



## University District Rotary Club Bulletin

Wednesday, February 7, 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 16**

No meeting:  
President's Day

#### **Feb 23**

Ken Workman:  
Duwamish Tribe

#### **March 1**

Ellenore Angelidis:  
Critical Thinking

### 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](mailto:paulalaschober@gmail.com)

### Program for February 9

**Emily Jones**

**NEST**



North East Seattle Together (NEST) is a 501(c)(3) non-profit grassroots community in northeast Seattle, founded in 2009. By providing a strong support network through volunteers and trusted business referrals, older residents can stay in the homes of their choosing and stay engaged in the neighborhoods they love, for as long as possible.

With one phone call or email, NEST members access enriching events and activities for learning, connection, and fun; referrals to pre-screened professionals who can help with anything from plumbing and lawn care to financial management and caregiving; and volunteers who assist with daily tasks like transportation, household upkeep, and staying physically active.

NEST serves the neighborhoods north of the Montlake Ship Canal, south of NE Northgate Way & NE 110th Street, west of Lake Washington, and east of I-5.

Emily Jones received her Master's in Library and Information Science from the University of Washington and worked in libraries for over a decade. After her time as the assistant director of the Washington Library Association, she joined the association management department at the Washington State Medical Association and served as the executive director of five medical specialty societies. However, her first love of building communities and connecting people with resources (and with each other!) was strong. She joined NEST in November 2021 and is excited by what can be accomplished when her passion dovetails with her work.

*Dear Club Members, at Friday's meeting, we are going to share the love and dedicate a few minutes at the club meeting to writing Valentines to family, friends*



*and/or neighbors. Free stationary, pens and stamps will be provided for all club members to use. Bring addresses and/or names of people to write to and send a quick note. Also, the meeting will be a **Wear Red** meeting and all members are invited to wear Red.*

**IT'S TIME TO  
WEAR RED**



## **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**

### **Update on Club Meeting Task Force—Next Meeting February 13**

The task force that is working on options for our club lunch meetings will meet again on Zoom at 4:00 pm on February 13. The task force is looking for venues where we might be able to meet in person and pay less than the Yacht Club's \$40 for lunch.

As noted by Kirk Laughlin, our club treasurer, in our January 17 bulletin, many clubs in our area are facing this challenge. Some have changed venues, scaled back meals or are not holding in-person meetings every week.



## Volunteer Greeter Kenassa Pitches Skills

At last Friday's meeting, our volunteer greeter, Kenassa Sarka, demonstrated his outstanding public speaking skills, while highlighting the work experience he wants to build on as he searches for regular, paid work. His experience includes communication, event planning and setup, coordination of volunteers and guests, and entertaining youth and adults. He has tech skills in Word, Excel, PowerPoint, Outlook, Canvas and databases.

Kenassa said he hopes to find a job working with people, like customer service or front desk reception, rather than working in an office environment with little physical activity. Rotarians are invited to offer/suggest potential job opportunities for him. Kenassa's job coach, Anja Post, attended the meeting with him. She represents Mainstay at Seattle Central College—a program that helps job seekers with disabilities.



## 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, 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).

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



[readingpartners.org/volunteer](http://readingpartners.org/volunteer)

**Volunteers Needed 1 hr Per Week**

[Sign up](#)

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

## Rotarians with February Birthdays

*(by Judy Lovelace)*

Roger Goodman	February 4
Brian Turnbull	February 5
Dave Weaver	February 8
Sirak Iyassu	February 14
Judy Lovelace	February 15
Jeff Werthan	February 19





## 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](mailto: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**



# Rotary Work Party in lieu of a Meeting!

## February 16, 2024, 10am – 1pm, Furniture Repair Bank

The Furniture Repair Bank rescues worn and broken furniture from the landfill, restores its value, and provides it to people in need. No prior experience or skills are required to volunteer

- PPE such as masks, goggles, and gloves are provided
- We work in a warehouse environment and sometimes work outside in covered areas, so please dress for the weather
- Activities may include painting, staining, and sanding wood, so please dress accordingly for potentially messy work
- Closed-toe shoes are required!
- We have light snacks and refreshments available for volunteers and a water cooler if you would like to bring a refillable bottle.
- **RSVP to Brenda Dimond, [brndndadimond8@gmail.com](mailto:brndndadimond8@gmail.com)**

**volunteer  
with us**



help reduce furniture waste  
while supporting refugees  
and people emerging  
from homeless situations

no furniture repair  
skills required, but  
you will gain some!

**LEARN MORE**

### ABOUT US

The Furniture Repair Bank rescues worn and broken furniture from the landfill, restores its value, and provides it to people in need. Join our community of empathic, creative, and handy individuals!



### Rotary Work Party Invitation (by Sally Porter Smith)

The Environmental Sustainability Committee invites you to participate in refurbishing furniture for use by immigrant families and families in transition. The Furniture Repair Bank is a program of *Zero Waste Washington*, and a recipient of a \$4,151 Community Service Committee grant and a \$500 Environmental Sustainability Committee grant this year. You will have a hands-on experience and see your money at work.

**Location:** 1914 Occidental Ave. S, Unit C, Seattle WA, 98134 --*Carpooling encouraged.*

A no-host lunch at Derby Restaurant is planned following the work party. Please include in your RSVP.

**Please RSVP** your reservation and if you are willing to carpool/drive to **Brenda Dimond**, [brendadimond8@gmail.com](mailto:brendadimond8@gmail.com).

Questions? Sally at [sallypor789@gmail.com](mailto:sallypor789@gmail.com).





**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, 1<sup>st</sup> 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](mailto: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.**

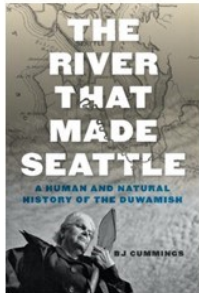
*Minimum value:* \$25, or if you have multiple gift cards from one business, such as a coffee shop, we will accept a packet that amounts to \$25.

*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](mailto:PDayWms@gmail.com) or Asha lovin at [Asha.lovin@gmail.com](mailto: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 32<sup>nd</sup> HumaniTour Viet Nam May 15 – May 24, 2024

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



**KIDS  
WITHOUT  
BORDERS**



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 32<sup>nd</sup> 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](mailto: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



**JOIN US** | **SEPTEMBER 11-14 2024**  
**IN THE HEART OF THE** **DAVENPORT GRAND**  
**BIG WEST** **SPOKANE WASHINGTON**

BIG WEST | BIG IDEAS promises the fusion of groundbreaking ideas with energetic networking in the timeless spirit of the West.

Dive deep into meticulously crafted sessions and hands-on workshops that challenge the status quo, inspire innovative thinking, and transform perspectives, all while being set against the breathtaking, scenic backdrop of Spokane's unparalleled natural beauty.

**REGISTRATION COMING SPRING 2024**  
 LEARN MORE AT [WWW.ZONEINSTITUTE.ORG](http://WWW.ZONEINSTITUTE.ORG)





## Upcoming Club Activities and Deadlines

- Feb 8** 7:00-8:30 pm on Zoom. Fundraiser Committee meeting. To participate, contact Sally Porter Smith at [sallypor789@gmail.com](mailto: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: 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." Lots of parking. Please RSVP to Wendy Reilly at [wendreil@msn.com](mailto:wendreil@msn.com).
- Feb 12** 4:00 pm. Club Board meeting, Zoom. Club members welcome. For link, contact Lisa Edwards at [lisasimoneedwards@outlook.com](mailto:lisasimoneedwards@outlook.com).
- Feb 13** 4:00-5:00 pm, Zoom, <https://us02web.zoom.us/j/88300786710>. Task Force on lunch meeting options.
- Feb 16** 10:00-1:00. Work party at Furniture Repair Bank, 1914 Occidental Ave. S, Unit C. Lunch afterward will be at the Derby Restaurant. RSVP Brenda Dimond, [brendadimond8@gmail.com](mailto:brendadimond8@gmail.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](mailto:reservations@ballardjamhouse.com) or call 206-789-1621. Tickets, \$15, sold at the door. Seating is limited to 40.
- 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](mailto: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](mailto:sonmichael.kwb@gmail.com).
- May 25-29** 2024 Rotary International Convention, Singapore. Info and registration: [Convention \(rotary.org\)](https://www.rotary.org/en/convention).
- Sept 11-14** Rotary Zone Institute (Zones 26 and 27) in Spokane. Registration info to come.

## Donate to The Rotary Foundation

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](mailto: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  
Lives*

## 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](mailto: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](mailto: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](mailto: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](mailto:dugfrick70@gmail.com)