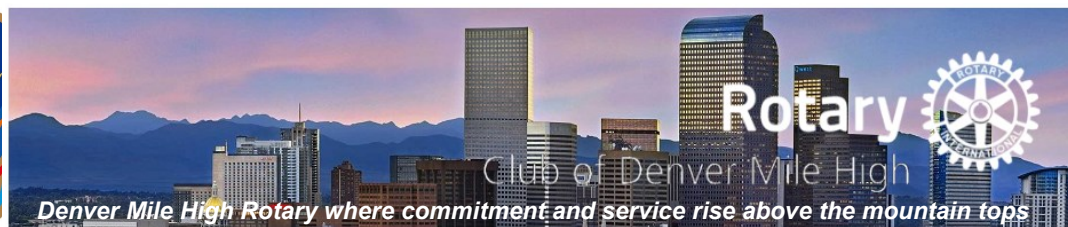




Denver Mile High
Rotary
Club



President's Column:

October 25, 2016

High Rotary on the Web:

www.denvermilehigh.org

[Denver Mile High Rotary on Facebook](#)

[Denver Mile High Rotary on LinkedIn](#)

[Rotary District 5450 Website](#)

[Rotary International Website](#)

Inside this issue:

Upcoming Programs	2
Inspirators, Greeters, Hosts	3
Passport Party	4
American Museum of Western Art	5
Calendar & Updates	6
State Luncheon	7
Conflict Center	8
Zimbabwe Grant	9
Rotary is Everywhere	10

This week Mike Andrews will speak about the Valor Bridge Foundation.

Valor Bridge Foundation's mission is to honor our veterans of war through a continuous program of education, community, and mentorship that develops carefully selected individuals into long-lasting, impactful, and significant leaders in the private sector. Mike will discuss Valor Bridge and its program and efforts to help veterans transition their military skill sets to civilian opportunities.

Thank you to everyone that donated to Shelter Box over the last few weeks, our club raised \$390 to be donated to Shelter Box this week. Cherry Creek Rotary is donating \$200, Denver Rotary is donating \$200, and Lo Do Rotary is contributing as well, as we work together to donate 1 Box from the Denver Rotary Clubs. I am always Wowed by your generosity and stepping up or pitching in, in a time of need.

A few things on the calendar – This Friday if you can, volunteers are needed to help for Food for Thought at Bryan Elementary – [Click here](#) to register,

there are 3 people currently signed up.

November 2nd is the tour of the Museum of Western Art. If you haven't already RSVP please let Chuck Rudolph know. If you can pre purchase your tickets if you haven't already – otherwise it may take some time to buy them at the door. Following the tour everyone will meet for Happy Hour at the Brown Palace. If you are unable to do the tour because of work, feel free to stop by after work and socialize!

November 4th is the Passport Party hosted at Carolyn Nobel's house. Should be a fun evening of Travel stories, and learning about each other and where each member has traveled too! Bring your passport and show off your stamps. Help raise money for the Denver Mile High Rotary Foundation.

If you don't have plans on the 5th of November and would like to keep going ~ Food for Thought hosts it's annual Rock A Belly. Tickets are \$50. Your tickets includes tastings of Denver's top restaurants, breweries and distill-

eries as well as live music by Chris Daniels and the Kings and the Hazel Miller Band. Visit their site for more information - <http://foodforthoughtdenver.org/rock-a-belly/>

As I mentioned last week that our club has a budget to sponsor 10 tickets to the Presidents Dinner on January 7th, 2016. If more than 10 people, say 20 people register – then half of your ticket will be reimbursed by the club. Registration starts on November 1st and tickets will sell out. It will be your responsibility to register, then just let me know so we can keep a list of our members that will attend. View the district site for more information – [click here](#)

I will see when I get back at the November 9th meeting!

Thanks again as always for all, each and every one of you do! We really have an amazing club.

Melanie



Denver Mile High Rotary Upcoming Programs

October 26th - Mike Andrews, Valor Bridge Foundation. Valor Bridge Foundation's mission is to honor our veterans of war through a continuous program of education, community, and mentorship that develops carefully selected individuals into long-lasting, impactful, and significant leaders in the private sector. Mike will discuss Valor Bridge and its program and efforts to help veterans transition their military skill sets to civilian opportunities.

November 2nd - Touring the American Museum of Western Art from 3-4:30PM followed by Happy Hour at the Brown Palace Ship's Tavern.

November 9th - W. Bart Berger, Denver Mountain Parks Foundation. Few know of Denver's Mountain Park system, much less its scope or its importance. In fact, a significant part of Denver's early vision was a Mountain Park system. Mr. Berger will discuss the Foundation's efforts to assist in the oversight of the Mountain Parks, its resource challenges, and its importance to Denver's residents.

October Birthdays



7th—Carolyn Nobel
8th—Kevin Gallaway
25th—Heidi Resetarits

Denver Mile High
Rotary
 Club





Weekly Inspirators, Greeters & Hosts

October 26th

Inspiration - Bob Kemp

Greeters - Audrey Leavitt and Paul Leidig

Host - Jeff McAnallen

Vocational - Tom Giordano

November 2nd

Meeting at the American Museum of Western Art

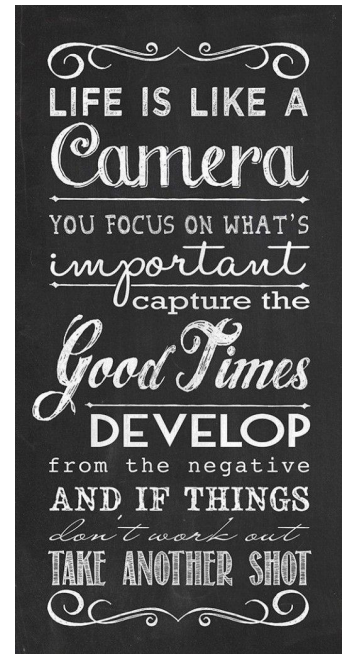
November 9th

Inspiration - Constance Mortell

Greeters - Diane Messamore and Lawrence Mundy

Host - Carolyn Nobel

Rotary Minute - Geoff Noble



Denver Mile High
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DENVER MILE HIGH ROTARY PASSPORT PARTY

Denver Mile High Rotarians are well traveled and have stories, stamps,
photos and videos to share

Join other members at The Passport Party

NOVEMBER 4, 2016 6-9PM

HOSTED BY WELL TRAVELED ROTARIANS - LOCATION CAROLYN NOBELS HOUSE

3255 BEECH COURT GOLDEN, CO 80401

**\$20 per a person donation to the Denver Mile High Rotary
Foundation plus either a bottle of wine (or 6 pack) OR your
favorite cultural appetizer or dish (French, Italian, Ethiopian,
German, Mexican, etc)**

*Be prepared to share a favorite travel story or adventure from a most
recent trip or even a tour of the past. Bring your passport and show off your
stamps!*





Tour of the American Museum of Western Art

PLEASE MAKE YOUR RESERVATION

At our July 27 DMHR meeting, Kristin Fong, Educator of the American Museum of Western Art invited the club members and guests for a private tour. We have scheduled our visit for Wednesday November 2 at 3 pm. This will be our get together in lieu of our club meeting for that date.

After an approximate 1 ½ hour audio tour, we will adjourn to the Brown Palace's Ships Tavern which is just across the street from the Museum at 1727 Tremont Place for no-host libation and club provided snacks.

We have ample space (limited by audio devices) at 50 units but we need to get your reservation. Please bring a spouse or friend. This is also a great way to introduce new people to the club. Your sole cost at the Museum will be \$5 per audio set.

Please also respond if you only expect to come to the Ship's Tavern, indicating "Ship's Tavern Only".

A Evite invitation will be sent out to all members. Please reply to the invitation as it will make it easier to track responses. If you did not receive the evite, you can also follow the following web address:

http://www.evite.com/event/0249TMSGKK4PPECVCEPGLGS3JFGELY/activity?gid=006AQ6OB5WBWA4A7IEPGLGTA5W2DPU&utm_campaign=view_invitation_button&utm_medium=email&utm_source=GUEST_INVITE_EVENT

The American Museum of Western Art provides access to one of the world's most comprehensive collections of Western art in one of the most unique settings in the country, the historic Navarre Building. The Collection is displayed in a salon style, which is in keeping with the Navarre's 19th Century origins and allows the Museum to exhibit a survey of Western art and history. The Museum's permanent exhibition (which includes over 300 paintings, drawings, and sculptures by more than 180 artists and spans nearly 200 years of American history) promotes the public's understanding and appreciation of art depicting the American West from the early 1800s through the present day.

WHAT WOULD IT TAKE TO **CHANGE THE WORLD?**

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

Continental Breakfast

The continental breakfast will be served every 2nd Wednesday of the month.

Denver Mile High Rotary Calendar

October 28th - Bryant Elementary Food Bag Program/Food for Thought

November 2nd - Tour of American Museum of Western Art. 3:00 to 4:30PM followed by Happy Hour at the Brown Palace Ship's Tavern

November 4th - Bryant Elementary Food Bag Program/Food for Thought

November 4th - Passport Party

December 5th - State of the State Mental Health Symposium—Hyatt Denver Tech Center

Save the Date!

December 11th - Denver Mile High Rotary Holiday Party

January 7th - RI President's Dinner Denver Marriott South (10345 Park Meadows Drive, Lone Tree, CO 80124) 5:30—8:30PM

King Soopers Cards

Did you know the minute you load your King Soopers card our club gets a percentage of the money you add? You don't even need to spend it and our club gets a percentage! Use it for your daily coffee run. That's right, it's good at King Soopers' Starbucks too!

Sarah Hite has King Sooper's cards. It's an easy way to make money for our Club and make shopping easier for you! They also make great gifts.



<http://portal.clubrunner.ca/2193/Event/2016-state-of-the-state-luncheon>

Please click here for this year's 10th State of the State Luncheon.

The Rotary Club of Denver Southeast and Colorado Rotary District 5450 invite Rotarians, Guests, Business and Not for Profit Organization Leaders, and Elected Government Officials to this year's State of the State Luncheon. This year's luncheon will include a report on the State of the State, with a focus on the challenges mental illness creates in our community, and what can be done to address these challenges.

Speakers Include:

Donna Lynne - Colorado Lieutenant Governor and Chief Operating Officer

Dr. Geetha Jayaram - Senior Faculty Member at John Hopkins Departments of Psychiatry, Public Health, Nursing and Patient Safety. Dr. Jayaram won the Global Alumnus Service to Humanity Award of Rotary International and the Rotary Foundation for her lifetime work improving mental health.

Cheryl Preheim, Channel 9 News, Emcee

John Hickenlooper, Colorado Governor, Invited

Date and Time

Thursday, December 15, 2016

Hyatt Regency Denver Tech Center

Mental Well-Being Symposium: 9am-11:20am

Mental Health & Wellness Expo: 11am – 11:55am

Lunch Registration: 11am-11:55am

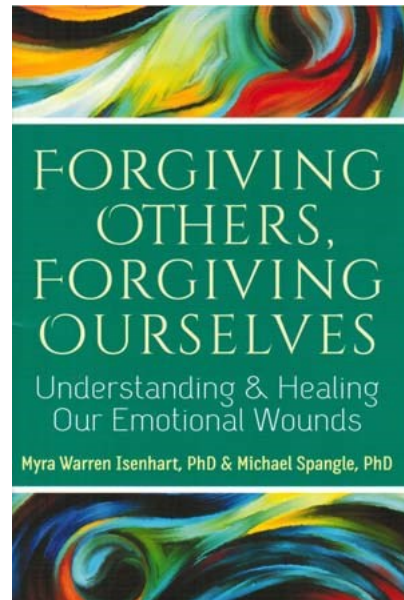
Lunch Program: 12pm-1:30pm

Registration:

Registration is \$60 per person. Rotary members may register a table which will be reserved for \$600 and have their name on the table. Business sponsorships are available beginning at \$1,000.



Please join us as we celebrate Conflict Resolution Month in Colorado by hosting a discussion of *Forgiving Others, Forgiving Ourselves: Understanding & Healing our Emotional Wounds* with author Myra Isenhardt, PhD



Join us for a dynamic discussion on the nature of forgiveness and what keeps us from forgiving or seeking forgiveness. This book draws on insights from many fields including communication, psychology, counseling, and theology, as well as original research, to explore the mental and emotional barriers we may encounter on our personal paths to forgiveness. This event is **FREE** and open to the public.

Friday, October 28, 2016
6:30 - 8:30 pm
The Conflict Center
4140 Tejon Street
Denver, CO 80211

RSVPs are not required, but they are much appreciated! To RSVP, call [303-433-4983](tel:303-433-4983). Click [here](#) for more information on this year's Conflict Resolu-

Zimbabwe Women's Empowerment Rotary Global Grant Approved



Denver Mile High has been a partner with the Highlands Rotary Club in Zimbabwe since 2005. During this time, we have jointly sponsored several grants that provided economic and computer trainings, primarily to women, in high-density communities in Harare Zimbabwe. We have engaged at least 25 Rotary Clubs in the USA and Zimbabwe to participate in the grant.

RI President Ravi Ravindran visited the project in early March 2016 and called this project a model for community development that should be replicated through the world.

In late 2015, Harare and Colorado Rotarians met with the participants, trainers and very supportive local government officials to explore how best to assist other women in greater Harare. We considered how best to serve the communities and take advantage of what we had learned from previous trainings.



President Ravi at the Grant Site

Together we decided to replicate the project in communities where we have not previously been involved. This would enable us to share the program with women who wanted to acquire the skills, both economic and computer, to support themselves. These new trainings will be even more focused on preparing the women for economic independence, with two training tracks and more hands-on activities to reinforce concepts in the training.



Host Rotarians Rachel, Jean, Susan, with Carolyn

Host Rotarians worked with the training organization to select the training sites, and they have been actively engaged in the development of the grant. They will participate in the selection of the participants and provide special topics training sessions. They will manage the grant funds and stay in touch with Denver Mile High throughout the duration of the grant.

Nineteen Rotary Clubs and two Rotary Districts contributed to the Global Grant that will provide \$84,500 for this new endeavor.

I am delighted to announce that this grant was approved on Monday.

Plans are underway to schedule the launch and start the training, which will last about one year. The big celebration, and one that we hope many of you will attend, will probably be scheduled next September. It will be a great opportunity to see the power of Rotary in action and meet the women who have changed their lives through this program.

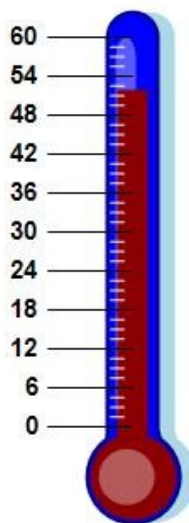
Carolyn Schrader October 17, 2016

Rotary is Everywhere!

Heidi found this delightful park bench dedicated by Rotary in North St. Paul, MN. during a bike ride with her new in-laws this fall.

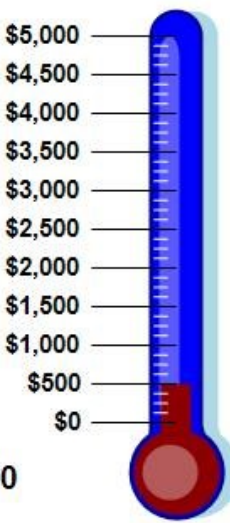


Membership



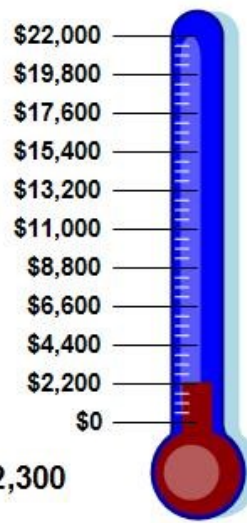
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Polio Plus



\$500

DMHR Foundation



\$2,300

Rotary International



\$1,607