



University District Rotary Club Bulletin

Wednesday, November 1, 2023



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

Nov 10

No meeting: Veteran's Day

Nov 17

Gordon McHenry:
United Way

Nov 24

No meeting:
Thanksgiving weekend

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 November 3

Gary Walderman Heroes' Café

Our November 3 speaker will be Gary Walderman, the Director of Snohomish and King County Heroes' Café that connects veterans to essential services.

Gary Walderman and his Heroes' Cafe team are an engaging and impactful veteran support entity in Snohomish and King counties and the City of Lynnwood to contact on all veteran initiatives. He holds commander positions in four local veteran service organizations, where he leads 240 veterans that provide outstanding and right-on-target assistance to a myriad of veteran's needs.

In April 2023, Gary was recognized for his work by the Seattle Mariners at their salute to service night.

This special meeting will also include a tribute to UDRC members who are veterans. Join us for an engaging meeting.



—LYNNWOOD, WA—
HEROES' CAFE
VETERANS HELPING VETERANS

Where to Send Bulletin Contributions Due November 13 and 27

Please send articles or photos for the bulletins noted above (preceding Friday meetings November 17 and December 1) to Marella Alejandrino (m.alejandrino@windermere.com), with copy to Paula Laschober. Marella has volunteered to publish the bulletin while Paula is on vacation in November. Thanks, Marella!

Note that there will be no bulletin next week or the week of Thanksgiving since we will not meet November 10 (Veteran's Day) or 24 (day after Thanksgiving).



SAVE THE DATE.

WARM WINTER DRIVE
Sunday, Nov 5, 10 AM - 1 PM

5031 University Way NE Seattle, WA 98105

UHEIGHTS



BEFORE THEN, YOU CAN:

- Email us at info@uheightscenter.org to provide services at the Warm Winter Drive
- Email us to volunteer
- Collect and donate warm clothes, backpacks, and sleeping bags
- Purchase items on the UHeights Amazon Charity List: <https://a.co/4I7sSyK>



Getty Ready for Day of Service Nov. 5

(photos from Son Michael Pham)



Hey Rotarians, the Annual Warm Winter Drive event is fast approaching! (by Rick Jones)

Volunteers are needed for shifts as follows:

- On Wednesday 11/1 or Thursday 11/2 from 1pm to 3pm for donation sorting and preparation.
- On Sunday 11/5 from 9am to 2pm for setup, distribution during the event, and breakdown after.

You may work multiple shifts or partial shifts. This is a fun event and it has a tremendous positive impact on the neighborhood. And it's pretty dang fun!

Email Shirin Subhani at UHeights directly to register: shirin@uheightscenter.org.

Location: University Heights, 5031 University Way NE, Seattle.

Questions, concerns, lavish praise? Call Rick Jones at 206.284.1888





International Service Committee Invites Additional Applications by January 5

The ISC, chaired by Sheila Hosner, started its application process early this year. So far it has had two rounds of application, in May and early September. The committee still has funds available to allocate to new projects, and invites all club members to apply. The application is available on our club website, [Rotary Club of University District, Seattle \(udrotary.org\)](http://Rotary Club of University District, Seattle (udrotary.org)); click on the Member Information tab. The deadline for receipt of electronic applications by Sheila, at breadpudding@aol.com, is January 5, 2024.



*Colombia:
Girls'
Empowerment
Project 2022*

Invite a Guest to Our Nov. 17 Meeting

(by Lisa Edwards)

Registration is now open for our special club meeting, Each One Reach One, on November 17, 2023. Gordon McHenry, CEO of United Way, will be our program speaker and Sheila Hosner will give an update on the Uganda Community Health Center project. Son Michael Pham and group of Rotarians travelling to Vietnam will be back and will provide a brief report. Each club member is encouraged to invite one guest (as a prospective club member) for a complimentary lunch.



Use this [registration link](#) to register yourself and your guest for this special meeting. Please note that we are asking for the guest's email address so that we can send a follow-up thank you email to them. Registration will close on November 10, 2023 at 4PM so that we can give the Seattle Yacht Club a complete meal count.

Halloween Hats and Masks Contest

Rotarians were invited to come to last Friday's meeting with Halloween hats and/or masks.



The contestants line up



*Hat winner (combo with mask)
Sheila Hosner*



Mask winner Angie Jimenez



New Club Member Stephanie Feldt Inducted at Oct. 27 Meeting *(by Rosemary Aragon)*



President Lisa welcomes Stephanie (right) along with her sponsor, Betsy (left).

Stephanie Feldt was accompanied by several family members at her induction. Her father-in-law, Rotarian Bill Feldt, introduced her. Stephanie's sponsor is Betsy Amick. Betsy and Stephanie have known each other since middle school...or maybe before.

Stephanie was born and raised in NE Seattle with familial connections in Seattle starting with both grandparents. Her father, Tom Gidlund, a Seattle University graduate, had a career spanning many well-known Seattle companies. He was a passionate competitive sailor—a passion that was passed to both Stephanie and her sister. Her mom, Pam Cobb, was a Roosevelt High School and UW graduate. Her maternal grandparents were both educators in the Seattle School District with Grandpa, Ernest Frieze, working several years as principal of Laurelhurst Elementary.

Stephanie's husband, Stuart Feldt, grew up in Federal Way and went to college at Occidental in LA. He is a general contractor focusing on high-end residential remodels. They have two sons: Nathan, who is a junior at University of Texas, Austin, studying Neuroscience and Math with a minor in computer science; and Spencer, who is a freshman at University of Arizona, studying architecture.

Stephanie has had a fascinating marketing career in the biotechnology/pharmaceutical industry, starting when she graduated from Scripps College. You'll find her career a glimpse into the world of innovative drug treatments and business takeovers. In 1991, Stephanie started her marketing career at IMMUNEX. She supported the sales initiatives for one marketed product (a supportive therapy for after cancer chemotherapy) as well as doing initial commercial landscape research for products in development. Immunex's claim to fame was Enbrel. Enbrel treats rheumatoid arthritis--reducing signs and symptoms, keeping joint damage from getting worse, and improving physical function. That made Immunex a target for a buyout by Amgen in 2002. *If you watch this industry, such takeovers are common.* Stephanie moved to Dendreon, another innovative company that developed the first truly personalized medicine, Provenge, for metastatic prostate cancer.

Stephanie then joined ZYMOGENETICS. ZymoGenetics, Inc. was one of the oldest biotechnology/pharmaceutical companies in the USA, based in Seattle. She supported the commercial development of products in the pipeline and products currently on the market. BMS bought them for their mid-stage hepatitis C program along with a pipeline that included new therapies for cancer and inflammatory conditions.

At BMS/The Medicines Company, Stephanie was the Sr. Director, Surgical and Critical Care Pathway. She was the commercial lead for growing the hemostasis (blood clotting) business unit (and market launch). Examples of their hospital products were a sealant ready-to-use for mild to moderate surgical bleeding and an anticoagulant drug used in conjunction with aspirin for patients undergoing angioplasty.

In 2019, Stephanie started her own consulting business, consulting with Juno Therapeutics, Faraday Pharmaceuticals, Alpine Immune Sciences, and others. Today, she only accepts consulting projects that are referred to her. Having worked full-time while her kids were growing up, she is looking to expand her horizons with new hobbies and connecting with friends and family.

Where does Rotary fit? Stephanie says that she is looking forward to giving back to our community. Her interests are in child advocacy, homelessness and community engagement. She sees Rotary as a great platform to volunteer in a wide variety of organizations.

Her husband Stu's mother and father, Karen and Bill Feldt, as well as her sister-in-law, are active members of the Federal Way and Augsburg, Germany, Rotary clubs and were influential in her interest in joining Rotary. Many of you know Bill, as a leader in Malaria eradication and one of the founders of Malaria Partners International.

Something you might not think to talk to Stephanie about: She was with Pacific Northwest Ballet's Nutcracker from Kindergarten to 4th grade. AND...Attention Rock music lovers: she's been to twelve Grateful Dead concerts.



DEI News from the Recent District 5030 Conference *(submitted by Raymond Connell)*

DEI was in the spotlight at the recent District 5030 conference in Victoria. Here's a quick recap:



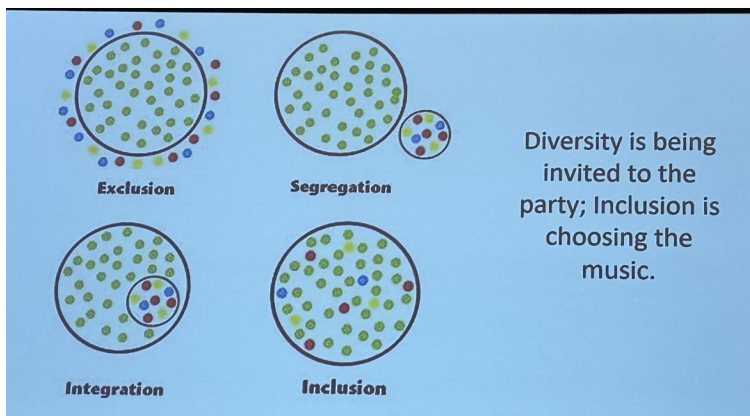
At the Conference's opening session Governor Kaj Pedersen announced the selection of **University District Rotarian Raymond Connell** to serve as Governor of District 5030 for the 2026-2027 Rotary year. After Past Rotary International Director Jeffrey Cadorette presented Raymond with his Governor Designate pin, Raymond offered a few remarks, including his vision to prioritize DEI in our district.

Friday afternoon **Lorelei Higgins**, Rotary Peace Fellow/Multi-cultural Mediator/Mrs. Canada Globe spoke to a standing-room only gathering about her journey from Rotary Exchange student to Rotary Peace Fellow. As the Community Lead for the City of Calgary's Anti-Racism Program, Lorelei shared her work leading Calgary to be a more diverse and inclusive city. Lorelei mentioned the positive Peace Conversations** program she's facilitating for Rotarians in neighboring district 5020. A quick vote of everyone at the session confirmed interest to bring the program to our district. Stay tuned for more updates.

**** The Peace Conversation Facilitation Program (PCF)** is a major initiative designed by Mediators Beyond Borders for Rotarians to engage in positive peace within their own clubs and communities through facilitated conversations and dialogue. In the 3-month program, Rotarians with varying levels of experience are trained to become PCF Facilitators and Coaches. These individuals can assist clubs in holding 'Peace Conversations' which are small group, facilitated discussions typically on a difficult subject. Eg. Politics, Interfaith Conflict, LGBTQ Rights, DEI or even discussing the Club Vision. Some clubs go on to invite the larger community to engage in these Peace Conversations in an effort to offset the growing polarization.

Saturday morning, **Gino Reyes**, a Rotarian in Las Vegas shared his story of challenging his club's leaders and traditions while advancing DEI as his District's DEI Committee chair. A good group discussion followed with attendees sharing ways to make Rotary more inclusive.

Saturday night's keynote speaker was **Jordan Harrison**, a dynamic Rotarian from San Diego. Jordan encouraged us to embrace anti-racism, equity, inclusion, and celebrate how we can build people and institutions to thrive across differences. Here's one slide from his presentation:



Rotary's DEI Resources

Find resources here to help your club foster diverse, equitable, and inclusive experiences.

my.rotary.org/en/learning-reference/about-rotary/diversity-equity-and-inclusion

Please let me know if you are interested in participating in the Peace Conversation

initiative. <https://mediatorsbeyondborders.org/mbbi-rotary-partnership/peace-conversation-facilitation/#:~:text=Peace%20Conversations%20Facilitation%20Program%20Overview,and%20practitioners%20throughout%20the%20world>

YIR, Cathy (Gibson)



UROCK Foodies Gather Again! (photos by Linda Fukuda and Lisa Edwards)

Club Rotarians and family gathered last Friday at Russ Amick's house—hosted by Betsy Amick—to sample dishes from Ireland, Scotland and England. Attendees included Vicki Robbins and husband Rocky Silverman, Lisa Edwards, Russ Amick, Betsy Amick and husband Bill Dougherty, Paula Laschober, Asha Iovin, Rosemary Aragon, Linda Fukuda, and Sally Porter Smith. Our next gathering will feature cuisine of Central and West Africa.

*Clockwise:
Rosemary shows off
Scottish dessert;
Lisa, Rosemary, and
Betsy enjoy drinks;
Rocky, Paula and
Russ dig in; Russ,
Vicki, and Asha
ponder what to
serve themselves
next.*



Request from Reese Reddemann (UDRC Public Image Intern)

Dear Rotarians,

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.





October 2023

University District Rotary Club

ROTARIAN OF THE MONTH

Linda Fukuda

Rotarians Enjoy Guatemalan Dinner Purchased at May 17 Fundraiser *(by Kay Rodriguez)*

On October 20, Rosemary and Luis Aragon hosted a lively and delicious Guatemalan dinner they donated to our fundraiser.

Russ Amick purchased this year's event for his second time. The showstopping meal featured such authentic fare as hilachas (flank steak cooked in sauce), pollo jocon (chicken cooked in green sauce), hearts of palm, avocado/tomato salad, tamales, fried plantain bananas, and two kinds of beans. Muchas gracias to all involved!



Wearing a hand-woven Guatemalan huipil, Rosemary poses with a perfectly-prepared flan (custard) created by club member Angie Jimenez, who also contributed a scrumptious Philippine banana dish.

Kay Rodriguez, back for her 4th time as co-host, leads a toast with, from right, new member Stephanie Feldt, Christi Amick Nagle, Betsy Amick, Stu Feldt, Luis Aragon, Bill Dougherty, Betsy's husband; Jeanne Duncan, husband Bud, and Russ Amick. A lively bunch! Co-hosts over the years have included Paula Laschober, Susan Sola and Jeff Werthan.



Invitation to Provide Additional Support to Approved ISC Projects *(by Sheila Hosner)*

Hello fellow Rotarians. As the Chair of the International Service Committee, I have been asked by several UDRC Rotarians if there are any projects the ISC is supporting this year that could use extra funding above what the ISC has allocated them. The answer is **YES!** Below are brief descriptions of three projects that could use your support. You can make donations to these projects through the Service Fund and can learn more about each project by contacting the sponsor listed in the project descriptions. Also, stay tuned for presentations by the project sponsors at our Rotary club meetings.

Please make checks out to the University District Service Fund with the project name in the memo line and mail to: University District Service Fund, PO BOX 31125, Seattle, WA 98103

Bukobero Community Health Center III – 2nd Floor Addition - Uganda

The Bukobero Community Health Center III, in Uganda, is supported by Sheila Hosner, Chair of the UDRC International Services Committee. Sheila has worked with the Bukobero Community in eastern Uganda for five years and has supported their construction of a health facility for all of those years.

The first floor of the facility is almost complete and Sheila is now raising money for the construction of the 2nd floor. The addition of a 2nd floor will allow the health facility to expand its services to the community tremendously. It will provide the ability to not only treat illness, but prevent it. The 2nd floor will be a covered, lighted, multi-purpose space for health and nutrition education, vaccination clinics, and much more. One of the most exciting plans is to use it as a homework and tutoring center. This community has no access to electricity and after 7:00 PM, when the sun goes down, most homes are dark except for candles and kerosene lamps. Adding a homework center will be transformative for the education and future prospects of the community's youth.



Please consider joining Sheila in supporting this exciting project! The cost of the 2nd Floor is \$85,000 and Sheila has raised \$65,000. Your contribution can help her get over the finish line! **Checks can be sent to the Service Fund with "Bukobero" in the memo line.**

Mexican Rural Family Greenhouses - Oaxaca, Mexico

Susan Sola has been working in the Oaxaca, Mexico region for many years helping the community to build drip irrigation greenhouses. The greenhouses help combat the effects of climate change, provide income to families so the men don't have to travel to cities to seek work, and grow a variety of nutritious food.

This year, Susan, along with her Mexican Rotarian partner, has expanded the project to include rain water harvesting, building water cisterns, and peanut cultivation, roasting and commercialization since peanuts require relatively little water.

Her project will be building 10 cisterns, 15 greenhouses, and purchasing one peanut roaster; benefiting approximately 750-900 people. Susan has raised almost \$13,000, but this project is very scalable. Each greenhouse (with drip irrigation) costs only \$375 and each cistern costs approximately \$350-\$500. Supporting Susan's project will help expand these resources to even more community members. **Send checks to the Service Fund with "Mexican Greenhouses" in the memo line.**





Invitation to Provide Additional Support to Approved ISC Projects *(continued)*

Teach Me to Fish - Vietnam

Son Michael Pham needs no introduction, but his "Teach Me to Fish" project in Vietnam might be new to you. This small project will support 12 adult orphans with mental and physical challenges (eventually growing to 25 individuals) to learn to become self-sustaining.

At 18 years of age, these orphans were moved out of the Go Vap Orphanage with little support. They are now living in a rural home supported by volunteers and some staff from the orphanage. They are learning how to grow vegetables and fruits, tend to chicken and pigs, and sell products at the nearby market.

Son Michael only asked for (and received) \$1,200 from the International Service Committee for this project, but additional funds would be very helpful. Donations will be used to purchase supplies to build and maintain vegetable/produce gardens, purchase chickens to raise eggs, build chicken cages, and cover some expenses such as water and electricity.

The HumaniTour to Viet Nam, October 31 to November 11, 2023, organized by Son Michael will visit the Go Vap Orphanage and the rural home for older orphans. His goal is also to introduce the Teach Me to Fish Program to one of the local Rotary clubs in the Ho Chi Minh City (aka Saigon) area and ask for support to sustain this program there and in other areas in the country. **Send checks to the Service Fund with "Teach Me to Fish" in the memo line.**



Nominating Committee Nominates Candidates for Club Offices and Board

(by Lisa Edwards and Jeff Werthan)

Pursuant to our Bylaws, the Nominating Committee has approved and put forward the following member for VP/President-Elect Nominee in 2024-25: Kirk Laughlin - Kirk will serve as club president in Rotary year 2026-27.

The Nominating Committee has also approved the following three members for a two-year Club Board term 2024-2026: Doug Frick, Sally Porter Smith and Michael Reid.

Club members will have an opportunity to vote on the above at our Annual Meeting on December 8.



Kirk Laughlin, VP/PE-N

Club officers advancing automatically or continuing are:

- President-Elect (PE) Linda Fukuda advances as President in July 2024
- Vice President/PE Nominee Paula Day Williams advances as President-Elect in July 2024
- Kirk Laughlin will be both VP/PE Nominee and Treasurer for 2024-2025 (we will need to find another treasurer for 2025-2026 and thereafter)
- Marilee Fuller will continue as Secretary in July 2024



Doug Frick



Sally Porter Smith



Michael Reid



Linda Fukuda



Paula Day Williams



Marilee Fuller



Upcoming Club Activities and Deadlines

- Nov 1-2** 1:00-3:00 pm. Volunteers needed for donation sorting and preparation for Warm Winter Drive. Location: U Heights Center, 5031 University Way NE. Register with Shirin Subhani: shirin@uheightscenter.org.
- Nov 3** 8:00-9:00 am. Membership Committee meeting. Contact: Lisa Latchford, lisa@foxassociatesllc.com.
- Nov 5** 9:00-2:00 pm. Volunteers needed for setup, distribution and breakdown for Warm Winter Drive. Register with Shirin Subhani: shirin@uheightscenter.org.
- Nov 5** 10:00 am-1:00 pm. Annual Warm Winter Drive at UHeights, 5031 University Way NE. Our club co-sponsors with U Heights Center and YMCA. Join us to deliver new coats and supplies to our neediest neighbors! Contact: Rick Jones, rick.jones@schooleymitchell.com.
- Nov 7** 5:30-7:00 pm. Service Fund Board meeting, Zoom. Club members welcome. For link, contact Paula Laschober, paulalaschober@gmail.com.
- Nov 11** Ushers needed for Husky football game vs Utah. Contact Dale Hicklin, dalebroker@comcast.net.
- Nov 13** 4:00 pm. Club Board meeting, Zoom. Club members welcome. For link, contact Lisa Edwards at lisasimoneedwards@outlook.com.
- Nov 21** 11:00-12 noon. UDRC Rotarians invited to SE Seattle Satellite Club meeting. Contact: Paula Day Williams, pdawims@gmail.com.
- Nov 25** Ushers needed for Husky football game vs WSU. Contact Dale Hicklin, dalebroker@comcast.net.
- Dec 5** 5:30-7:00 pm. Service Fund Board meeting, Zoom. Club members welcome. For link, contact Paula Laschober, paulalaschober@gmail.com.
- Dec 11** 4:00 pm. Club Board meeting, Zoom. Club members welcome. For link, contact Lisa Edwards at lisasimoneedwards@outlook.com.
- Jan 5** International Service grant applications due to Chair Sheila Hosner, breadpudding@aol.com. The application is available on the Club Website (link on page 1), Member Information tab.
- Jan 16** International Service Committee meets to review applications. Contact: Sheila Hosner, breadpudding@aol.com.
- May 25-29** 2024 Rotary International Convention, Singapore. Info and registration: [Convention \(rotary.org\)](https://convention.rotary.org).

Show Your Rotary Spirit—Buy Rotary Clothing, Gifts, etc. (from Betsy Amick)

[Rotary Clothing & Apparel - RUSSELL-HAMPTON CO. - Rotary Club Supplies Since 1920 \(bestclubsupplies.com\)](https://www.bestclubsupplies.com)



Please 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](https://www.rotary.org/donate). 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 this year.



Rotary

THE FOUR-WAY TEST
of the things we think, say or do

- I. Is it the TRUTH?
- II. Is it FAIR to all concerned?
- III. Will it build GOODWILL & BETTER FRIENDSHIPS?
- IV. Will it be BENEFICIAL to all concerned?

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.