to maintain the new water system. This is evidenced by the local water committee which requires the beneficiaries to pay a monthly fee for the service.

The collaboration with in-country Rotarians at the Ocotol Rotary was hard won as this small club had no prior experience with Global Grants. The strong partnership with the Boulder Friendship City Project (FCP) has demonstrated beneficial results for all parties.

So much more to come, thank you for all that you do in our community!

See you tomorrow,

Melanie  
Denver Mile High Rotary



## Denver Mile High Rotary Upcoming Programs

**May 17th** - Nepal Recap - Dan, Chuck and Linda Sue

**May 24th** - May is National Mental Health Awareness Month. Two of our members, Pat Gorman Barry and Diane Messamore will provide information about the efforts to promote mental well being and defeat stigma in our community. Pat will tell us about Brainwise activity.

**May 31st** - CEC Breakfast.



### May Birthdays

**10th—Robin Springer**

**11th—Tony Vaida**



## Weekly Inspirators, Greeters & Hosts

### May 17th

**Inspiration - Sonny Wiegand**

**Greeters - Diane Wilson and Chris Wong**

**Host - Michelle Ashby**

**Rotary Minute - Pat Gorman Barry**

### May 24th

**Inspiration - Bob Connaghan**

**Greeters - Preston Dickey and Debra Flick**

**Host - Mark Foseid**

**Rotary Minute - Kevin Gallaway**

### May 31st

**Inspiration - Lindsay Gerlach**

**Greeters - Tom Giordano and Tom Gregory**

**Host - Susan Henderson**

**Rotary Minute - Ted Hendryx**



## Denver Mile High Rotary Calendar

**May 25th - Happy Hour @ Elways**

**June 10-14 Rotary International Convention—  
Atlanta**

**June 10th - Visit Garden Tour of Northwest  
Denver**

**June 17th - Denver Mile High Rotary Rafting  
trip!**



**June 10, 2017**

## **Visit the Garden Tour of Northwest Denver**

### **Garden Tour**

**The 17th Annual Enchanted Gardens of Northwest Denver Tour will be Saturday, June 10, 2017!**

**(Rain or shine!)**

The 17th Annual Enchanted Gardens of Northwest Denver Garden Tour has served as a fundraiser for The Conflict Center's local school programs since 2001. This tour showcases gardens in northwest Denver. Watch your email for more information as this year's event takes shape!

Want to volunteer for this year's Garden Tour? Interested in being on the Garden Tour? Call Ronnie Weiss at 303-433-4983 or email [ronnie.weiss@conflictcenter.org](mailto:ronnie.weiss@conflictcenter.org)

Buy your tickets before May 15 at the early bird price of \$15 each (after May 15 tickets will be \$20)

Tickets are on sale now at The Conflict Center, or purchase online:



## **Honor Flight Video, Flight #18, May 7-8, 2017**

Denver Mile High Rotary has sponsored a Veteran on Honor Flight of Northern Colorado for the past six year. Earlier this month, four Denver Mile High Rotarians and their family and friends attended the send-off at DIA. The URL link will take you to a video which captures the entire trip for these Veterans. (They even got a reception at the White House!)

[https://www.youtube.com/watch?v=JYXt8Mt\\_FMY](https://www.youtube.com/watch?v=JYXt8Mt_FMY)





WHAT WOULD IT TAKE TO CHANGE THE WORLD?

ROTARY'S 1.2 MILLION MEMBERS  
BELIEVE IT STARTS WITH A COMMITMENT TO  
**SERVICE ABOVE SELF**

## Mile High Rafting Trip

**ROTARY HALF-DAY RAFTING TRIPS WITH MILE HI RAFTING ON SATURDAY, JUNE 17TH. A \$5 DONATION IS INCLUDED IN THE COST OF EACH TRIP. ALL PROCEEDS GO TO SUPPORT THE WARRIORS ON CATARACT PROGRAM**

### **SURE-SHOT - \$49 ADULTS, \$44 CHILD**

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) - \$59 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) - \$79 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 Heidi Resetarit at [heidi.rr@gmail.com](mailto:heidi.rr@gmail.com)

Sara Schaffer at [sarabschaffer@gmail.com](mailto:sarabschaffer@gmail.com)

Bart Schaffer at [bsaschaffer@yahoo.com](mailto:bsaschaffer@yahoo.com)

Or, Geoff Noble at [gtnoble@comcast.net](mailto:gtnoble@comcast.net)

We can get a 10% rebate for every rafter booked by March 1st 2017. All rebates to be donated directly to the Colorado based non-profit program Warriors on Cataract



**END  
POLIO  
NOW**



<http://www.endpolio.org/>

## Redesign the Club Banner/Flag

Tom Cella is pursuing the possibility of re-designing/new art for our club banner / flag. Anyone interested should contact Tom. Cell: 303-981-1222

## King Soopers Cards

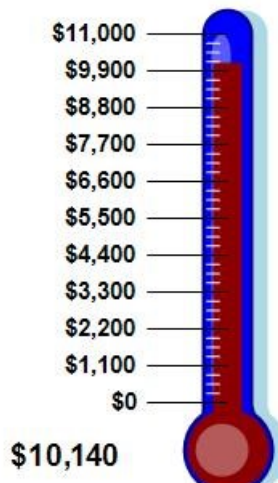
Remember to keep using your King Soopers cards. 5% of every dollar loaded spent goes towards the club! If you don't have one yet, contact Sarah Hite to get one (schite2000@yahoo.com).



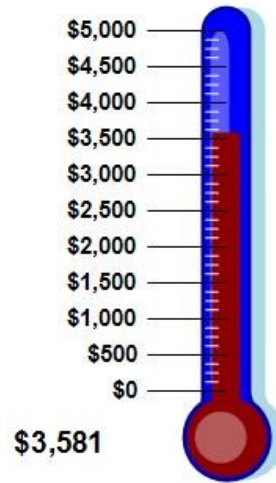
DMHR Foundation



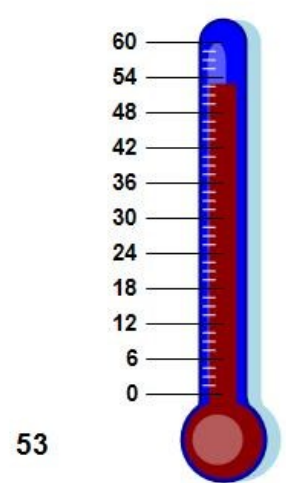
Rotary Foundation



Polio Plus Giving



Membership



## Well Being Expo

Rotary Mental Health Initiatives (RMHI) would like to invite all Rotarians to the Free Well Being Expo in Denver on May 24, see the flyer below.

MENTAL HEALTH CENTER OF DENVER PRESENTS

# ENERGIZE YOUR LIFE

## A **FREE** Well-Being Expo

**Wednesday, May 24, 2017 • 3 - 8pm**

2:30pm Check-in • 3pm Opening Session

4pm Breakout Sessions & Well-being Café • 7pm Community Reception

*Come for a few sessions or stay  
for the entire expo!*

Faith & Spirituality • Mind-Body Exercises  
Healthy Eating • Money Management  
Music, Art & Poetry • Stress Relief



**Complimentary food provided  
throughout the event**

Infinity Park Event Center  
4400 E. Kentucky Ave., Glendale

**Register: [www.mhcd.org/well-being](http://www.mhcd.org/well-being)**

Interpretation, American Sign Language and CART services  
available upon request. Stipend for child care  
and transportation available.

**Thank you for your support:**



**Netsmart**



**HOSTING**



Supported by  
Rotary Mental Health Initiatives



**Mental Health Center of Denver**

[mhcd.org](http://mhcd.org)





## CEC Community Excel Award

This past Week the CEC Early College recognized Denver Mile High Rotary with a special Excel Award that recognized that Denver Mile High Rotary has made an impact in the community and with the students at CEC with our involvement with the Interact club. Thank you CEC.








# COMMUNITY EXCEL AWARD

## Mile High Rotary Club

*In Recognition of Mile High Rotary Club's Support  
of CEC Early College  
May 2017*

  
Principal





**MAY 21, 2017**

## **COLFAX MARATHON BE A SHELTERBOX CHARITY PARTNER-RUN FOR SHELTER RUN FOR COLUMBIA & PERU**

**Run 3, 10, 13, 26** or mix it up in a relay, but run for ShelterBox and make a positive impact for families devastated by natural disasters. When you register be sure to select ShelterBox as the Charity Partner you are running for. <http://shelterbox.kintera.org/tammimayfield>

**shelter  
BOX**

**Log on to [shelterboxusa.org](http://shelterboxusa.org) to learn more about this awesome NGO**

**Log on to donate**

<http://shelterbox.kintera.org/tammimayfield>

**register at [runcolfax.org](http://runcolfax.org)**

**Join us at the shelterbox tent in the charity village after the race to see and learn more**

**Register before the rates increase**

invite a shelterbox ambassador to your work, school, group or association to share the details of what we do and how you can help!

Contact: Tammi Mayfield  
720.366.4721 [tammimayfeild@msn.com](mailto:tammimayfeild@msn.com)



Denver Mile High  
**Rotary**  
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## Personal Sponsors

