



## ROTARY CLUB OF TACOMA #8

We are bringing together business and professional leaders to provide humanitarian services, to encourage high ethical standards in all vocations, and to advance goodwill and peace around the world.

The Gearshift is a weekly publication to inform members of current events in the Rotary Club of Tacoma #8.

**Vol. One Hundred-One | Issue No. 6**



When we think of Rotary International's Motto "Service Above Self," it helps define what it really means to be a Rotarian. The idea of combining our time and talents with our financial support is the essence of Rotary involvement. Our local Rotary Club's Project Greater Good (PGG) Annual Campaign allows us to leverage our

donations for up to four different areas of impact.

Each year at this time we invite all members to make an annual pledge. Letters were mailed to all members on August 2. Please take the time to thoughtfully consider what you are able to do this year.

Last year over 100 members participated, but this year our goal is to have all of our members participate at some level. Please help us meet that goal by completing your pledge form now and returning it to the office!

**PLEDGE NOW**



Bellarmine Preparatory School is a place of community and for the community. A nearly 100-year-old institution, Bellarmine will celebrate its centennial in 2028. We are excited to host Rotary 8 on campus and celebrate together our mutual commitment to serving the greater Tacoma region. On August 8 at the Thursdays at Five, we will highlight our community partnerships and spotlight our sustainability initiatives.

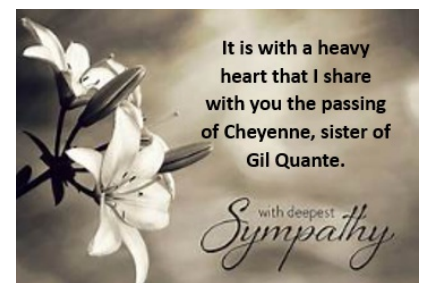
As a Catholic, Jesuit college preparatory school, Bellarmine is not only dedicated to academic excellence, but the development and care for the whole person. Since 1928, we have educated young men and women to live lives of leadership, compassion and service. We are devoted to preparing our students for success in college and beyond, and to instill in them a desire and passion to lead and serve others in the communities, careers and organizations they will go forth to.

With a strong, experienced and dedicated faculty and approximately 900 students from all over the South Puget Sound region, Bellarmine is a vibrant, exciting community of faith and learning. From athletics to clubs, music, campus ministry, robotics, theater and more – every student can find their passion and home at Bellarmine.

Rotary Club of Tacoma #8 meets weekly on Thursdays.

**This week's meeting:**

Bellarmine Preparatory School  
2300 South Washington  
Tacoma, WA 98405



**rotary  
youth  
exchange**

**Let's fill the calendar!**

Sign-up now to show our new Rotary Youth Exchange



**REGISTER NOW**



**WEDNESDAY AUGUST 14TH**

**Rainiers**™

Students the time of their lives while visiting.

We want to fill up the exchange students' first couple of months with great summer activities. Here are some ideas below:



- Visit the State Fair (Aug 30-Sept 22)
- Camping
- Boating
- Attend a Sounders Game
- See a Play (Tacoma Little Theater)
- Visit the Northwest Trek
- Rock Climbing
- Hiking
- Paddle Boarding
- Sea Kayaking
- Golfing
- Horseback Riding
- Fly Fishing
- Ziplining
- Flying (private plane ride)
- Your Idea Here!!!

**SIGN UP**



Virtual streaming of Tacoma Rotary Club #8 meetings is now **only** available on

**facebook**

Need to join us virtually? Please join us on **FACEBOOK** by clicking the "Join Now" button.

Next Broadcast  
Thursday August 15<sup>th</sup>  
12 – 1pm

**Join Now**

Become a **Meeting SPONSOR!**

**AUGUST EVENTS**

**A NIGHT AT THE BALLPARK**  
**PIERCE COUNTY ROTARY CLUBS**  
**8TH ANNUAL**  
**MANDATORY FUN NIGHT**

Presented by current and former Assistant Governors of Pierce County  
**Linda Kaye Briggs, Tony Camoroda, Gunda Meissner, Kathryn Nelson, Bill Potter, Karissa Thompson**

Join in on the fun with your fellow Rotary members & family. Start off with tailgating in the parking lot followed by an evening of baseball in reserved seats. This event is open to anyone that wants to have a great time. RSVP by August 1st.

Scan the QR code to register for this event or enter this address in your mobile browser:  
<https://Registrations.DACdb.com/Register/index.cfm?EventID=77742759&NoCaptcha>  
**The Tacoma Rainiers take on the Sugar Land Space Cowboys.**

 Tailgate or Game only: \$16 per Person  
Tailgate and Game: \$32 per Person  
Tailgate/Game/Rainier Hat: \$38 per Person



**EVENT DATE: Wednesday, August 14**  
**Tailgate: 4:30PM**  
**FIRST PITCH: 7:05PM**  
**RAINIERS vs. Sugar Land Space Cowboys**



Questions? Contact ...  
Tony Camoroda [tonyc.rotary@gmail.com](mailto:tonyc.rotary@gmail.com) (559)905-0466  
Gunda Meissner [gundarotary@gmail.com](mailto:gundarotary@gmail.com) (253)677-3455



**REGISTER NOW**



**THURSDAY AUGUST 15TH**

Program TBA



**August 1, 2024**  
Meeting Minutes







Volunteering at St. Vincent De Paul on Saturday 8/3



Friday Aug 9, 2024  
11:00am – 2:00pm  
425 South Tacoma Way  
Tacoma, WA 98402



Saturday Aug 10, 2024  
12:00pm – 2:30pm  
3318 92<sup>ND</sup> Street South  
Lakewood, WA 98402



Rotary Club of Tacoma #8 Meeting of August 1<sup>st</sup>, 2024. The meeting began at noon with President Chris Serface presiding at the La Quinta. President Chris welcomed everyone to the meeting and apologized for missing the last couple of weeks. He said he had been on vacation and that it was terrible, with a wink. Everyone in attendance recited the 4-Way Test and the Past President Greg Rolsma read the Land Acknowledgement. President Chris welcomed visiting Rotarians and guests. There were two guests and two perspective members who are currently in the pipeline and will be introduced soon. Fred Mosio was the only Rotarian who joined the meeting virtually. President Chris shared that August is Membership and Extensions Month. It is a time when Rotary Clubs from around the world focus on membership in Rotary. Rotary Club of Tacoma #8 is in the middle of our membership drive BRING ONE. Where each member is encouraged to invite a guest to a Rotary meeting. He encouraged us to reach out to coworkers, clients, friends, and family to help increase our club's membership. President Chris thanks Cindy Grady for being the meeting sponsor. Cindy sponsored the meeting in honor of her mother who was passionate about mental health. Sharon Benson provided the reflection. She shared that she and Barry just moved from their home of over 30 years and amongst her things she found a book of inspirations. She read an inspiring passage about how we collect things along the way and they add to our heritage. We celebrated member anniversaries and Barbara Wyatt was the only member with an anniversary with 14 years in our club. Barbara was at the meeting and let out an enthusiastic "WOOHOO!". Harrison Laird recognized August birthdays for Rick Triggs, Lawrence Ghilarducci, Dona Ponepinto, Clay Zhang, Doug Hedger, Adam Cook, Stephen Deal, Amanda Burrows, Whitney Grisaffi, Cassidy Inamasu, Fred Matthaeh, Laurie Jenkins, Pete Taylor, Zach Entwistle, Jeremy Simler, Alecia Cunningham and Scott Sutherland. He asked the question "What is your favorite kind of pie?" There were 4 members with birthdays in attendance. Pete Taylor made the joke that his favorite pie is Beta Theta Pi which was his fraternity. Rick Triggs favorite is Raspberry. Dona Ponepinto loves Pecan Pie and especially her mom's! Whitney Grisaffi loves Strawberry Rhubarb and was very excited that Harrison had brought some to share. Amanda Burrows said she loves Apple Pie ala mode because "she is American!". President Chris reminded members about volunteer opportunities and made a special note of the new member social taking place at Jim and Deb Tanasse's home where there is always good wine. Kathryn Nelson reminded the members about the all Pierce County Rotary social event at the Rainiers game on August 14<sup>th</sup>. Space may still be available if you contact the office.



LARRY GHILARDUCCI	AUGUST 5TH
DONA PONEPINTO	AUGUST 7TH
CLAY ZHANG	AUGUST 7TH

President Chris introduced the program presented by James Donaldson. James Donaldson started by thanking us for having him and inviting our members to his Rotary meeting at the Sunrise Club on Tuesday mornings at 7:30. James shared some of his successes early in his career as a star basketball player for WSU and then 14 years in the NBA including 4 years playing for the Seattle Super Sonics! James wrote a book titled, "Celebrating Your Gift of Life" in which he shares his personal story of how he suffered personal losses and trials, battled depression and overcame being suicidal. James has devoted his life to helping others with mental health and suicide prevention. He is especially focused on helping kids. James shared shocking statistics about suicide rates in our country. There is one suicide every 11 minutes! The suicide rate in kids 10 – 14 years of age has increased by 100%. He shared some things people can do to strengthen their mental health including: spending time with friends, limiting social media, exercise, learning to forgive (especially yourself), getting enough sleep, letting go of unhealthy relationships, becoming a pet owner, going outside, changing negative self-talk, and laughing often. He provided 988 as the number to call for advice and support and urged calling 911

<b>DOUG HEDGER</b>	<b>AUGUST 8TH</b>
<b>ADAM COOK</b>	<b>AUGUST 8TH</b>
<b>STEPHEN DEAL</b>	<b>AUGUST 9TH</b>



<b>LARRY TRELEVEN</b>	<b>45 YEARS</b>
<b>JIM HENDERSON</b>	<b>40 YEARS</b>
<b>BARBARA MEAD</b>	<b>29 YEARS</b>
<b>MARTY LOUGH</b>	<b>1 YEAR</b>

*Fellowship, Leadership, and Service Above Self since 1910*

if someone is in danger of committing suicide. He went on to provide advice on what to do if you are having thoughts of hurting yourself: reach out to someone you trust, seek professional help, take safety precautions limiting access to harmful objects or substances, create a support network, develop coping strategies, educate yourself, build resilience, and develop a safety plan. James strives to take the message to young people that they are not alone and that they matter. He started to come out of his depression when he asked for help from a support system and was told that people would miss him. He shared his story in an honest and vulnerable way and tearfully shared with the club that he is thankful each day.

President Chris thanked James and presented him with a LFL book to sign. He then thanked all of the meeting volunteers and concluded the meeting by reminding us of the Magic of Rotary!