



Denver Mile High
Rotary
Club



**Denver Mile High
Rotary on the Web:**

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ZOOM LINK

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

Join Zoom Meeting

<https://us02web.zoom.us/j/81294791259?pwd=aXZsTXRiZzJLZEVLRL1N2RFZ3bnBRdz09>

Meeting ID: 812 9479 1259
Passcode: 903839

Denver - our beautiful city!



President's Column

Dear Rotary Colleagues,

2 October 2023

This Week

Our offsite is at **Project CURE**, with a facility tour and service opportunity. Please sign up in advance for the after-meeting service activity in their distribution warehouse. (No Village Exchange this week). [Click here to go to the registration page.](#)

A reminder that October is RI **Polio** month. We will be collecting donations and providing updates on the value of this signature Rotary International initiative.

We want to rename our club's "**Project Fund**" to better capture this fund's purpose. Our club-based foundation fund provides the seed money for any project requiring financial input. We would like the new name to be a bit more descriptive and inspiring for both the public and our members. In addition to the list of candidates found on **page 4** of this newsletter, please forward any suggestions to me. We will include these on an upcoming member poll to decide the new label.

Last Week

Carolyn, Diane Messamore, and Pavel provided informative presentations on: our club's effective leveraging of Rotary funding for local and international projects; FineMind in Uganda - a mental health program ([power point linked](#)).

The District Convergence on Saturday was attended by five from our club and focused on re-energizing individuals to embrace our mission, serving community needs.

Our Peace Walk/Cycling fundraising has collected **\$9442**, nearing our **\$10,000** goal.

Appreciations

- To our DMHR members at large for responding to the fundraiser call... thereby bypassing the need to sell 500 boxes of fruit, or organizing 7 dances / wine tastings, or putting together 50 mini-dinners.
- To Dan Himelspace and Bob Kemp for fine presentations at the District Convergence function, well representing DMHR in the process.
- To Diane Messamore for several years of DMHR service-related contributions.

One of Us

See if you can guess this week's member. **Answer at bottom of next page.** Migrated from the city with more "peach" named streets than any other in the US. Some favorites: Poppies restaurant on south Colorado Blvd., Ted Lasso series, trips to the Canary Islands and Spain (wants to add New Zealand), walks along Harvard Gulch, and yoga and skiing. Once was a food server and dishwasher and wouldn't pass up a job as a puppy petter. "A Little Help" was a favorite Rotary project and volunteers at Urban Peak (program for homeless teens).

Who am I?



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Weekly Inspirators, Greeters & Hosts, etc.

Date	Inspiration	Greeters	Host
4 Oct	Off-site Mtg	10377 E Geddes Ave, Centennial 80112	Project C.U.R.E.
11 Oct	Melanie Gentz	Tom Giordano and Brian Good	Tom Gregory
18 Oct	Dan Hall	Mary Hall and Marcus Hanlon	Abby Hanson
25 Oct	Kevin Gallaway	Dan Himelspace and Sarah Hite	Noreen Keleshian

Denver Mile High Rotary Calendar of Events

Oct 4 - Offsite Project CURE. Phone: 303-802-1944

10377 E. Geddes Ave, Centennial, Co 80112

Volunteer service shift post meeting sign-up

<http://denmilehighrotary.projectcure.volunteerhub.com/>

Oct 10 - World Mental Health Day

Oct 13 - 6-8pm Conflict Center Event - Contact [Ronnie Weiss](#)

Oct 11 - Annely Noble and Carolyn Schrader – Club International Projects (part 2), Nepal and Zimbabwe // Dan Hall facilitating meeting

Oct 14 - LCS Service – Tree Distribution Day with The Park People at Valverde Community. [Click here to register.](#) Of the two distribution locations available at sign-up, please consider the Florence Crittendon school site.

Oct 18 - Knight Moves - Linc Kroeger - computer science program for Native Americans

Oct 21 - WASH Symposium - [Click here for details](#)

Oct 25 - Art from Ashes – Jessica and Kree

Oct 26 - 5-8:30pm - Dynamic Dinner - Details to follow.

Nov 2 - 5-7pm - Halloween party at Noreen Keleshian's home

Nov 11 - pm - Maxi-Dinner (vs. mini-dinner) hosted by Tom Cella and Mary Hall: \$75 for an Afghan feast cooked by our refugees, details to follow.

October is **END POLIO NOW** **month!**
Audrey Leavitt is collecting funds for the "End Polio Now" drive during the entire month. Look for the yellow bags on the tables at meetings. Please make checks out to "The Rotary Foundation" with "Polio" in the memo field.

Project C.U.R.E. Request

Noreen has spoken with a representative from Project C.U.R.E. who said that the organization needs the following four items:

**Newborn-1 yr diapers, baby wipes
sanitary pads/tampons, bandages**
Please bring these items with you to the off-site meeting at Project CURE
this coming Wednesday.

Word from the Editor

A word from your editor

Dear fellow Rotarians...

Let the fun begin! So many great activities planned for October and November; please consider volunteering for service and participating in fellowship! My SSD used for computer file storage crashed, if anyone has Rotary photos from the past years, would you consider e-mailing them to me, or better yet, volunteer to be our historian and keeper of the pix?

Thank you so much!

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... Amanda Biffle



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DMHR Dues information

Please pay quarterly dues on or before the following dates:
July 15; **October 15**; January 15; April 15
Deliver a check to Carolyn at a meeting or mail to:

Denver Mile High Rotary
PO Box 101471
Denver CO 80250

For more info, click here.

Maui Disaster Relief

Thanks to you, our generous Rotarians, our club sent a check for \$2,475 for Maui disaster relief.

There is still time to donate directly to Maui Rotary District 5000 by [clicking here](#).

Conflict Center Event

The "In Your Element Skills Auction" is an annual fundraiser event, this year on Friday, October 13 from 6-8pm. For more information and to purchase tickets, [click here](#). Don't miss an evening of performances, entertainment, fortune tellers, food and drinks, and an opportunity to bid on a skills workshop! *You can volunteer to offer your skills to teach a workshop that will be auctioned off.* Contact [Ronnie Weiss](#) for more information and to volunteer.

DMHR Annual Halloween Fellowship

Dressing in costume is optional but word is that there may be a few Barbies and Kens at this party hosted at Noreen Keleshian's home (3220 S Locust St, Denver 80222) on Thursday, Nov 2nd, 5-7pm! Noreen will provide drinks and hors d'oeuvres, however please contact [Noreen](#) if you would like to bring a dish.



ORGANIZATION INFORMATION

Our **District** is 5450.

In our District are **13 Areas**.

Area 1 comprises the following clubs:

Rotary Club of Denver Mile High
Rotary Club of Denver (aka Club 31)
Rotary Club of Denver Cherry Creek
Rotary Club of Denver LoDo
Rotary Club of Five Points RiNo

October Birthdays

6 Oct

Scott Smeester

8 Oct

Kevin Gallaway

15 Oct

Alessandro Eichstaedt

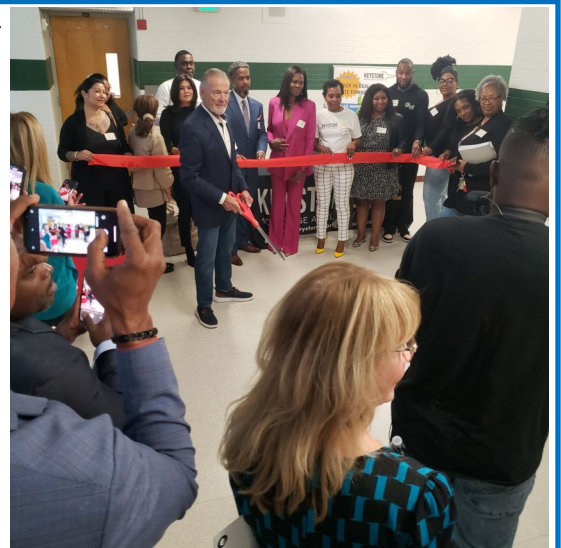
District and Global Grant Presentation

Thank you to Carolyn, Diane and Pilar Reppo for an outstanding presentation on DMHR grants from the past two years. Their presentation highlighted why our club is known for its grant work. [Please click here](#) to see the impact our donations have on grant funding; thank you to Carolyn for her work on providing a visual for us.



DMH Rotarian Janine Kempfer successfully has opened Keystone Mortgage Academy. [Please click here](#) to see the press release titled:

"Bridging the Gap in Homeownership:
Keystone Mortgage Academy Empowers Minorities to Become Change Makers in the Mortgage Industry"





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October Service Project - Denver Digs Tree Distribution!

Community members in five heat-vulnerable west Denver neighborhoods have adopted 300 trees, which they will pick up at two different sites on: **Saturday, October 14th, 8am to 12 noon**

We'd love to have your help getting the new trees loaded into residents' vehicles so they can take them home to plant.

[Click here to sign up to volunteer to help.](#)

Please choose either the Crittendon site or Valverde site.

Denver Digs will have breakfast burritos, tree-planting demonstrations, and music for your enjoyment. Please bring your own water bottles and sunscreen.

All our work growing and caring for our parks and urban forest is only possible through the effort, sweat, and love of you, our wonderful Rotarians, and other volunteers. More details will follow, or contact [Marty Waters](#) (518-718-4160) for additional information.

Project Fund Suggested Names

(please send ideas to Marty).

A vote to choose the new name will follow collection of ideas.

- Fund for Community Good
- Fund for Greater Good
- Fund for Good
- Caring Fund
- Give Fund
- Care Fund
- Fund for Good
- Service Fund
- Impact Fund
- Service Above Self Fund
- GOALS (Giving, Outreach, and Leadership Service)
- SOS Fund (Service Over Self)

The Denver Century Ride - **Cycling to Serve - Fundraiser!**

Participants included Marty Waters and Debra Flick, Dan Hall, Melanie Gentz, and Robin Springer.

Additionally, Marcus Hanlon, Geoff and Annely Noble participated as course marshals earning the club another \$150.

It is not too late to give to the club foundation in honor of those who rode for the rest of us!

Please donate to "Denver Mile High Rotary Foundation" and hand to Noreen at a meeting or mail to:

**Denver Mile High Rotary Foundation
PO Box 101471, Denver CO 80250**

Please
continue
reading...

Warriors on Cataract Finish Veterans' Rafting Season Safely, despite highest water in years!

Greetings from Warriors on Cataract,

We just finished our third All Female raft trip, this on the Green River through the Gates of Lodore. In the words of Lead therapist Karen House who leads the trip, "The trip was FANTASTIC!!! "

These trips are conducted with females only, even the outfitter guides. It makes a big difference. Many have been assaulted in their military service and would be uneasy camping with male soldiers.

Karen reports further, "OARS (the rafting outfitter), has a standard of excellence that is clear to every guide. The trip was more deeply therapeutic for the participants, I had them do journaling every day, digging into their MST and pushing them. It was also very fun, we had several special fun nights - Hawaiian Shirt night, Onesie (pajama) night and costume night. Lots of fun."

It was a good river flow, higher than historical. They had 3 oar boats, 1 paddle boat and 3 duckies (kayaks). And a stand-up paddle board for the flat water.

This wraps our rafting season, five trips this year. We are now working on the photo albums and discussing the launches calendar and rivers for next year. We will no doubt run Cataract, Desolation Canyon, and Gates of Lodore. This was an epic water year in Cataract, and we are hoping for a big river next year.

We are again sponsoring our gang on the Bataan Memorial Death March that launches March 16. It is conducted on White Sands Missile Range, 26 miles of desert. This annual March is in honor of the service members who were force-marched on Bataan, many perished along the way. Last March the Warriors on Cataract team of six of our women participated in the 81st annual march with 5000 entrants from 50 states and 5 foreign countries. They finished First in the Team Female Civilian category!

Thanks for all of your support!

Best regards,

Fred Solheim (Founder - Editor's note)

Karen House (Coming to speak to DMHR

January 17, 2023 - Editor's note)

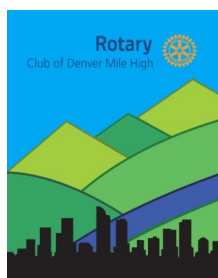
Lew Kelnhans



130 Mohawk Drive
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303.818.7600
www.WarriorsOnCataract.org
Facebook: Warriors on Cataract
Instagram [WarriorsOnCataract](#)



We owe much to those who served and defended our Nation at great personal cost



Denver Mile High Rotary
supports worthy causes,
both financially and
with person power.
What is your cause and
how can we help?



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Service Above Self - Volunteer Opportunities



PROJECT WORTHMORE

Project Worthmore - Volunteer anytime

Project Worthmore is a local non-profit that serves the refugee community in the Denver metro area by providing a dental clinic, language classes, food for their community, as well as other services. We may volunteer any Monday during the entire month to help with food packaging and/or contactless deliveries. **Please contact [Tom Cella](#)** for more information and to volunteer.

Where: Project Worthmore is located at 1666 Elmira Street, Aurora

What: They need a total of 8 volunteers - 3 to help with packaging and 5 to help with contactless deliveries.

When: The first Monday of every month.

10:30am - 12:30pm: Food Packaging. Three volunteers **12:30pm - 1:30pm: Deliver boxes** of food to families



The DMHR Peace Walk

What a beautiful morning to take in the amazing sites at City Park, led by Marty Waters and others who shared info ->



The Conflict Center

The Conflict Center is always looking for volunteers to do a variety of tasks. Watch this space for opportunities beginning May and early June. If you would like more information or to sign up, please contact [Ronnie Weiss](#).



on beautiful sculptures in the city park defining the struggles of peace activism. [Click here for a link to the information that was shared!](#)



A Day to Remember - Rotary Peace Walk



Forty-five Rotarians, friends, and students participated in the Peace Walk, which included the peace mural on 17th St. painted by Denver East High students. The Rotary Interact Club students (below, and others) shared information about the mural's meaning.



Marty Waters, president 2023-24, made Zoom possible for those who could not attend in person. Rotarians Pat Barry and Audrey Leavitt (above) monitored the Zoom station.

Thanks also to Marty for providing food and beverage for the early morning outing!