



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=aXZsTXRiZzJLZEVLRL
N2RFZ3bnBRdz09](https://us02web.zoom.us/j/81294791259?pwd=aXZsTXRiZzJLZEVLRLN2RFZ3bnBRdz09)

Meeting ID:
812 9479 1259
Passcode:
903839



President's Column

Dear Rotary Colleagues,

30 October 2023

This Week

Reminder: we meet at [SAME café](#) for our monthly offsite and service opportunity Wednesday, November 1. See you at 7:00am at [2023 E. Colfax, Denver 80206](#)

I am following up on last week's open question – what are the happiest countries in the world? Finland was designated the happiest country in the world according to the annual "World Happiness Report," (<https://worldhappiness.report>) followed by Denmark and Iceland. Life expectancy, social support and strong communities all play major roles in this international survey. The US ranks 15th on this year's poll.

- **Finland** has been named the happiest country in the world six years in a row. Its 500-year-old philosophy called *sisu*, meaning strength of will, is a key determinant. Sisu spirit encourages bravery in the face of adversity, resilience, and being satisfied with what one has.
- For **Denmark**, a big contributor to their overall life satisfaction is *hygge* – the creation of cozy social gatherings and intimate get-togethers with family and friends. This feeling of connectedness is a key to happiness in Denmark and elsewhere.
- **Iceland** is known for its vibrant natural beauty, friendly citizens with a strong sense of community, and the abundant health of its inhabitants. Iceland has the lowest infant mortality rate in the world and a high life expectancy.

Last Week

Jessica and Alex from [Art from Ashes](#) reminded us that we are each a poet and may not know it. This arts empowerment program taps the inner creative to energize one's soul. Several of the club members, the majority who were female, demonstrated their spontaneous inner artistry. We know our male members were probably masterful as well but too shy or yielding to share.

One of Us

See if you can guess this week's member. **Answer at bottom of next page.** As a self-described military brat, has lived many places, naturally. Still loves to travel and stay physically fit. Croatia was a favorite vacation and Africa beckons. Shanihan's is a good place to dine and the Bluffs Regional Park a good place to burn the associated calories. Was once a Xerox sales representative and being a medical doctor in another life calls. Is currently involved in a startup, self-generated community program (associated with their profession). Their program offers a substantial potential long term return to participants. A favorite Rotary project has been food bank volunteering. Who am I?



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Weekly Inspirators, Greeters & Hosts, etc.

Date	Inspiration	Greeters	Host
1 Nov	Off-Site	S.A.M.E. Café	2023 E Colfax Ave, Denver 80206
8 Nov	Bob Kemp	Janine Kempfer and Audrey Leavitt	Ann Lockhart
15 Nov	Nick Melrose	Constance Mortell & Annely Noble	Geoff Noble

Denver Mile High Rotary Calendar of Events

Nov 1 - Off-site meeting at the S.A.M.E. Café - see you at 7:00am at 2023 E Colfax Ave, Denver 80206. [Click here for location.](#)

Nov 1 - VEC volunteering canceled due to S.A.M.E. Café volunteer time.

Nov 2 - 5-7pm - Happy Hour at Noreen Keleshian's home - details at right—>

Nov 6 - 10:30am-12pm - Project Worthmore Yu Meh food packing

Nov 8 - 9:30-11:00 - Village Exchange Food packing - contact [Tom Cella](#)

Nov 11 - pm - Afghan Dinner hosted by Tom Cella and Mary Hall: \$75 for an Afghan feast cooked by our refugees, details to follow. Maximum 20.

Nov 14 - 4:00 pm - DMHR Board meeting

Nov 15 - **Last day to order jams.** Contact [Marcus](#) for details

Nov 19 - **Pick up your jams** at Marcus's home. See details on next page.

Nov 20 - WCS meeting - 4:00pm - Contact [Audrey Leavitt](#) for details

Nov 21 - Fundraising meeting - 4-5pm - contact [Marcus Hanlon](#) for details

Nov 22 - **Rotary is DARK, no meeting. Happy Thanksgiving!**

Nov 28 - DMHR Holiday Party at the Pinnacle; this event will replace the 5th Wednesday happy hour on Nov 29th

Nov 29 - **DARK** - No Club Meeting as this is the 5th Wednesday of the month

Dec 5 - 4:30 DMHR Book Club—all welcome - [The Guncle](#) - details - page 3

Dec 6 - Off-site meeting, ECDC African Community Center, 925 S. Niagara St, Suite 200 Denver, CO 80224. **Access to the building is at 7:30am.**

October is month!

Audrey
collecting
the "End
Now" drive

**END
POLIO
NOW**

Leavitt is
funds for
Polio
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.

DMHR Annual Fall

Happy Hour Fellowship

Noreen decorates her home for Oct 31st and wants us to see and enjoy it before she removes it all. **Happy**

Hour at Noreen Keleshian's home

3220 S Locust St,

Denver 80222

Thursday,

Nov 2nd, 5-7pm!

Noreen will provide drinks and hors d'oeuvres,



Editor's 2 Cents Worth

A word from your editor

Dear fellow Rotarians...

I hope that you have ordered your jams or are busy asking friends and relatives for sales; we have done superbly in our efforts to raise funds for our global and local project fund, so let's give this one more big push! [Click here](#) to go directly to the online order form. You can purchase and donate jam to Metro Caring, too. On behalf of Marty, our president and Marcus, our fundraising chair, thank you! See you at [S.A.M.E. Café](#) on Wednesday, Nov 1st at 7:00am.

Have a great week.

Annelly Noble, Past Pres 2022-23

Annelly.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... Janine Kempfer



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We Be Jammin'

Revenue Raiser for our Project Fund

[Click here for a We Be Jammin' Sales Form](#) to print, and for additional info.

*****[To sign up online](#) right now, to order jams, [click here](#).*****

Denver Mile High Rotary, in order to maximize funding of our Project Fund,
is selling jams, \$10 per jar or \$30 for a box of 3.

We make \$4 for each jar we sell, \$12 for each box we sell. Could each of us sell 13 jars?

Last order date is November 15 ————— Pick up date is Sunday, November 19

For more information, please contact [Marcus Hanlon](#)

Also, there is an **option to pay for jam to donate to Metro Caring**. There is a spot on the online order form for you to designate your jars as donations to Metro Caring. If you are ordering for yourself, and some for Metro Caring, please order on two separate lines, noting at the right which jars are for Metro Caring.

With the holidays right around the corner, this should be an easy sell. Consider the following:

- Give your clients a jar or box of jam as a holiday thank you gift.
- Give your neighbors a jar with a sleeve of cream cheese and crackers.
- Give your hostesses each a jar or box at each holiday party you attend.
- Give your mail person a jar as a sweet surprise.
- Give your sanitation hauler a jar.
- Order a variety and have a We Be Jammin' tasting party.
- Bring the jam with cream cheese and crackers to the next party or potluck you attend.
- Bring a sampling to your book club or sports team event.
- Surprise your neighbor with a cup of coffee and a jar of jam and chat for a while.

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.



Art from Ashes empowers struggling youth by providing creative programs that facilitate health and hope through expressions, connection and transformation.

1310 West 10th Ave, Denver 80204
303-837-1550
www.artfromashes.org

Denver Mile High Rotary Book Club

All Welcome!

In December we will be
discussing

The Guncle

by Steven Rowley

Next meeting will be
4:30pm on December 5th
at Tom and Pam
Giordano's home
7271 E Wesley Ave
Denver, CO 80224

S.A.M.E. Café Volunteers - Nov 1

The following individuals are signed up
to help out at S.A.M.E. Café on Nov 1
after our off-site meeting there:

Geoff Noble Annely Noble
Debra Flick Tom Cella
Marty Waters Robin Springer

SAME Café is at

2023 E. Colfax, Denver 80206

November Birthdays

17 Nov - Chuck Rudolph
23 Nov - Diane Messamore
26 Nov - Carolyn Schrader





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Service Above Self - What DMHR does best!

Rocky Mountain Welcome Center Forum Series

WHO ARE THE MIGRANTS FROM THE SOUTHERN BORDER?
WHY ARE THEY HERE?

Wednesday - November 1 - 5:30-7:30pm at
Rocky Mountain Welcome Center
10760 E Iliff Ave, Aurora, CO 80014

[Click here to register.](#)

Join us at the **Rocky Mountain Welcome Center** and be part of an enlightening event that aims to foster empathy and promote dialogue. We'll explore the stories of the migrants from the Southern Border and gain a deeper understanding of their experiences.

This in-person event will be held at the Rocky Mountain Welcome Center - 10760 E Iliff Ave, Aurora, 80014.

Discover the stories behind these migrants, their struggles, and the challenges they face. Our panel of experts will shed light on the complexities of their journeys, providing a deeper understanding of their motivations and aspirations.

PANELISTS:

Jesus Sanchez Melean: Editor and co-owner of El Comercio de Colorado newspaper. Political scientist and historian. Worked as a Professor of History at Regis University and completed his graduate studies at Ohio University. He was born in Maracaibo, Venezuela.

María: Venezuelan migrant who came by foot from Ecuador with her 3-year-old son, walking through the Darien jungle.

Village Exchange Center



Only about 3/4 of a mile east of Project Worthmore, the Village Exchange Center is a community center and multi-faith worship space that celebrates religious and cultural diversity by creating an inclusive environment where residents from all backgrounds can practice, interact, share, and develop together.

Denver Mile High Rotary members volunteer at VEC the **first and second Wednesdays of each month from 9:30-11:00am.**

Please contact [Tom Cella](#) for more information and to let him know you would like to help.
1609 Havana St. Aurora, CO 80010

DMH Rotary Coat Drive

for [the Rocky Mountain Welcome Center](#)

Supporting immigrants and refugees
in their integration.

Winter is coming and we would like to collect coats and warm clothing for these individuals who arrive with little more than the clothing on their backs.

Please bring items to the November meetings or contact [Ronnie Weiss](#) for delivery options

303-865-5634

Thank you for your service above self!

Coats	Hats	Scarves	Socks
Mittens	Boots	Jackets	Gloves



The Conflict Center is always looking for volunteers to do a variety of tasks. Watch this space for opportunities. For more information or to sign up, please contact [Ronnie Weiss](#).



**PROJECT
WORTHMORE**

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 deliveries.

Please contact [Tom Cella](#) at 303-981-1222 for more information and to volunteer.

Where: 1666 Elmira Street, Aurora

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

When: The first Monday of every month.

10:30am - 12:30pm: Food Packaging.

12:30pm - 1:30pm: Deliver boxes to families

Support our Speakers' Causes

The following events are brought to you by

Chef Erin Boyle, CEO (She, They)

CHOW (Culinary Hospitality Outreach and Wellness)

erin@chowco.org (914) 489-7403

Chef Erin Boyle spoke to our club a while back sharing the struggles of service industry workers...low wages, long hours, difficult work, etc.

The following event is to celebrate and support those in the service industry, our restaurant and related workers. If you have friends or family members in one of these industries, please share the following information with them so they can enjoy some holiday festivities!

The two events that follow the Industry Holiday Party can be attended by everyone, including those who are not in the service industry.

An Industry Holiday Party - Nov 6th

[Please click here](#) for more information and to register!

We know that the food/beverage/hospitality industry makes it difficult for hospitality workers to enjoy the holiday season. Busy schedules, increase in shifts ... It's hard to get into the celebratory vibe.

Before the holiday season officially kicks off, CHOW is hoping to bring all the holiday support to YOU. Join us for an evening of

All Holiday themed festivities, featuring:

- * An inclusive cocktail and mocktail menu especially curated by the Mile High Spirits team to benefit CHOW this November!
- * An All Holiday Costume Contest (all holiday costumes WELCOME! We're looking at you, Wednesday Addams and human Dreidel!) with **prizes from Osaka Ramen, Snooze and Stem Ciders**.
- * An All Holiday Photo Booth (these wild holiday props are going to make awesome Polaroid holiday cards!)

For Everyone...

VIP Wreath Making - Nov 6th

For more information and registration, [click here](#)!

Our VIP Wreath Making will be taking place as an add-on purchase from 6-7PM MST at Mile High Spirits on Nov 6.

Join Kalyn to use local materials to create a holiday wreath that is guaranteed to bring immaculate holiday vibes to your home!

Each year, holiday wreaths are a feature of the Farm Cart using dried flowers and foliage from their yard. Kalyn holds yearly wreath-making classes and enjoys sharing her passion with others.

Holiday Wine and Food Tasting Event - Nov 8th

For more information and to register, [click here now!](#)

Join us for a delicious evening of tasting holiday Food and Wine.

Three talented Denver local Chefs will showcase a favorite holiday dish to accompany a Blanchard Wine pairing.

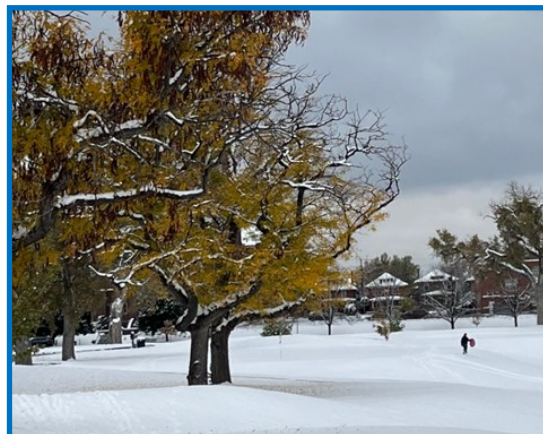


Photo by Marty Waters - The season's color guard passing the baton. Trees planted by someone like us, fifty years ago.



Inspiration Request

1. After loving my parents, my siblings, my spouse, my children, and my friends, I have now started loving myself.
2. I have realized that I am not "Atlas". The world does not rest on my shoulders.
3. I have stopped bargaining with vegetable & fruit vendors. A few pennies more is not going to break me, but it might help the poor fellow save for his daughter's school fees.
4. I leave my waitress a big tip. The extra money might bring a smile to her face. She is toiling much harder for a living than I am.
5. I stopped telling the elderly that they've already narrated that story many times. The story makes them walk down memory lane & relive their past.
6. I have learned not to correct people even when I know they are wrong. The onus of making everyone perfect is not on me. Peace is more precious than perfection.
7. I give compliments freely & generously. Compliments are a mood enhancer not only for the recipient, but also for me. And a small tip for the recipient of a compliment, never, NEVER turn it down, just say "Thank You."
8. I have learned not to bother about a crease or a spot on my shirt. Personality speaks louder than appearances.
9. I walk away from people who don't value me. They might not know my worth, but I do.
10. I remain cool when someone plays dirty to outrun me in the rat race. I am neither a rat nor in a race.
11. I am learning not to be embarrassed by my emotions. My emotions are what make me human.
12. I have learned that it's better to drop the ego than to break a relationship. My ego will keep me aloof, whereas with relationships, I will never be alone.
13. I have learned to live each day as if it's the last. After all, it might be the last.
14. I am doing what makes me happy. I am responsible for my happiness, and I owe it to myself. Happiness is a choice. You can be happy at any time, just choose to be!