



University District Rotary Club Bulletin

Wednesday, April 21, 2021



PH: (206) 542-7070

PO Box 31125, Seattle, WA 98103

Brenda Dimond, President

Meeting Location

Join Zoom Meeting:

[https://us02web.zoom.us/j/87528482798?](https://us02web.zoom.us/j/87528482798?pwd=MINva2dodXZJM2NNZjZsbWhjYzNiZz09)
[pwd=MINva2dodXZJM2N](https://us02web.zoom.us/j/87528482798?pwd=MINva2dodXZJM2NNZjZsbWhjYzNiZz09)
[NZjZsbWhjYzNiZz09](https://us02web.zoom.us/j/87528482798?pwd=MINva2dodXZJM2NNZjZsbWhjYzNiZz09)

When: Fridays, log in 11:50

Business: 12:00-12:20 pm

Program: 12:20-12:50 pm

Wrap-up: 12:50-1:00 pm

Future Programs

April 30

Alex Karlin: Outlook for the Current Supreme Court Session

May 7

Dow Constantine: Status of King County—COVID, social justice, homelessness, etc.

May 14

Tony Ives: Rotaract Youth Services/Lessons Learned from Honduras

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 April 23

Julie Fox

Protecting Health in a Wildfire Smoke Response



Julie is an Air Quality Epidemiologist with the Office of Environmental Public Health Sciences within the Washington State Department of Health. She obtained a Master's and Doctoral Degrees from Johns Hopkins School of Public Health and was a Postdoctoral fellow in the Department of Environmental and Public Health Sciences at the University of Washington. At the Department of Health, Julie investigates impacts and provides health recommendations for outdoor air pollutants, which have increased centered around wildfire smoke.

Minority Owned Business Initiative (by Jeff Werthan)

Our Minority Owned Business Initiative (MOBI) will focus this week on Peaceful Training, 947 NE Boat St., Seattle, WA 98105 in the University District. Peaceful Training emphasizes "Outer Fitness, Inner Peace." They specialize in combining strength training with mindfulness and meditation, and with that approach, their mission is to create a sustainable fitness model that considers the whole person and not just the physical body. Mindfulness is integrated through the physical being, the nutritional being and the mental being.



The owner, Coach Kal (Kalpanatit Javon Broderick) has a background as a mid-distance runner and competed professionally until 2010 when he founded Peaceful Training. He wanted to pass his knowledge and experience on to others. Kal had a significant interest and ability in athletics from a very young age. Additionally, at the age of four, he began learning the art of Mindfulness and Transcendental Meditation. As he became older, he was inspired to combine the meditative discipline and athletic endeavors. That was really the inspiration for Peaceful Training.



Invitation to Join Rotarian Ad Hoc Social Justice Group *(by Jeff Werthan)*

Every Saturday morning, a group of Rotarians from several different clubs meets virtually to listen to a speaker and ask questions pertaining to various social justice issues. Our group has created a safe space, that allows everyone to speak his/her mind in a non-threatening environment. "Non-threatening" does not always mean comfortable and does often mean challenging. It's an opportunity to listen, learn, comment and play the devils advocate.



Our group is based upon a similar group in Portland, OR, that Sala Sweet has been attending every Saturday. Sala brought Portland to my attention, and I started attending as well. Their large group (usually 35-50 attendees) has been meeting for awhile and they have branched out to work with many Portland area based organizations. They have also broken down their Saturday group into several smaller groups that are able to concentrate on different aspects of social justice.

With Sala in the lead, we started a similar group here in Seattle. Since our first meeting last November 7, 2020, our speakers have included a combination of educators, state representatives and other elected officials, community spokespersons/organizations, corporate spokespersons, and police and police reform advocates. On April 24 we'll host a representative of the Urban League of Metropolitan Seattle.

For a lively way to start your Saturday, visit us from 9:00-10:00. If you would like the link, please let me know (jmwdog@gmail.com or 425-802-1028). I can also include you on the Portland link if you would like.

New Member Application Approved by Club Board



On Monday of this week, the Club Board approved the application for membership of Gerald Macheso. Gerald's sponsor is Adrian John.

Originally from Malawi, Gerald came to Seattle in 1998. He graduated from Blanchet High School, and has worked for 12 years at the UW, where he is currently the Administrator for the Department of Pediatric Dentistry. His professional responsibilities include financial management and human resources activities for faculty. He and Adrian became friends while at Seattle University, where Gerald earned his B.A. in Public Affairs and a Master's degree in Public Administration.

Gerald is the director and founder of the Malawi Education Foundation. In this capacity, our International Service Committee has worked with him to implement several educational projects in Malawi. His special interests are education and computers/technology in developing countries, especially in Africa.

In his spare time, Gerald likes playing and watching basketball, soccer, travelling and trying new food and restaurants. Besides English, he is fluent in the Chichewa language.

Gerald's business email is macheso@uw.edu and his personal email is machesog@gmail.com. His business phone is 206-543-6049 and his cell phone is 206-949-6218. He lives in Lake Forest Park with his wife and two children.



U District Rotarians Participate in Duwamish Cleanup *(by Dave Spicer and Brenda Dimond)*



A picture perfect day with Rotarians and friends pitching in to "Make a Difference on the Duwamish!"

Rotarians participated in a special event sponsored by the Environmental Sustainability Committee to spend Saturday, April 17, cleaning up the Duwamish River. We had club members in kayaks on the Duwamish River as well as along the riverbanks of the Duwamish. Those in kayaks cleaned up debris on the water and those on the ground removed invasive species and planted some indigenous plants.

BJ Bullert, a local filmmaker, joined us and documented our efforts. We will be showing a short 3-minute video in the near future highlighting our work.

We got a lot of wonderful work done helping to clean up the environment and worked with the Duwamish River Cleanup Coalition and Carmen Martinez, who coordinated the work. It was a magnificent day to be out with temps in the mid 70s and all attendees thought this was a very worthwhile experience. People loved being able to work outside together after our long Covid year of challenges.



Bill takes a break



Ellen Ferguson, Debra Gumbardo, and Marti and Dave Spicer—Ready to launch the kayaks!

Folks attending included Rick Jones, Sheila Hosner, Jeff Werthan, Jeff Johnson, Bill Herkes, Ellen Ferguson, Deb Gumbardo, Susan Sola, Judy Lovelace, Dave and Marti Spicer, Marilee Fuller and her granddaughter Stella, and President Brenda Dimond.

Brenda noted: "Today Rotarians from our Club made a difference for the Earth Day Cleanup of the Duwamish River! Did you know the Duwamish is Seattle's only river? And the members of the Duwamish Nation are the prevalent Native Americans of this area?"

ROTARY DISTRICT 5030



FESTIVAL OF TRAINING

Workshops are held the entire month of May. Open to all Rotarians! Click on the title for a description and to register.

		TUESDAY	WEDNESDAY	THURSDAY
WEEK ONE		May 4 th 5:00-6:00 District 5030 Rotary COVID Response, Vaccine and Volunteers	May 5 th 5:00-6:00 Rotary Wants YOU!	May 6 th 5:00-6:00 Global Grants: Passion, Action, Traction for Sustainable Change
		May 4 th 6:30-7:30 Go Fast Alone, Go Far Together! (Membership)	May 5 th 6:30-7:30 The Rotary Foundation: Giving and Sustainable Impact	May 6 th 6:30-7:30 Rotary Supporting the Environment: Solutions and Hope
WEEK TWO	MONDAY	May 10 th 5:00-6:00 Strengthening Your Club with Outstanding Programs	May 11 th 5:00-6:00 What Club Secretaries Need to Know	May 12 th 5:00-6:00 District Grants: The Process and Training
		May 11 th 6:30-7:30 Our District's Peace Initiatives	May 12 th 6:30-7:30 Social Media: Nuts and Bolts for Club Promotion	May 13 th 6:30-7:30 How DaCdb Can Be Your Good Friend!
WEEK THREE		May 18 th 5:00-6:00 New Member Orientation and Social (All are welcome)	May 19 th 5:00-6:00 Vocational Service: Because it Works!	May 20 th 5:00-6:00 Advanced Social Media to Help Your Club's Public Image
		May 18 th 6:30-7:30 Rotary's DEI Initiatives: What Could Your Club Do?	May 19 th 6:30-7:30 Our Rising Stars, Interact and RYLA	May 20 th 6:30-7:30 Global Grant Writer's Workshop
WEEK FOUR		May 24 th 5:00-6:00 In-Person and Virtual? How to Make Hybrid Meetings Work	May 25 th 5:00-6:00 Rotary and Toastmasters, a Great Partnership	May 26 th 5:00-6:00 Leveraging Rotary's \$2M into \$6M to Fight Malaria
		May 25 th 6:30-7:30 The Debits and Credits of Club Treasurer	May 26 th 6:30-7:30 Youth Exchange and Youth Protection	May 27 th 6:30-7:30 Wrapping Up Rotary's Pandemic Year and Looking Ahead



Upcoming Club Activities

Sat. 9:00-10:00 am. Rotarian Ad Hoc Social Justice Group. For link, contact Jeff Werthen: jmwdog@gmail.com.

May 4-27 District 5030 Festival of Training. See courses and links in this bulletin.

May 10 and June 14: 12:00-1:00. Peacebuilder Committee meeting. Join Zoom Meeting:

<https://us02web.zoom.us/j/82611326233?pwd=Rkd4M292dnA2R2pCMmtOTkhDaXhldz09>

Meeting ID: 826 1132 6233 Passcode: 9sd3fn

One tap mobile: +12532158782,,82611326233#,,, *926552# US (Tacoma)

+16699006833,,82611326233#,,, *926552# US (San Jose)

Dial by your location: +1 253 215 8782 US (Tacoma) +1 669 900 6833 US (San Jose)

+1 346 248 7799 US (Houston) +1 929 436 2866 US (New York)

+1 312 626 6799 US (Chicago) +1 301 715 8592 US (Washington D.C.)

Meeting ID: 826 1132 6233 Passcode: 926552

Find your local number: <https://us02web.zoom.us/j/kc8GsuAQzL>

Jun 12-16 Virtual 2021 Rotary International Convention. Information: https://convention.rotary.org/en/?utm_source=twitter&utm_medium=orgsoc&utm_profile=johnhewko&utm_campaign=

Oct 1-3 Rotary District 5030 in-person conference, Coeur d'Alene, Idaho. Info/registration: [District 5030 Conference](#)

Race Matters to Rotary—Bystander Training Available *(by Jeff Werthan)*

Race does matter to Rotarians and that's why we stand against all forms of racial prejudice and hate. Beyond our shared outrage, we can be prepared to take action. If you are interested in something that you can do, please look into Bystander Training - several of us have already signed up.

<https://www.advancingjustice-chicago.org/what-we-do/bystander-intervention-trainings/>



April 25-June 17, 2021

Do it your way

5K, 10K or 54 miles

Register at

<https://allinforautism.org>

#doityourway

Brought to you by



UDRC: Contact Lisa Latchford (lisaf98102@gmail.com) if you would like to join her in this activity.

Virtual Boiling Pot Available for Club Members *(by Kirk Laughlin, Club Treasurer)*

U. District Rotary members - A reminder that a way to support our club during this difficult time — especially if you are enjoying the camaraderie of the weekly online meetings — is with a small token of your financial appreciation. The virtual "Boiling Pot" link is: <http://bit.ly/UDRCboil>.



You can choose an amount of \$5.00 to \$25.00 (there is a \$5.00 minimum since this is a credit card transaction). And you can do so during the meeting or anytime! Thank you for your support.