



# University District Rotary Club Bulletin

Wednesday, August 14, 2019



PH: (206) 542-7070

PO Box 31125, Seattle, WA 98103

Dave Spicer, President

## Meeting Location

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

When: Every Friday

Lunch: 12:00 - 12:30 pm

Business: 12:30 - 1:00 pm

Speaker: 1:00 - 1:30 pm

**VISITORS ARE WELCOME**

## Future Programs

### August 23, 2019

David Coven,  
Scholarship Junkies

### August 30, 2019

No meeting. Labor  
Day weekend.

### September 6, 2019

Dr. Jennifer Lee,  
innovative pain  
management research

## Links

Club Pictures

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 August 16

**Dr. Asqual Getaneh, MD, MPH, FACP**

**Delivering Health Care to Disadvantaged Communities:  
The Story of Community Health Centers**



Dr. Asqual Getaneh is the Medical Director of the International Community Health Services (ICHS).

Headquartered in Seattle's International District, ICHS provides culturally and linguistically appropriate health services to improve the wellness of King County's diverse people and communities.

Dr. Getaneh has 23 years of experience in health care and over 10 years on philanthropic boards. She has served in a variety of positions and leadership on board committees and health center committees.

As the system medical director for ICHS, she is responsible for a community health system with seven primary care centers that serves a multi-lingual and multi-cultural underserved population.

Prior to her position with ICHS, Dr. Getaneh served as medical director of a health center at Unity Health Care, the largest community health system in Washington, D.C.

An expert in global health and research to improve health equity among minority populations, Dr. Getaneh was previously an associate clinical professor of medicine at Columbia University College of Physicians and Surgeons.

She practiced internal medicine for more than 20 years for organizations including New York Presbyterian Hospital, MedStar Washington Hospital Center and MedStar Health Research Institute, where she focused on diabetes and hypertension research.

Dr. Getaneh is a Fellow of the American College of Physicians and a Board Trustee of the Educational Commission for Foreign Medical Graduates and Foundation for Advancement of International Medical Education and Research.

Dr. Getaneh has a medical degree and masters of public health from the University of Washington.



## Past Prez Basant Jumps in Lake (or at least Portage Bay)



*The hecklers with Basant (center)...*

*What? Thanks, Ezra, but who needs water wings?*

Keeping his promise to jump into the lake if we reached 100% giving to The Rotary Foundation by our members in 2018-2019, immediate past president Basant Singh waded in just after last Friday's lunch meeting. We did it, so he did it... (Thanks to Kay Rodriguez and Neale Obedin for the photos.)



## Club Board Approves Application for New Club Member

Jeff Werthan has been proposed for club membership by Dave Spicer.

Jeff retired last year after a 30+ year career as a solo estate planning attorney in Washington and California.

He received in B.S. in Political Science from the University of California-Los Angeles, and his J.D. from the Law School at the Univ. of West Los Angeles.

Jeff's community activities include volunteering with Northwest Harvest, Rainier Valley Food Bank and Ronald McDonald House (where, by the way, he met his partner Liz, a Seattle 4 member). He has also been a board member of Washington Women in Need.

His interests and hobbies include politics, history, peace and justice, sports, running, reading, music, working out, hiking and travel.

Jeff lives in the Wedgewood area of Seattle. His cell phone number is 425-802-1028 and his email address is [jmwdog@gmail.com](mailto:jmwdog@gmail.com). He has three adult children living in the Seattle area and a five-year-old granddaughter.

## Firesides/Potlucks Coming Back!

Invitation to club members: Please offer houses, apartments, patios or back yards to host fellow Rotarians and partners or friends at small group dinners with good conversation. Once again, Marion Klein-Pfeiffer has volunteered to coordinate ([marionklein@comcast.net](mailto:marionklein@comcast.net), 425-773-0832).

How it works: Host offers home and date. Marion announces general location and puts out sign-up sheets for the number of guests that can be accommodated. Host provides main dish. Guests bring side dishes. Marion coordinates potluck contributions and lets attendees know the exact address and host name just before the event.



## Rotary First Harvest is changing our name to HARVEST AGAINST HUNGER. A new brand for a familiar program. (by Rosemary Barker Aragon, U Rotary member of Harvest Against Hunger Board)

Let's start with the why: 1.15 million people across Washington needed help from food banks and meal programs last year. 60% of services statewide now go to children and seniors. The reasons people need help are many and they are complex. Living at or near a poverty wage means that the margin for error – for an unforeseen event – is non-existent.

What does Rotary First Harvest/Harvest Against Hunger do? **"We make connections to help get surplus produce to hungry people."** We'll continue to be led by the core Rotary principles and the high bar of the four-way test. We are successful because we build relationships that create efficiencies for everyone involved.

**Why a name change?** Since 1999, the organization's work and impact has expanded dramatically. In some cases, this has led to confusion with partners and donors, and has, at times, created barriers to reaching broader audiences. Actually, this is our 3<sup>rd</sup> name in 37 years.



In 1982, University Rotary created **Operation First Harvest**. For 17 years, we knew it by that name.

In 1999 we changed our name to **Rotary First Harvest– a program of Rotary District 5030**. We've been known by that name for 20 years.



Now in 2019, we are changing our name to **Harvest Against Hunger- a program of Rotary District 5030**.



A program of  
Rotary District 5030

### A reminder about the Harvest Against Hunger Programs and how they've expanded:

Yes, we still arrange to transport fresh food from the farm to the food distributors, such as NW Harvest and Food lifeline. (our original purpose). Many of us will still go to

Northwest Harvest to help pack food (often the very fresh food we have garnered from the farm and transported to Northwest Harvest warehouse).

### Farms + Trucks + Food Banks = Hunger Relief

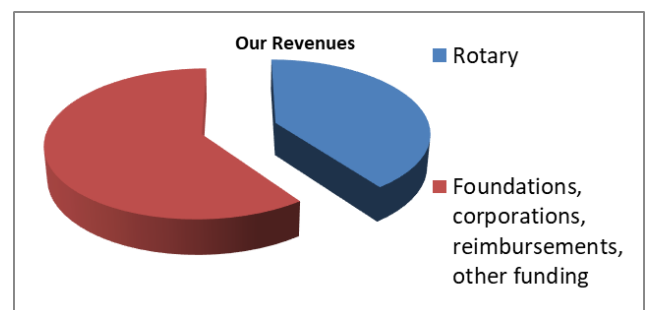
Over the years, we've expanded what we do.

- **Harvest VISTA:** Ten years ago, we created the Harvest VISTA program to help build and strengthen relationships at the local level between farmers, volunteers and hunger relief programs. Harvest VISTA members work in communities across Washington and in 5 other state to launch, build, and expand gleaning and produce recovery efforts.
- **Farm to Food Pantry:** Thanks to the work of some of our early Harvest VISTA. members, we learned that even though most farmers want to support local hunger relief efforts, many just can't afford to. The Farm to Food Pantry initiative helps us to provide cash advances from WSDA and other funders to agencies that can then contract with farmers to grow produce specifically for food banks.
- **Computers for food banks:** We partnered with another Rotary District 5030 program – Computers for the World – to source and prepare computers that could be given to food banks.
- **Refrigerated capacity grants for small food banks.** In partnership with several funders, Harvest Against Hunger has provided \$500 grants to 60 programs to help small food banks purchase or repair refrigerators and freezers. This initiative will continue to allow programs to safely handle fresh produce and other items for many years to come.

Rotarians and Rotary Clubs are key funders. We are 40% of Harvest Against Hunger's funding. Fighting hunger is part of what we stand for.

But we've grown revenue sources too.

Watch for more updates on HAH's impact.







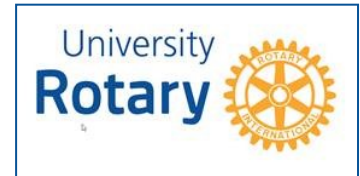
## Dynamic Club Assembly Held *(by Dave Spicer, August 13, 2019)*

*Our Purpose: We the University Rotary Club exist to fill unmet community and world needs by combining our diverse talents and skills to be positive agents for change. We are BETTER TOGETHER!*

This past Friday, August 9, we had a very invigorating Club Assembly. Lisa Latchford and President Dave presented our Three-Year Strategic Plan. This Plan evolved out of an all-day Retreat on May 4 where we had 44 of our members join us and six decades (from 30's to 80's) of Rotary experience in attendance!

Following that Retreat, a Steering Committee was formed to take the Retreat ideas and develop an ambitious plan of action over the next three years. The goals were as follows:

- 1) How can we as a Club be more effective in increasing membership?
- 2) How can our Club maximize its impact in our community? and
- 3) How can our Club maximize its impact in the world?



Under the Club goal, our members at the Retreat identified recruiting new members as the overriding priority for the club. Towards that effort, our membership goal will be more intentional about bringing in new members, striving to net 5 new members a year, for a total of 15 net new members by June, 2022. We are currently at 104 members so that means 119 members by 2022.

***To achieve that, we are asking ALL members to reach out to friends or colleagues, current and former, and invite them to come as guests. The third Friday of each month will be guest/prospective member week—so this Friday, August 16, is the first guest member opportunity. You can pay for your guest or, if you prefer, the Club will pay for this first lunch for a prospective member.***

We have also decided to create a fifth meeting of the month to encourage those members who have challenges coming to Friday meetings to come to this fifth meeting. ***This first meeting will be on Tuesday, September 24, from 5:30-7:00 pm at Ivar's Salmon House.*** All members are welcome and please consider bringing a guest. This constitutes a makeup. There will also be similar evening meetings in October, November and December. Stay tuned.

For our Community goal, the overwhelming majority of our members at the retreat identified homelessness as the number one concern for us to consider as Rotarians, with the focus being the University District. In response, our Steering Committee has created a Homelessness Task Force that will explore ways that our Rotary Club can address homelessness and what nonprofit partners we could work with in developing a strategy that is achievable. The first year will be all about due diligence in exploring our role and what we could actually do in addressing homelessness in the University District.

Tom Andrew has graciously agreed to chair this Task Force (Thanks, Tom!) and will be joined by Maureen Ewing, David Black, Jane Wiegenstein, Marella Alejandrino, Terry Cicero, Wes Uhlman and Julius Debro. If you are interested in serving, please contact Tom. The Task Force will report to the Board in May, 2020, regarding its findings and recommendations. The recommendations will then be implemented in the next two years or by June 30, 2022.

The third goal is developing a major international project focused on youth and education and working with Rotary partners in the host country(ies). Our goal is to develop a major project for each of the next three years with this focus around youth and education. Paula Laschober will be chairing this effort.

President Dave advised that he will be establishing an Oversight Committee to oversee the efforts of these three goals and will make periodic reports to the overall club. Dave extends his appreciation to the Steering Committee members who met several times to develop these goals. Members included Kay Rodriguez, Ed



## Dynamic Club Assembly Held *(by Dave Spicer, continued)*

Sider, Paula Laschober, Rosemary Aragon, Dave Weaver, Carma McKay, Basant Singh, Marella Alejandrino, Judy Lovelace, Son Michael Pham, Lisa Latchford, Brenda Dimond and Dave Spicer.

During the Club Assembly August 9, members had very spirited discussions about these goals. Groups reported out and many comments included the following points:

- 1) Very important to focus on membership and consider a sliding scale for new members and annual dues, e.g., \$100 first year, \$200 second year, etc;
- 2) Cultivate new members from U Village and University Avenue;
- 3) Homelessness is very complex issue and very important to find the right partner(s) for us to associate with in the University District;
- 4) Community Service could allocate more funds to one group (out of \$48,000 allocated last year);
- 5) Our Rotary Club could be a catalyst engaging other partners to work more closely together in addressing homelessness;
- 6) Exploring homelessness from the standpoint of where are the gaps and what is the need and where does our Rotary Club fit in;
- 7) Can we build on the relationship with University District Partnership where we granted \$14,000 last year to help fund a mental health counselor; and
- 8) Homelessness is complex and we, as Rotarians, need to understand more and how does homelessness manifest itself in the University District.

Overall, we had a very dynamic Club Assembly (Thank YOU, Lisa, for your presentation!)

We are now officially LAUNCHED as we pursue these three goals, outlined above, over the next three years. All members are encouraged to get involved in helping us build membership (bring a guest this Friday August 16!), join our Task Force on Homelessness and/or help in our International efforts to work on a major project addressing youth and education.

## Harvest Against Hunger at NW Harvest *(by Neale Weaver)*

Last Saturday, "Harvest against Hunger" was introduced to the group packing food at Northwest Harvest.



Sabah al-Haddad (front left) and Doug Frick (rear with gray shirt) were there!



All the Saturday packing volunteers.



## Paul Harris Awards

Three of our club's members received Paul Harris awards last Friday from Rotary Foundation co-chairs Son Michael Pham and Ezra Teshome.

Brenda Dimond received her +2 award. Joe Scott received his +8. Each donation of \$1,000 receives an award.

And Neale and Harry Obedin became Major Donors—which means they have donated \$10,000 or more to the Rotary Foundation.



Paul Harris recipients (l to r): Joe Scott, Brenda Dimond and Neale Obedin, with Foundation co-chairs Son Michael Pham and Ezra Teshome.

## Upcoming Club Activities and Deadlines

- NOW** It's time to update our club roster! Please send new contact information or photos to Judy Lovelace at judyll555@aol.com.
- Aug 24** 9:00-12 noon. Rotary First Harvest work party at Food Lifeline, 815 S. 96th St., Seattle.
- Aug 31** Ushers needed for Husky football (which earns money for our Service Fund). Contact Dale Hicklin (dalebroker@comcast.net) or Bill Metcalf (bill.metcalf@outlook.com) for details.
- Sept 5-8** Zone Institute, Rotary Zones 26 and 27, Denver. More info: see ad in this bulletin
- Sept 14** 8:30-11:00 am. Rotary First Harvest Packing Party, Northwest Harvest Warehouse, 22220 68th Ave. S., Kent. Register at [www.firstharvest.org](http://www.firstharvest.org).
- Sept 15** Deadline for District 5030 matching grant applications. Info at [www.5030grants.com](http://www.5030grants.com).
- Oct 10** 4:00 pm. Volunteers needed to serve dinner at Ronald McDonald House. Contact Rick Reimer, 206-550-8259 or [rreimer@windermere.com](mailto:rreimer@windermere.com).
- Apr 3-4** District 5030 Conference: Vision 2020-Peace Thru Rotary Action.
- Jun 6-10** Rotary International Conference, Honolulu, Hawaii.



Welcome to Rotary!  
You're invited to a New Members'  
Online Fest!

**Monday, Aug. 19, 5-6pm**

Take an hour **online at your desk** or **on your phone** to understand this worldwide organization you've joined....one that makes every neighborhood better!

And, along the way, find out how you, too, can **get the most fun** out of Rotary!

Join us on Zoom  
<https://zoom.us/j/233484201>

One tap mobile  
+16699006833,,233484201# US (San Jose)  
+19292056099,,233484201# US (New York)

Dial by your location  
+1 669 900 6833 US (San Jose)  
+1 929 205 6099 US (New York)  
Meeting ID: 233 484 201

**All new(er) members are invited!**

**Rotary**  
District 5030

