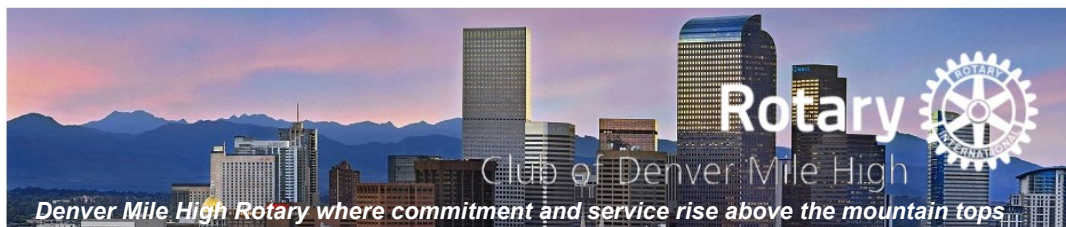




Denver Mile High  
**Rotary**  
Club



May 9th, 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 Website](#)

[Rotary International Website](#)

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This past week was filled with so many wonderful things and events with our club. Many members served together at Bryant Elementary for the last Food for Thought of the year. Thank you to all who served this year. You have touched so many children's lives this year. Thanks to Chuck who started a new tradition of going to breakfast after for a little fellowship!

This past Friday, a huge thank you to Dan and Leslie for hosing such a wonderful party! Thank you Roberta for all the hard work in getting everything together – and everyone who stepped up and volunteered, here is a link to some fun photos from Friday! [Click here](#) Roberta will share more at the meeting!

Sunday morning Geoff Noble and Carolyn Nobel hosted the Honor Flight where many members of our club were there to see Veterans get on a flight to visit DC. There are photos in the newsletter, and thank you to everyone apart of this project and showing up on Sun-

day. There are a few photos.

This has been such a fun year and I can feel the end of my term quickly coming to an end! I am so grateful for all the each of you have done to make the year so enjoyable. Be sure to check out the calendar - <http://www.denvermilehigh.org/Events/Calendar> for what is still yet to come for the next 6 weeks!

Tomorrow Steve Kurowski will speak about Colorado Brewers Guild. I am excited to hear what he has to say.

This Saturday hop on your bike for a fun fellowship ride. Meet at Breckenridge Brewery at 10am. We will all meet and head out and back. You can go 10, 20, or 30+ miles we will all come back to meet for lunch! Invite friends or other Rotarians who may enjoy getting out on the bike for a fun ride.

Mark you calendars for the May Happy Hour at Elways on the 24<sup>th</sup> of May at 5pm

The Denver Mile High Rotary Foundation board will meet on May 16<sup>th</sup> at 7am. We need a few members to get involved - Would you like to serve on the Foundation board? **We need candidates for Vice-Chairman or Secretary, There will be two vacancies for at-large members as of July 1. Please suggest candidates for Board position.** Please reach out to Tom Giordano for more information - [giordant@comcast.net](mailto:giordant@comcast.net) This is such an important part of our club, please consider serving.

See you all tomorrow!

Melanie  
Pres  
Denver Mile High Rotary



## Denver Mile High Rotary Upcoming Programs

**May 10th** - Steve Kurowski - We have all seen the explosion of craft breweries in the Denver area, and beyond. The Colorado Brewers Guild is a non-profit trade association who promotes and protects the Colorado craft brewing industry. Steve, Operations Director at the CBG, will join us to talk all things Colorado beer.

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

**May 24th** - Mental Health Presentation - Diane Messamore and Pat Gorman Barry



### May Birthdays

**10th—Robin Springer**

**11th—Tony Vaida**



## Weekly Inspirators, Greeters & Hosts

### May 10th

**Inspiration - Michael Tapp**

**Greeters - Chuck Rudolph and Tony Vaida**

**Host - Bruce Ward**

**Rotary Minute - Ronnie Weiss**

### 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**



## Denver Mile High Rotary Calendar

**May 13th - Rotary Fellowship Bike Ride**

**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:



### Former DMHR Member Honored

Former DMHR member Patricia Fiske received the Women of Achievement in Leadership award at the May 3rd Rotary's Women of Achievement Luncheon sponsored by the Rotary Club of Parker and Cherry Creek Valley Rotary Club. Patricia is Former District 5450 Assistant Governor, member of the District 5450 Executive Committee, District 5450 Rotarian of the Year, and a Youth Services (Young RYLA and RYLA) and Literacy Champion. Her husband, Terry, a founding member of DMHR, was able to attend the luncheon with her. They have scaled back their Rotary involvement to focus on Terry's health, but were stars during their decades of membership with DMHR. We celebrate their happiness!





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

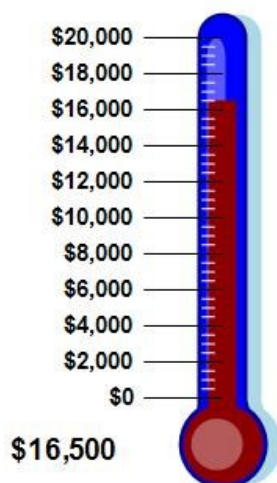
Tom Cella is pursuing the possibility of re-designing/new art for our club banner / flag. Anyone interested should contact Tom. Cell: 303-981-1222

## King Soopers Cards

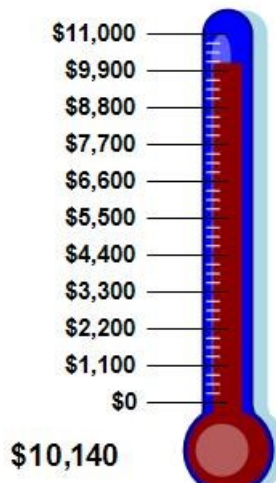
Remember to keep using your King Soopers cards. 5% of every dollar loaded spent goes towards the club! If you don't have one yet, contact Sarah Hite to get one (schite2000@yahoo.com).



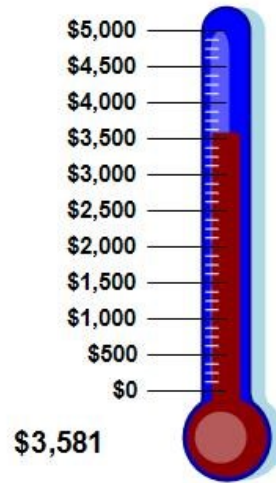
DMHR Foundation



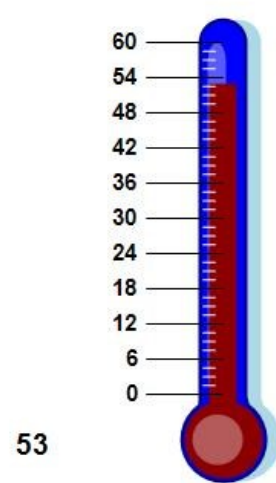
Rotary Foundation



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)





## Honor Flight Send Off

This past Sunday a group of Rotarians went to DIA to send off the Veterans on Honor Flight of Northern Colorado. There were five "greyhound bus" style motor coached with over 150 Veterans and their guardian escorts that arrived at the air terminal. They were proceeded by the Colorado State police and a motor cycle escort of over 135 volunteer bike riders. Carolyn and Jim Nobel and their two sons were present to send off the Veterans. Also present were Bob Kemp and Danielle Garvin, Bruce Ward and Geoff Noble. It was impressive to see the large turnout to send these WWII and Korean War Veterans off for a trip to Washington D. C, to visit the various memorials honoring their service.









## Cinco de Mayo











**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**  
Club



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