

the wave



"Slowly the West reaches for clothes of new colors which it passes to a row of ancient trees. You look, and soon these two worlds both leave you; one part climbs toward heaven, one sinks to earth."

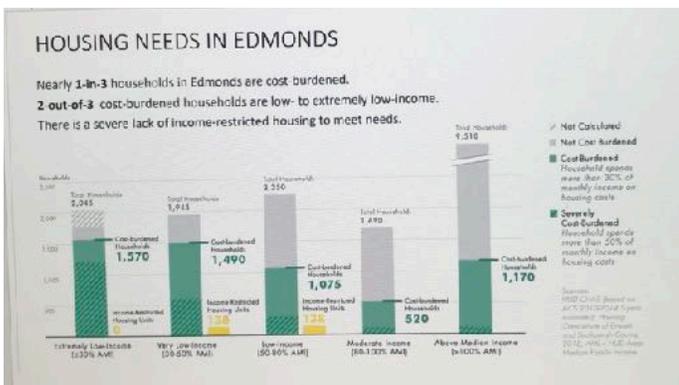
~ Rainer Maria Rilke

Recap...

The Verdant Health Commission, which serves Snohomish County area, has been looking into the relationship between housing and health. Zoe Reese, Director of Community Impact at Verdant, shared some of the ideas from that study, including the chart below which addresses some of the housing needs in the Edmonds area.



Doyanne Darnell, Clinical Psychologist at the University of Washington, invited members to think what the term "New Normal" may mean personally. Many people, research polls show, don't really want to go back to things as they were, but rather a better lifestyle perhaps, with more attention to family and personal priorities. She shared some tips on how to make change in your own life.



Helpful Tips

Want to make a change to how you spend your time?

1. It's ok to start small and make incremental changes
Increasing awareness before making a change can be a way to start
➤ Replace "should" with I will/wont because...
2. Keep in mind what you are saying yes to by saying no
3. Practice say no ahead of time



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Backpacks for Trinity Place

Here is a short summary of how we executed the Annual Backpack Event for Trinity Place.



The start of the school year 2021 was riddled with uncertainty as the Delta variant was on the rise across the country and in our community. A small team of the Service Committee gathered for some fellowship and fun to fill backpacks for school-age children of Trinity Place. Brenda Carrithers, Michele Miller, Jean Swenson and Alison Pence packed 15 full size backpacks for the school-age children and 9 mini backpacks for the younger children. The plan for a minimal contact distribution event was set for Sept 2nd; Randy Hutchins was ready for setup and Jacob Peletier was our Ice cream man! In the early morning hours of the 2nd, the team was notified that a resident family suspected one of their children might be ill with Covid. The testing would take 24 hours and the distribution plans were postponed to a later date. Without celebration, fanfare, or ice cream the backpacks made their way to the Trinity Place campus.

Brenda Carrithers



Classification Talks

Five new members recently gave Classification talks. Two of them, Eng Braun and Robby Ostrem have been Rotarians elsewhere, but recently moved to Edmonds. They will surely bring lots of good ideas from their former clubs. Georgia Ragsdale, Fiona Hatfield, and Nhat Pham represent a younger generation of members that are sure to enrich our club with some fresh ideas as well. We look forward to getting to know all of them.



Oktoberfest cancelled

Unfortunately this year's event was cancelled, due to the rise in Covid outbreaks. There may be a possibility of re-scheduling in the spring, but the outlook for now is that we will have to plan for next Fall.

Meanwhile, for those of you who contributed as Sponsors, your donations were deposited to our Club Foundation, which is a 501c(3), and thus tax deductible. If you choose to however, you can request a refund by contacting Libby Freese or Brent Hagen.

A Note From Your President

Hello Rotarians,

If you love sweaters, hot chocolate and cozy fires, you're a happy camper. Summer left so quickly and Autumn just rushed in and made herself at home.



We've had so much great news in our club lately. We were awarded the City of Edmonds \$30,000 Covid Relief grant. Though we still need to do some fund-raising, this gives us some breathing room to keep our programs running. I had a great meeting with Alison and she intends to look for other grant opportunities for our club.

Brenda added several new members in September and I look forward to an induction ceremony soon. We are so enriched by the amazing new club members that have joined us.

Libby stepped up to co-chair the Community Service Committee. I was able to sit in on a committee meeting and I am so happy to see the direction that this committee is going in terms of putting together service projects for the club. Most of the projects we've traditionally worked on haven't been safe but the committee is looking to partner with other clubs as well as adjusting the projects for those who count on us.

Congratulations to Libby, Rotarian of the Month for September. This is a well deserved honor and I'd love to hear from more of you who YOU think should be a Rotarian of the Month. You can request a nomination form or just send me an email.

And finally, Debbie and I are excited to host our first social/fundraiser on October 23rd. We'll be serving a spaghetti dinner and playing 4 games of Bingo. This event will be limited to 22 people (all must be vaccinated), so look for the sign-up sheet at Tuesday's meeting. The cost is \$50.00 and includes the dinner and two bingo cards (additional cards may be available for purchase). All proceeds from the event go to the general fund. We both look forward to having fun with our great club members.

The next Board Meeting is October 4th at the Waterfront Center. All members are invited to attend.

See you at Claire's.

Maggie



... and Bingo!

When: Saturday, October 23
5:30pm - 8:30pm

Where: Maggie's house
1563 9th Ave N
Edmonds

Hosted by: Debbie Danekas &
Maggie Peterson

Price: \$50

Includes: Spaghetti dinner & 2 Bingo cards. Additional cards may be available for \$5.

Menu: Appetizers
Caesar Salad
Spaghetti (meat sauce &
non-meat sauce)
Wine

This event can only accommodate 22 people. All participants must be vaccinated. Sign up by October 5 at the Club meeting, or notify Maggie by email to be sure to get a spot. Event is limited to members only until all members have a chance to sign up; open to partners/spouses after October 5.

Nominations for District Governor

This is the official Call to Nominate Candidates for District Governor. The selected Rotarian will serve from **July 1, 2024 through June 30, 2025**. She or he will follow Cathy Gibson, our Immediate Past Governor from the Seattle Rotary Club, Howard Cohen (DG 2021-2022) our current Governor from the Emerald City Rotary Club, Kae Peterson (2022-23) from the Rotary Club of Shoreline, and Kaj Pedersen (2023-24) from the Bellevue Breakfast Rotary Club.

Applications and the other required paperwork should be sent to PDG Alan Merry (Rotary Club of Lake Forest Park) almer5030@gmail.com no later than October 22, 2021. This notice describes the required paperwork, and copies are attached.

Who might consider this opportunity?

- A past club president, who served a full term as president in 2020-2021 or before, and a Rotarian in good standing. Or a person who served as a charter president of a club, having served from the date of charter to the end of that Rotary year.
- A past president who feels he or she can provide the leadership to support the clubs and club presidents in District 5030.
- A Rotarian who is willing and able to commit to this position and has the physical ability to fulfill the responsibilities of the position. *Please note, our past governors have remained fully active in their professions, or been retired, or reduced their professional workloads. All possibilities can work for the individual.*

Member Recognition

Two outstanding members were recognized for their Service Above Self to our club and to the greater community as well. Libby Freese was hailed as Rotarian of the Month by President Maggie, for her service as Club Treasurer, her new duties as Co-Chair of Community Services, and for the many other things she does to keep things running.

Pat Shields has missed many meetings over the past year because of his volunteer time at the Edmonds Food Bank. Brenda Carrithers, Membership Chair, called him out to recognize his many hours of service there.

Both of these two have served in many capacities within our club over the years, including as President.



Covid Relief Fund Grant

There's a saying, "You don't ask, you don't get". Well that doesn't apply here. President Maggie courageously submitted an application to the City for funds, along with a number of other charitable groups, to help us continue the work we do in the community in this time where fundraising efforts are so difficult (as in cancelling Oktoberfest, our main fundraiser!) The reward was a grant for **\$30,000!** We were one of only 5 groups who received cash awards. This is pretty special, and will be very helpful indeed. Kudos and thanks to Maggie for the leadership on this!

Membership Handbook

While we're spreading the thanks, we must give some applause for Brenda Carrithers, for her time and effort in updating the Member Handbook. It's a great resource for new and long-standing members as well. The completed edition was emailed to all members recently. Let Brenda know if you didn't find your copy.

From the Editor

With all we've been through the past few years - tumultuous politics (on many levels), swirling climate change, a devastating pandemic, etc, etc, it's easy to get lost in the downside, and miss some of the lighter touches.



I'm waiting in the high school parking lot to pick up my granddaughter after cross-country practice, when this truck pulled into the parking lot next to the white car. **He** hops out of the truck and pulls down the tail gate. **She** emerges from the car with bags of food and drink. After watching them enjoy their repast a bit, I had to ask. Happily smiling for my photo, they kindly explained he was enroute from somewhere to "there", and home was a block from here, midway between. Parking on the street in an old neighborhood is hard to find, so they met up here in the high school parking lot, to enjoy a meal together before he hits the road again. Cheers for finding a way to enjoy time together. Love finds a way, eh?

Bruce the Parrot, is actually a kea with a missing beak (see insert for a "normal" kea profile). That should be the end of it, or of him. Now though he has convinced scientists in New Zealand of his intelligence and skill in creating a prosthesis to replace his missing beak. At first they thought it to be coincidence, but were finally convinced after studying his activity for some time, that by using his tongue and lower beak he could craft sticks or small stones into a prosthesis to preen his feathers. Where there's a will there's a way. Or is it with no bill, Bruce will still find a way?

One of the highlights of a trip to Paris is to see the Arc de Triomphe in its glory. Just like people everywhere though, even Parisians can grow so accustomed to what's always there that they no longer actually see it, or appreciate its uniqueness. Enter the artist Cristo, whose artistic path was to change things we are used to seeing so that our mind might be free to see them in a new way. His controversial works have included "The Gates" of Central Park in NYC, the Reichstag in Berlin, the Umbrella Project of Japan and California, and more. They are always temporary, representing the freedom that is art.

Cristo passed away in 2020, but his nephew, Vladimir Yavachev, took up the challenge of a project Cristo envisioned over 50 years ago. It took days of wrapping in silvery blue fabric. There were concerns about birds, and veterans' monuments, but all issues were finally resolved and it was done. Not everyone is pleased of course; some see it as a giant garbage bag. But Parisians generally seem to love it. It remained in place for 2 weeks only, until today, October 3. Standing at the Arc de Triomphe, clad in its silvery cloth, President Emmanuel Macron observed, "I think that what we believe is this: crazy dreams must be possible." Too true.

Pat Thorpe, Editor

c'est finis

