



# University District Rotary Club Bulletin

Wednesday, May 10, 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/88235453974>

When: Fridays

Lunch: 12:00-12:30 pm

Business: 12:30-1:00 pm

Program: 1:00-1:30 pm

**VISITORS ARE WELCOME**

## Future Programs

### May 19

Scholarship Luncheon

### May 26

No meeting: Memorial  
Day weekend

### June 2

Speaker on Mariners

### June 9

Speaker on 520 Bridge

## 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 May 12

### Pam Mushen, University Sunrise Rotary Club

#### Rotaract Youth Services



I grew up in Lebanon, Oregon, but moved to Bellevue when I was in high school. I attended the University of Washington for two years and then transferred to Princeton University in 1969, as a junior, in the first year of co-education. I graduated from Princeton University with a major in the Princeton School of Public and International Affairs. I worked in the Admissions Office for one year and then attended University of Chicago Law School. I came back to Seattle and was hired by a middle size firm (no longer in existence) as its first woman attorney. I became partner and then later started my own firm with an emphasis on family law.

I went back to school to get my Certificate in Teaching and then substitute taught for several years. During this time period, I had a serious bout with breast cancer and had an experimental stem cell transplant. When I recovered, I was hired by Chief Sealth High School as a Social Studies teacher. After several years I was chosen as Department Head and I retired from that position and my teaching position in June of 2014.

My husband David has been a member of University Sunrise Rotary for 30 years. I was involved in social events and several fund-raising events while I was working. When I retired, I joined the club where David and our son Jeffrey were members. I was drawn to Rotary because of its commitment to service. I wanted to keep helping young people and I thought this was one way I could do that. My major position in the club, other than president last year, was with the University of Washington Rotaract Club as their advisor.

## District 5030 Festival of Learning (by Wendy Fischer, District Trainer)



The entire month of May is dedicated to Rotary learning! Open to all Rotarians, with some classes targeted

to specific Rotary roles. Learn about club flexibility, how your club can use social media, how our district is taking on malaria, and how we are helping bees. If you are new to Rotary there is a session for you, and if you are taking on a specific club role there is a session to assist you. Every Tuesday, Wednesday and Thursday, at either 5:00pm or 6:30pm via Zoom. All sessions are 45-60 minutes. Click on the session title for more information and to register: [FOL 2023 Full Schedule.pdf](#)



# Rotary



## Club of the University District, Seattle

### BENEFIT FUNDRAISER & DINNER

Wednesday, May 17th, 2023 | 5 to 8 PM

Seattle Yacht Club, Seattle, Washington

#### HONORING



ROSEMARY BARKER ARAGON



UNIVERSITY HEIGHTS CENTER

### Registration Opens March 17, 2023

New  
for  
2023!

This year, our major fundraiser will be a dinner event with Happy Hour from 5 to 6 PM and Dinner and Auction from 6 to 8 PM. Tickets will be \$130 each and a table will be \$1,000. The Dessert Dash is back and members are encouraged to start training now for this Olympic style event. We will have Heads or Tails and lots of other fun activities. Plan to attend!



# TICKETS ON SALE

**Buy a Table!**  
**Buy a Ticket!**



Scan this QR  
code with the  
camera on your  
smartphone to  
go to the  
fundraiser site.

**REGISTER NOW AND DONATE!**

<https://fundraiser.support/udrc2023fundraiser>







**ROTARY MISSION**  
**The 31<sup>st</sup> HumaniTour Viet Nam**  
**October 31 – November 11, 2023**



A combination of humanitarianism and tourism, the 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 ...**

- Rotary Mission to Viet Nam: 30 missions over the last 22 years. Last mission was in November 2019. Mission scheduled for April 2020 was cancelled due to the pandemic.
- Rotary ended its presence in Viet Nam in April 1975, the end of the war. Rotary officially returned to Viet Nam in June 2021.
- Kids Without Borders: an all-volunteer international non-governmental organization based in Sammamish, WA.
- The 31st mission: 10 days in Viet Nam with stops in Hanoi, Hai Phong, Ha Long, Danang, Hoi An and Saigon.
- Opportunities: experience first hand the beauty of the country and people of VN, and the differences made by Rotary and Rotarians. We'll connect with a team of Rotarians from districts in New York.

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)

**UDRC Rotarian Birthdays** (by Judy Lovelace)

Kathy Warnaca	May 1
Jennifer Younger	May 2
Sally Porter Smith	May 8
Ed Sider	May 10
Carol Butler	May 16
Dale Hicklin	May 17
Kirk Laughlin	May 20



**2023 Community Grant Funds from District 5030 Are Still Available**

Matches of 2:1 up to \$1,000 are available from the District. Our club's Service Fund has up to \$1,000 to contribute.

The grant application can be found at [2023 Community Grants \(5030grants.com\)](https://2023communitygrants.org). The club needs to route its application to its Assistant Governor (Tom Ranken, [tom@thomasranken.com](mailto:tom@thomasranken.com)) for approval. Projects must be completed by June 30, 2023.

**May 14: Fundraiser On-Line Auction Goes Live**

Have you had a chance to check out offerings on our auction site? Find it at: [2023 UDRC Fundraiser \(auctria.com\)](https://2023udrcfundraiser.auctria.com). On-line bidding starts May 14. Some items to bid on:



*Snow Lake Hike*



*Skagit Valley Eagle Tour*



*An Evening of Jazz with Lisa Fox Group*



## UROCK Foodies May Event

I scream!

You scream!

We all scream

for--*Paella?*

The theme for our May party will be the cuisines of Spain and Portugal. Si (or Sim), there are dishes beyond that paella and flan.

**Our May event is being hosted by**

**Russ Amick and Betsy Amick**

**Saturday May 20<sup>th</sup> at 6:00 PM.**

**As usual, please email me ([pdaywms@gmail.com](mailto:pdaywms@gmail.com)) as soon as possible to make your reservation. This allows us to balance out the meal and to give our hosts an opportunity to prepare.**

Need a few resources? Here you go:

<https://www.foodandwine.com/appetizers/tapas/tapas-recipes#:~:text=Popular%20throughout%20Spain%2C%20tapas%20are,are%20our%20best%20tapas%20recipes.>

<https://insanelygoodrecipes.com/spanish-appetizers/>

<https://www.thespruceeats.com/spain-portugal-main-dishes-4162561>

<https://www.thespruceeats.com/spain-portugal-side-dishes-4162560>

<https://insanelygoodrecipes.com/spanish-appetizers/>

<https://insanelygoodrecipes.com/portuguese-desserts/>

**Also, we are looking for volunteers to host our future 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. For those living in condos, your social rooms are perfect! So, please give it some thought.**

**Buen Provecho or Desfrute de sua refeição...or just plain ole Bon Appétit!**





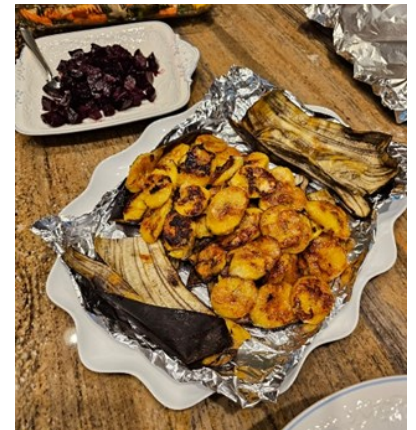
## Celebrating a Guatemalan Dinner from Last Year's Fundraiser *(by Jeff Werthan)*

Be part of the fun this year—you'll have a chance to bid on this and other dinners.



On Saturday, May 6, Rotarians and family members enjoyed a Guatemalan dinner at Rosemary and Luis Aragon's home. Judy Lovelace was the winning bidder on this auction item at last year's fundraiser. UDRC Rotarians who attended, besides Judy and Rosemary, included Lisa Edwards and Jeff Werthan.

Rosemary, Jeff and Lisa were the team that donated this dinner for 8 as



a live auction item. The menu included pollo jocon (chicken), black beans, hilachas (beef), rice, tomato/avocado salad, other sides and desserts.

# SAVE THE DATE

## Saturday, June 3, 2023 10 AM to 3 PM

### University District Rotary Club Strategic Planning Retreat

Verdant Health Commission  
4710 196th Street SW  
Lynnwood, WA 98036

Complimentary lunch provided





## Mission

*Saving lives through research, innovation, education, and excellence in blood, medical, and laboratory services in partnership with our community.*

*Rotary District 5030 supports the work of Bloodworks Northwest as an official District Project and encourages all Rotarians to donate to this life saving work.*



**Cathy Gibson**  
**Rotarian**





## How Rotarians Can Donate Blood and Enjoy Good Food *(submitted by Kathy Warnaca)*



### Get A Taste For Saving Lives

When you donate blood through July 31st, you'll be supporting local small businesses and the diverse people behind them. Donate blood at a [Bloodworks Northwest blood drive](#) or [donor center](#) this summer and you'll receive a \$5 voucher good at more than 20 [Intentionalist](#)-curated restaurants owned by women, people of color, veterans, LGBTQ, families, and disabled people. [Join our Savor Life. Save a Life.](#) campaign team and [schedule your appointment today!](#)

To donate, click here: [Donor Portal \(bloodworksnw.org\)](https://bloodworksnw.org/donor-portal)







## UDRC Donation to Alyssa Burnett Adult Life Center *(by Bill Kauppila)*



On May 1st President Jeff, along with Bill Kauppila and Debra Gumbardo, went to the Alyssa Burnett Adult Life Center to view the additions that the center had purchased with the funds provided by our Rotary club. The additions included a gazebo, planter boxes, plants, bench, tables and chairs. The center is part of Children's Hospital and proves classes for people who have autism. The Center was grateful to be able to expand their programs with this gift from our Rotary club.



## 2023-2024 Community Service Grant Applications Now Available *(by Carol Butler, CSC Chair)*

The revised 2023-2024 CSC application for funding is now available on DACdb, My Club, Club Files/ Public. Here are a few things to note:

- New application date October 15th which is one month sooner than for 2022-2023
- All applications must be submitted electronically to my new email: [Peabody087@gmail.com](mailto:Peabody087@gmail.com)
- Required attachments need to be bundled together in ONE document (Proposal, Budget, IRS 990, Certification letter, etc.)
- Any other documents can also be submitted in a second single document (photos, design drawings, etc.)

Let's work together to get some outstanding applications from non-profits so we can continue to make a difference!



*2022-2023 CSC project:  
Elizabeth Gregory Home renovation to better  
serve homeless women*



## New U District Rotary Club Members To Be Inducted May 12

**Seth Barribeau** describes his personal and professional background as:

"Having grown up moving between South Africa, the US, and New Zealand I have always viewed myself as a global citizen. I was fortunate to have been a Rotary Exchange Student to Jakarta Indonesia in 1996-97, and this was a defining experience that further cemented my desire to explore. I went on to study zoology and psychology through graduate school in New Zealand and conducted postdoctoral research at Kyoto University (Japan), Emory University (USA), The ETH Zurich (Switzerland), and The Wissenschafts College Berlin (Germany) before taking faculty positions--first at East Carolina University (University of North Carolina) and then the University of Liverpool (UK). After a move to Seattle for my partner's job in 2021 I have pivoted to working at a biotech startup (Ozette Technologies) where I work as the principal data scientist. There we are building a platform to interrogate immunological data at speed and scale to provide rapid insights into the immune system."



Seth is a graduate of the University of Canterbury, Christchurch, New Zealand, with a B.Sc. Degree in Psychology and Zoology, and a Ph.D. in Zoology. He is a subject editor for *Functional Ecology*, and the *Journal of Insect Science*, as well as an expert reviewer for scientific journals and national and international granting organizations (NSF [USA], BBSRC [UK], NERC [UK], SNSF [CH]). He says his special interests are global health and evolutionary biology. His hobbies are music, photography and travel. In addition to English, he speaks Indonesian, German and Japanese (poorly, by his own admission). He lives in the Phinney Ridge neighborhood of Seattle. His email is Seth.Barribeau@gmail.com and his cell phone is 206-437-5210.



**Angelina Jimenez (Angie)** is the President and Director of Nursing Services of Day by Day Nursing Services. Her sponsor is Paula Williams.

Angie was born and raised in the Phillippines, where she practiced medicine as a Fellow of Obstetrics and Gynecology. In 2001 she migrated to Seattle, and in 2010 she became a registered nurse. In addition to operating her home care/home health agency, she works at Providence Hospice of Seattle.

Angie earned a B.S. degree in biology from the University of the Phillippines, a Doctor of Medicine degree from Gullas College of Medicine, and an Associate of Nursing degree from Shoreline Community College.

She describes her special interests as healthcare and sports. She enjoys tennis, basketball and swimming. In addition to English, she speaks Tagalog.

She lives in the Magnolia neighborhood of Seattle. Her email is gejim22@yahoo.com and her cell phone is 206-778-4857.

## WE NEED CLIPBOARDS FOR THE FUNDRAISER (by Jeff Werthan)

If you have any clipboards lying around your house, please bring them to the club meeting this Friday, April 28. The more we get from you, the less we have to purchase. That means more money for projects. I promise you'll get them back.







## Upcoming Club Activities and Deadlines

**May 9-11** Second week of District 5030 Festival of Learning (see page 1 for link).

**May 10** 4:30 pm. Join UHeights, 5031 University Way NE, for elevator celebration, to which our club contributed.

Click: [Celebrate University Heights Center Reaching New Heights! Tickets, Wed, May 10, 2023 at 4:30 PM | Eventbrite](#)

**May 12** Induction of two new club members: Seth Barribeau and Angelina Jimenez.

**May 14** Fundraiser: On-line auction opens. Check out available offerings at [2023 UDRC Fundraiser \(auctria.com\)](#).

**May 16** 5:00-7:00 pm. UDRC Happy Hour at Ivar's Salmon House, 401 NE Northlake Way, Seattle.

**May 17** UDRC Benefit Fundraiser and Dinner, Seattle Yacht Club. 5:00-6:00 Happy Hour. 6:00-8:00 dinner and auction. Donate by scanning QR code on page 3 or go to [2023 UDRC Fundraiser \(auctria.com\)](#).

**May 19** 9:00-10:00 am. Membership Committee meeting on Zoom. Contact Lisa Latchford, [lisa@foxassociatesllc.com](mailto:lisa@foxassociatesllc.com).

**May 20** 6:00 pm. Foodies May event, hosted by Russ and Betsy Amick. Theme: Spanish/Portuguese cuisine. Please RSVP to Paula Williams at [pdaywms@gmail.com](mailto:pdaywms@gmail.com), including how many will attend and the dish you will bring.

**June 3** 10:00-3:00. UDRC Strategic Planning Retreat at Verdant Health Commission, 4710 196th St. SW, Lynnwood.

## Make Your Rotary Foundation Donation Before Mid-June

Donate at: <https://www.rotary.org/en/donate>. You can make a one-time donation or you can try Direct Giving. Direct Giving is when you allow the Foundation to debit your credit card (monthly, quarterly, or annually) at a set dollar amount.



## Rotarians Invited to Join Membership Committee *(by Lisa Latchford, Chair)*



The membership committee is passionate about all things membership. Including recruitment, retention, family of Rotary, special

events and overall member engagement.

Come join us. We meet monthly for one hour on zoom.

## Advance Planning *(by Jeff Werthan)*

Please note the following calendar for our club meetings. There will be **no meetings** on the following days:

May 26: Memorial Day weekend  
June 16: Juneteenth  
July 7: Fourth of July weekend

## U District Street Fair May 20 and 21 is Fully Staffed! *(by Rick Jones)*

Hey Rotarians,

Great work signing up to volunteer for this year's U District Street Fair welcome booth. Doug Frick took



the last open spot today (thanks Doug!) and we are fully staffed both days.

I have bright yellow "Rotarian at Work" vests for those working the booth and I will bring them to lunch this Friday the 12<sup>th</sup>. Be sure to get yours!

Thanks for the great support UDRC!

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.