



# University District Rotary Club Bulletin

Tuesday January 7, 2025



PH: (206) 542-7070

PO Box 31125, Seattle, WA 98103

Linda Fukuda, President

## Meeting Location

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

To join via Zoom:

<https://us02web.zoom.us/j/88235453974>

When: Fridays

Business: 12:00-12:30 pm

Lunch: 12:30-1:00 pm

Program: 1:00-1:30 pm

**VISITORS ARE WELCOME**

## Future Programs

### Jan 10

Theresa Cheng:  
Veteran's Dentistry

### Jan 17

No meeting: holiday

### Jan 24

District Governor  
Rachele Bouchand

### Jan 31

No meeting: Son Michael  
Pham's Memorial Service

## 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. For January,  
2025, send material to:  
[carmamckay@gmail.com](mailto:carmamckay@gmail.com)

## Program for January 10

### The American Duty: Supporting Our Veterans Beyond the Basics



Despite the many nonprofits and government initiatives designed to assist veterans, many still face significant challenges after returning home. Why is this the case?

Dr. Theresa Cheng, a retired periodontist and Clinical Assistant Professor at the University of Washington School of Dentistry, will explore veterans' ongoing struggles after service and why the VA system alone cannot meet all their needs. She will discuss the unique challenges veterans experience as they reintegrate into civilian life, including the prevalence of PTSD and the long-term impact of service-related trauma.

As the founder of *Everyone for Veterans*, a nonprofit organization that connects volunteer dentists with veterans in need of free comprehensive dental care, Dr. Cheng will highlight how oral health plays a crucial role in veterans' overall well-being. By providing much-needed dental treatment, the initiative not only alleviates pain and improves smiles but also helps veterans regain their confidence and health as they transition to a new chapter in life. This is a tangible way to show our gratitude for their service.

**Bio:** Dr. Cheng is a Periodontist with over 40 years of experience, including building and running a successful solo practice in Issaquah, WA, specializing in periodontics and implants.

In 2015, she joined the University of Washington as a part-time Clinical Assistant Professor in the Department of Periodontics, where she teaches and mentors dental students. Throughout her career, Dr. Cheng has been actively involved in organized dentistry, serving on various committees and boards at the local and state levels, including the Washington State Dental Quality Assurance Commission, the Pacific Northwest Dental Conference Committee, and the Washington State Dental Association. A strong believer in giving back, Dr. Cheng has always incorporated volunteer work into her personal and professional life. These included projects in the conservation of animals, Habitat for Humanity, meals programs, women in education, and local and international dental humanitarian projects. She founded *Everyone for Veterans*, a nonprofit organization providing free comprehensive dental care to veterans nationwide. She was awarded the American Dental Association Humanitarian of the Year Award in 2021.



## In Memory of Son Michael Pham



Son Michael Pham's Memorial Mass will be held on **January 31, 2025, at 1 pm.**

It will be held at Mary Queen of Peace Catholic Church, 1121 - 228th Ave SE, Sammamish, Washington, 98075

A reception will follow Mass in the Social Hall.

**Charitable donations may be made in memory of Son Michael Pham to:**

**Kids Without Borders** [kidswithnoborders.org/donate0.aspx](https://kidswithnoborders.org/donate0.aspx)

**The Rotary Foundation** <https://my.rotary.org/en/donate>

Note: as part of both online donation processes you will be asked if you want to make the donation in memory of someone.

### Carpooling to Son Michael's Memorial Service

President Linda Fukuda is seeking a volunteer or two to work together to coordinate carpooling for people wanting to attend the Memorial Service on January 31. If you are willing to coordinate, including reaching out to both members willing to drive and those wanting a ride, please contact President Linda as soon as possible.

**Brenda Dimond writes:** Our Holiday Party Our December 20th Holiday Party provided us with lovely holiday traditional songs. Lisa Latchford sang favorites from her Christmas Album. She was joined by Alex Phelps on Trombone. Alex is our member, Bev Fogle's grandson, Luggi Chancafe on Bass and on piano, Dwight Beckmeyer. The "Hanukkah Song" led by Vicki Robbins and Lisa Latchford was joined by our members and guests for resounding notes of the Holiday Season. A talented "Seattle Prep Choir" directed by Elliot Weeks and accompanied by Sara Hanson performed an outstanding musical arrangement for a second Year! Last year Grace, daughter of our Oast President, Lisa Edwards, as a Senior was a member of a truly outstanding choir. We shall look forward to a future performance! Judy Lovelace assisted by Santa acknowledged SYC staff and servers with a gift of appreciation—Photos provided by Liz Causby-Miles





# URoCK **FUN** Zone

Upcoming **FUN**raiser events. Contact the (Team Leader) for information and/or reservations.

**01/30/25** Tour of the new Convention Center, no-host lunch following (Jeff Werthan)

(See ad elsewhere in Bulletin)

**02/10/25** Jefferson Starship 50<sup>th</sup> Anniversary Tour Ticket Auction (Sally Porter Smith)

(See ad elsewhere in Bulletin)

**02/15/25** Dinner at Taki's Greek Restaurant [Pending] (Susan Sola)

**03/08/25** Afternoon Tasting at Wines of Washington (Paula Williams)

**04/25/25** Annual Gala (Sally Porter Smith)

**05/03/25** Kentucky Derby Watch Party (Lisa Edwards)

**05/11/25** Chocolates & Roses (Susan Sola & Lisa Edwards)

**06/29/25** Pawzapalooza Pet Parade & Party (Carol Butler)

Susan Sola is busy working on several retail revenue sharing projects, including Chipotle, Tutta Bella, and--warning: mouthgasm!--Krispy Kreme donuts. We'll keep you posted.

Still in the works: other in-meeting surprises!

Family members are welcome, as appropriate. And please do share our **FUN**raisers with friends, neighbors, business associates, etc.; the more guests we invite, the more outside **FUN**ds we raise. And the more **FUN**ds we raise, the more good we can **FUN**d in the community!

Thanks so much for your support.

## *What's in a name?*

Wonder why I refer to the club as URoCK? Well, here you go!

**University**

**Rotary**

**Club**

**Rocks**

**URoCK**

(Because you do)



**Pre-Gala Auction:**  
**January 10th**  
**during Rotary Meeting**

**To be auctioned:**

**2 sets of 2 tickets for**  
**Jefferson Starship with the Seattle**  
**Symphony,**  
**Founder's Tier level**

**Minimum Bid: \$225./set of 2**  
**tickets**



**Seats: A11, A12, A13, A14**

- **The band's current lineup includes**
  - Original member David Freiberg,
  - Drummer Donny Baldwin (who first joined in 1982),
  - Keyboardist Chris Smith (who joined in 1998), guitarist Jude Gold (who joined in 2012) and
  - Singer/guitarist Cathy Richardson (who joined in 2008 after Kantner saw her perform with Big Brother and the Holding Company).

For more on the Band, visit  
<https://www.jeffersonstarship.com/>

## Jefferson Starship Concert Tickets to be Auctioned Friday, January 10th

UDRC members have a once in a lifetime opportunity to bid on tickets for the Jefferson Starship in concert with the Seattle Symphony. The concert celebrates the Starships 50<sup>th</sup> Anniversary on February 11<sup>th</sup> and presents a unique way to celebrate Valentine's Day with your best friends and partners.

Who needs roses, chocolates, or a funny card when you can attend an event with music from eight gold and platinum albums and one gold compilation? How often will you have that possibility?

The seats on offer provide a direct view to the stage from the Founder's Tier.

This is your chance, don't let it pass you by!

Place your bid for either two tickets or all four with a parking pass at the UDRC meeting on January 10<sup>th</sup>. Winning bids will have their funds deposited to the Service Fund as part of the **URock25** Gala Luncheon Fundraiser to support projects in the 2025-2026 Rotary year.

Unable to attend but want to bid, contact Carol Butler to arrange a proxy bid at [peabody087@gmail.com](mailto:peabody087@gmail.com).

Other questions, ask Carol.



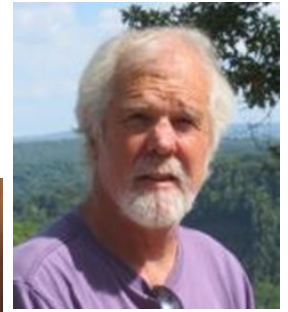
## New Board Members Approved by Club Vote December 13, 2024

The following board members were voted into office by the club members at the regular club meeting on December 13:

- Vice President / President Elect Nominee - Doug Frick, 2026-2027
- President Elect Designate and Board Member- Stephanie Feldt, 2027-2028 (She will be a board member until she moves to Vice President / President Elect Nominee).
- Asha Iovin, Board Member, 2025-2027
- David Watkins, Board Member, 2025-2027
- Kirk Laughlin, Board Member, 2025-2027
- Bill Herkes, Treasurer, 2025-2026
- Marilee Fuller, Secretary, 2025-2026



Marilee Fuller



Doug Frick

The 2024 nominating committee was comprised of Lisa Edwards (chair), Jeff Werthan, Kirk Laughlin and Carol Butler. It met and worked with the UDRC board to present the slate of candidates for board positions. No additional candidates were nominated by members from the floor.



Stephanie Feldt



Asha Iovin



David Watkins



Kirk Laughlin



Bill Herkes



PRESENTS



**Save the Date**  
**Friday, March 14, 2025**

Get ready for the next annual Hearts & Wine event  
benefiting Harvest Against Hunger at  
Pickering Barn, Issaquah



## We Need Your Help!!

When a restaurant donates a portion of its profits to charity for a specific period, it's called a restaurant fundraiser. What happens is our club works with a restaurant to select a period and invite community members to dine at the restaurant during that time. The restaurant then donates a percentage of its sales during that period to us.

If you know of a restaurant or retail establishment that offers such fundraisers, please drop an e-mail to Susan Sola at [s.sola@comcast.net](mailto:s.sola@comcast.net).

**Thanks so much!**

### Join Jeff Werthan and your fellow UDRC members for a fun FunRaiser!

**What:** Guided tour of the new Seattle Convention Center - Summit Building

**Where:** Seattle Convention Center - [900 Pine St., Seattle 98101](https://www.seattleconventioncenter.com/locations/summit). Meet inside the main entrance of the building by 10:45.

**Cost:** There is no cost for the tour. Your donations are appreciated and one hundred percent will be distributed to our Service Fund.

After our guided tour has ended, we will enjoy a no host lunch at a restaurant to be selected shortly. I encourage you to join me and take Link Light Rail to Summit. If you are hesitant to do so, please let me know, and I will arrange for one of our club members to meet you and to help orient you to the process. Finally, please let me know if you are planning on attending, so we can anticipate the number of attendees. Thank you.



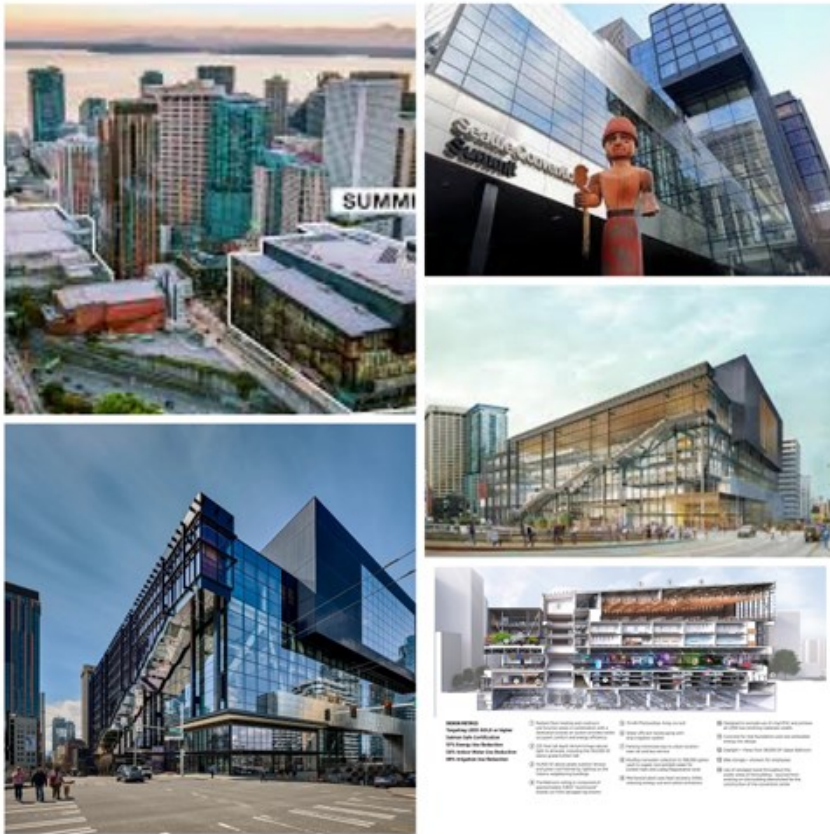
### Celebrating January Birthdays!

Paula Williams	January 3
Morgan Laughlin	January 13
Linda Fukuda	January 14
Mona Kunselman	January 18
Angie Jimenez	January 22
Gary Corbett	January 23
Paula Laschober	January 31





# FUNraiser Tour: Seattle Convention Center, the Summit Building



**January 30,  
2025, 10:45am**

**Meet at 900 Pine St.**

On this hour-long guided tour, guests will walk through Summit building's event spaces.

Photography allowed as long as people keep up with the tour group.

This is a FUNraiser — there is no charge for the tour. Donate to the Service Fund and help fund service projects in 2025/2026.

**No Host Lunch follows  
tour at a location to be  
Announced.**

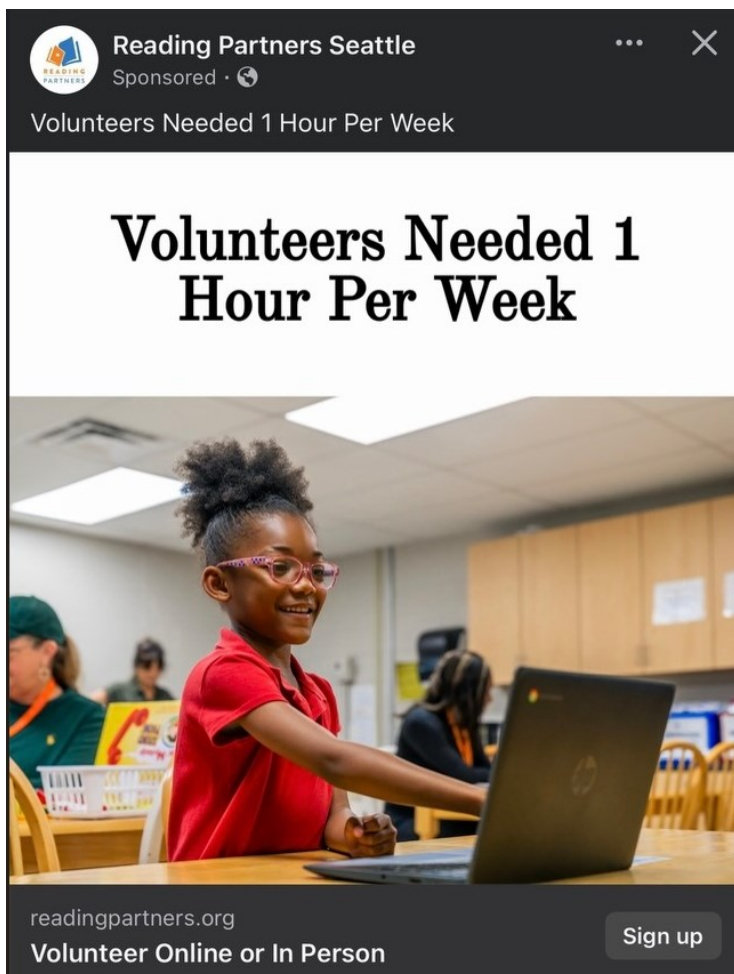
**Jeff Werthan, Tour Organizer, [jmwdog@gmail.com](mailto:jmwdog@gmail.com)**

**To Donate: write checks to: UDRC Service Fund and turn in at meeting.**

**Contact Sally or Carol to pay by credit card.**

**Sally ([sallypor789@gmail.com](mailto:sallypor789@gmail.com)) or Carol ([peabody087@gmail.com](mailto:peabody087@gmail.com))**

## Volunteer - Reading Partners



Reading Partners Seattle  
Sponsored · 🌐

Volunteers Needed 1 Hour Per Week

# Volunteers Needed 1 Hour Per Week

readingpartners.org  
Volunteer Online or In Person

Sign up

## Our 4Way Test

The Rotary Four-Way Test is a nonpartisan and nonsectarian ethical guide for Rotarians to use for their personal and professional relationships, evaluating the truthfulness, fairness, goodwill, and beneficial nature of their actions and decisions.

- ✓ Is it the TRUTH?
- ✓ Is it FAIR to all concerned?
- ✓ Will it build GOODWILL and BETTER FRIENDSHIPS?
- ✓ Will it be BENEFICIAL to all concerned?

### Rotarians Made Lunches for Unsheltered People in the U District Last Sunday *(by Rick Jones)*

As is usual on the third Sunday of each month, Rotarians made lunches at the University Family YMCA. Eighty lunches, a record, were made and distributed.

Rotarians (and family) who participated were: Doug and Ellen Frick, Sally Porter Smith, Vicki Robbins, Judy Lovelace, Carol Butler, and Rick Jones.







URoCK Foodie “Be there” reminders:

**January 11<sup>th</sup> Happy Hour!**



Let's get together for the first foodie event of 2025: Happy Hour at Ivar's Salmon House

**Where: Ivar's Salmon House** 401 NE Northlake Way

**When:** Saturday January 11<sup>th</sup>, 3-6pm

## URoCK February 1<sup>st</sup> Foodie: Indonesia

*If Indonesian is too challenging, feel free to bring any SE Asian country dish (Thai/Vietnamese)*

**Where: Dave Spicer's Home**

**When:** Saturday, February 1<sup>st</sup> (3-6pm)



Kindly RSVP to [asha.iovin@gmail.com](mailto:asha.iovin@gmail.com) and dish type or if you need help/address

# URoCK 2025

*A Gala Celebrating the Spirit of Giving*

**April 25, 2025 11:30 AM**  
**Seattle Yacht Club**  
**1807 E Hamlin Street, Seattle**

University District  
 Rotary

SAVE THE DATE



## 2025 District 5030 Symposium April 19, 2025

Empowering Leaders, Cultivating Growth: Strategies for a Thriving Rotary Club

April 19, 2025, 7:30 am - 4:30 pm  
Mercer Island Community & Events Center

### Save The Date!

Elevate your Rotary experience at the Rotary District 5030 Learning Symposium on April 19, 2025! This one-day dynamic event offers unparalleled networking opportunities and comprehensive training sessions. Connect with fellow Rotarians, share insights, and drive the future of your club together! Don't miss this opportunity - save the date of April 19, 2025 on your calendar!

#### Agenda Highlights

##### Keynote Speakers

- The Rotary Foundation's Impact
- Bridging Generations in Leadership

##### Session + Workshop Topics

- Mastering TRF + District Grants
- Treasurer Best Practices
- Secretary Best Practices
- Best Practices for Assistant Governors
- Empowering Youth Leadership
- Mastering Fundraising
- Best Practices: 501c3 Foundations
- Energizing Rotary Meetings
- Strategic Planning Essentials
- Welcoming and Nurturing New Members
- RISE Leadership Development Program
- Membership Growth + Retention

#### Registration Highlights

- Online Registration Opens: 1/6/2025
- Club Project Submission Deadline: 4/4/2025

#### Questions?

Tom Leonidas, District Learning Facilitator  
Email: [tom@leonidasconsulting.com](mailto:tom@leonidasconsulting.com)

#### Networking Opportunities

Here are some of the activities to foster connections and create a vibrant networking environment at the symposium:

- Networking Breakfast
- Club Project Exhibits
- Look for Project Partners
- Panel Discussions
- Networking Breaks
- Lunch Meetups
- Workshops
- Business Card Exchange

#### Who Should Attend

- Rotary Club Presidents + Presidents Elect
- Rotary Club Officers
- Rotary Governors + Governors-Elect
- Assistant District Governors
- Rotary Club Members
- Rotary Foundation Chairs
- Membership Chairs
- Public Image Chairs
- Youth Program Leaders
- Rotoractors



## Upcoming Club Activities and Deadlines

- Jan 11** 3:00-6:00 pm. URoCK Foodie Happy Hour, Ivar's Salmon House, 401 NE Northlake Way.
- Jan 13** 4:00-5:30 pm. Club Board meeting. Contact Linda Fukuda, lindaelif@gmail.com.
- Jan 30** 10:45 am, meet at 900 Pine St. New Convention Center tour, lunch following. Contact Jeff Werthan, jmwdog@gmail.com. This is a FUNraiser, donate to the Service Fund to help fund 2025-26 projects.
- Feb 3** 5:30-7:00 pm. Service Fund Board meeting. Contact Paula Laschober, plaschober@gmail.com.
- Feb 10** 4:00-5:30 pm. Club Board meeting. Contact Linda Fukuda, lindaelif@gmail.com.
- Feb 16** 11:00-1:30. Make Grab-n-Go lunches for neighbors in need at the University Family YMCA. Contact Rick Jones, threepointoh@comcast.net to register.
- Mar 3** 5:30-7:00 pm. Service Fund Board meeting. Contact Paula Laschober, plaschober@gmail.com.
- Mar 10** 4:00-5:30 pm. Club Board meeting. Contact Linda Fukuda, lindaelif@gmail.com.
- Mar 14** Hearts and Wine, [Harvest Against Hunger | Hearts & Wine 2025 - Harvest Against Hunger](#).
- Mar 16** 11:00-1:30. Make Grab-n-Go lunches for neighbors in need at the University Family YMCA. Contact Rick Jones, threepointoh@comcast.net to register.
- Apr 19** 7:30-4:30. 2025 District 5030 Symposium. On-line registration opens 1/6/2025.
- Apr 25** UDRC fundraising event, Seattle Yacht Club, lunchtime. Theme: Celebrating Giving. Contact Sally Porter Smith, sallypor789@gmail.com.
- May 3** Off to the Races! Kentucky Derby watch event. Contact Lisa Edwards, lisasimoneedwards@outlook.com.
- Jun 21-25** Rotary International Convention, Calgary, Canada. Register at: [convention.rotary.org](http://convention.rotary.org).
- Jun 29** Pawzapalooza pet parade and party. Contact Carol Butler, peabody087@gmail.com.



### University Service Fund

The Foundation of the Rotary Club of the University District is called “**University Rotary Service Fund.**” It is a charitable organization with a 501(c)(3) tax-exempt status. The Service Fund’s EIN, or tax ID, is 91-1123239.

### The Rotary Foundation

The mission of The Rotary Foundation 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 in a year! Just click on “Recurring Giving.”