

University District Rotary Club Bulletin

Wednesday, January 18, 2023



PH: (206) 542-7070

PO Box 31125, Seattle, WA 98103

Jeff Werthan, 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

Lunch: 12:00-12:30 pm
Business: 12:30-1:00 pm
Program: 1:00-1:30 pm
VISITORS ARE WELCOME

Future Programs

<u>Jan. 27</u> Committee Reports

Feb. 3

David Bobanick/Colleen Turner: Harvest Against

Hunger

Feb. 10

Chief of Police Adrian Diaz

Feb. 17

No mtg: Presidents Day

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 January 20 Ed Bronsdon Outdoors for All



Ed Bronsdon is passionate about helping people and has worked for nonprofits for 36 years. Ed has served as the executive director of the Outdoors for All Foundation since 1995.

Outdoors for All is a nonprofit based in Seattle that enriches the lives of children and adults with disabilities through outdoor recreation.

Ed is a graduate of the University of Washington and has a certificate in Rehabilitation Facilities
Management from Seattle University.

Locally, Ed volunteers with the University Sunrise Rotary Club of Seattle and has been a Rotarian since

1987. Nationally, Ed volunteers with Move United (formerly Disabled Sports USA) as both a board member and instructor.

Internationally, Ed volunteers with Blesma – The Limbless Veterans, a British charity, and serves as the adaptive skiing lead and liaison for Blesma's annual European Winter Sports week in France.

Ed's presentation focus will be on Outdoors for All's current winter operations and the adaptive lessons offered for children and adults with disabilities, plus upcoming activities that may particularly serve the University District community, such as the Adaptive Cycling Center and other opportunities at Magnuson Park.

Masks Encouraged at Meetings (by Jeff Werthan)

Due to several recent positive covid tests involving individuals in my orbit and the continuing risk of flu, I am encouraging all club members planning to attend club meetings in person to wear masks. This is not mandatory, but strongly encouraged for your own benefit and the benefit of your fellow club members.

UDRC Happy Hour (by Rick Jones)

Wednesday, January 18: Please join no-host hosts Marella Alejandrino and Rick Jones for some glass -in-hand camaraderie and conversation. We'll connect 5:00-7:00 pm in the bar at Ivar's Salmon



House, 401 NE Northlake Way, Seattle.



New Club Member Inducted January 6, 2023 (by Rosemary Aragon)



Fellow Rotarians, today we are inducting a seasoned Rotarian—**SALLY PORTER SMITH**. Her sponsor is Russ Amick.

Sally joined the Mercer Island Rotary Club in 2004 and transferred to the Lakewood Club (Pierce County) when she relocated for work. She served as club secretary, wrote and managed community grants, supported others in writing grants, and supported collaborative grant projects between clubs (including some with our club). She says the most satisfying aspect of Rotary has been being part of an active club that responds to many community needs—both local and global—AND becoming engaged in work she might not otherwise have done.

If you notice that Sally often wears a mask at our meetings, it is because of a health condition diagnosed in 2019. Life-saving medications sustain her. But they also diminish the COVID vaccine effectiveness and leave her immunocompromised. She is hopeful that a new drug regimen will eventually allow her to socialize more freely.

Sally says her own passions and the driving force behind her work—professional and volunteer—has been to provide access to information and education – to meet people where they are and connect them to resources to enable them to take their next steps.

Her profession is that of a public librarian. She worked 27 years for the King County Library and 8 years for the Pierce County Library System. She also taught at the UW's Information School as auxiliary faculty while working for KCLS. She worked for the University of Washington Libraries and Timberland Regional Library System before earning her graduate degree. She worked in almost every direct service position to be held—Bookmobile Aide, Children's Librarian, Reference Librarian, Young Adult Librarian, Children's Collection Development Librarian, Managing Librarian, Youth Services Coordinator, Outreach Services Director, Branch Services Director, and Public Services Director. She found the most joy in direct service, the most satisfaction in building library collections responsive to needs and interests of children and teens, and the greatest challenge in providing equitable, responsive library services to people living in isolated communities.

Her volunteer passion grew from her work in communities, where she learned the importance of food and housing security in building family self-sufficiency. This led her to volunteer with several food banks, food distribution centers and the Pierce County Housing Authority. Her education journey gave her a passion to open education doors to others. She served on the Pierce College Foundation and co-chaired the Student Success campaign to provide sustainable funding for non-academic support to eligible students. She has also worked on scholarship and incentive award committees in Rotary.

Sally holds a BA and an MA in Library Science from the University of Washington. While her alma mater is the University of Washington, her community college experience is where her passion is – without that experience, she, as a first-generation college student, would not have had the confidence to go to university.

Now, the rest of the educational journey story she shared with me.

Sally grew up in rural southwest Washington on a small family lumber mill. Everyone in the family worked in the family business. No one had graduated from high school. Fortunately, her parents and grandparents wanted their children to be educated and to excel. Her grandmother wanted a college education for her—and the subsequent life opportunities. At age nine, her maternal grandmother took Sally to the public library and told her she could no longer help her with homework or reading. Grandmother knew the public library could do what she couldn't. The library could and the library did! By age 16 Sally was working part time at the library and librarians became her mentors and supported her educational efforts through flexible work schedules, as well as practical help editing college applications and building study skills. Sally has certainly given back to public libraries and education through her profession and her volunteer work.

Sally, we are so honored to have you as our newest member.





January Foodie Event

This one should be a gallon or two of fun! The theme for our January event is Casseroles.

While I researched this one, I found what must have been eighty million definitions of what makes a dish a casserole. Basically, it boiled down to this: a dish composed of a protein, a starch and a creamy filling. But we add one more ingredient--FUN!

Many of you have a favorite go-to casserole. My mom's was Tuna Noodle and it remains one of my favorites. I'm also partial to a good cassoulet. But for those of us who don't have a fave, following are a couple of handy links to casseroles for different courses:

Appetizers: https://www.allfreecasserolerecipes.com/Casseroles-Potluck/Best-Appetizers-Casserole-Recipes-for-a-Party

Mains: https://insanelygoodrecipes.com/casserole-recipes/

Desserts: https://www.tasteofhome.com/collection/dessert-casserole-recipes/

Dieting is no excuse casseroles: https://www.eatingwell.com/gallery/7993167/easy-casseroles-for-weight-loss/

So, break out those 9x13s and get busy!

As usual, be sure to email me at pdaywms@gmail.com to let us know how many of you are coming and what you're bringing. We do this: (1) as a courtesy to our host; (s)he needs to know how many of us to plan for and (2) to make sure we balance out the meal.

Date: January 21, 2023

Time: 6:00 PM

Place: Lisa Latchford's

See you there!

Bon Appetit!

Application of New Club Member Approved by Club Board



Ellenore Angelidis was recently approved for membership in our club. Her sponsor is Ezra Teshome and her induction is scheduled for January 20.

Ellenore is the founder and Board President of the Open Hearts Big Dreams Fund, where her role is to set strategy, lead the organization and fundraise. Open Hearts Big Dreams (www.openheartsbigdreams.org) is a an NGO of volunteers and a small business consulting organization that focuses on literacy, innovation, leadership and inclusion in Ethiopia. The NGO's main literacy project is creating, publishing, printing and distributing OHBD Ready Set Go Books. The goal is to help increase literacy by closing the gap of insufficient, colorful, mother tongue, early reader, children's books to practice reading. Since 2017, the organization has produced over 125 bilingual (with English) books in Amharic, Araan Oromo, Tigrinya, Somali, Anuak, Dizin, Kiswahili and French. The books are printed in Ethiopia and more than 300,000 copies have been distributed in the country. The books are also sold, with all proceeds going to fund the project.

Prior to founding Open Hearts Big Dreams, Ellenore was an executive at Amazon.

She is a graduate of the University of Loyola (Chicago), where she graduated summa cum laude with a BA in Political Science. She then went on to get a J.D. degree from the University of Chicago Law School.

Ellenore's community activities are related to her NGO; she provides volunteer coaching and mentoring to emerging leaders. Her special interests are education, empowerment, leadership and innovation. Her hobbies include traveling, writing, gardening and baking. Besides English, she speaks Dutch and "a bit of" German, Greek and Spanish.

Ellenore lives with her husband, Michael, in Sammamish. Her email is ellenore@openheartsbigdreams.org and her cell phone number is 425-295-8841.

Save the Date: Invitation to Build Tiny Homes on March 25 (by Rick Jones)

On March 25th at 9 a.m. plan to join Lisa Latchford and Rick Jones while they celebrate their March birthdays by building Tiny Homes at the Hope Factory in the



Duwamish Neighborhood. This is a fun and impactful day. No tools or experience required. Wear clothes that are paint-friendly! **9am-3pm is the work party**. A friendly beer in the neighborhood is planned immediately after. More details to follow!

Rotary Trip to Jamaica (by Raymond Connell)

Club members are invited to the upcoming trip to Kingston, Jamaica. The date is March 5th thru March 14th. We have rooms reserved at the Spanish Court Resort in New Kingston, Kingston, JA. More information regarding the itinerary, and agenda will be forthcoming.

This is a Global Grant for which we partnered with Rotary Club of St. Andrews. Persons who would like to accompany us can call me at (206) 280-6333.



Nominating Committee Proposes Candidates (from Jeff Werthan)

The Nominating Committee, led by Past President Raymond Connell, has proposed the following candidates for the 2023-24 year. Board Members serve two-year terms. The election date will be announced soon.



Vice President/ President-Elect Nominee: Paula Williams







Club Board Members: (I to r) James Rechtien, Carol Butler, Elizabeth Causby-Miles



Rotary Auction Trip to Search for Eagles in Skagit Valley

Last July 8, Anita Connell, wife of immediate Past President of our club Raymond Connell, was the successful bidder on a fundraiser auction item offered by Paula Laschober—a drive through the Skagit Valley to search for eagles, lunch included.

Six months later, on January 8, Anita, her granddaughter Koren, club member Liz Causby–Miles (also Koren's grandmother) took off with Paula on the great eagle search, on the back roads between Silvana and Bow-Edison. While it was quite rainy in Seattle, the weather up north was just cloudy and gray, perfect weather for



Paula, Liz, Koren and Anita in La Conner

highlighting eagles sitting on high tree branches, most of them near, or even in, their giant nests.

Lunch was seafood at the La Conner Waterfront Café.



Eagle near its nest, January 8, 2023



Long-Time Club Member Dan Dow Passes Away

In early January, we lost Dan Dow, a member of our club since 1974—almost 49 years. He became an honorary member this year. Dan's classification was Education-Electrical Engineering. Most recently, he lived with his wife Kitty at

the Mirabella on Fairview Avenue in Seattle.

Dan received his B.S. and M.S. in Engineering from the University of Michigan. After two years in the U.S. Air Force, he went on to get his Ph.D. from Stanford. He taught electrical engineering at both the California Institute of Technology and the University of Washington, serving as the department chair at UW 1968-1977.

In addition to his academic career, Dan also worked in private industry, including Hughes Aircraft, Varian Associates, Boeing and John Fluke. He was the Associate Director of the Applied Physics Laboratory 1977-79 and the Director of the Washington Energy Research Center 1979-81.

In our club, Dan will be remembered as always cheerful and willing to help. Most recently, he played "Happy birthday" on his saxophone to celebrate Rotarian birthdays during virtual meetings in 2021-22.



Joe Scott

Former member **Joe Scott** is at Swedish Hospital and is very weak, according to his wife, Nina Valerio (also a former club member). He was a member of our club 2004-2021 and participated in both educational and international Rotary projects. Prior to his retirement, Joe was a professor in the Department of Sociology at the UW.

Honorary member and club pianist **Jerry Zimmerman** is also ill. His wife, Bobbi, says she is looking for retirement centers to which they can move. Jerry has played for our Friday meetings for many years. He also played professionally at the Canlis restaurant. Bobbi says Jerry's Fridays at Rotary were "a favorite time for him."

Carol Butler's brother passed away unexpectedly. And **Shelby Tarutis**' father also passed away recently. Please keep Dan, Joe, Jerry, Carol, Shelby and their families in your thoughts and prayers.



Jerry Zimmerman



SAVE
THE
DATE



UDRC Benefit Fundraiser 05-17-23 • 5 to 8 PM Seattle Yacht Club

Honoring



<u>UHEIGHTS</u>

Rosemary Barker Aragon University Heights Center



Celebrate Lunar New Year 2023: the Year of the Rabbit and the Cat (by Son Michael Pham)

Did you know that more than 1.5 billion people celebrate the Lunar New Year every year? It's true! The holiday marks the first new moon of the lunisolar calendar, which is a calendar used in countries like Singapore, China, South Korea, Viet Nam and other Asian countries.

Each Lunar New Year is extra special because it corresponds with an animal from the Chinese zodiac, which consists of 12 different animals and cycles through over 12 years. This upcoming year, 2023, is the **Year of the Rabbit**. However, according to the twelve zodiac signs in Vietnamese culture, 2023 is the **Year of the Cat**. The first day of the Lunar New Year is called *Tết Nguyên Đán*.

Unlike the Jan. 1 celebration most of us are used to, the date of the Lunar New Year changes every year.

Americans and many other cultures around the world use the Gregorian calendar to keep track of the days of the year. However, this calendar doesn't keep track of the moon and sun's different phases, like the lunisolar calendar does. This lunisolar calendar is used by many ancient cultures and religions and it's the calendar used to determine the Lunar New Year—that's why the holiday falls on different dates each year. Typically, it is celebrated between January 20 and February 21 of the Gregorian calendar. In 2021, it was on February 23. In 2022, Lunar New Year was on February 1. This year, Lunar New Year is on Sunday, January 22, 2023.

When it comes to the Lunar New Year, it's about embracing the popular saying, "Out with the old, in with the new!" The Lunar New Year symbolizes the beginning of a <u>new year</u> and represents the desire for a new <u>life</u>, while ushering in luck and prosperity with <u>family</u>. It is a time to reflect and celebrate a year of hard work as well as wish for a prosperous and luck-filled future in the year ahead.

While most holidays are only typically celebrated for one day, not this one! The Lunar New Year can be celebrated for multiple days. In fact, depending on what culture is celebrating it, the holiday can be celebrated for up to 15 days. During that time, extravagant events like firework displays, parades and lion and <u>dragon</u> dances can occur.

And while celebratory customs vary between Asian cultures, one of the most popular traditions of the Lunar New Year is to give children money. This tradition is called "lì xì" in Vietnamese or "hóng bāo" in Mandarin and involves parents, grandparents, aunt, uncles and sometimes family friends giving small, red envelopes with cash inside to children. The amount of money inside can range from \$1 to hundreds of dollars and reflect numbers of good fortune.

Besides giving the tradition of money, the Lunar New Year can be celebrated in other ways too. One of those ways is by decorating with the color red because it is associated with happiness and good fortune and has a history of warding off evil spirits. Some other traditions/superstitions: nobody wants to hear words with negative meanings during the Lunar New Year period. Avoid saying words related to death, sickness, poverty, ghosts, etc. People replace them with euphemisms if they need to talk about such topics, for example saying "somebody is gone" instead of "somebody died." Some other activities to avoid: eating porridge (it brings poverty); washing hair or clothes (wash away luck); sweeping or takeout trash (sweep away wealth). Vietnamese people prepare for welcoming the new year by doing good for others—making donations, visiting orphanages or long lost relatives, mending differences with family/ friends/neighbors, paying off or forgiving debts, cleaning up homes, and buying new clothes or shoes.

People also celebrate the holiday by having family meals that includes traditional dishes of each country. Foods like oranges and tangerines are also traditionally gifted during this holiday because they represent luck and wealth.

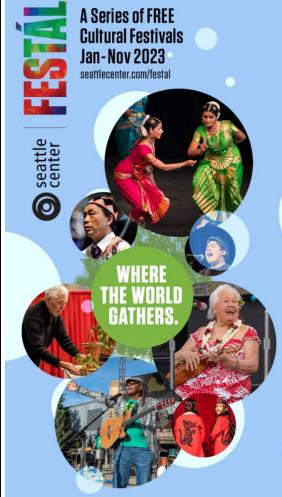
HAPPY NEW YEAR WISHES:

Chinese: In Mandarin, the most common way to wish others a Happy New Year is "Xīnnián hǎo" (新年好), literally means "New Year Goodness" or "Good New Year." Formal greeting for someone you do not know well is "Xīnnián kuàilè" (新年快乐), which means "New Year Happiness". In Cantonese, the common way to say Happy New Year is "Gong hei fat choy" (恭喜发财), which means "Wishing you happiness and prosperity."

Vietnamese: The traditional greetings are "**Chúc Mừng Năm Mới**" (Happy New Year) and "**Cung Chúc Tân Xuân**", (gracious wishes of the new spring). People also wish each other prosperity and luck.



A great way to learn more about the culture of members of our community (Son Michael Pham)



DISCOVER 24 FREE CULTURAL FESTIVALS **AT SEATTLE CENTER**

2023 FESTÁL SCHEDULE

JAN 14-15 Tết in Seattle

- Vietnamese Lunar New Year

MAR 11-12 Irish Festival Seattle

MAR 19 Seattle's French Fest: A Celebration of French-Speaking Cultures

APR 14-16 Seattle Cherry Blossom & Japanese Cultural Festival

MAY 6 Asian Pacific Islander Heritage Month Celebration

MAY 13 Spirit of Africa

MAY 20 A Glimpse of China

- Seattle Chinese Culture & Arts Festival

MAY 26-29 Northwest Folklife Festival

JUN 3-4 Pagdiriwang Philippine Festival

JUN 10 Indigenous People Festival

JUN 24 Seattle Iranian Festival

JUL 8 Polish Festival Seattle

JUL 14-16 Festival Sundiata presents Black Arts Fest

AllG 12-13 Seattle Arah Festival

AUG 20 BrasilFest

AUG 26-27 Tibet Fest

SEP 10 Live Aloha Hawaiian Cultural Festival

SEP 16-17 Sea Mar Fiestas Patrias

SEP 23-24 The Italian Festival

OCT1 CroatiaFest

OCT 14-15 Turkfest

OCT 28-29 Día de Muertos Festival Seattle

NOV 4 Seattle Hmong New Year

NOV 11 Diwali: Lights of India

Learn More









seattlecenter.com/festal | 206-684-7200







Food Lifeline News (from Rosemary Aragon)

David Bobanik (Executive Director of Harvest Against Hunger) included this news story on his LinkedIn site. He wrote: "Happy to share some big news on a project that's been several years in the making: King County, WA Food Lifeline and a broad mix of community organizations announce an agreement to convert a 40,000 square foot warehouse into a facility that will strengthen connections between local farmers and hunger relief organizations - many of which are focused on helping communities that had been traditionally underserved. Congratulations to Michael Lufkin for his (literally) years of dedication and leadership to bring this project to this point. Shout out to our partners at Seattle Food Committee & Neighborhood Farmers Market Alliance for their collaboration and commitment to support this effort as well."

Prior to the COVID pandemic, our club provided monthly hands-on packing and sorting service to Food Lifeline. We are hoping offer that opportunity again in the future.

SAVE THE DATE—U District Street Fair (by Rick Jones)

The 2023 UDistrict Street Fair is coming up May 20-21! Plan to join us at the annual marquee event for the U District! In the next couple weeks you'll receive a quick email survey where you can share your thoughts and schedule your participation.











By Son Michael Pham

Name of Special Project: 84 Acts of Service

Timeline: Now through February 28, 2023 (February 17 is National Random Acts of Kindness Day)

Why: Celebrating 84th birthday of University Rotary Club on March 23, 2023

What: Submit any act of kindness, volunteering, doing good for others, serving others--No act is too small.

Examples of Acts of Service:

- Make a contribution/donation to The Rotary Foundation.
- Attend a club service committee meeting.
- Volunteer at a club service event: e.g., distributing dictionaries, dedicating a Buddy Bench, preparing and/or serving meals at ROOTS or the Ronald McDonald House, ushering at UW football games to raise funds for our club, supporting weekly meetings with cashiering, room set-up, or AV tech, volunteering for our club fundraising event(s)...
- Volunteer for charity organizations: e.g., serve on a board, volunteer at events, donate to charity, fundraise for charity (as long as duties are not part of employment/job with charity), volunteer to build Tiny Homes...
- Acts of kindness: tutor students, help persons with health issues or lack of abilities...
- Speaking to groups/organizations on subjects/issues of underserved communities/people.

How to record your Act of Service: please share with Son Michael Pham at sonmichael.kwb@gmail.com).

Valentine Social at Buca di Beppo February 11 (by Vicki Robbins)

We are going to have a Valentine's celebration on February 11, at Buca di Beppo (701 Westlake Ave N, Seattle), 6:00 pm. Come with someone or alone..it doesn't matter. Cost is \$45 per person for a complete meal, including tip, tax, soft beverages and plenty of family style food. There will be a cash bar too. We might even play a game!



YOU MUST PREPAY IN ADVANCE. Kirk (club treasurer) will be set up to take money at Friday meetings.

If someone is interested in coordinating/organizing a project around this, please let me know. Kay and Ed did a great job last time! We packed bags for the homeless.

There is someone from the north end who might like to go but will need a ride--can someone volunteer?

Feel free to email me (vickilee53@aol.com) with questions! Hope to celebrate Valentine's Day together!



Upcoming Club Activities and Deadlines

- Jan 19 6:15 pm. Community Service Committee meeting on Zoom. Contact Carol Butler, carolbutler1701@live.com.
- Jan 20 12:30 pm. Induction of new club member Ellenore Angelidis.
- Jan 21 6:00 pm. Foodies meet at Lisa Latchford's. Theme: casseroles. RSVP to Paula Williams, pdaywms@gmail.com
- Jan 30 4:00 pm. Club Board meeting. Contact Jeff Werthan at jmwdog@gmail.com.
- **Feb 9** 6:00-7:00 pm. 2023 Fundraiser Committee meeting on Zoom. More volunteers welcome. Contact Lisa Edwards (lisasimoneedwards@outlook.com) if you'd like to attend.
- Feb 11 6:00 pm. UDRC social at Buca di Beppo, \$45 each pre-paid. Contact Vicki Robbins, vickilee53@aol.com.
- **Feb 24** 6:00-9:00 pm. Hearts and Wine, fundraiser for Harvest Against Hunger. Location: The Foundry by Herban Feast. For more info and tickets, click here: <u>Hearts & Wine Harvest Against Hunger</u>
- **Mar 5-14** Rotary trip to Kingston, Jamaica, to see Global Grant Boys Town project. Those interested should call Raymond Connell at 206-280-6333.
- Mar 25 9:00 am-3:00 pm. Help Rick Jones and Lisa Latchford celebrate their birthdays by building Tiny Homes at the Hope Factory. Beer afterward in the neighborhood. Contact: Rick Jones at rick.jones@schooleymitchell.com.
- May 17 UDRC Fundraising Event, Seattle Yacht Club. 5:00-6:00 cocktails and appetizers. 6:00-8:00 main event.
- May 20-21 University District Street Fair. Stay tuned for more info on our club's participation.

Emergency Need for Blood Donors (from Kathy Warnaca)







The UROC Foodies Want Your Input

First, we are looking for volunteers to host our May and June events. If you'd like to volunteer your home, please let us know. Basically, all you have to do is smile and tell us where to put things. We bring all the supplies (plates, utensils, napkins, etc.). We set up and we clean up. So, give it some thought.

Next item, we want your ideas. If you have thoughts on an activity you'd like to see—cooking classes, technique demonstrations, restaurant get-togethers, events, etc—please let us know. We want to nosh with as many of you as possible so let me know what floats your boat.

Send us your thoughts at pdaywms@gmail.com (Paula W) or lisa@foxassociatesllc.com (Lisa L)

Thanks much and bon appetit!

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.