



University District Rotary Club Bulletin

Wednesday, May 17, 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 26

No meeting: Memorial
Day weekend

June 2

Speaker on Mariners

June 9

Nat Henry: 15-Minute City

June 16

No meeting: Juneteenth
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 May 19 (Meeting in Ward Room)

Scholarship Award Luncheon



Tony Ives

Scholarship Committee co-chairs
Tony Ives and Linda Fukuda will
announce this year's recipients of
our club's scholarships.

In the past, all of our scholarships
went to High School Seniors. But
four years ago, we formed a
partnership with the University
of Washington, and started
granting half of our \$30,000



Linda Fukuda

budget to University of Washington Certificate Program students. The other half
is granted to High School Seniors and Community College students.

To see details of the Rotary scholarships available for students at the UW
Continuum College, click here: [Rotary Scholarship - UW Professional & Continuing Education - UW Professional & Continuing Education](#)

All UDRC Rotarians Invited to Strategic Planning June 3 (by Jeff Werthan)

Lisa Edwards and I hope to see you at our June 3rd Strategic Planning Event. This is
your opportunity to help us plan the future direction of our club. The Event is from
10am to 3pm - we need to
know if you are planning on
attending so that we can order
the correct number of lunches.

If you haven't done so already,
please let either Lisa or me
know by May 26th if you are
going to attend.

For those of you who don't
want to drive to Lynnwood,
carpools are available. Please
let me know by May 26th if
you need a ride or if you can
drive. This is really important, so I hope to see you there.



June 2019 strategic planning, led by Lisa Latchford



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

2023-2024 Community Service Grant

Applications Now Available *(by Carol Butler)*

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
- 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!

Rotarian from India Visits Our Club



Mona and Jeff exchange club flags

Dr. Mona Shah, member of the Rotary Club of Bombay Juhu Beach and District Secretary of District 3141, Mumbai, visited our club on May 12.

She has been a Rotarian since 2004 and is past president of her club.

Dr. Shah is a leading occupational therapist and psychologist. She is the Director of the Anshu Child

Development and Physiotherapy Centre at Vile Parle, Mumbai.



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 20th at 6:00 PM.

As usual, please email me (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!



New Member Angelina Jimenez Inducted into Club May 12 (by Rosemary Aragon)



President Jeff Werthan inducts Angelina (center), with Kay Rodriguez, who introduced her to the club

Today, we are inducting Angelina Jimenez into U Rotary. Her sponsor Paula Williams is not with us today (*She got a new knee yesterday*).

She is an RN and an Advanced Certified Hospice and Palliative Nurse (CHPN)

She told me: "It always feels good to help patients and their family in need and provide comfort. And just being present with them through their suffering almost always helps bring closure to the families during the patients' passing. It is a privilege as a hospice nurse to be there for the patients and their families during those times."



Sponsor Paula Williams

Angelina was born in Manila. She is a Philippines trained physician and Fellow in Obstetrics and Gynecology. She

worked at the General Armed Forces Hospital and served as a training medical officer. Holding the rank of Captain, she worked closely with the medical residents to ensure they received the training and education they needed to be successful Obstetricians and Gynecologists.

She immigrated to the US in 2010 with her two children sponsored by her mother.

Helping people has always been her passion so she decided to pursue a nursing credential in the US.

After getting her RN license, she worked for Crista Nursing and Rehab Center while also working as a supervisor for several adult homes in the Magnolia neighborhood.

In 2013, Angelina became a hospice nurse for Providence Hospice of Seattle.

Her dream was to create **Day by Day Nursing Services**. In this business, she utilizes her years of experience as a clinician and a nurse caregiver to provide safe, individualized, and comprehensive geriatric care with a team of trained and licensed caregivers. Day by Day's mission is to provide compassionate, professional and affordable health care in their homes. She started the company in 2020.

A quick reminder: Hospice is comfort care without aggressive or curative treatment. Usually, patients have cancer or serious illness with 6 months or less life expectancy. Palliative care is also comfort care but patients are often receiving curative treatment.

Angelina has a son and daughter. Angelo lives and works here in Seattle. Alexis is based in New York. In Seattle, she is surrounded by her mom, her brother and sister and their respective families. She is married to John Rosenberg, who she met when his dad was a resident of an adult family home she was managing.

Angelina joins many University Rotarians (and Americans) who brought their culture, expertise, and passions to the US from other countries.

You know I ask all our new members to tell me something about them that we wouldn't think of asking them about. Wow, Angelina makes delicious flan, scones and fruit tarts. *Oh, this is so impressive to those of us who have had many unsuccessful flan episodes.*

My fellow Rotarians, please welcome our newest member, Angelina Jimenez.



New Member Seth Barribeau Inducted into Club May 12 *(by Rosemary Aragon)*



(left to right) Brenda Dimond, who introduced Seth, his sponsor Rick Jones, Seth, and President Jeff Werthan, who inducted him

Our second new member today is Seth Barribeau. With him is his sponsor, Rick Jones.

For Seth, joining University Rotary is “coming back” to the Rotary family, after having been a high school exchange student in Jakarta, Indonesia. One comes back with an appreciation for the universal aspects of family life as well as the distinct, exciting elements of different cultures. A good dose of self confidence happens too.

He sees Rotary as an avenue to connect with the local community, and to contribute where his ability is needed and welcome. He has worked with a number of us on the Tiny Home build, Duwamish pruning/tree planting, and the recent International Committee Grant application review.

Seth was born in Ithaca, New York. When his parents finished grad school, they moved the family to South Africa to manage an avocado farm. In 1990 the family moved to Newport, Oregon, when the situation in South Africa became volatile. The family then immigrated to New Zealand.

He studied at the 150-year-old University of Canterbury, Christchurch, New Zealand, achieving a Ph.D. in zoology. He focused on understanding infection and immunity in natural systems. Those systems ranged from frogs, to ants, bees, mosquitoes, and humans. Some of his primary research was involved in understanding why some individuals/creatures get infected and others don't.

He pursued further academic studies after leaving New Zealand:

- Research at ethology lab, Kyoto University.
- A post doc at Emory University, working on insects and genomics.
- A post doc at ETH in Zurich to study the mechanisms that produce immune specificity and memory in bumblebees.
- A Fellowship with the Wissenschaft College zu Berlin, where he studied how sociality alters the evolution of the immune system.
- Teaching and research in ecology and evolution of infectious diseases at the East Carolina University/University of North Carolina.
- Lecturer in ecological immunology at the University of Liverpool, UK.

It was in Liverpool that he met his wife, Nicole. She is an epidemiologist and has been working on maternal health and HIV in East Africa. She is now a program officer at the Bill & Melinda Gates Foundation. This is what brought them to Seattle.

In Seattle, Seth pivoted to biotech. Seattle is among the top eight cities for biotech. Once here, he joined a dynamic startup that spun out of Fred Hutch called **Ozette Technologies**. Ozette has built a platform that solves two real problems for immunological data: **speed and scale**. In the bulletin, he explained that this platform interrogates immunological data at speed and scale to provide rapid insights in the immune system. The data they work with is extraordinarily complex and challenging, and there is a lot of it. Their analytical platform can streamline immunological data analysis, ensure repeatability, and further characterize the entire community of cells in a patient's sample. This allows faster turnaround to actionable analyses and entirely novel insights as so much more data is available to the researchers. Such data would profile clinical trials to see whether a new vaccine is working and why it's working.

Something people wouldn't think to talk to him about: Radio trapping PIT VIPERS in Japan.

On a lighter note, he says he knows next to nothing about SAILING, but is keen to remedy that.



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)





Upcoming Club Activities and Deadlines

May 19 9:00-10:00 am. Membership Committee meeting on Zoom. Contact Lisa Latchford, 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 pdawms@gmail.com, including how many will attend and the dish you will bring.

May 20-21 University District Street Fair. Say hello to our Rotarian volunteers and enjoy the fair.

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

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 MISSION

The 31st 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

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

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.

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.