



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=aXZsTXRiZzJLZEVLRI1N2RFZ3bnBRdz09](https://us02web.zoom.us/j/81294791259?pwd=aXZsTXRiZzJLZEVLRI1N2RFZ3bnBRdz09)

Meeting ID:
812 9479 1259
Passcode:
903839



President's Column

Dear Rotary Colleagues,

6 November 2023

This Week

To the success of Dr Pat Barry and her BrainWise team presenting at this week's Rotary Zone Institute as Saturday's keynote speakers! Please see photos on page 5.

The B-Jammin jams are selling like hotcakes (and hotcakes are quite fond of jam as a topping as well). Get your orders in before the supply disappears.

If you wanted to get in on the coming Saturday Afghanistan dinner organized by Tom C and Mary H – you are probably too late... unless one of the registered guests is willing to scalp a ticket at double the face value (with all proceeds going to the Foundation Fund).

We received a \$1000 check from the Colorado Psychiatric Foundation with reference to our work related to mental health as well as refugee resettlement. The check comes with an offer to collaborate on projects of joint interest. More to come on project ideas.

Last Week

We visited the SAME (So All May Eat) Café on Colfax, learned about its mission to provide healthy high-quality meals to persons regardless of means. A small crew volunteered after the meeting helping sort food products and clean the café prep and eating areas. Please see photos on page 5.

We enjoyed Noreen's fall happy hour hospitality and spirit gauntlet, a fun annual tradition. Please see photos on page 4.

Appreciations

The SAME Café volunteer service crew – **Annelly, Geoff, Robin, Tom, and Marty. Roni** – helping the Alkozay family's latest move and coordination of school enrollments

Noreen – hosting the fall happy hour event

One of Us

See if you can guess this week's member. **Answer at bottom of next page.**

Comes to us from the city that also produced astronaut Wally Schirra. Enjoys walks on the Highline Canal and Bible Park. Opts for simplicity when it comes to dining out – leaning to King Soopers as a source of fulfillment. Likes to garden and refinish furniture. Found a good story in Broken for You by Kallos. Once spent 30 days in Europe getting around with the Euro Rail Pass and would like to get to New Zealand at some point. In younger days as a dental assistant, once got the chair stuck at its highest level. "The opportunity to impact people around the world" draws this person to Rotary; and volunteer time at the Barth Hotel was especially meaningful. Also contributes to CPR and K-Love as well as United Way and Florence Crittenton Services. Who am I?



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Weekly Inspirators, Greeters & Hosts, etc.

Date	Inspiration	Greeters	Host
8 Nov	Bob Kemp	Janine Kempfer and Audrey Leavitt	Ann Lockhart
15 Nov	Nick Melrose	Constance Mortell & Annely Noble	Geoff Noble
22 Nov	DARK	Happy Thanksgiving!	DARK

Denver Mile High Rotary Calendar of Events

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.
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.**

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.

Won't be seeing you for about four weeks, two during which we are out of town, and two during which DMHR is DARK. See important info below regarding meetings.

Have a great week.

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?*

Important Information!

We will be **DARK** the following Wednesdays:

Nov 22 - This is the Wednesday before Thanksgiving

Nov 29 - This is the fifth Wed of the month but instead of happy hour, we will have a **Holiday Party on Nov 28**, see information on next page.

One of us...
Noreen Kelesian



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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.

DMH Rotary Holiday Party

Tuesday, November 28

5-8 PM

Tony and Cynthia Vaida's

Pinnacle @ City Park South

2990 E. 17th Ave.

Denver CO 80206

Please bring a dish to share

Wine, beer, and soda will be provided



November Birthdays

17 Nov - Chuck Rudolph

23 Nov - Diane Messamore

26 Nov - Carolyn Schrader



Denver Mile High Rotary Book Club

All Welcome!

In December we
will be discussing

The Gundle

by Steven Rowley

Next meeting will be

4:30pm on Dec 5th

at Tom and Pam

Giordano's home

7271 E Wesley Ave

Denver, CO 80224

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 to log in](#) to the
DMHR website, then click on
"member resources."

Service Above Self - What DMHR does best!



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

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

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



About 20 Rotarians enjoyed Noreen's happy hour!



Noreen, Leslie, and Pat.



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Our members make us proud!



Rotary Zones 26/27 Institute

5 days ago

Dr. Barry is the developer of the BrainWise Program and founder of the BrainWise nonprofit organization. Her background as a public health, psychiatric, and school nurse exposed her to the lasting effects of poor decision making, and the need to teach thinking skills to the underserved, as well as to the general population. She has conducted marketing research studies for Fortune 500 companies, taught research to nursing students as an adjunct professor, and been the principal investigator or co-investigator, of more than 50 research studies on topics ranging from marketing issues to domestic violence. She will join us as the keynote speaker on Saturday morning, sharing how we can make our club projects more successful using these social-emotional learning tools.

www.zoneinstitute.org

#californiadreamin

#rotaryiscaliforniadreamin'

#rotarywhereyoubelong #bigwestrotary

#exploresandiego #ZoneInstitute ... [See](#)

[Less](#)



Pat Gorman Barry
and Debra Flick
are DMHR Stars!

Please see the
article on the left.



S.A.M.E. Café

Off-site Meeting.

A restaurant where the customer pays whatever he/she can afford, sometimes only a nickel, or can work as a volunteer to pay for a meal.

About 10
Rotarians
enjoyed a
continental
breakfast
and learned
about the
SAME Café.

So
All
May
Eat



Five DMH
Rotarians
stayed to help
out in the kitchen and basement... cleaning, sorting spices, wrapping cutlery, etc.

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.

Words of Wisdom from our Elders

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 and 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 and 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!