



University District Rotary Club Bulletin

Wednesday, January 4, 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/87528482798?](https://us02web.zoom.us/j/87528482798?pwd=MINva2dodXZJM2NlZjZsbWhjYzNiZz09)
[pwd=MINva2dodXZJM2NlZjZsbWhjYzNiZz09](https://us02web.zoom.us/j/87528482798?pwd=MINva2dodXZJM2NlZjZsbWhjYzNiZz09)

When: Fridays

Lunch: 12:00-12:30 pm

Business: 12:30-1:00 pm

Program: 1:00-1:30 pm

Future Programs

Jan. 13

No meeting-Martin Luther King weekend

Jan. 20

Ed Bronsdon: Outdoors for all

Jan. 27

Committee Reports

Feb. 3

Harvest Against Hunger

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 6

Bill Knight

Seattle Sports History

In a respected 43-year newspaper career, Bill Knight covered a wide range of sports action and events, including four Super Bowls, three Rose Bowl games, the World Cup soccer tournament, America's Cup sailing, the Henley Royal Regatta of rowing in England, the Goodwill Games in St. Petersburg, Russia, and pro and college all-star/playoff games in three major sports. Oh yes, and the Iditarod dog sled races in Alaska. (Did you ever try to talk while 1,000 dogs were barking simultaneously?)

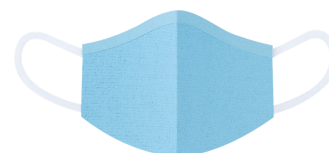
A third-generation Seattleite, Knight was born during the Great Depression, grew up in Magnolia and made it through Queen Anne High School and the University of Washington. He was hired in 1961 by legendary sports editor Royal Brougham at the Post-Intelligencer, Seattle's a.m. newspaper. Knight helped write the contentious history of Seattle sports at a time the city was achieving major league status. He served as sports editor for nine years.

Awards he has received include the Jim Murray Outstanding Sportswriter Award, the Mark Kauffman "award for excellence in covering thoroughbred racing," the NAEBM Directors Award as National Boating Writer of the Year, the Unlimited Hydroplane Racing National Media Award (three times), numerous Hearst Newspapers national writing awards, a "Career Achievement Award" from Seattle Basketball Legends, and the Bob Houbregs Service Award. After retiring in 1998, he became a Nordstrom Santa Claus and an adjunct professor at the University of Washington Bothell campus.



President Jeff Encourages Masks 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 for the benefit of your fellow club members.





Holiday Gifts and Program—Thanks (by Jeff Werthan)

Thank you to all who helped put together our December 16th holiday program and our December 9th holiday "thank-you" to the Seattle Yacht Club staff. Special shout outs to Lisa Latchford and Alex Shimizu for helping to procure the performers, Paula Williams for planning and coordinating the Holiday Cookies and to Judy Lovelace for gathering everything for the SYC gifts. It does take a village.



(left) ACE



(above) Bodacious Ladyhood



(left) Acts on Stage



(right) SYC staff receive "thank you" gifts



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.openheartbigdreams.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@openheartbigdreams.org and her cell phone number is 425-295-8841.

Rotarians with January Birthdays

Paula Williams	January 3
Dieudonne Mayi	January 12
Linda Fukuda	January 14
Felicia Cross	January 14
Jessica Perkins	January 15
Gerald Macheso	January 17
Mona Kunselman	January 18
Gary Corbett	January 23
Paula Laschober	January 31



Welcome Hugh Brannon!

UDRC welcomes back Hugh Brannon as a member after a two year leave of absence. When you see Hugh at club activities, please give him a warm greeting.

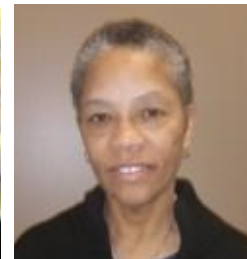
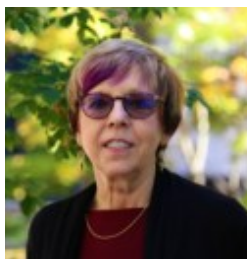


Nominating Committee Proposes Candidates *(from Jeff Werthan)*

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:
(l to r) James
Rechten, Carol
Butler, Elizabeth
Causby-Miles*



**SAVE
THE
DATE!**



**IMAGINE
ROTARY**

UDRC Benefit Fundraiser

05-17-23 • 5 to 8 PM

Seattle Yacht Club

Honoring



Rosemary Barker Aragon

UHEIGHTS

University Heights Center



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!



Invitation to Join Virtual Book Discussion on January 7 *(by Paula Williams)*

The following looks to be an interesting discussion on subconscious racism in America. I'm only just beginning the book, but thus far I've learned quite a bit about the attitudes incorporating white supremacy I've internalized—and that I inadvertently perpetuate. Many of us innocently do. Even though this club excels in reaching Rotary DEI goals, even we can do better. Below is the announcement for the last discussion in the series. I'm going to finish this book and be there. I hope to see many of you, as well. Copy the link and paste in your browser to register: https://www.ismyrotaryclub.com/wp_api_prod_1-1/R_Event.cfm?EventID=77634763&fixImages=0&fixTables=0

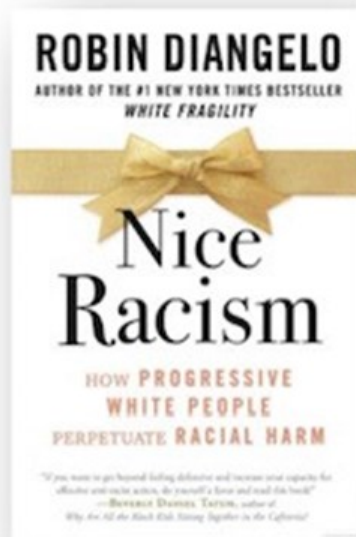


ALL ROTARIANS INVITED!

to read and discuss

Nice Racism: How Progressive White People Perpetuate Racial Harm

by Robin DiAngelo



Hosted by the Seattle International District Rotary Club

Saturday, January 7th @ 8:30AM on Zoom



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 6** 12:30 pm. Induction of new club member Sally Porter Smith.
- Jan 7** 8:30 am. Book discussion, *Nice Racism*, on Zoom. Hosted by Seattle Int'l District Rotary Club (info, page 6).
- Jan 11** 5:30-6:30 pm. International Service Committee meeting on Zoom. Contact Sheila Hosner at breadpudding@aol.com.
- Jan 12** 12:00 noon. Memorial Service for **Jean Amick** at The Mountaineers Club in Magnuson Park. Doors will open for a bit of food and coffee/tea around 11:30. January 12 would have been Jean's 82nd birthday.
- Jan 12** 6:00 pm. Fundraiser Committee meeting on Zoom. More members welcome! Contact Lisa Edwards at Lisasimoneedwards@outlook.com.
- Jan 13** 9:00 am. Membership Committee meeting. Contact: Lisa Latchford, lisa@foxassociatesllc.com.
- Jan 18** 1:30 pm. Program Committee meeting. Contact Jim Rechten at rechten@msu.edu.
- Jan 19** 6:15 pm. Community Service Committee meeting on Zoom. Contact Carol Butler at 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, pdawms@gmail.com
- Jan 30** 4:00 pm. Club Board meeting. Contact Jeff Werthan at jmwdog@gmail.com.
- May 17 2023** Fundraising Event, Seattle Yacht Club. 5:00-6:00 cocktails and appetizers. 6:00-8:00 main event.



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 pdawms@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.