



Denver Mile High
Rotary
Club



**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:

President's Column	1
Calendar, Birthdays, Book Club, Duties, & Editor's 2 Cents	2
Items you need to know	3
Info on friends' memorial services	4
Photo Page	5

ZOOM LINK

The Zoom meeting
"room" will open at 7:00
am, and the meeting will
begin at 7:15am.

Join Zoom Meeting

[https://
us02web.zoom.us/
j/81294791259?
pwd=aXZsTXRiZzJLZEVLRLN2RFZ3bnBRdz09](https://us02web.zoom.us/j/81294791259?pwd=aXZsTXRiZzJLZEVLRLN2RFZ3bnBRdz09)

Meeting ID:
812 9479 1259
Passcode:
903839

Denver - our beautiful city!

Let it snow, let it snow, let it snow!



President's Column

Dear Rotary Colleagues,

18 March 2024

Upcoming

This week we welcome presenter **Adam Hill**, a bestselling author and world championship qualifying triathlete, host of a podcast on the art of rising above fear and anxiety to achieve a high-performance life.

Our April 3rd offsite date is currently open for a location. Let Marty or Curtis know if you have a connection or suggestion.

In Retrospect

Kudos to DMHR all-star Rotarians, Carolyn Schrader and Bob Kemp, for their (short notice) informative presentations on two different large scale international Rotary service areas including the Healthy Community Challenge, providing large scale community health improvement grants in 4 countries in partnership with World Vision and the Bill and Melinda Gates Foundation, and WAKAM, a large-scale anti-malaria program in Kenya. Both project areas rely on community health workers/ health promoters as a primary intervention force to improve long-standing health challenges. Please see Carolyn and Bob for additional details.

Appreciations

Thanks to the Village Exchange team (Walter, Jim, Dan H, Annely, Marty) efforts this past week helping assemble personal care bags for newcomers, immigrants, and community residents needing assistance. The Village reported that its weekly food program has grown from 200 to 600+ recipients in the last months.

A few club members joined a birthday celebration with the Alkozay's youngest daughters, our refugee family from Afghanistan who have now been here for two years. Roni provided a nice summary on the impactful contribution of our club for the family which is doing quite well all things considered. Thanks to the club at large for supporting this meaningful project.

One of Us

See if you can guess this week's member. Answer at bottom of next page. Grew up north of Bean Town, MA. Likes: the pasta at Gaetano's, walks in Harvard Gulch, Seinfeld's humor, and hiking / biking for fun and exercise. One of their favorite trips was Katmandu, and Vietnam is on the list to visit. Once employed as a young Clark Kent and thinks about being a Forest Ranger in another life. Values Rotary fellowship and community service. The tree planting project was a favorite. Would like to see more club involvement with youth. Supports Boy Scouts of America and Girl Scouts (buying Thin Mints in large quantities). Who am I?

Condolences for family of Chuck and Charla Rudolph

Since Chuck and Charla Rudolph's son, Mark, was not able to join our Zoom meeting honoring his dad and mom, you may consider sending a condolence to Mark at his address:

Mark Rudolph
2280 Locust Street
Denver, CO 80207



CREATE HOPE
in the WORLD

Denver Mile High
Rotary
Club



Page 2

DMHR Book Club
All Welcome!
Thursday, April 18
[Assisted Living](#)
by Philip Brien Clarke,
a local author and
friend of Tom Cella.
Meet at 4:30 at
Tom Gregory's home
1 Black Swan Lane
Cherry Hills Village
80113

WEEKLY	Date	Inspirator	Greeter/Host
	20 Mar	Bob Kemp	Janine Kempfer
	27 Mar	Audrey Leavitt	Ann Lockhart
Off-site	3 Apr	Volunteer?	All of us
	10 Apr	Nick Melrose	Constance Mortell

March Birthdays

2 March - Audrey Leavitt
14 March - Geoff Noble
23 March - Constance Mortell



DMHR Calendar

Mar 18 - 4:00 - World Community Service meeting - Contact Audrey Leavitt for details
Mar 20 - Rotary Mtg - Overcoming Fear with Adam Hill and 9:30 Volunteer at Village Exchange
Mar 21 - 7:30am - Foundation Board Meeting - Contact Mary Walta for more information.
Mar 24 - **Ski Outing Sunday** - Meet at 8:30am at Copper Mountain. Contact Marty to confirm interest and request an Ikon Buddy Pass discounted ski pass link
Mar 27 - Kwabi Amoah-Forsen is a humanitarian and influencer from Tacoma, WA, fostering dialogue on the meaning of peace through "The Peace Bus". See photo on page 3 and [click here](#) for more info.
Apr 3 - Off-site meeting. We have no location to date, please contact Marty if you have a suggestion.
Apr 12 - Chuck and Char Rudolph Memorial Service – 11am, Montview Presbyterian
Apr 14 - 3-5pm - DMHR Spring Wine Tasting at the Pinnacle - [Click here](#) for info and to register!
Apr 20 – Denver Digs Tree Distribution Date (City Park and Sloans Lake) club volunteer opportunity
May 1 – Offsite – Volunteers of America (VOA) – 27th and Larimer
May 11 - [DMHR's Epic Day of Service](#) - Tree planting - Need 30-40 volunteers. [Click here to volunteer!](#)
May 12 - [Rockies Baseball game](#) - annual Rotary function - The Rockies slug it out against last year's World Series champions, the Texans. Five dollars from each ticket sold will go to polio. [Click here!](#)
May 18 - Epic Day of Service - District-wide - [Click here](#) for more information.

A word from your editor

Dear fellow Rotarians,

Another week has gone by so quickly, all of a sudden I find myself wearing green for St. Patrick's Day!
Does anyone have a business our club could visit on April 3 for our off-site meeting?

Let's make our **April 14th wine tasting** a huge success, [click here to see the flyer](#), on which you can register by clicking on the Eventbrite link. The invitation will be on the district website as well in case you want to direct your fellow Rotarians and friends there.

See you Wednesday, 20 March at the U Club
Annely Noble, Past Pres 2022-23
Annely.noble@comcast.net 303-842-8725

*The more you contribute to your Rotary Experience,
the more you benefit from your Rotary Experience.
What are YOU contributing to Rotary?*

One of us...Bruce Ward



CREATE HOPE
in the WORLD

Denver Mile High
Rotary
Club



Page 3

Epic Day of Service -

May 11 - 8:30-noon

Denver Mile High Tree Planting
Phase 2

[Click here](#) for information on this

May 11th

Epic Day of Service Project!

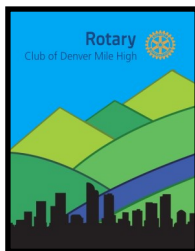
[Click here](#) to volunteer.



Kwabi Amoah-Forson in his famous "Peace Bus"

Kwabe will be our featured speaker
on March 27th.

Kwabi Amoah-Forson is a humanitarian and influencer from Tacoma, WA. Through various humanitarian campaigns, he has assisted those in need in his community and across the country. He also strives to educate others about the true meaning of peace and foster dialogue on the subject through "The Peace Bus".



Invasion of the Canadians

The end of July the Rotary Club of Kingston, Canada and Denver Mile High Rotary will do a Club to Club exchange. An amazing first step toward entering the world of Rotarians. The first exchange will be a handful of Canadians visiting us. We will home host the guests, visit projects, local area points of interest and have a day at Pikes Peak, BBQ at a members home, attending a Rotary Meeting and so much more. Four days and five nights of fellowship entering the next level getting to know each other. Next year members of Denver Mile High Rotary will invade Kingston, Canada on Lake Ontario. *Anyone interested in planning daytime or evening activities contact Roberta Simonton at 303-777-6246 text or simontonroberta@gmail.com.*

Colorado Gives

Marty Waters has registered Denver Mile High Rotary with Colorado Gives. It could not be easier to donate through this site to give to our DMHR Foundation. You can make a one time donation or a recurring commitment. Additionally, Colorado Gives provides an option for the donor to cover the very small processing fee so that our foundation benefits from the donor's entire contribution. To give one time or to set up a recurring donation, [please click here](#). Our foundation treasurer, Noreen Keleshian, did an extensive comparison of giving platforms (including PayPal) and found Colorado Gives to be the most cost effective way to donate to Denver Mile High. Thank you in advance!



<— Tom Cella with refugees who have become good friends, Nesar on left and Behoze on right, in front of the local Muslim Center. They were picking up food for struggling families.

Another DMHR Rotarian Passes - Susan Henderson

Pat Gorman-Barry shared the following with us:

Susan Henderson's son, Matt, sent this message knowing how many of us knew and loved his mom.

"Susan passed away peacefully overnight on February 7th, 2024 at a care facility in Littleton, CO. As many of you know she had been battling Alzheimer's for over a decade. Therefore, we are pleased that she is finally at peace and that those of us who know and love her can celebrate the fantastic person she was for so many decades before this awful disease.

Take care,

Matt Kelly

(303) 803-2661

mattkelly111@gmail.com"

The following is from Pat regarding her friendship with Susan: I met Susan when I joined Jr. League forty years ago and she helped train the provisional class, became good friends, and shared CU nursing backgrounds. She was my DMHR sponsor and we were roommates at two RI Conventions where we staffed a BrainWise booth in the House of Friendship. In 2010 she started having cognitive issues, and in 2018 she did not know me, except that I was a "nice lady." I continued to take her to lunch, but in October 2019, she became fearful of other people in the restaurant. I did not see her after COVID hit, but knew she was being cared for by her loving family. Her sons wrote a beautiful obituary that captures the smart, funny, kind, and delightful woman she was. Alzheimer's is a cruel disease.

May she rest in peace. Pat Gorman-Barry



Susan Henderson, Pat Gorman-Barry, **Patricia Fiske**
at the RI Convention in Los Angeles; the ladies
represented the BrainWise booth in
the House of Friendship.

Correction! See Photo to left.

Information regarding

Susan Henderson's Memorial

[Susan Henderson Obituary - Horan & McConaty](#)

South Denver - 2024 (legacy.com)

Service on Wednesday, March 20

St. John's Cathedral

10:00am

Information regarding

Chuck and Charla Rudolph's Memorial

Memorial services celebrating both

Chuck and Charla's lives will be held at

Montview Presbyterian Church

1980 Dahlia Street, Denver, CO 80220

April 12, 2024 at 11:00am

Reception immediately following at the

Denver Botanic Gardens located at

1007 York Street, Denver, CO 80206.

In lieu of flowers, memorial contributions are suggested
in Chuck Rudolph's name to Denver Mile High Rotary
Foundation at [https://www.coloradogives.org/
organization/Denver-Mile-High-RotaryFoundation](https://www.coloradogives.org/organization/Denver-Mile-High-RotaryFoundation).



CREATE HOPE
in the WORLD

Denver Mile High
Rotary
Club



Join us at Village Exchange center every 2nd & 3rd Wednesday of each month. We have fun loading supplies and food and get in our daily steps.



Greeting from Florida
fellow Rotarians!

I am approximately halfway through my time as a "snowbird" here in Florida. So far, I have hosted fisherman guests from Texas, Oregon, and Colorado. I have guests scheduled for later this month from South Carolina and North Carolina. Adams Price and Bob Kemp have visited in previous years. I'll be back the first of May. With Best Regards, Geoff



The Alkozay Family celebrates its youngest daughter