



University District Rotary Club Bulletin

Wednesday, September 4, 2024



PH: (206) 542-7070

PO Box 31125, Seattle, WA 98103

Linda Fukuda, 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

Sept 13

Wen Chen: Combatting
Organ Trafficking

Sept 20

Patricia Chapman: D5030
Peacebuilder Initiatives

Sept. 27

Loni Syltebo: Convention
Center

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 September 6

Stephen Thielke, MD
UW Center for Behavioral Health



Stephen Thielke, MD, MS, MA is a geriatric psychiatrist and Professor of Psychiatry and Behavioral Sciences at the University of Washington. A native of Seattle, he studied Classics as an undergraduate and in graduate school, and then transitioned to medical school. He has conducted research about medication safety, dementia, pain, technologies in health care, and how to improve the delivery of mental health care for older adults. He is an attending psychiatrist at the University of Washington Center for Behavioral Health and Learning.

President-Elect Paula Day Williams Requests FUNraising Participation

Hi All,

This year, we're going about making our money—the money with which we do good in our world community—a little differently. Instead of having members run themselves into the ground working on one big project, we're taking small bites. The idea is for you to have as much fun creating/working our events as our guests have.

I'd be so honored to have all of you join me.

May I count on you?

PaulaDW

Paula the break dancer





Inviting Friends and Family to Participate

Do you know someone who might be interested in buying a raffle ticket for our Mexican Bracelet Raffle? If so, it is easy to share the link from either our University District Rotary webpage or our Facebook page . The Share button is on the bottom of the story or posting.

University District Rotary Website (<https://www.udrotary.org/>)

Only 100 tickets will be sold.

A generous donation creates a special opportunity to own or give a unique bracelet

Enter for a Chance to Win

One of a kind, 14-karat gold bracelet

University District
Rotary

A gift from our Mexican Rotary partners, Jesús Hernández and Juana Aguilar
Learn more:
<https://auctria.events/UDRC2024Raffle>

Please visit <https://auctria.events/UDRC2024Raffle> to learn more and purchase your ticket.

Share

Or share from our Facebook Page:

(<https://www.facebook.com/UDistrictSeattleRotary>)

Questions? Please ask Sally, sallypor789@gmail.com



Rotarians Ride the Rail *(by Dale Hicklin)*



Four members of our Rotary took their first light rail trip from the U District to the new Lynnwood station. Making the trip were Marilee Fuller, Sabah Al Haddad, Jim Rechten and Dale Hicklin. Really fun day!

UDRC Grant of New Refrigerator to Y *(by Rick Jones)*

Last week the University Family YMCA received a brand-new GE side-by-side refrigerator. Increasingly, the Y is providing food items and meals to food insecure neighbors. The addition of this fridge doubles their capacity as demand continues to grow.

Funds were provided by the Service Fund via the Community Service grant process.

Come join us for the **monthly 3rd SUNDAY GRAB n GO meal prep on September 15th** and you can have an *in-person and hands-on experience* directly with this new fridge!



Foodies Eat Nordic



On Saturday, August 24, URoCk Foodies gathered at Marilee Fuller's home to try Nordic cuisine.

Contributions included three different salmon dishes, Nordic salad, Finnish pea soup, specialty Nordic drinks, and Swedish cookies.

Those enjoying the experience,



not only of the food and good company, but also the view from Marilee's building deck, included Paula Day Williams, Linda Harris, Vicki Robbins and her husband Rocky, Sala Sweet, Linda Fukuda, Paula Laschober and, of course, Marilee.

The theme for the next foodie gathering is "Korean."





Sam Frigo Inducted August 23 as New Rotarian *(by Rosemary Aragon)*



Sam Frigo (center) with sponsor Ling Chinn (left) and Rosemary Aragon

Today we are inducting Sam Frigo.

He got to know his sponsor Ling Chinn through TKElevator, where he is her Account Manager and helped her with a modernization at one of her properties in the International District.

Sam was born and raised in St. Louis, Missouri. His senior year he graduated from River Falls, Wisconsin. His Mom and dad still live in St. Louis. His older brother resides in Fisco, Texas.

Sam attended Augsburg University in 2007-08. Augsburg University is a private university in Minneapolis, Minnesota. It is affiliated with the Evangelical Lutheran Church in America. He then went to a junior college the next year, as he was figuring out what he wanted to do

professionally. He started working one summer in Collections and did not return to graduate.

He worked for Interstate auto group DBA CarHop - which did subprime in-house lending to credit and income challenged customers. He started in collections - spending 8+ years in leadership running a collections team. He was then recruited to the position of sales district manager. CarHop brought him to Seattle to run the district on the finance side. After one year as Collections Manager, he was recruited to the sales side.

In 2023, he moved into a new industry. He is a Senior Account Manager at TKElevator, managing a portfolio of properties (elevators). This involves handling service contracts and repair sales, along with some modernization. Established in 2013 TK Elevator installs, maintains and modernizes elevators and escalators. It is a worldwide company.

You might have noticed in his bulletin bio that Sam is a competitive bicycle racer. His first major out of town race was in St. Louis. It was an omnium (three race series) time trial and two crits (Criterium races). A crit takes place on a closed 0.6-1 mile course and races last 60-90 minutes. Typically, 100-150 riders participate. The race is characterized by speed, intensity, and excitement. The winner is the first rider to cross the finish line without being lapped. Sam won both crits in front of his mom and won the Omnium to upgrade to a Cat 3 at the time. There are 5 categories of racing: Categories (CAT) 1-5. Racers start as a 5, then through results and points move up the categories.

In Seattle, a friend invited Sam to do the STP (Seattle to Portland) with him in 2018. From there his passion grew for cycling and competitive amateur racing. Sam races as Category 1 (Cat 1)--the highest racing category in USA Cycling.

I asked: What bikes do you race? Sam currently owns 5 bikes--3 road and 2 track bicycles. Specialized, Cannondale, Focus and Dolan.

I'm sure this is something our avid U Rotary cyclists will want to talk about with Sam.



Rotarians at Ronald McDonald House (by Son Michael Pham)



On Wednesday, August 28, our club members (with some family members and friends) spent three hours preparing and packing 150 dinners for families staying at the Ronald McDonald House. Our Chefs did a good job in the kitchen as confirmed by the note below.

This is our club's oldest ongoing hands on project, made possible from funds we raise each year at our Annual Benefit Event.

Our next volunteer opportunity at the House will be in November 2024.

Subject: Thank you, Rotarians!

Hello Son Michael, along with Judy, Dave, Marilee, Ollie, Ling, and Angie,

Thanks to you all for a marvelous and hard-working afternoon of cooking for Ronald McDonald House families. Your meal of KFC-style bowls with those amazing mashed potatoes is a top favorite crowd pleaser here. Not surprisingly, all but a few side dishes were gone within a few hours of your departure. What a feast!

When our community so generously gives of their



time, energy, and resources to treat RMHC residents like family, everybody wins. Thank you for doing this yesterday, and for so many, many years of consistent and generous support. You make a difference here.

With warm thanks from all of us at the House,

Marla

Meal Program & Activities Manager | Ronald McDonald House Charities of W.WA & Alaska
We offer the comforts of home and support services to families of seriously ill children near the medical care they need.



Plan to support UDRC and Husky Football. For free! *(by Rick Jones)*



Every year UDRC members support Husky Football and our club by serving as ushers at home games. When the season ends, the Husky organization writes a check to the club for the hours invested by club members. This income is a significant part of our yearly fundraising, and flows directly through to our service projects and scholarship support.

It is a great way to spend a Saturday! Excellent people watching, helping guests where help is needed, prime viewing position and a VERY FUN group of UDRC folks! Sign up with Dale Hicklin or Son Michael Pham.

Upcoming dates for home game are 9/7, 9/21, 10/5, 11/2, 11/15. We need your help staffing them.



"Huskies Bite Wildcats" in First Game of Season *(by Dale Hicklin)*

Four of our Rotarians ushered the game—Asha Iovin, Son Michael Pham, Rick Jones and Dale Hicklin. Next game is this coming Saturday, September 7, at 12:30 pm against Eastern Michigan!

International Service Committee—Senegal Project Progress Report

In the 2022-23 Rotary year, our club's ISC contributed \$3,000 toward a Global Grant project in Senegal, sponsored by the Bellevue Rotary Club. The goal of the multi-year \$114,000 project is to provide water, food security, and economic development for the 250 people who live in the village of Keur Birame.

The steps of the project involve rehabilitating an abandoned water well and installing a solar pump and gravity-fed garden irrigation system to provide access to clean water for the community. Then, hands-on coaching in sustainable agriculture strategies provided the necessary elements for community members to start growing fresh, nutritious vegetables year-round for the first time. Soon they will also enjoy improved household incomes and economic security, through the marketing and sale of the vegetables. Finally, participants will be taught how to develop a community fund to support the long-term maintenance of their garden and water source, thereby improving water and food security and economic sustainability.

Recently, David Laub and Fred Auch of the Bellevue club visited and were pleasantly surprised to see how



much the community has already achieved in just a few months. The village now has abundant water and a thriving community garden, producing and harvesting nutritious vegetables over several harvest cycles.

The sponsors of this project for our club are Sheila Hosner and Dave Spicer.



Rotarians Receive Paul Harris Fellow Awards



Kirk receives his PHF +1 from Rosemary

On Friday, August 23, Rosemary Aragon presented three Rotarians their recently achieved Paul Harris Fellow awards. Kirk Laughlin received his PHF+1 and Marisa Broggel and Tabitha Claus (Seattle 4 and meeting speaker) both became new Paul Harris Fellows (PFH).

As reported in our August 23 bulletin, Stephanie Feldt also received her first Paul Harris Fellow award on August 12, at the Oaxacan dinner at Rosemary's house.

Rotarians become Paul Harris Fellows when their contributions to The Rotary Foundation



Stephanie with her award

(TRF) reach \$1,000. Multiple PHF awards are given for increments of \$1,000. These awards can be achieved through both monetary donations over time or with "recognition points." In her

presentation of the awards to all three newly minted Paul Harris Fellows, Rosemary noted that she had topped up the awards for all of them with such points.



Rosemary presents their awards to Tabitha and Marisa

So, what is a recognition point and what can Rotarians do with them? Recognition points work like Alaska Airlines credit card mileage awards. For a mileage award, if you spend \$1,000 on goods, Alaska then credits you with 1,000 miles that can be used, along with other miles, to purchase an Alaska flight.

In the same way, each dollar donated to TRF for the Annual Fund, PolioPlus or a Foundation grant also results in one recognition point. These points can be transferred, in 100-point increments, to other individuals to help them reach their TRF giving goals, e.g., to become

a PHF or to reach the next level of giving. For example, if an individual Rotarian has donated \$600, another Rotarian with accumulated points can transfer 400 points to them, to equal the 1,000 needed to become a Paul Harris Fellow.

All of us who have donated to TRF can find out how many points we have via our My Rotary account at www.rotary.org. Click the down arrow to the right of My Account in the upper right-hand corner to see My Donations—for dollars and points, as well as the form required to make a points transfer.



Donate to The Rotary Foundation 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.



DG Rachele Foundation Event 2024—Recognizing Our Generous Donors

Join us for a special evening dedicated to celebrating the generosity and commitment of our District donors to the Rotary International (RI) Foundation. The event will honor those who have significantly contributed to the Foundation, highlighting the vital role they play in supporting Rotary's mission and projects.

Date/Time: October 10, 2024 / 5:00-10:00 pm

Location: Doubletree SeaTac Ballroom (18740 International Blvd.)

Tickets (\$200) are available at: [Event Tickets - Rotary District 5030](#)



DG Rachele Bouchand

Program: RI Director-elect Wyn Spiller will join us in recognizing and appreciating our esteemed donors. The program will include stage recognition for donors who have increased their giving to the RI Foundation between October 1, 2023, and October 1, 2024. A special gift will be presented to these dedicated individuals as a token of Rotary's gratitude.

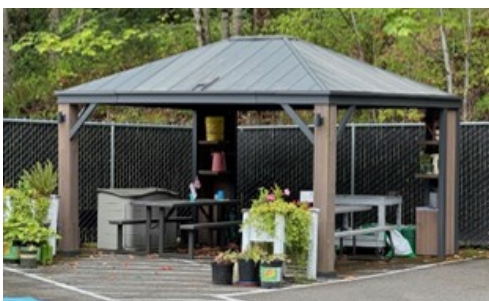
We will celebrate and acknowledge all categories of contributions, including Paul Harris Fellows, Major Gifts, Arch Klumph Society members, and Legacy donors.

Kitchen Additions to Alyssa Burnett Center—CSC Project Completed *(by Bill Kauppila)*



On August 20th four University Rotarians and two spouses went to the Seattle Children's Alyssa Burnett Adult Life Center in Bothell to view the additions to the kitchen that were provided by the Rotary Club and individual Rotarians. Included in the group were Bill Kauppila and his wife Carol, Lisa Edwards, Stephanie Feldt, Son Michael Pham and his wife Judy. The kitchen is used by the center to teach life skills to adults with autism. The group also observed the additions that our Rotary Club made in prior years that included

a gazebo, planter boxes and deck furniture. The center is grateful for the contributions made by our



Rotary Club as it provides opportunities to serve many people with autism.

The Community Service Committee allocated \$4,000 to this project in 2023-2024.





SPOKANE BECKONS

SEPTEMBER 11-14 2024

Rotary
Zone 26 & 27



WHERE BIG WEST MEETS BIG IDEAS

Register: [Zones 26 & 27 Rotary Institute](https://zoneinstitute.org) | (zoneinstitute.org)

**Zone Institute—
All Rotarians Invited**



ROTARY MISSION
The 33rd HumaniTour Viet Nam
October 17-28, 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 33rd mission: 10 nights in Viet Nam with stops in Hanoi, Hai Phong, Ha Long, Danang/Hoi An and Saigon.
- 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





Upcoming Club Activities and Deadlines

- Sept 6** 9:00 am. Membership Committee meeting on Zoom. Contact: Lisa Latchford, lisa@foxassociatesllc.com.
- Sept 9** 4:00 pm. Club Board meeting via Zoom. Contact Linda Fukuda, lindali@aol.com.
- Sept 11-14** Rotary Zone Institute (Zones 26 and 27) in Spokane. More info and the link for registration can be found at: [Zones 26 & 27 Rotary Institute | \(zoneinstitute.org\)](https://zoneinstitute.org). All Rotarians are invited.
- Sept 21** 5:00 –7:00 pm. Lisa and her musical group perform at The Royal Room, 5000 Rainier Ave. S., Seattle. Click on: [Lisa Fox Group Tickets | Royal Room | Seattle, WA | Sat, Sep 21 at 5pm | Stranger Tickets](#) for advance tickets at \$20; \$25 at the door.
- Oct 7** 5:30-7:00 pm. Service Fund Board meeting via Zoom. Contact Paula Laschober at paulalaschober@gmail.com.
- Oct 10** 5:00-10:00 pm. DG Rachele Foundation Event 2024, Doubletree SeaTac ballroom. Get tickets at: [Event Tickets - Rotary District 5030](#)
- Oct 14** 4:00 pm. Club Board meeting via Zoom. Contact Linda Fukuda, lindali@aol.com.
- Oct 15** CSC applications, for funding for local service projects, are due in typed form to CSC Chair Carol Butler at peabody087@gmail.com.
- Oct 17-28** Join 33rd Rotary HumaniTour to Viet Nam. Contact/reserve: Son Michael Pham at 206-484-4830 or sonmichael.kwb@gmail.com.



Club Flag Presentation

On August 26, Brenda Dimond, presented our UDRC flag to President Carrie Donaire, Clinton, Iowa Rotary Club.

The Clinton, Iowa Rotary Club generously donated to our Oaxaca Greenhouse Project, chaired by Susan Sola.

Rotary International Convention 2025

June 21-25

Calgary, Canada

Register at convention.
[rotary.org](https://www.rotary.org)



Meeting Zoom Link Now on UDRC Website *(by Carma McKay)*

MEETING LOCATION

Friday - 12:30 PM

Meeting Location: Seattle Yacht Club and on ZOOM. Arrive at 11:45 for social time. Zoom link: <https://us02web.zoom.us/j/88235453974>

Seattle Yacht Club, 1807 E Hamlin Street
Seattle, WA 98112

We Need Your Help!!

When a restaurant donates a portion of its profits to charity for a specific period, it's called a restaurant fundraiser. What happens is our club works with a restaurant to select a period and invite community members to dine at the restaurant during that time. The restaurant then donates a percentage of its sales during that period to us.

If you know of a restaurant that offers such fundraisers, please drop an e-mail to me, Paula Williams, at pdawms@gmail.com or to Sally Porter Smith at sallypor789@gmail.com. **Thanks so much!**

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.