

University District Rotary Club Bulletin

Wednesday, January 25, 2023

Program for January 27

Committee Reports

Club Funds, Service Fund (Foundation) Funds



PH: (206) 542-7070

PO Box 31125, Seattle, WA 98103

Bill Herkes

District 5030 2023 Community Grants Now Available

Club Treasurer Service Fund Treasurer

Kirk Laughlin

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

Funds for D5030 Community Grants are available on a first submitted/approved Feb. 3 basis until exhausted. Instructions and grant application form can be found at David Bobanick/Colleen 2023 Community Grants (5030grants.com). Turner: Harvest Against Hunger Overview and club requirements: Feb. 10 • The district will match the club 2 to 1, with a maximum match of \$1,000. Chief of Police Adrian Diaz • The club describes their community project, the area of focus and routes for approval to their Assistant Governor. Payments will be made to the club or its Feb. 17 foundation only. No mtg: Presidents Day Projects must comply with all Rotary Foundation terms and conditions (also on weekend • web site indicated above) and must be completed by June 30, 2023. Clubs must have their Annual Fund Goal Amount loaded on Rotary.org to ٠ Links participate. Club Photos Proposed projects must fall under one of the Rotary Area of Focus: Disease Club Facebook Page Prevention and Treatment, Peace and Conflict Resolution, Clean Water and **Club Website** Sanitation, Maternal and Child Health, Basic Education and Literacy, Economic and DACdb Community Development, or Supporting the Environment. District 5030 Website **Club Bulletin Deadline** Masks Encouraged at Meetings (by Jeff Werthan) Monday at 2:00 pm Due to several recent positive covid tests involving individuals in my orbit and the Send ads & photos continuing risk of flu, I am encouraging all club members planning to attend club in .jpg meetings in person to wear masks. This is not mandatory, but strongly Send material to: encouraged for your own benefit and the benefit of your fellow club members. paulalaschober@gmail.com

Come and hear from our club's Finance Committee, headed by Lisa Edwards, regarding where funds come from and where they are spent.

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Lisa Edwards, Chair Finance Committee

New Club Member Inducted January 20, 2023 (by Rosemary Aragon)



My fellow Rotarians, today we are inducting another new member. **ELLENORE ANGELIDIS** is here, with her sponsor Ezra Teshome.

Ellenore holds a J.D. degree from the University of Chicago Law School. She graduated with a BA from the University of Loyola (Chicago).

She is the Founder and CEO of **L.E.A.D.** (Lead, Empower, Activate, Dream) LLC, which is empowering high performing, value driven leaders, teams, and organizations to multiply their impact. She

Rosemary Aragon, Jeff Werthan, Ellenore Angelidis and Ezra Teshome

consults with leaders and businesses in building practices and tools that support innovation and win/win negotiation results. She works with the spectrum: Board members and C-Suite down to first line managers around the world.

She is also the Founder and Executive Director **of Open Hearts Big Dreams Fund** (a 501(3)(c) NGO-nongovernmental agency (more about that in a bit).

Previously, as a 13+ year employee of Amazon, Ellenore was part of the company's growth; she held senior business, product and legal roles for Amazon in Seattle, Luxembourg, and Paris – and is passionate about bringing change and forward momentum. At Amazon, she built a competitive strategy and negotiation team, and tools from the ground up to scale, to support Amazon Global Retail--while decreasing costs.

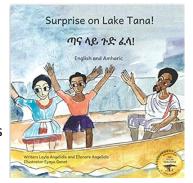
Before joining Amazon, she managed complex litigation including regulatory matters, public relations, and crisis management, as well as supported strategic sourcing for Sears, in Chicago, Illinois.

Ellenore received her legal start at the Chicago firm of Baker & McKenzie.

She is a master negotiator and enjoys demystifying the negotiation process so people can negotiate more effectively in both formal and informal settings. She has built teams across a variety of disciplines, companies, and countries which gives her a uniquely broad perspective to share.

"ONE DAY, A GIRL AND HER FRIEND WENT TO VISIT THE GIRL'S UNCLE NEAR LAKE TANA."

This is a quote from *Surprise on Lake Tana*, which Ellenore and her daughter Leyla wrote in 2018. The aforementioned **Open Hearts Big Dreams Fund** is all about literacy, innovation, leadership and inclusion in Ethiopia. Say it another way: it is about providing educational opportunities (literacy, tech, and art) for K-14 in Ethiopia (her daughter Leyla's birth country). Their main literacy project is creating, distributing, and selling the Ready-Set-Go books. *Surprise on Lake Tana* is just one of the many books Ellenore has written. The sale of these books funds the OHBD (Open hearts Big Dreams) organization. Ellenore is a published author: you can find her children's books through Kindle Direct publishing.



Something you wouldn't know about her: Ellenore was raised by Dutch immigrant parents who survived harrowing WWII experiences. They helped weave a healthy work ethic and the need to persevere through obstacles into the fabric of Ellenore's upbringing.

Community Service Committee Invites New Project Proposals by March 15

Since the CSC did not allocate all of the funding available for this Rotary year in its previous meeting to discuss and approve projects, Chair Carol Butler is announcing that the next deadline for proposals will be March 15.

Proposals should be for sustainable projects and sponsors must meet the donation criteria as stated in the application instructions: "Donation to Both UDRC Service Fund and The Rotary Foundation Required: Club members are not eligible to sponsor projects in the 2022-2023 Rotary year unless they contributed to both the UDRC Service Fund and Rotary International's Annual Fund during the 2021-2022 Rotary year."

Rotary International's definition of sustainable projects is: "For Rotary, sustainability means providing longterm solutions to community problems that community members themselves can support after the grant funding ends." That means that proposals should not fund items that are used up quickly and cannot be replaced by the recipient organization without other grant funds or donations. Likewise, funded projects should be available for club member visits so they can see the results of donations.

Per Service Fund Board policy regarding club grants: "General operating expenses, administrative costs, and

salaries for staff of the partner organization will not be funded...Committees should give priority to funding equipment or other tangible assets that will provide multi-year benefits (i.e., furniture, machines, printers, etc.)."

Another way to understand which projects would be considered sustainable is contained in District 5030's instructions for District matching grants, i.e., they must be projects "with measurable impact for a minimum of 5 years beyond the completion date."

CSC projects approved for funding so far this year include:

- Contribution to a District 5030 matching grant project sponsored by Bellevue Breakfast Rotary Club—two commercial washers for the Congregation for the Homeless, to be installed in a new permanent homeless shelter on the Eastside (\$1,000).
- Adaptive farm renovation for the Seattle Children's Playgarden, to continue to make available a space for rabbits, chickens and ducks that children of varying abilities can visit, tend and care for (\$10,000).
- A commercial pressure washer allowing University District Partnership's cleaning staff to immediately and effectively remove blight on building facades, sidewalks, and streets (\$6,615).
- Software for Ventures, which is a business incubator for entrepreneurs with limited resources (\$1,750).
- Contribution toward Ronald McDonald House "Taste of Hope" meals for families of sick children who are staying at the House (\$600).

Funding of these and other similar projects is made possible through donations of Rotarians and others to our club's foundation—the Service Fund—as well as to The Rotary Foundation (TRF). Donations to TRF come back to our club in the form of matches for District and Global Grant projects, both local and international. A recent example of a Global Grant project sponsored by our club is the Jamaica water project for Boy's Town, which several club members will visit in early March. And this year our club was awarded two District grant matches for an educational project in Chile and a medical clinic project in Uganda.

Seattle Children's Playgarden









February Foodie Event

Slip into your bedlah, grab your finger cymbals and get those hips swinging!

The theme for UROC Foodies' February event is **Middle Eastern** cuisine. For purposes of this event, the term 'Middle Eastern' refers to food from: Israel, Turkey, Egypt, Lebanon, Iran, Iraq, Saudi Arabia, Jordan, Kuwait, United Arab Emirates, Oman, Qatar, Cyprus, Bahrain, Morocco or Yemen.

Our goal is not only to get together and have a good time, we also want to learn. Following are references to some really FABULOUS recipes. Feel free to Google your own.

30 Easy Middle Eastern Recipes: https://insanelygoodrecipes.com/middle-eastern-recipes/

20 Best Middle Eastern Desserts: https://insanelygoodrecipes.com/middle-eastern-desserts/

Middle Eastern Appetizer Recipes: https://www.thespruceeats.com/middle-east-appetizers-4162482

Best Authentic Middle Eastern Recipes: https://littlesunnykitchen.com/category/cuisine/middle-eastern/

Middle Eastern Mezze Recipes: https://www.saveur.com/article/-/Middle-Eastern-Mezze-Recipes/

35 Easy Middle Eastern Recipes: <u>https://www.heythattastesgood.com/middle-eastern-recipes/</u>

It's really, <u>really</u> important to email me at <u>pdaywms@gmail.com</u> to let us know how many of you are coming <u>and what you're bringing</u>. 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: February 25, 2023, 6:00 PM

Place: Rosemary Aragon's

See you there!

Bon Appetit!

Invitation to Visit Rosie's Tiny House Village (by Sala Sweet)

As we did last year, on Friday we will be offering warm coats and some personal care items to our neighbors at Rosie's Tiny House Village. We would also like to offer snacks.

We invite you to join us. Son Michael is providing coats and other items to give away. If possible, when you join us, we ask that you bring some snacks to offer. Carson Spaulding, LIHI, will provide warm drinks. We will simply go to Rosie's following our Friday Rotary meeting. This is a great opportunity to get to know your neighbors. The conversations are as important as the coats and snacks.

Rosie's is located at 1000 NE 45th at the intersection with Roosevelt. For Trader Joe's fans, it is across Roosevelt from Trader Joe's, just north of 45th.





Rotary Foodies Enjoy January Social

Twelve Rotarians gathered last Saturday, January 21, at Lisa Latchford's

home in West Seattle to share casseroles (the theme for the event) and good conversation. The food was delicious—and somewhat focused on tuna. Perhaps because that's the tradition we inherited from our mothers? Linda Fukuda, who has become our unofficial bar tender at these events, came as usual with interesting

drink options, including a sweet potato liqueur. Attendees, at Lisa's invitation, shared stories of significant events in their lives—which led to both laughter and serious contemplation.

If you weren't lucky enough to attend the event, there will be another in February, where the theme is Middle Eastern (see more info in this bulletin).

Thanks to both Lisa and Paula Williams for keeping these fun gatherings going.

Rotary Happy Hour at lvar's (by Jeff Werthan)

Our first Happy Hour of 2023 was a big success. Sixteen club members got together on January 18 for food, drinks and schmoozing at Ivar's Salmon House. These Happy Hours are a great opportunity for you to get to know some of those club members that you just haven't had an opportunity to really meet. Plus, it's a good opportunity to get outside on a cool rainy night when you otherwise would have been hunkering down. I hope to see as many of you as possible at our next Happy Hour.











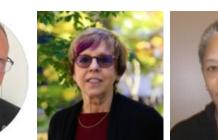
Nominating Committee Proposes Candidates (from Jeff Werthan)

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

Italian Restaurant BEP

Sign up now for Valentine's Day Spaghetti & Service Dinner on Feb. 11!

Spring is coming, and so is Valentine's Day! Join us for an evening of "Spaghetti & Service" on **Saturday, Feb. 11**, at Buca di Beppo on South Lake Union. The event begins at **6 p.m**. It won't just be spaghetti, either: Coordinator Vicki Robbins has arranged for a number of bravissima Italian options.

All for \$45 per person. Vicki needs to make advance reservations, so contact her

at vickilee53@aol.com by Feb. 8 at the latest to reserve your space at the table. Don't have transportation for Feb. 11? We'll attempt to find it for you. Vicki's got all the details. And lest you think all this won't make you happy enough, please know we're asking you to contribute warm socks (they've got good ones at COSTCO, BIG 5 and elsewhere) and toiletries such as toothbrushes and toothpaste that we'll donate to programs in our community. You can show up at Buca di Beppo (701 Westlake Ave N. Seattle 98109) with your items or, starting this Friday, you can bring them to our Friday meetings. You don't have to be going to the dinner to give items or monetary contributions toward this cause. Questions on that? Contact Brenda Dimond at brendadimond8@gmail.com. Caio, bella, and see you soon!



Donate your gift of warmth at the Feb. 11th Spaghetti & Service Dinner



Next time you're out shopping, don't forget the needs of those in our community. Pick up a set of warm socks or buy some extra toothbrushes and toothpaste. Then take them to our Friday meetings between now and Feb. 10 or take them with you to the "Spaghetti & Service" dinner on Feb.11. You'll find Brenda Dimond and volunteers staffing the Box for Socks when you show up. After the event we'll donate



the items to organizations in our community. You don't have to be going to the dinner to give items or monetary contributions. This is just one way you can perform an Act of Service...and a most

welcome one. Please contact Brenda at brendadimond8@gmail.com with questions. And thanks!

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 paintfriendly! **9am-3pm is the work party**. A friendly beer in the neighborhood is planned immediately after. More details to follow!

Invitation to Join Rotary Trip to Jamaica March 5-14, 2023 (by Raymond Connell)



Club members are invited to the upcoming trip to Kingston, Jamaica. We will visit a Global Grant project for which we partnered with Rotary Club of St. Andrews. The goal of the project was to provide potable and irrigation water for Boys' Town Institution and the neighboring community. Our club contributed \$5,000 to this \$100,300 project,

which was sponsored by Raymond Connell and Ezra Teshome.

Persons who would like to accompany us on the trip can call Raymond at (206) 280-6333.

Proposed Itinerary for University District Rotary Club (UDRC), Seattle, Washington, and Team visit to Boys' Town, Kingston, Jamaica: Sunday, March 5 – Tuesday, March 14, 2023

Day	Item	Date/Time	Venue	Status
Day 1	Arrival on the island. Settling into accommodation: Spanish Court Hotel, 1 St. Lucia Avenue, Kingston 5, Jamaica. Tel: (876) 926-0000, Fax: (876) 926- 1613	Sunday, March 5	Spanish Court	Raymond to provide the arrival information
Day 2	Boys' Town/Trench Town Day (Meetings, Tours, Lunch), including Rotary Club Projects at Boys' Town and Trench Town	Monday, March 6		
Day 3	Tour Day 1 – Dunn's River Fall and Ocho Rios Visit	Tuesday, March 7		
Day 4	Rotary Club Day – Organized by the Rotary Club of St. Andrew	Wednesday, March 8		
Day 5	Official Launch of the Boys' Town Well Project	Thursday, March 9		
Day 6	Tour Day 2 – Early Lunch at Café Blue, Iris Town, Buff Bay, and Rafting on Rio Grande, Portland,	Friday, March 10		
Day 7	Sporting and Cultural Activities	Saturday, March 11		
Day 8	Church (optional)	Sunday, March 12		
Day 9	Shopping and Wrap-up Day	Monday, March 13		
Day 10	Travel Day - Departure	Tuesday, March 14		Raymond to provide the departure information

Note - the days can be switched around.



Jerry Zimmerman Passes Away

Our long-time club pianist and honorary member, Jerry Zimmerman, passed away on January 22. In addition to playing for our Friday meetings, Jerry also played professionally for many years at the Canlis restaurant.

Bobbi, his wife, says Jerry's Fridays at Rotary were "a favorite time for him."

Born in Missoula, Montana, Jerry discovered the piano In a friend's home and started on lessons. In grade school, he played for assemblies, and continued through middle and high school, practicing for hours each day. He was a graduate of O'Dea High School.

Jerry and Bobbi met in Seattle, introduced by a grade school friend of Bobbi's. Bobbi worked as a nurse during the day, but Jerry often had gigs at night, so when she got up in the morning, he'd just be coming home. They were married for 58 years.

Jerry was known for being able to play anything, anywhere, any time. He was recruited by Alex Shimizu to play for our club, and often accompanied Alex, Lisa Latchford, Paul Olsen, and others who led our club in song at Friday meetings. We will all miss him. Please keep Bobbi and the rest of Jerry's family in your thoughts and prayers.







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



Rotary Opportunity for Hands-On Service (by Bill Kauppila)



One of our community service projects in the past year was to fund a project at the Children's Hospital Autism Center in Bothell, known as the Alyssa Burnett Adult Life Center (ABC). The project was to construct and furnish a Gazebo/Pergola where visitors to the center could gather and be protected from rain and the elements. The center has now completed the covering and has purchased two small bistro tables,

eight chairs and a bench that need to be put together. Since this was designed as a "hands on project" for Rotarians, the center is requesting that three Rotarians come to the center and help put together the tables, chairs and bench. We have selected Tuesday, February 28th, as the work day. Please inform President Jeff if you would be available on that date to help with this project. The work would start at 9:00 AM.

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).

- Keep track of type of event, name of project/program/organization (if any), what you do, and time donated (including preparation time, travel time...).
- Regular reminder emails will come to your inbox. Just send a reply with your list and all will be recorded.
- We will post reminders in our club bulletin.
- We will feature Acts of Service in our club bulletin.

Upcoming Club Activities and Deadlines

- Jan 27 1:30 pm after Rotary meeting. Visit Rosie's Tiny Home Village to distribute coats, hygiene supplies and snacks. Contact: Sala Sweet at 612-298-4071.
- Jan 30 4:00 pm. Club Board meeting. Contact Jeff Werthan at jmwdog@gmail.com.
- **Feb 11** 6:00 pm. UDRC social at Buca di Beppo, \$45 each pre-paid. Contact Vicki Robbins, vickilee53@aol.com.
- **Feb 16** 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 17 9:00 am. Membership Committee meeting. Contact Lisa Latchford, lisa@foxassociatesllc.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>
- Feb 25 6:00 pm. UDRC Foodies at Rosemary Aragon's home. Theme: Middle Eastern. RSVP pdaywms@gmail.com.
- Feb 28 9:00 am. Help put together gazebo furniture for Alyssa Burnett Adult Life Center. To volunteer, contact Jeff Werthan, jmwdog@gmail.com. For more information, see article in this bulletin.
- 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 15 Deadline for submission of Community Service projects to CSC Chair Carol Butler, carolbutler1701@live.com.
- 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)

CODE RED

Schedule your blood donation TODAY

Ezra Teshome Honored for Polio and Other Community Work in Ethiopia

The Seattle **Kraken** honored **Ezra Teshome** as the **Kraken** Hero of the Deep on January 19, 2023, during the first period against the New Jersey Devils.

See the video at: <u>Hero of the Deep: Ezra</u> <u>Teshome - Bing video</u>

The video notes that Ezra has been doing community work for 40 years, and participated in more than 12 Rotary missions to vaccinate Ethiopian children. It also mentions his work with water wells, women's programs, and a library in Ethiopia.



OBloodworks

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 Club & Service Fund Benefit Luncheon and Auction Procurement Form Wednesday, May 17, 2023 Seattle Yacht Club • 1807 E. Hamlin Street Seattle, WA 98112

Item Name	
Item Description:	
Photographs of donation if ava	ailable (jpegs or pngs accepted, please email): Yes No
Expiration Date (if applicable)	
Other Restrictions:	
Donor Stated Value \$	
Type of donation (designation magnetion magnetic designation magnetic design and the second design and the sec	ay be adjusted by Fundraising Committee):
	Silent Auction Live Auction Dessert Dash *
*22 Desserts are needed, all must be no	epared from a Commercial Kitchen, contact SPSmith to donate (206-290-4210)
	ould appear in event program)
Donor Information (as it sho Company Name	ould appear in event program)
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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, mail or hand delivery to meeting or committee member.

Email to: contactudrc@gmail.com

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

Questions, call Sally 206-290-4210 or email sallypor789@gmail.com