



University District Rotary Club Bulletin

Wednesday, January 24, 2024



PH: (206) 542-7070

PO Box 31125, Seattle, WA 98103

Lisa Edwards, 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

Feb 2

Rick Lawrence:
Guatemala water
projects

Feb 9

Emily Jones: NEST

Feb 16

No meeting:
President's 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 26

John Kim, CEO
HealthierHere

John Kim is the CEO of HealthierHere, a non-profit collaborative dedicated to eliminating health disparities in King County through collective action. They work with cross-sector partners to develop community and tribal-driven solutions that reflect the cultures and needs of the people they serve. HealthierHere acts as a hub for our region, leveraging a non-profit and government network and resources to address systemic inequities, urgent public health needs, and complex problems that no organization or sector can solve on its own.



Kim brings over 30 years of knowledge and experience building, scaling, and leading organizations and programs across the healthcare continuum including academic health, community and migrant health centers, hospitals, and non-profit organizations. He previously served as Executive Director of the Pacific Hospital Preservation & Development Authority.

John graduated from the New York University School of Law and has held several executive roles in healthcare and in nonprofits throughout King County. He is passionate and dedicated to ensuring health equity for every person.

Hands-On Opportunity at Magnuson P-Patch *(by Wendy Reilly)*

Our Community Service Committee and Service Fund Board recently approved a \$4,344 grant to both repair and add wooden ADA-format raised bed garden boxes for gardeners with mobility challenges at the Magnuson P-Patch.

An opportunity for Rotarians to volunteer to help with the work is coming up February 10 (rescheduled from January 27), 9:00 am-1:00 pm. Work will include moving wood and dirt, as well as some drilling.

The P-Patch is located at 7400 Sand Point Way (Seattle). See additional directions on the last page of this bulletin.

Wendy Reilly, the project sponsor, requests that club members who plan to participate send her an email at wendreil@msn.com.





UDRC

Each One Reach One Special Club Meeting

Register and bring a guest for a complimentary lunch at our January 26th meeting featuring John Kim, CEO of Healthier Here.

Click here to register: [UDRC Each One Reach One Special Club](#)



**SAVE
THE
DATE!**

University District
Rotary
Seattle, WA



*Change
Lives*

Fundraiser & Dinner

THURSDAY, APRIL 25TH, 2024
5:30 PM

*Nile Shrine Center
6601 224th St SW
Mountlake Terrace, WA*

2024 Annual Fundraising Dinner and Auction

University District
Rotary
Seattle, WA



*Change
Lives*

Current Updates about our upcoming fundraising event, January 15, 2024

1. We are actively seeking procurement items (Jeff Werthan) for our silent and live auctions, commercially prepared desserts for the Dessert Dash (Judy Lovelace/Terry Cicero). Procurements may be submitted electronically, mailed or turned into the Club. Instructions are on the form.
2. Procurement, Sponsorship and Angel Donor forms are available at Club Meetings (on table by name tags) and our UD website, under Club Documents @ <https://www.udrotary.org/index.php?s=documents&folder=2024%20Fundraiser%20Forms>
3. Sponsorships and Angel Donations may be turned in at the Club, mailed to address on the form or paid online at <https://auctria.events/udrc2024fundraiser>
4. Individual dinner tickets, table tickets and 4 ticket packages will be available starting February 9



2024 Annual Fundraising Dinner and Auction

SPECIAL PROCUREMENT ITEM REQUEST #1



Imagine winning 2 Round Trip, 1st Class Alaska Airlines tickets to anywhere Alaska Airlines flies. Sound good?

This is the item the 2024 Fundraising Committee would like to offer as a raffle ticket this year.

Vicki Robbins has spoken with Alaska Airlines and we would need **360,000 miles** to accomplish our goal.

Using miles is tricky and Vicki will help us navigate this process. She will help the winning bidder book the flights using donated miles. Good to have a professional on board.

We are seeking one of the following:

- 4 people donating 90,000 miles each or
- 2 people donating 180,000 miles each or
- 1 person donating 360,000 miles or
- 2 people donating 90,000 miles and 1 person donating 180,000 miles.



If you have 90,000 or more Alaska Airlines miles please email sallypor789@gmail.com.

Thank you for considering our "Ask."

2024 Annual Fundraising Dinner and Auction

SPECIAL PROCUREMENT ITEM REQUEST #2

We want your unused or unwanted Gift Cards for the 2024 Fundraiser. Our goal is to create a Mystery Wall of Gift Cards for a Raffle.

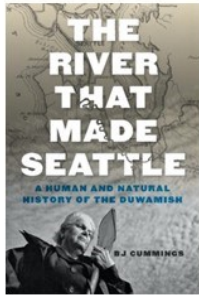
Minimum value: \$25, or if you have multiple gift cards from one business, such as a coffee shop, we will accept a packet that amounts to \$25.

Turn in at our Weekly Meetings: Jeff Werthan or Sally Porter Smith can take your donation. Please put in an envelope with your name on it and we will credit your donation for the Fundraiser.





Meet BJ Cummings, Author of The River That Made Seattle



Tuesday, February 13, 2024

- | | |
|-----------------|---|
| 12:00 PM (Noon) | Fellowship & Lunch - \$25.00 |
| 12:30 PM | The Rotary Club of West Seattle meeting |
| | Guest Speaker BJ Cummings |
| 1:30 PM | Book Discussion led by the Author |

Sponsored by the Seattle #4 Rotary and the Rotary Club of West Seattle Peacebuilder Committees and the District 5030 DEI Committee and the District 5030 Peacebuilder Committee

Location: West Seattle Golf Course

4470 35th Avenue S.W. Seattle, 98126

(just across the West Seattle Bridge; ample free parking)



Invitation to Host Foodies *(by Paula Williams)*

UROCK Foodies – noun – friends bound by a love of food and an open-minded hunger for knowledge of different cultures and cuisines.

It's not necessary that you be a gourmet or that you have kitchen skills that would impress even Gordon Ramsey. What does matter? The love.

You love food,
You love to explore, and
You love a good time with friends.

How does one become a UROCK Foodie?

Show up for dinner with your dish,
Uh, that's it...



Stay tuned. In addition to dinners, upcoming events include: cooking classes and demonstrations, restaurant visits, special holiday events, et al. We'll announce our February event here in the bulletin.

Also, we're currently seeking volunteers to host upcoming events. Members have hosted parties in houses and apartments, on rooftops, in community rooms, et al. You provide a place. We bring EVERYTHING else, including a clean-up crew. Email me, Paula Williams, at PDayWms@gmail.com or Asha lovin at Asha.lovin@gmail.com to get on our calendar. Grab your preferred month before it's gone.

Bon Appetit!



Invitation to Join 2024 Rotary Mission to Viet Nam *(by Son Michael Pham)*

ROTARY MISSION The 32nd HumaniTour Viet Nam May 15 – May 24, 2024

Option to continue on to Rotary International Convention in Singapore May 24-29, 2024



A combination of 'humanitarianism' and 'tourism', the Rotary HumaniTour offers a unique opportunity to go on a vacation and change lives. Started in 2001, the HumaniTour is a project of Kids Without Borders (KWB).

About ...

- The 32nd mission: 8 nights in Viet Nam with stops in Hanoi, Hai Phong, Ha Long, and Saigon.
- Option to continue on to the Rotary International Convention in Singapore.
- Opportunities: experience the beauty of the country and people of VN, and connect with Viet Nam Rotary and Rotaract Clubs. Visit ongoing Rotary supported projects.

- Kids Without Borders: an all-volunteer international non-governmental organization based in Sammamish, WA. Over the last 20+ years, KWB has partnered with Rotarians & Rotary clubs in projects in Viet Nam.

Limited space. For information and trip reservation:

Son Michael Pham, Rotary Club of the University District Seattle (206) 484-4830 sonmichael.kwb@gmail.com



Join Us for Hearts & Wine 2024

When: Friday, March 1st, 2024 6:00 pm to 9:00 pm

Where: Sodo Park by Herban Feast



Harvest Against Hunger's signature event is coming! Our 2024 event will be held at Herban Feast's beautiful Sodo Park venue. Once again, Hearts & Wine promises to be a festive evening of fun, fellowship, fundraising, and wine tasting (beer and spirits too!) and a delicious dinner. Join Rotarians, business owners, community leaders and concerned citizens who are passionate about reducing hunger and food waste and building healthier communities.

During the program, you will learn how hunger is affecting our community from different voices and the many ways Harvest Against Hunger is making connections to get healthy produce to people in need.

Matt Lorch: Auctioneer and Event MC

Having worked as a news anchor and reporter for 26 years in some of the country's largest markets including Seattle, Boston, Miami, and Baltimore, Matt developed an audience engagement style all his own.

Darelle Holden: Singer

"If silk were a sound, it'd be Darelle Holden singing." – Jonathan Shipley

For more information click here: [Hearts & Wine 2024 - Harvest Against Hunger](#)



UDRC Supports Local Student Science Project *(by Linda Harris)*



Measuring the depth of the water

On January 9, 2024, Rotarian Linda Harris observed students from Our Lady of the Lake (OLL) Elementary school taking measurements of the Maple Creek tributary of Thornton Creek. This Student Scientists program, sponsored by the Thornton Creek Alliance (TCA), a local environmental non-profit group, received a \$773 grant from our club's Community Service Committee and a \$500 grant from the Environmental Sustainability Committee to purchase equipment that supports the program. The items purchased will help TCA continue the work of this student program and demonstrate the work of TCA to preserve and improve this important urban watershed.

Students from the fourth grade at OLL went with a trained parent volunteer to take a variety of



Using the temperature gauge



Putting water samples onto card

measurements at two sites on Maple Creek. The students measured the depth of the creek, the turbidity, the temperature and the speed of flow. Only the temperature instrument was purchased while all other items were homemade or available at home. The first photo shows the measurement of the depth of the water. The second shows the temperature gauge that only requires proximity to the object.

In the third photo the students use the back of the parent volunteer's car to place the water samples they collected onto a special card that allows E coli to grow. Those cards are returned to the classroom and put into a warm box as shown in photo 4. A day later the class is able to see if the pathogen has grown and this time there was a large presence of E coli. These cards are turned in to Seattle Public Utilities and are used to determine the level of pollution in city streams.

The sampling takes place once a week throughout the school year and all students have opportunities to go to the creek sites to sample and measure. In addition, all students keep a record of the data collected, which is then used to



E coli cards are put into a warm box

allow them to come to conclusions about trends and the importance of what they have observed. The process also provides an opportunity to practice various mathematical techniques, like percentage, averages and comparison to describe what has been seen.

This is "hands on" learning in the best possible way, where students are trained in scientific techniques and able to practice them to address an important environmental concern of the city of Seattle.



Application of New Club Member Approved by Club Board

The application of **Eric Parsons** was approved by our Club Board at its first meeting of 2024 (January 8). His sponsor is Jeff Werthan.

In his application Eric wrote: "I was born in Ohio but grew up in Wisconsin and have had the good fortune to have lived all over this country - Washington, D.C., New York City, Miami Beach, Oakland, and, of course, Seattle. I have 30+ years of experience in the non-profit and government arenas on issues related to municipal policy planning, juvenile justice, health care, welfare reform, workforce development, and arts and community engagement. I have served in the public sector at a high level, including Chief of Staff to a New York City Commissioner, and five years as a chief legislative aide to a Seattle City Councilmember. I managed a national education reform program for the National Urban League, and in Miami Beach, was part of a team that raised \$45 million towards the construction of a new symphony hall. Currently, I am the Director of Partnership and Advancement for the Urban League of Metropolitan Seattle. I serve on the boards of Arte Noir and Seattle Arts and Lectures."

Eric has an M.A. in Urban Affairs and Policy Analysis from The New School for Social Research, New York, New York; and a B.A. in Print Journalism from Howard University, Washington, D.C.

As a hobby, Eric enjoys tennis. He lives in the Capitol Hill neighborhood of Seattle. His email is egerardparsons@gmail.com, and his cell phone is 510-435-1577.

Eagles and Lunch in the Skagit Valley



Rosemary and Kay

On January 6 and 20, Rotarians cashed in their auction bids from last year's fundraiser—on Paula Laschober's eagle tours. Joel Napp and friend Carol Hall enjoyed the first outing, and Rosemary Aragon and Kay Rodriguez partnered up for the second. Both groups spotted 30-40 eagles, and both lunched at Nell Thorn's restaurant in LaConner. This auction item will be offered again this year: tour for 2 including lunch.



Joel and Carol



Kay, Rosemary and Paula



SEPTEMBER 2024



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REGISTRATION COMING SPRING 2024
 LEARN MORE AT WWW.ZONEINSTITUTE.ORG





Upcoming Club Activities and Deadlines

- Feb 6** 5:30-7:00 pm. Service Fund Board meeting, Zoom. Club members welcome. For link, contact Paula Laschober, paulalaschober@gmail.com.
- Feb 8** 7:00-8:30 pm on Zoom. Fundraiser Committee meeting. To participate, contact Sally Porter Smith at sallypor789@gmail.com. Next meetings: Mar 14, Mar 28, Apr 4, and Apr 11.
- Feb 10** 9:00 am-1:00 pm. Volunteer to help repair and build ADA raised bed garden boxes for gardeners with mobility challenges at the Magnuson P-Patch. The P-Patch is located at 7400 Sand Point Way (Seattle), just north of NE 74th Street and east of 63rd Avenue NE. After turning into Magnuson Park at the 74th Street entrance, go to the stop sign, make a left and go about 1/4 mile to a T, turn right and see the P-Patch. To use a GPS to find it, put in "Magnuson Community Garden." There is plenty of parking. Please RSVP to Wendy Reilly at wendreil@msn.com.
- Feb 12** 4:00 pm. Club Board meeting, Zoom. Club members welcome. For link, contact Lisa Edwards at lisasimoneedwards@outlook.com.
- Feb 16** 7:00 pm, doors open at 6:00. Rotarians invited to Lisa Latchford performance at Egan's Ballard Jazz House, 1707 NW Market St., Seattle. Reservations: email to reservations@ballardjamhouse.com or call 206-789-1621. Tickets, \$15, sold at the door. Seating is limited to 40.
- Mar 1** 6:00-9:00 pm. Harvest Against Hunger fundraiser, [Hearts & Wine 2024 - Harvest Against Hunger](#).
- Apr 25** 5:30 pm. Our 2024 fundraising event, Nile Shrine Center, 6601 24th St. SW, Mountlake Terrace. If you would like to offer an item or activity for auction, please fill out procurement form at end of bulletin.
- May 15** Join 32nd Rotary HumaniTour to Viet Nam, with option to continue on to RI Convention in Singapore. The tour itself will end May 24. Contact/reserve: Son Michael Pham at sonmichael.kwb@gmail.com.
- May 25-29** 2024 Rotary International Convention, Singapore. Info and registration: [Convention \(rotary.org\)](https://convention.rotary.org).
- Sept 11-14** Zone Institute (Zones 26 and 27) in Spokane. Registration info to come.

Donate to The Rotary Foundation

The mission of The Rotary Foundation 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: [Donate | Rotary International](#). Reminder: Any club member who plans to sponsor a Community

Service or International grant project for the next Rotary year (2024-25) must donate to TRF before June 30, 2024.



Request from Reese Reddemann (UDRC Public Image Intern)

I need content for promotion of the club. At any event, please take vertical videos (while holding your phone upright). I have found that iPhones work best but I can work with video from Android phones as well. Short videos of people talking, working together and smiling/laughing and actually doing something (for example: Ushering at the Husky Game, making sandwiches, assembling hygiene kits, and clearing invasive plants) will help me tremendously. Pictures are also great but 10-15 second short videos have more impact. Please send them to me at reese.reddemann@gmail.com. Thank you!

Check out our Instagram page @udistrictrotary, which you can follow with this link - <https://www.instagram.com/udistrictrotary/>. The first campaign we are doing is the "Did You Know?" Campaign.



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.



University District
Rotary
Seattle, WA



*Change
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Procurement Form

University District Rotary Club's

2024 Fundraiser & Dinner

April 25, 2024 • 5:30 PM

Nile Shrine Center, Mountlake Terrace,
WA

The University District Rotary Club invites you to donate an item for our silent or live auction. We believe it will increase the visibility of your company while supporting funding for local community service projects as well as international projects in developing countries. Your donation will be recognized in our online preview catalog and print materials at the auction.

Donated Item Information – As appropriate, Check, Circle or Highlight Correct Answer

Item Name:

Certificate Only?

Physical Item?

Certificate and Item?

Item Description including terms and conditions: *(please see back of form for submittal instructions and if you need additional space to describe item)*

Donation Photographs/logos appreciated (jpegs or pngs): email dugfrick70@gmail.com

Expiration Date (if applicable):

May this item be sold more than once, if so how many times:

Donor Stated Value \$

Type of donation (designation may be adjusted by Fundraising Committee):

Raffle Item Silent Auction Live Auction Dessert Dash (must be prepared in commercial kitchen)

Delivery Options: Please indicate preference and Rotarian will contact you to arrange transfer.

Mail to Club Request pickup by Rotarian Donor to deliver a mutually agreed time

Donor Information (as it should appear in event program)

Company Name:

Contact Name:

Phone:

Email Address:

Donor Address:

City, State, Zip:

Donor Website URL:



Company Logo: please send an electronic png of Logo with form to dugfrick70@gmail.com

Signature:

Date:

Thank you for your donation to support the work of the University District Rotary Club and Service Fund. The University Rotary Service Fund, EIN # 91-1123239 is a non-profit 501(c)(3) charitable organization. This donation is tax deductible to the extent allowed by law.

Submit forms by:

Email to: contactudrc@gmail.com (may send scan, saved word or pdf document)

Mail: University District Rotary, Attention Procurement Committee, PO Box 31125, Seattle, WA 98103

Hand Delivery at Club Meetings: Give to Doug Frick or Sally Porter Smith

Questions, call Doug at 206-595-9068 or email dugfrick70@gmail.com