



## President's Column

Denver Mile High



### 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, Duties, Birthdays, Book Club, 2

Upcoming Events 3

Items of Interest and Editor's Letter 4

Last minutes additions 5

Peace Walk Info 6

### ZOOM LINK

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

[Click here to join the Zoom Meeting](#)

or use the following URL:

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

Mtg ID: 812 9479 1259

Passcode: 903839

Dear Rotary Colleagues

8/21/2023

### This Week

30 days until the DMHR Peace Walk & Bike Ride fundraisers. We are gaining momentum in terms of registrants and donations. We are at \$3300 towards our base goal of \$10,000 (and stretch goal of \$15000). An offer was sent over the weekend via email to incentivize club members who wish to set up an online donation link or request one set up on their behalf. (See Marty) Please see last page for details.

Regarding the devastating fire in Maui, our Local Community Service committee has decided to designate up to \$1000 in matching funds for every dollar donated by our club members to aid disaster relief. Donations will be forwarded directly to Rotary District 5000 which covers the impacted area. If you would like to contribute, make a check out to the Denver Mile High Rotary Foundation and forward to Noreen with a comment in the memo "District 5000 Maui fire relief."

As a follow-up to our discussion on developing LCS project proposals from interested members, a form is available ([click here for form](#))\* to help you think through and document your request. Please forward to Tom Cella. A group working on a youth mental health proposal will meet for 30 minutes after this Wednesday's meeting to help develop ideas. \*Fillable form available under documents on DMHR website/members only.

### Last Week

We had a delightful evening honoring Annely with toasts and roasts at the Sunday Past President's Party. Congratulations to Tom Cella winner of the DMHR Rotarian of the Year. Well deserved. Thanks to all for attending and contributing to this important annual rite of succession.

We learned about CHOW from CEO Chef Erin Boyle – a self help organization designed to assist mental health and substance use issues for hospitality industry workers. This is a great resource for a vulnerable workgroup. More info, see page 3.

### Appreciations

Thanks to Betty Speir for helping to organize and coordinate the Past President Party. Thanks as well to Tom and Janis Cella for sharing their large scale "front yard" to host the party.

### One of Us

See if you can guess this week's member.

Born and raised in the shadow of the Rockies. Having traveled in 46 countries, is taking a pause on current travel but has fond memories of a trip to France, visiting a daughter who was there on a Rotary scholarship. First job was a bacteriologist at St Joseph's hospital. Subsequently worked for Uncle Sam for a good number of years, including a stint in Cairo (and by the way will neither confirm nor deny CIA involvement). Enjoys tennis on TV, walks at Inverness, and dinners at Metropolitan Grill. Appreciates what Rotary does in the world at large and has served an important District role for 5 years.

Who am I?

Answer at bottom of next page.

Marty

## Club Calendar

Aug 21 - World Community Service Meeting (WCS) 4:00pm. See Audrey Leavitt for details  
 Aug 22 - Book Club at Annely and Geoff's - 4:30pm 16658 E. Hialeah Ave, Centennial 80015  
 Aug 23 - Greg Winchell - Citizens' Climate Lobby - Colorado  
 Aug 30 - DARK - **Happy Hour** - 5-7 at The Tavern at City Park Golf Course  
**Sept 6** - Off-site at CVC Safe Outdoor Spaces (SOS) - 1530 W 13th Ave, Denver  
 Sept 11—**CHOW** in the (City) Park - 11a-4p - Free. See next page for details.  
 Sept 13 - Our own Amanda Biffle reports on the current Denver Real Estate market  
 Sept 17 - Rockies vs Giants at Coor's Field 1:10pm [Click here for tickets](#)  
**Sept 20** - 7 AM – [City Park Peace Walk](#) (fundraiser part 1)  
**Sept 23** - [Cycling to Serve Bike Ride](#) (fundraiser part 2)  
 Sept 30 - [District Convergence](#) formerly known as the District Conference usually held in spring

Date	Inspiration	Greeters	Host
August 23	Mary Walta	Bruce Ward and Ronnie Weiss	Sonny Wiegand
August 30	<b>DARK</b>	<b>Happy Hour at The Tavern at City Park</b>	<b>5-7pm</b>
Sept 6	<b>Off-site</b>	<b>Colorado Village Collaborative - SOS</b>	1530 W 13th Av

## News Worth Knowing

### DMHR members are rock stars!

For the 2022-23 year, our club sponsored the following grants, with the value shown:

#### District Grants

DMHR was the primary sponsor and implementer on five District grants which totaled **\$69,219**, and which involved 18 clubs, which helped to provide funding for these five grants.

- \* Avicenna Library Renovation-Harare
- \* Afghan Refugee Assistance
- \* Ukraine Medical Emergency Equipment
- \* Denver Tree Planting Initiative
- \* Project Worthmore Yu Meh Food Share

#### Global Grants

The total budget for these three grants was **\$226,200!**

- \* Nepal Economic Development
- \* Uganda Mental Health, and
- \* Zimbabwe Community Empowerment

### August Birthdays

- 25 - Nick Melrose
- 26 - Ann Tull

### September Birthdays

- 4 - Amanda Biffle
- 8 - Roberta Simonton
- 22 - Marty Waters



Stretch out your special day!

### Book Club is reading...

*Shoe Dog-A memoir by the creator of Nike*

by Phil Knight

Meeting at the Noble home on Tuesday

**August 22 at 4:30 pm**

16658 E Hialeah Ave, Centennial, CO 80015

### \*What? No District Conference this year?

**Yes, there is, but it is called the  
District Convergence \***

and will be held Sept 30, instead of next spring.

**Something new, something exciting!**

[Click here for information on the function!](#)

**One of Us!** Ann Tull – former US Diplomat  
and Rotary District Foundation Chair.  
**Happy 85th Birthday!**

### Local Community Service

More refugee and asylum seeking families are arriving in our community. The **(LCS) Local Community Service Committee** is collecting all varieties of household items to welcome and help settle these families.

If you have any household items you can spare, please bring them to a Rotary meeting or call Tom Cella for a pick up time.  
M 303-981-1222 or tomcella1739@gmail.com

### Polio Plus Fundraiser

#### Rockies vs Giants Baseball Game

**When** - Sunday **September 17** at 1:10pm

**Where** - Coors Field (Duh!)

**Goal** - To sell 500+ tickets to Rotarians and friends.



Every ticket purchased  
**donates \$5.00** to eradicate Polio.

Go to [www.rockies.com/rotary](http://www.rockies.com/rotary) to order tickets.

If you cannot attend the ballgame, please consider writing a check to DMHR Foundation memo "Polio contribution" and give to Noreen at a meeting or mail to:

Denver Mile High Rotary Foundation  
PO Box 101471

Denver CO 80250

Thank you, Mike Oldham

Rotary District Polio Committee

**END  
POLIO  
NOW**

### Health 365

**When** - October 7th from 8a-12p

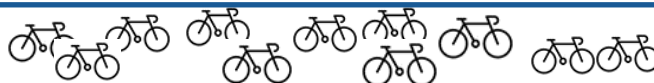
**Where** - CEC

Linda Sue Shirkey - Rotary Coordinator

Geoff Noble - Volunteer Coordinator

Audrey Leavitt - Medical Coordinator

Stay tuned for additional details.



### Cycling to Serve

[Click here](#) for details on this important fundraiser!

This used to be our annual Woohoomanity biking fundraiser...and it still can be.

[Marty Waters](#) and Dan Hall are riding this year, [please donate!](#)

To donate online to the riders, [click here](#), or **for greater impact**, you can write a check directly to and mail to:

**Denver Mile High Rotary Foundation**

**PO Box 101471**

**Denver CO 80250**

You also can bring a check to a Club meeting and deliver it to Noreen, DMHR Foundation Treasurer.

### Join the Denver Mile High Rotary Peace Walk

Please see pg 6 of this newsletter for info on how to join our Denver Mile High Rotary walk and how to donate to the cause.



### CHOW IN THE PARK - September 11, 11-4, City Park

This free event will feature health and wellness activities, substance use recovery and **mental health tools**, and of course, fun! The day will end with a happy hour in the area that will offer both alcohol and non-alcohol options.

Join us for a CHOW in the Park Community Day, where food/beverage/hospitality workers can take the day to rest, recharge and invest in wellness. Our intention is to bring industry leaders, restaurant ambassadors and community members together to connect and support one another in this local initiative. This community event is centered around education, connection and investment in wellness, mental health, and recovery.

We are inviting local organizations to join us for CHOW IN THE PARK! We encourage you to utilize 9/11 as your Restaurant Wellness Day. Each participating restaurant or restaurant group will be offered a 10x10 tent space to invite your staff to join you for a day of fun alongside CHOW. Please contact [Amanda](#) for more information.



CREATE HOPE  
in the WORLD

# Rotary

## Club of Denver Mile High



Page 4

### Annual Calendar

The calendar below is from a previous year and is subject to change. The **red font** shows Rotary International monthly promotions.

<b>JULY</b> RYLA Camp <b>Literacy Month &amp; New Rotary Year</b>	<b>AUGUST</b> Past President's Party <b>Membership and Extensions Month</b>	<b>SEPTEMBER</b> Peace Walk - 9/20/23 Cycling to Serve - 9/23/23 District Convergence - 9/30/23
<b>OCTOBER</b> 9Health Fair World Polio Day Event <b>Economic &amp; Community Development</b>	<b>NOVEMBER</b> Write Holiday Cards for Military <i>Jam Fundraiser—may begin earlier.</i> <b>Rotary Foundation Month</b>	<b>DECEMBER</b> Holiday Party Toy Drive? <b>Family Month</b>
<b>JANUARY</b> Write Valentine Cards for seniors <b>Rotary Awareness Month</b>	<b>FEBRUARY</b> Craig Hospital Card Writing New Member Orientation <b>Peacebuilding &amp; Conflict Prevention Month</b>	<b>MARCH</b> <b>Literacy Month</b>
<b>APRIL</b> Earth Day - 4/22/24 Arbor Day - 4/26/24 <b>RI Magazine Month</b>	 <b>MAY</b> Craig Hospital Dinner RYLA Interviews <b>Promote International Convention Month</b>	<b>JUNE</b> <b>Rotary Fellowship Month</b>

### Editor's Letter...

Dear fellow Rotarians,

OMG, I cannot tell you how honored I am to have been your president and I thank you for the amazing fun last evening at the past president's party. Betty Speir and Tom Cella did a fabulous job providing food, drink, furniture and ambiance...even flowers! Our president Marty provided wit and humor and a good time. Thank you each for attending and adding to the levity and honor—I am truly humbled and it's fact, I love you each!

Service above self,  
Annely

Annely.noble@comcast.net  
303-842-8725

Past President 2022-23

### DMHR Dues information

Quarterly payments are due no later than 15 days after the start of each quarter:

July 15; October 15; January 15; April 15

Deliver check to Carolyn at a meeting or mail to:

Denver Mile High Rotary

PO Box 101471

Denver CO 80250

[For more info, click here.](#)

### From Amanda Biffle... Maui Donations...

The link below is for a GoFundMe that has been started for the people of Maui. I have a close friend who lived on the island for many years, and she confirmed this fundraiser is working with local organizations to ensure the funds go to those who need it most urgently. Please consider donating to this trusted source:

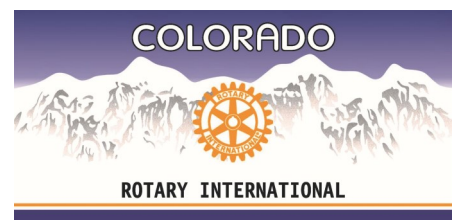
<https://gofund.me/4b023c28>

### Rotary License Plates

Would you like a distinguishing license plate? Then don't forget to order your Rotary themed plate today. Don't be the only member without one!

To access the member verification form, [click here.](#)

To access the process to obtain your license plate, [click here.](#)





### Reading for Peace

One of our heartwarming volunteer opportunities is with **The Conflict Center's Reading for Peace** program. Volunteers visit local elementary schools and read to small groups of children, spending about 30 minutes with each class. The books are carefully selected to positively reflect problem-solving, inclusivity and accepting differences, kindness and peacemaking, and we discuss these topics with the students as we read.

Reading is scheduled for several **Thursdays** throughout the school year.

As an added bonus, Noreen Keleshian is a reader, so you know you will have fun!

**The training is scheduled for September 28.**

If you're interested, Noreen or Ronnie Weiss can give you more information.

Noreen can be reached at 303-746-6700 or [noreenkeleshian@gmail.com](mailto:noreenkeleshian@gmail.com)

Ronnie can be reached at 303-718-3279 or [ronnie.weiss@conflictcenter.org](mailto:ronnie.weiss@conflictcenter.org)

Photo credit to Marty Waters



Past Presidents' Party—Rotarians on the right of Marty are past presidents—Rotarians on the left are future presidents!

### Future Event—Save the Date

Human Centered Design

### WASH Symposium

Featuring Georgie Badiel-Liberty

October 21, 2023 - 7:15am—1:45pm

CSU SPUR Hydro Bldg - Live and Virtual (Zoom)

[Click here for WASH Symposium](#) details.



Photo credit to Marty Waters



## Please sponsor our Rotary Peace Walk in City Park

Dear Family and Friends,

On Wednesday, September 20, 2023, the Denver Mile High Rotary Club and I will be taking a **Peace Walk in Denver's City Park**. The walk will begin at 7:00 AM starting at the Bandshell on Ferril Lake, the middle of the park. I invite you to join. During the park tour, we will cover 3 miles, with an option to stop after a quarter mile, depending on your availability.

The walk is **free** and is designed to be fun and educational. Based on a theme of "5 Easy Pieces" you will experience:

1. **Peace Activists** – learn about five legends of non-violent change at the MLK monument
2. **Peace among People** – East High's Wall of Peace, the art of respecting cultural differences, a student created two block long street mural
3. **Peace of Mind** - enjoy the urban oases and learn a bit about its nature within
4. **Pieces of History** – find out how City Park came to be
5. **Pieces of Rotary** - learn some of the diverse ways our club contributes to community wellbeing with local and global projects

**Our portfolio of ongoing club projects** from this past year includes: working in local food banks, planting trees in Denver parks and neighborhoods, supporting Afghan refugees resettling in the U.S., providing humanitarian war relief to Ukrainians, supporting health care delivery in other countries, providing vocational training in Zimbabwe, helping establish a food storage system in Nepal, attending to the mental health needs of local youth as well as people in Uganda, providing health screens for local citizens, and supporting recovering veterans. This year, we will continue to work in many of the same areas and expand efforts to address homelessness in our community.

**Please consider joining our walk as a participant and/or being a sponsoring donor.**

To **Register for the walk**: <https://www.eventbrite.com/e/denver-mile-high-rotary-peace-walk-tickets-688950157467?aff=oddtcreator>

**To Donate by check:**

Mail a check to: Denver Mile High Rotary Foundation  
P.O. Box 101471,  
Denver, CO 80250

Write "DMHR Ride / Peace Walk Event" on the memo line, and my name as your contact  
If you would like a Tax Receipt, include a return address or email.

**To Donate online:**

Use the QR code to be directed to the participant page  
Click the blue Donate button to make an easy and secure online donation.



Thanks for considering this request  
Your name