



University District Rotary Club Bulletin

Wednesday, February 21, 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

Program for February 23

A Short Conversation with Ken Workman, 5th Generation Grandson of Chief Seattle



Ken is a Native American from the Duwamish Tribe and 5th generation Grandson of Chief Seattle. He retired from The Boeing Company's Flight Operations Engineering Group in 2015 where he worked as a Systems and Data Analyst. He is a Council member of the Duwamish Tribe and Board Member of Duwamish Tribal Services, the non-profit arm of the Duwamish Tribe. Ken can be found throughout the city from Town Halls to Universities speaking his indigenous language. Ken lives in Seattle with his wife, professor emeriti Dr. BJ Bullert (PhD).

Future Programs

March 1

Ellenore Angelidis:
Critical Thinking

March 8

Scott Allard: Evans
School of Public Policy

March 15

Chris Reykdal: WA
Superintendent of
Public Instruction

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

Invitation to Rotarians—Reading Tutors Needed *(by Paula Williams)*

We are looking for local volunteers to become 1-on-1 literacy tutors for elementary school students.



[Volunteer Opportunities](#) | [Reading Partners](#) | [Reading Partners](#)

readingpartners.org/volunteer

Volunteers Needed 1 hr Per Week

Sign up



February 2024 UDRC Meetings

February 2nd - Rick Lawrence, Guatemala Water Project

Classification Talk, Julius Debro & Dave Spicer

Harvest Against Hunger, David Bobanick

February 9th - Emily Jones, Executive Director of NEST

New Member Induction, Eric Parsons

Rotarian of the Month

February Birthdays

February 16th - No Meeting - President's Day Weekend

February 23rd - Ken Workman, Duwamish Tribe

Classification Talk, Russ & Betsy Amick

Donate to The Rotary Foundation

The mission of The Rotary Foundation of Rotary International 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.





UROCK Foodies

A MOUTH-SAFARI MUNCHFEST

This month we explore the foods of Western and Central Africa. Stretching from the most western point of Africa, across the equator, and partly along the Atlantic Ocean till the Republic of Congo in the South, this area encompasses 22 countries that spread across semi-arid areas in the Sahel, large coastal areas on the Atlantic Ocean and along the Gulf of Guinea and tropical forest covering many countries from Guinea to the Republic of Congo, through Côte d'Ivoire, Cameroon, and Gabon.

Just in case Grandma didn't pass hers down to you, here are a few resources:

<https://www.196flavors.com/most-popular-central-african-recipes/>

<https://www.foodnetwork.com/recipes/photos/west-african-recipes>

<https://food52.com/recipes/west-african>

<https://ourbigescape.com/10-easy-central-african-republic-recipes/>

When: February 24, 6:00 PM

Where: Rosemary Aragon's

Please e-mail your reservation to Asha Iovin (asha.iovin@gmail.com). Let her know how many of you there will be and what you think you're going to bring. We want to be fair to our hostess and we want to try and balance out the meal.

Bon Appetit



Rotarians at Magnuson P-Patch Project

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. On Saturday, February 10, UDRC Rotarians helped with this work.



Rick Jones, Wendy Reilly, Susan Sola, Terry Cicero, and Mark Houston, P-Patch Site Coordinator



February 2024

University District Rotary Club

ROTARIAN OF THE MONTH

Rosemary Barker Aragon



Rosemary Barker Aragon joined our club when women were first allowed to join. She's been Club president and International Service Committee Chair. She was our District's first woman District Governor. For RI, she was Training Leader for incoming DGE's and a Zone Membership Coordinator. She chaired Pacific NW PETS. She knows how to plan and execute events (2 Zone Institutes and a club fundraiser). Currently she is the District Foundation Chair.



2024 Annual Dinner & Fundraiser

Thursday, April 25th, 2024, Doors Open 5:45 pm

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

University District
Rotary
Seattle, WA



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2024 Fundraiser Event Tickets Available for Purchase

10 In-Person Tickets to UDRC April 25, 2024, Fundraiser and Dinner, \$1100.

Includes 1 drink ticket per person for a glass of wine, beer, or soda. No Host Bar. Free Parking.

8 In-Person Tickets to UDRC April 25, 2024, Fundraiser and Dinner, \$880.

Includes 1 drink ticket per person for a glass of wine, beer, or soda. No Host Bar. Free Parking.

4 In-Person Tickets to UDRC April 25, 2024, Fundraiser and Dinner, \$500.

Includes 1 drink ticket per person for a glass of wine, beer, or soda. No Host Bar. Free Parking.

Individual Event and Dinner Ticket, April 25, 2024, Fundraiser and Dinner, \$140.

Includes 1 drink ticket per person for a glass of wine, beer, or soda. No Host Bar. Free Parking.

How to Purchase and Download Forms:

Purchase online at: <https://auctria.events/udrc2024fundraiser>

Download Forms at: <https://www.udrotary.org/?s=documents&folder=2024%20Fundraiser%20Forms>

Deliver or mail your completed form to the Club or mail to UDRC, Fundraiser Event, PO Box 31125, Seattle, WA 98103

Scan and email to: sallypor789@gmail.com



New Member Eric Gerard Parsons Inducted February 9, 2024 *(by Rosemary Aragon)*



Jeff Werthan, President Lisa Edwards, and Eric Gerard Parsons

Today we are inducting Eric Gerard Parsons. With him is his sponsor, Jeff Werthan.

Eric Gerard Parsons has a Bachelor's degree in Print Journalism from Howard University. He holds a Master's degree in Urban Affairs & Policy Analysis from The New School.

Professionally, he has a strong background in leadership, partnership development, advocacy, and community engagement in various sectors, with a focus on promoting social change, diversity, equity, and inclusion.

He is currently the Director of Partnership and Advancement at the **Urban League of**

Metropolitan Seattle. Prior to that, he served as the Acting Executive Director and Senior Manager of Philanthropy at the **Community Roots Housing Foundation** (formerly known as the Capital Hill Housing PDA). The organization develops and manages affordable housing in Seattle (currently housing more than 2,000 people in almost 50 buildings across Seattle). One of their apartments here in our neighborhood is the Burke Gilman Gardens

Eric also held the position of Director of Community Engagement at **Elliott Bay Book Company**, where they focused on promoting social change and advocating for diversity, equity, inclusion, and belonging. Eric Gerard formed key partnerships with various organizations and institutions to drive meaningful change and public policy reform. Before that, Eric worked as the Director of Operations & Administration at the **Episcopal Diocese of California**, where they established strategic partnerships and developed outreach strategies to benefit marginalized and underrepresented populations.

Additionally, Eric served as a Research Analyst at the **Insight Center for Community Economic Development**, where they led policy research and advocacy initiatives to address racial equity and economic inclusion. Eric Gerard was also the Director of Legislative Affairs and Policy Advocacy at the **New World Symphony**, focusing on legislative activities.

Eric's earlier experiences include roles as a **Senior Policy Advisor at the City of Seattle**, where they supported the City Council in establishing progressive policies, and as the Director of the Ready-to-Earn Fund at the Seattle Jobs Initiative, where they created a program to eliminate barriers to employment for low-income individuals.

Furthermore, Eric worked as the Director of Partnership for Washington's Future at the **Children's Alliance**, where they developed plans and programs to rebuild the human service "safety net" in Washington state. Eric Gerard also served as a Project Director at the National Urban League, managing a national program focused on math and science education reform for low-income parents.

Please listen up to this.....One thing no one would know about Eric is that in the 1966-67 school year, he integrated a school in the Town of Dunn, Wisconsin. The Town of Dunn was near Madison, where his family later moved. It wasn't as dramatic as the Little Rock Central High School 9; nevertheless it was an unpleasant experience.



Furniture Repair Bank Work Party

February 16, 2024

As part of a Community Service Grant work party, our volunteers arrived ready to rescue furniture from the landfill, restores its value, and in our situation, provide a refugee family with furniture for their home.

Three hours flew by as our volunteers took on their different roles –

- Seth sanded an intricate leg of a side table.
- Doug and Carol painted chairs.
- Sally and Susan paint different parts of chest of drawers and
- Brenda painted a bookcase.

In the backroom, Stephanie and friend Gwyneth joined Ellen Frick and Xenia Dolovova in extracting nails and staples from worn and damaged chairs.

Our team was led by Xenia Dolovova, the Director at the Furniture Repair Bank, a non-profit organization in Seattle, Washington.

Work Team: Seth Barribeau, Stephanie Feldt with friend, Gwyneth, Doug Frick, Ellen Frick, Susan Sola, Carol Butler, Brenda Dimond and Sally Smith.

For more information, visit
<https://www.repairbank.org/>





Furniture Repair Bank Work Party - Photos of Families Who Have Received the Furniture



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Dessert Dash

We need volunteers to donate their favorite desserts for the UDRC Fundraiser and Dinner in April 2024. This year desserts must be prepared in a professional kitchen and serve 10 people. Support your favorite bakery with a dessert donation. Contact Judy Lovelace (judy1555@aol.com) or Terry Cicero (cicero@seattleu.edu)

for questions. Procurement forms available at end of bulletin.

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Lunar New Year (by Son Michael Pham)



What is Lunar New Year?

Gaze up into the night sky and what do you see? A beaming full moon, a crescent shape, or just a sliver in the sky? The moon's appearance changes in phases because it orbits the earth, changing its relationship to the earth and sun and causing the part we see illuminated to change. A lunar calendar is based on the moon's cycles.

Several cultures throughout the world use lunisolar calendars, based mainly on a lunar calendar but adding "intercalary months." The standard lunar year is 354 days, whereas the solar based year is approximately 365 1/4 days. Without the intercalary month, the difference would build up over time, and the Spring festival, for example, would no longer fall in Spring. The intercalary month helps to make sure that the lunar year stays in line with the solar cycle.

Within the calendar, the Lunar New Year usually falls on the second new moon after the winter solstice, the first day of the first month.



*Photo by Son Michael Pham, featured on KOMO News February 10, 2024.
These are the children of former club member Michelle Chung Chou.*



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](#)



SEPTEMBER 2024



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





Upcoming Club Activities and Deadlines

- Feb 24** 6:00 pm. URock Foodies meet at Rosemary Aragon's home. Theme: Western and Central African Foods. Please reserve with Asha Iovin, asha.iovin@gmail.com.
- 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** Rotary Zone Institute (Zones 26 and 27) in Spokane. Registration info to come.

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, and 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 Iovin at Asha.Iovin@gmail.com to get on our calendar. Grab your preferred month before it's gone.

Bon Appetit!

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



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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