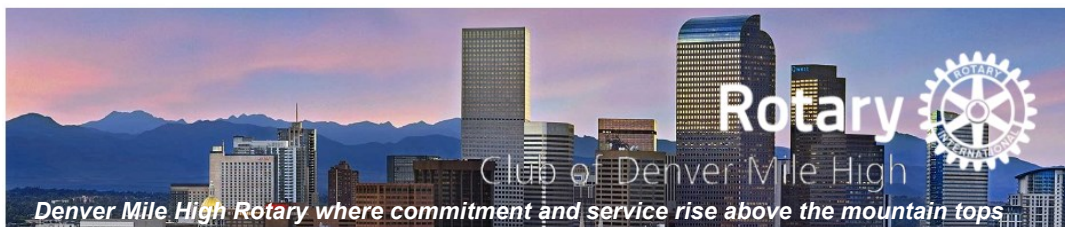




Denver Mile High  
**Rotary**  
Club



May 23rd, 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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This week we are honored to have Pat Gorman Barry and Diane Messamore speak about Mental Health. With so much talk about mental health issues and May is National Mental Health Awareness Month. Pat and Diane will provide information about the efforts to promote mental well being and defeat stigma in our community. Pat will tell us about Brain-wise activity.

As for Food for Thought, we are "off" for the summer, and will pick back up when the new school year starts.

This Thursday the 25th, we will have a monthly Happy Hour at Elways from 5-7p, come out and get to know your fellow Denver Mile High Rotarians a little bit better.

Next Wed we will be meeting at CEC. We will have a meeting with the CEC Interactors at CEC, this is a chance for us to build relationships and hear what their club is

doing. Please keep in mind we will NOT be at the University Club. We will meet at CEC at 7am located at 2650 Eliot St, Denver, CO 80211

June will be here before we know it! If you have registered to Raft, be sure to get your checks to Geoff Noble for the rafting trip on June 17th, there are over 40 people going it is going to be a blast. Thanks Geoff for putting all the work into it.

This has been a fun year for me and it is coming to an end! With a lot of activity between now and the end of June! I want to send a special thank you to each member for doing what you are doing. Each of you have such a roll that makes our club such a great one.

See you tomorrow

Melanie  
Denver Mile High Rotary



## Denver Mile High Rotary Upcoming Programs

**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.

**June 7th** - [Chuck Adams: Drone Technology](#)

"With the advent of Unmanned Aircraft comes timely, cost effective, actionable intelligent drone services companies like 1UP Aerial Drone Services. Chuck Adams, President, will present an overview of the drone industry, today's commercial use cases, and bring a glimpse into the future of the marketplace for services from companies like eHuang, AirBus, AmazonPrime, and UPS who are contemplating revolutionary solutions from the drone world, i.e. delivery, transportation, and personal services beyond your imagination."



### May Birthdays

**10th—Robin Springer**

**11th—Tony Vaida**



## Weekly Inspirators, Greeters & Hosts

### 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**

### June 7th

**Inspiration - Dan Himmelspace**

**Greeters - Diane Messamore and Noreen Keleshian**

**Host - Bob Kemp**

**Rotary Minute - Audrey Leavitt**



## 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!**

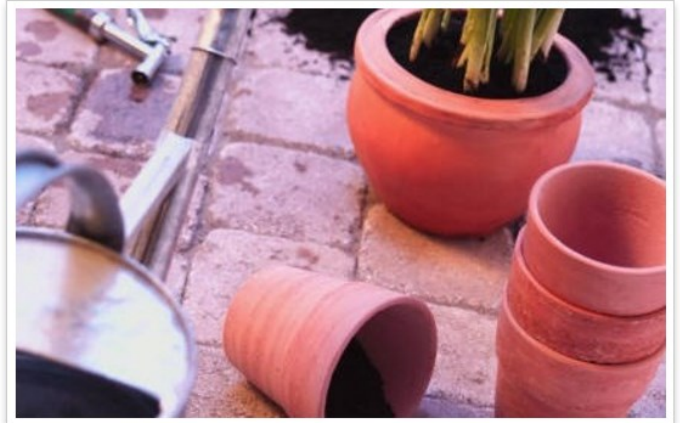
**(Rain or shine!)**

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)

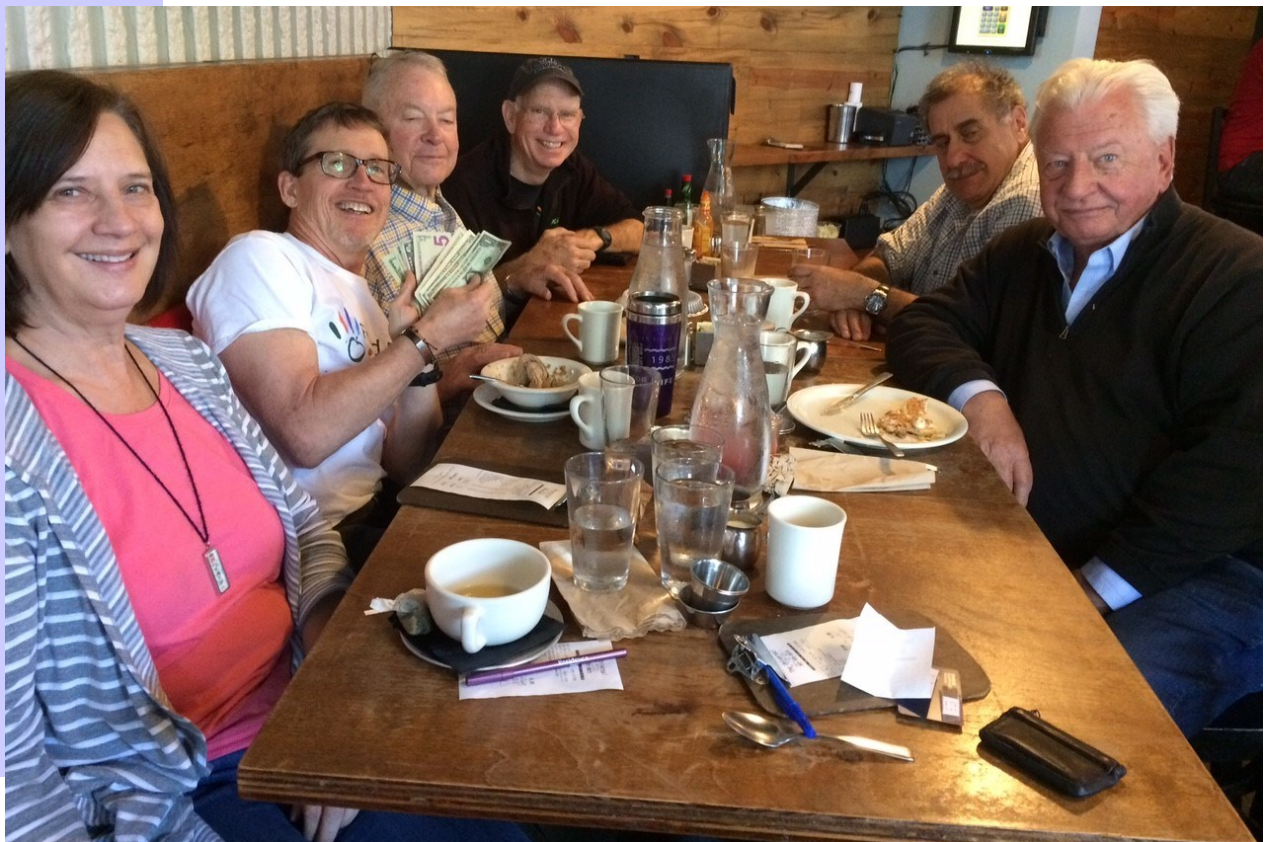
Buy your tickets before May 15 at the early bird price of \$15 each (after May 15 tickets will be \$20)

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



## **Food for Thought Final Social**

Our last Denver Mile High/Food for Thought breakfast social for the year. Thanks for organizing this, Chuck (aka our Social Director)!



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

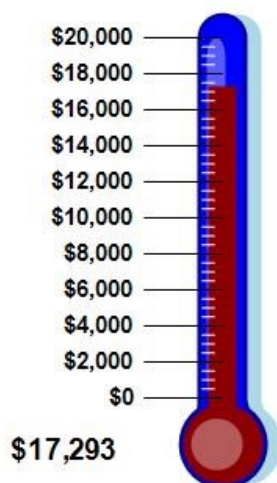
Tom Cella is pursuing the possibility of re-designing/new art for our club banner / flag. Anyone interested should contact Tom. Cell: 303-981-1222

## King Soopers Cards

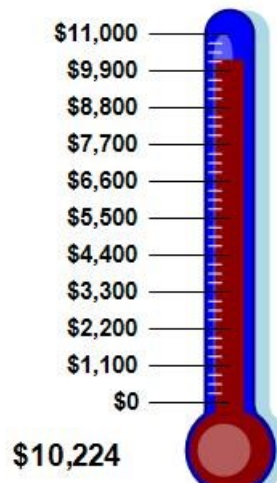
Remember to keep using your King Soopers cards. 5% of every dollar loaded spent goes towards the club! If you don't have one yet, contact Sarah Hite to get one (schite2000@yahoo.com).



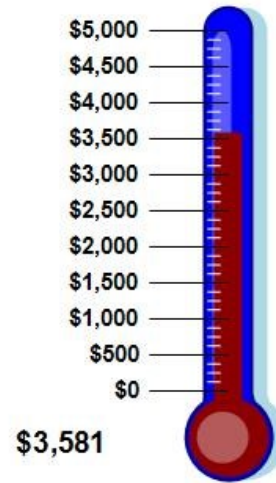
DMHR Foundation



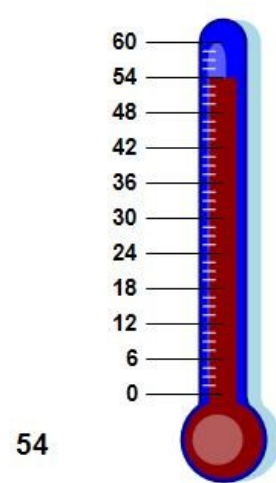
Rotary Foundation



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)





## An Evening with T.R. Reid on the American Tax System

**Do Americans pay more tax or less than citizens  
of other rich democracies?** (Answer: far less.)

**Could our tax system be fairer?  
Could it be simpler?**  
(Answers: Yes, and Yes.)

World Denver and Denver Mile High Rotary join to bring you an evening with one of the nation's best known journalists: T. R. Reid who will discuss what he learned about how the US Tax system compares with other countries. His latest book- A Fine Mess: A Global quest for a Simpler, Fairer and More Efficient Tax Code- is designed to give Americans useful ideas as we [embark](#) on a national debate about tax reform (and will be available for sale and signing at the event).

The current code is desperately in need of reform, and Reid's book is an illuminating and even entertaining tour of how taxes are done in countries from Mexico to Estonia, the Czech Republic to New Zealand. Reid finds many models for taxation that show how the process can be made comprehensible and equitable.

Join us and bring your friends to what will most assuredly be an informative and engaging evening!

### Event Details:

When: June 6, 2017

Where: The University Club

Cost: \$ 20.00 for club members, \$35.00 non-club members

Registration: <https://denverworldaffairsCouncil.wildapricot.org/event-2544732>

5:30p.m. - 6:30 p.m. Networking Reception with Hors D'oeuvres and Cash Bar

6:30p.m. - 7:30 p.m. Presentation and Audience Q & A

Parking: ABM Parking Systems surface lot available at 1750 Sherman Street and is complimentary most evenings. Street parking is also available near the venue and is free after 6:00 p.m. on week-



Denver Mile High  
**Rotary**  
Club



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