



**SERVE TO
CHANGE LIVES**

University District Rotary Club Bulletin

Wednesday, Nov. 17, 2021



PH: (206) 542-7070

PO Box 31125, Seattle, WA 98103

Raymond Connell, President

Meeting Location

Seattle Yacht Club
1807 E. Hamlin St.
Seattle, WA 98112

To join via Zoom:

[https://us02web.zoom.us/j/87528482798?](https://us02web.zoom.us/j/87528482798?pwd=MINva2dodXZJM2NlZjZsbWhjYzNiZz09)
[pwd=MINva2dodXZJM2NlZjZsbWhjYzNiZz09](https://us02web.zoom.us/j/87528482798?pwd=MINva2dodXZJM2NlZjZsbWhjYzNiZz09)

When: Fridays

Lunch: 12:00-12:30 pm

Business: 12:30-1:00 pm

Program: 1:00-1:30 pm

Future Programs

Nov 26

No meeting-Thanksgiving

Dec 3

Ruben Rivera-Jackman:
Training Long-Term Care
Providers in LGBTQ for
Older Adults

Dec 10

Urban Art Works

Links

Club Photos

Club Facebook Page

Club Website

DACdb

District 5030 Website

Club Bulletin Deadline

Monday at 2:00 pm

Send ads & photos
in .jpg

Send material to:

paulalaschober@gmail.com

Program for November 19

Dr. Ben Danielson and Mark Wright: Inequities and Inequalities in Health Care Access and Care

NOTICE: PROOF OF VACCINATION IS REQUIRED TO ENTER SYC



Benjamin Danielson is a pediatrician and clinical Professor of Pediatrics at the [University of Washington School of Medicine](#). Dr. Danielson is well known in the Seattle community for being a strong advocate and uncommon leader for underserved children and their families, and has devoted his career to increasing access to healthcare and fighting against racial inequities.

Throughout his time as a pediatrician, Dr.

Danielson has facilitated the creation and development of diversity programs and contributed actively to governmental policy as a member of several health boards. Danielson was the medical director of the Odessa Brown Children's Clinic from 1999 to 2020, where he then resigned and spoke out about prevalent institutional racism and a resistance to change from hospital leaders.

Mark Wright is the KING 5 (NBC Seattle) Evening News Anchor, a Community Development Round Table (CDRT) member, Murrow College Hall of Achievement Inductee, member and Past President of the Rotary Club of Seattle, and Partner, Wright Bros. Farm, LLC.



Planning for March 25 Club Fundraiser (by Jeff Werthan)

So what ideas do you have? What would you do to create an even better fundraiser this coming year? The Fundraiser Committee, which will be meeting again on Thursday, November 18th, wants to hear from you. We are always open to new ideas, so start thinking outside the box. It's not too late to jump in, even if you have never participated in a fundraiser before.





Thanks to Our Club's Paul Harris Fellows *(by Son Michael Pham)*

Paul Harris Fellows: David Black, Richard Cuthbert, Lisa Edwards, Maureen Ewing, Brandon Fleming, Douglas Frick, Ellen Frick, Linda Fukuda, Linda Harris, Ruth Huwe, Ron Kinsey, Jessie Perkins, Nathan Tepp, Jeff Werthan, and Joe Whitford.

PHF+1: Roger Goodman, Wolfgang Kluge, Mona Kunselman, Mark Plunkett, and Jane Wiegenstein.

PHF+2: Marella Alejandrino, Sam Cha, Ray Connell, Peter Damm, and Brian Ho.

PHF+3: Omara Ben Abe, Sabah Al-Haddad, Tom Andrew, Lisa Latchford, and Shelby Tarutis.

PHF+4: Marilee Fuller, Jim Gram, Bill Kauppila, Jeff Nemitz, Paul Olsen, Carl Robinson, Kay Rodriguez Sider, Peter Schroeder, Ed Sider, Susan Sola, and Wes Uhlman.

PHF+5: Verle Bleese, Brenda Dimond, Bev Fogle, George Mauer, and Neale Weaver.

PHF+6: Joel Napp and Dale Smith.

PHF+7: Judy Lovelace, Karon Nealy and Lael Ross.

PHF+8 or more: Russ Amick, Rosemary Aragon, Ted Carpenter, Ling Chinn, Gary Corbett, Julius Debro, Dan Dow, Ellen Ferguson, Leslie Grace, Dale Hicklin, Leroy Johnson, Nancy Keenholts-Dalton, Paula Laschober, Carma McKay, Neale Obedin, Son Michael Pham, Rick Reimer, Vicki Robbins, Alex Shimizu, Basant Singh, Connie Sizemore, Dave Spicer, Ezra Teshome, Jim Tillman and Dave Weaver.

A Paul Harris Fellow is an individual who contributes \$1,000 (or in whose name \$1,000 is contributed) to the Annual Fund or other approved Rotary programs. Each multiple PHF is equivalent to another \$1,000.

Your donation to the Annual Fund will help us reach our goal of EVERY ROTARIAN EVERY YEAR (EREY) and 100% Club Participation.

Club Rotary Foundation Team: Son Michael Pham, Dale Smith, and Ezra Teshome.

The mission of The Rotary Foundation (TRF) of Rotary International is to enable Rotarians to advance world understanding, goodwill, and peace through the improvement of health, the support of education, and the alleviation of poverty. Donate at: <https://www.rotary.org/en/donate>. You can make a one-time donation or you can try Direct Giving. Direct Giving is when you allow the Foundation to debit your credit card (monthly, quarterly, or annually) at a set dollar amount. For example, at \$85/month, you'd become a Paul Harris Fellow by the end of one year! Just click on "Recurring Giving."



Our Donations to the TRF Annual Fund Come Back to Our Club

Our Rotary Foundation donations come back to our club through matching funds for District and Global grants, such as the \$123,500 Global Grant for Boys Town, Jamaica, sponsored by Ray Connell and Ezra Teshome, which received \$25,000 in District matching funds and \$49,500 in TRF World Fund matching last year.

This project provides pumping and storage tanks to restore water service to Boys Town in Kingston. It will benefit more than 3,000 people per year.





Club Board Approves Service Fund Budget

2021-2022 Service Fund Budget

Sources of Funds:

Permanent Fund - General	\$ 35,000
Bayles Scholarship Fund	\$ 25,000
Fundraiser	\$ 75,129
Available from Previous Year	\$ 15,851
TOTAL SOURCES:	\$ 150,980

Allocations:

Community Service:

Community Service Committee	\$ 50,000
Peace Builder Committee	\$ 4,000
Environmental Sustainability	\$ 1,000
ROOTS Breakfasts	\$ 650
Ronald McDonald House Dinners	\$ 650
Harvest Against Hunger	\$ 7,000
CSC Grant Recipient Lunches	\$ 200

International Service Committee	\$ 50,000
--	------------------

Youth Service:

Scholarships	\$ 30,000
Scholarship Lunches	\$ 375
Dictionaries	\$ 1,000
RYLA (3 students)	\$ 1,100

President's Discretionary Fund	\$ 5,005
--------------------------------	----------

TOTAL ALLOCATIONS:	\$ 150,980
---------------------------	-------------------



Dictionaries for Third-Graders

Call for Club Officer/Board Member Nominations

Dear Club Members:

Our Club Nominating Committee is in the process of our leadership selection for next year as well as the individual who

**NOMINATE
NOW**

will serve as President in 2023-2024. The individual elected to the position of President-Elect automatically serves as President the following year.

Because we don't want to overlook anyone who might be interested in serving in a leadership capacity, we are asking if you have an interest in serving in any one of the positions or if you would like to nominate someone, please let me know as soon as possible.

- President: Jeff Werthan
- President-elect
- Vice President
- Secretary
- Treasurer
- Treasurer's Assistant (to help with Friday meeting check-ins)
- Sergeant-at-Arms
- Club Board of Directors 2022-2024--three positions

Board Members whose term ends June 30, 2023, and who are eligible to be nominated as President-elect or any other open position are: Rick Jones, Lisa Edwards and Jennifer Younger.

Please note that Kirk McLaughlin and Marilee Fuller have agreed to serve as candidates for Treasurer and Secretary, respectively. Other club members may also nominate themselves or others for these positions.

Thank you for your thoughtful consideration,

Brenda Dimond

Nominating Committee Chair
(phone 206-920-1440, email brendadimond8@gmail.com)



Doubling down on COVID recovery, ending polio (from *Rotary Voices*, submitted by Rosemary Aragon)



The Evanston Lighthouse Rotary Ride to End Polio team

By Kristin Brown, past president, Rotary Club of Evanston Lighthouse

We ride so that others may walk. I don't know who said it first, but the phrase has become a tagline for Rotary cyclists around the world, pedaling for PolioPlus, logging miles, and raising funds in the global effort to fully eradicate this disease.

My husband, Mahmoud, and I are looking forward to returning to Tucson, Arizona, for my seventh and his fifth [Ride to End Polio](#). It would be my eighth and his sixth ride if everything hadn't ground to a halt with the COVID-19 pandemic in 2020. For all kinds of reasons, getting back on the bike this year is an important statement: of Rotary's determination to finish what we started 36 years ago and of our collective determination to reclaim our

lives after 18 months of relative isolation.

For me, and especially for Mahmoud, participating in the ride is also a testament to his determination to recover from a severe case of COVID-19. When he emerged from a drug-induced coma toward the end of eight weeks in the hospital and two stints on a ventilator, Mahmoud was stunned to discover his legs could no longer support him. Before he could come home, he would need to spend a month in inpatient rehab learning to sit up, stand, and walk again.

One year ago, it was hard to imagine that I would describe Mahmoud as "lucky." In retrospect, we both recognize that the fact that he is alive and well and able to get on a bike in Tucson is the result of a combination of good luck, hard work, and determination.

Mahmoud is lucky that we live in an area where local leaders, employers, and healthcare professionals took COVID-19 seriously from the beginning. The hospitals in the area started implementing plans for COVID-19 a few months before patients started arriving in the ICU. People here paid attention to what was happening in Europe and Asia and in New York City. They took masking and social distancing seriously, so that while cases spiked and hospitals were extremely busy, they were not overflowing. Mahmoud had a bed and a ventilator available when he needed them. He also had the support of an extraordinary and dedicated team of healthcare providers.

His luck and hard work came together during a month of inpatient rehab and 10 weeks of full-time outpatient rehab, working with physical, occupational, and speech/swallow therapists. In June 2020, I wrote, "If you needed any proof that he is feeling more and more like himself, he told me today that whatever the trainer tells him to do, he doubles." In mid-July, he came home with a wheelchair and a walker and started outpatient therapy. By November 2020, he was riding his bike on a trainer in our basement and in May, 16 months after his first COVID-19 symptom, he was ready to get back on the road. This November, Mahmoud and I are both ready to give back: and what better way to pay our good fortune forward, than to rejoin our Rotary cycling friends in Tucson for the resumption of the D5500 Ride to End Polio?

Rotary continues to put in the hard work and determination to end polio once and for all. The PolioPlus program provides vaccines and other healthcare services to people that would not otherwise have access. In fact, Rotary was able to leverage the PolioPlus infrastructure to provide important information about COVID-19. When and where necessary, Rotary doubled down.

When Rotary started this work, there were more than 350,000 cases of polio worldwide every year. In 2014, when I first joined the Ride to End Polio, there were a few hundred. Since then, the numbers dipped to a few dozen, and bumped up slightly in 2019 and 2020 before dropping again. In 2019 Nigeria was the last country in Africa to be certified polio-free after three years without a single case. So far this year, there are only two reported cases, one each in Afghanistan and Pakistan.

We ride so that others may walk. We ride because we can, and we won't stop until we cross the finish line. We ride to eradicate polio.



Rotary Warm Winter Drive *(by Maureen Ewing)*



Hello Rotarians! We are looking forward to partnering with you on the Second Annual U District Rotary Warm Winter Drive!

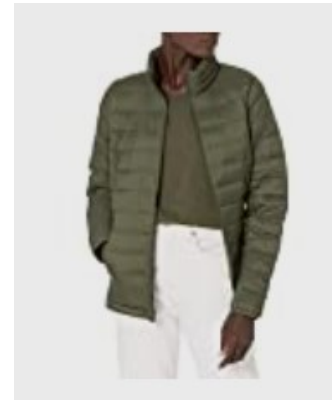
Many thanks to Jim Gram and Son Michael Pham for coordinating with all five sites to procure the brand new coats--which were a huge hit last year. This year receiving organizations are YouthCare, Elizabeth Gregory Home, Roots, UHeights and Kids Co.

On Sunday, **December 5, 11 am - 3 pm**, we will be distributing items from the UHeights Plaza. Here's how you can help:

1. Volunteer! We need volunteers the day-of, as well as ahead of time to sort and organize. These are available slots:

- a). Fri, 12/3 - 11am to 1pm - Sorting of items - 2 volunteers
- b). Fri, 12/3 - 1pm to 3pm - Sorting of items - 2 volunteers
- c). Sun, 12/5 - 9am to 1pm - Setup - 2 to 3 volunteers
- d). Sun, 12/5 - 11am to 1pm - Distribution - 3 to 4 volunteers
- e). Sun, 12/5 - 1pm to 3pm - Distribution - 3 to 4 volunteers
- f). Sun, 12/5 - 4pm to 5pm - Cleanup - 2 volunteers

Please email Shirin Subhani at shirin@uheightscenter.org to reserve your spot.



2. Donate at Rotary meetings, or in the silver bins located at the north entrance of UHeights, or online through [Charity Lists \(amazon.com\)](https://www.amazon.com/charity-lists).

See flier on next page. And many thanks for spreading holiday cheer to people who need it most!

Suggestions for Donations *(by Son Michael Pham)*

Sunday, December 5, happens to be **International Volunteer Day**. Some ideas on how club members can contribute/participate: provide refreshments for the event, collect/donate hygiene and dental supplies, donate new socks, gloves and underclothes, collect/donate backpacks, and provide entertainment.

Kids Without Borders already has some of the above items. Members can start bringing donations to our weekly meeting and we can store them. We'll organize a sorting and packing work party for club members prior to the event on Dec. 5.

Looking Ahead to Apple Cup Week for UW and WSU, November 26 *(by Dale Hicklin)*

So, the Huskies play at Colorado this Saturday, then look forward to playing the Apple Cup Game on Friday, November 26. The two teams began playing each other in 1900 but the term "Apple Cup" didn't come into play til 1944. The Huskies have won the past 7 games against WSU but some think this could be the Cougars' year! Interestingly, this will undoubtedly be the first Apple Cup game without both head coaches who began the year!!

Last week's ushers were Judy Lovelace, Son Michael Pham, Jim Rechtien, Rick Jones, Dale Hicklin and three other non-Rotary ushers! Go Dawgs!





WARM WINTER DRIVE COLLECTION



For our community members who are low-income and/or unhoused.

DONATE **NEW** ITEMS IN-PERSON

Drop off items in the bins at our north entrance and call our facilities phone (206) 235-8567

- Warm clothes
- Coats
- Socks & Underwear
- Gloves
- Umbrellas
- Hygiene Products
- First-Aid Kits
- Blankets



DONATE ITEMS ONLINE

Purchase items on the UHeights Amazon Charity List

[Charity Lists \(amazon.com\)](https://www.amazon.com/charity-lists)



**KIDS
WITHOUT
BORDERS**



UHEIGHTS



Upcoming Club Activities and Deadlines

- Sat.** 9:00-10:00 am. Rotarian Ad Hoc Social Justice Group. For link, contact Jeff Werthen: jmwdog@gmail.com.
- Nov 16 Dec 21, Jan 18, Feb 15**, 12:00-1:00. DEI Task Force meeting. Contact: Jeff Werthan, jmwdog@gmail.com.
- Nov 18** 12 noon. Fundraising Committee meeting. Contact: Jeff Werthan, jmwdog@gmail.com.
- Dec 3** 11:00 am-3:00 pm. Volunteers needed to sort items for Dec. 5 distribution at U Heights Center (see below).
- Dec 5** 9:00 am-5:00 pm. Volunteers needed for distribution of warm winter coats and other donated items, as well as set up and clean up, at University Heights Center, 5031 University Way NE (Seattle). More info in this bulletin (pages 5 and 6).
- Dec 13 Jan 10, Feb 14, Mar 14**, 12:00-1:00. Peacebuilder Committee meeting. Join Zoom Meeting: <https://us02web.zoom.us/j/82611326233?pwd=Rkd4M292dnA2R2pCMmtOTkhDaXhldz09>
Meeting ID: 826 1132 6233 Passcode: 9sd3fn
- Mar 25 2022.** SAVE THE DATE! Club fundraiser.

Invitation to Join Rotarian Ad Hoc Social Justice Group (by Jeff Werthan)

Every Saturday morning, a group of Rotarians from several different clubs meets virtually to listen to a speaker and ask questions pertaining to various social justice issues. Our group has created a safe space, that allows everyone to speak his/her mind in a non-threatening environment. "Non-threatening" does not always mean comfortable and does often mean challenging. It's an opportunity to listen, learn, comment and play the devil's advocate.



At this Saturday's ad hoc meeting, we will hear from Wyking Garrett, President and CEO of Africatown Community Land Trust. **Africatown Community Land Trust** was formed to acquire, steward and develop land assets that are necessary for the Black/African diaspora community to grow and thrive in place in the Central District as well as support other individuals and organizations in retention and development of land.

For the link, please reach out to me: jmwdog@gmail.com. For a lively way to start your Saturday, visit us from 9:00 to 10:00 a.m.

Peacebuilder Committee Mission Statement (by Jeff Werthan)

The Peacebuilder Committee recommended and the Club Board approved the following:

"The Mission of the Peacebuilder Committee of the University District Rotary Club is to advocate and support programs and projects designed to enhance peace and the non-violent management of conflict."



Virtual Boiling Pot Available for Club Members (by Kirk Laughlin, Club Treasurer)



U. District Rotary members - A reminder that a way to support our club during this difficult time —especially if you are enjoying the camaraderie of the weekly online meetings — is with a small token of your financial appreciation. The virtual "Boiling Pot" link is: [Donations to UDRC \(square.site\)](https://square.site/donations-to-udrc).

You can choose an amount of \$5.00 to \$320.00 (there is a \$5.00 minimum since this is a credit card transaction). And you can do so during the meeting or anytime! Thank you for your support.