



## THURSDAY, APRIL 6, 2023 YAKIMA CONVENTION & EVENT CENTER

Imagine  
Rotary

### JAMES DONALDSON UNDERSTANDING MENTAL HEALTH AWARENESS & SUICIDE PREVENTION



James completed a 20-year professional basketball career in the spring of 2000. James established The Donaldson Clinic in January 1990 -2018 shortly after a career threatening knee injury with an idea that he would eventually become a physical therapist. A strong advocate for Women & Minority owned businesses and very involved with various Chambers of Commerce, he understands what it takes to sustain a business environment that is conducive to the success of business overall.

James played basketball for Washington State University, where he became the best shot blocker in school history. After graduation and an outstanding college career, he was selected in the fourth round of the 1979 NBA Draft by the Seattle SuperSonics and went on to play professionally not only for the Sonics, but the San Diego/LA Clippers, Dallas Mavericks, New York Knicks, and Utah Jazz. He played for several teams in Spain, Italy, and Greece of the European Leagues and wrapped up his career with The Harlem Globetrotters. James was an NBA All-Star in 1988 while playing center for the Dallas Mavericks. In 2006, he was inducted into the Pac-10 Sports Hall of Fame and the Washington State University Hall Athletic Hall of Fame.

He now devotes the majority of his time to various community activities, and toward the Gift of Life Foundation, speaking on mental health awareness and suicide prevention. He frequently conducts speaking engagements (motivational, inspirational, educational) for organizations, schools, youth groups, and is the author of the published *“Standing Above the Crowd.”* In 2021, James published *“Celebrating Your Gift of Life: From the Verge of Suicide to a Life of Purpose and Joy.”*

In 2009, James was a candidate for the office of Mayor for the city of Seattle. He had a strong 4th place finish in a crowded field of 8 candidates. It was the first time that he ran for office in the world of politics and began working closely with elected officials in regard to politics, youth, and educational issues in Seattle. In 2019, he was a candidate for Seattle City Council-District 7. In 2021, James ran for the office of Mayor of Seattle for a second time.

James is a 40-year resident of Seattle. He believes in being a role model of success and professionalism for the scores of young people that he devotes so much of his time to. He currently serves on several Boards, committees and is a member of many organizations. James believes in developing relationships that create a “Win-Win” environment for everyone involved, and being the best, he can be!

### CLUB SPRING TRAINING EXPERIENCE

Our Rotary District is offering an opportunity to learn and share ideas on topics that include marketing, youth programs, leadership, membership, and fundraising. Contrary to the name this is NOT training. It is an informal Zoom chat with fellow Rotarians throughout our District. The talks will be held over three days listed below along with topics starting each day at 5:00pm and done by 6:30pm.

- Tuesday, April 11th - Club Secretary/Having a Vibrant Club/Advanced PI & Marketing/The Rotary Foundation
- Wednesday, April 12th - Advanced PI & Marketing/Club Operations/Leadership in Rotary/Membership
- Thursday, April 13th - Having a Vibrant Club/Leadership in Rotary/Rotary Youth Programs/Successful Fundraisers

You can attend one, two or all three if you are interested. Registration is under-way – call the Rotary office to get the link.

Club Spring Training Experience



### FOR THURSDAY'S MEETING

Music – Nancy Leahy  
Invocation – Patti Powers  
Program – Doug Picatti

### FUTURE PROGRAMS

April 13th – Sharon Miracle, Yakima Valley Community Foundation  
April 20th – Kirk Schultz, WSU  
April 27th – Vocational Scholarship Awards  
May 4th – Cissy Reyes, Missing & Murdered Indigenous Women

## GRANT FOLLOW-UP REPORT

At our first meeting in December, Allocation & Review presented a grant check in the amount of \$5,000 to Englewood Christian Church in support of an After School Drum Camp in partnership with Gilbert and Garfield Elementary Schools. The camp, held in February, brought three expert drum teachers from Seattle and San Francisco to teach the students. They also performed for us at our February 9th meeting. Below you will find a thank you and final report on the event.

*Dear Grant Committee Members:*

*Englewood Christian Church and After School Arts would like to express their heartfelt thanks for the funding of the After School Drum Camp provided by Yakima Rotary. We are happy to report that we succeeded in our objectives of uniting students (of many ages), parents, community members, and volunteers through high quality cultural arts programming. Our week of learning about African culture through drumming created a safe and positive space for cultural dialog, cultural understanding, and cultural appreciation.*

*Reports from our youth and adult students, volunteers, and school partners were overwhelmingly positive. Our young students loved the camp as evident in the positive responses in the exit surveys and zero drop out rate! Students reported that they very much enjoyed the experience, made new friends, learned about different cultures and are interested in continuing with African drumming. Students wore beaming smiles after the final performance and parents and community members commented repeatedly about the high level of technical accomplishment by the students. Our engagement with the community was evident in the high attendance and satisfaction of the adult drum workshops and the final show. All in all, over 365 people took part in the event (not including all the Rotarians who danced with our drum teachers at the Rotary Luncheon)!*

*We are overjoyed that the After School Drum Camp provided a program where people of many ages, cultural backgrounds, economic circumstances, and varied languages could come together to learn about Africa arts and drumming. We are grateful that your support has helped us create a cultural arts connection which has enriched the lives of members of our own diverse Yakima community.*

*Sincerely,  
Carolyn Hamilton  
Activities Director Englewood Christian Church  
Director After School Arts*

## REVIEW

Yesterday was the opening day for Major League Baseball. To mark the occasion, President Rick sported a Seattle Mariners baseball cap, led us in Take Me Out to The Ball Game as our opening song, and threw out the ceremonial “first pitch” to Carolyn Flory (me). I didn’t know until I got to Rotary that I had a part in this - much to the relief of everyone sitting around me, I made the catch. Kurt Labberton followed with an invocation about the changing seasons and finding joy and patience in the present, especially when we lament (too hot, too cold) for the next season to come. After a presidential welcome to our guests and the presentation of two blue badges to Tom Gaulke and Sheri-Lou Creson, we went straight to sergeant-at-arms with Rob Phillips. His theme was baseball; it was perfect.

Deb Sterling had the honor of introducing fellow Rotarian, Tom Gaulke as our featured speaker to talk about National Disabilities Awareness Month. As the CEO of Entrust Community Services, he shared why we have this month, why it’s important to us, and how to get involved in the effort to raise awareness of what it’s like to be a person with disabilities in America.

People with disabilities are the second largest demographic in the U.S. behind the baby boomers. It is a demographic group that you can start out not in the group, but end up in the group later in life. Put in context, 60% of us in the room before they pass will have some type of disability. Why is it important to have this month and talk to groups like us? Did you know that up until July of 2022, in the state of Washington, you could pay someone with a disability less than everyone else legally? It was called a subminimum wage. Many people worked tirelessly for 10 years to change this in the legislature.

What can you do to make sure that our community is inclusive of people with disabilities. It is about being allies – ALLY.

The first acronym, A, is acknowledge. Acknowledge and respect individual experiences and differences. We have to understand that

disabilities are pervasive throughout our society. One in 16 children born in 2023 will be born with a disability. There are all kinds of disabilities, including physical, that can be developed later in life. Most people think of disabilities as intellectual. Cognitive disabilities, also called developmental disabilities, are any disabilities diagnosed before the age of 18. We have to acknowledge what families are dealing with as they grapple with resources, support, and school districts. There are organizations like Entrust that can help families navigate the challenges.

The first L is Learn. Learn about disability types. Entrust does a lot of education around this and provides great resources for you to find out the different disability types. We are encouraged to learn from the aspect of “they are a person first and then they have these things going on”.

The second L is about leverage. As leaders we can leverage what we have to make sure that Yakima and our community is inclusive, accepting and supportive of people with disabilities.

The final acronym Y, is yield. Yield the floor to people with disabilities to help identify and eliminate barriers. One of the first things Entrust does is come up with a person-centered plan. They identify what is going on in the person’s life. What can they tell us about their hopes and dreams? What sort of skills sets do they have? Most importantly, they don’t look at deficits. Instead, they look at things that they can do. They yield the floor to listen to what the family is saying and what the person with a disability is saying and then they craft the plan of action based on what they want to do with their life, whether it’s a job, housing, or integration into their community.

What can we do? We can all make a person with a disability feel welcome. Entrust are placement specialists and are experts at matching up the right person for the right job. President Rick summed it up perfectly. It was inspiring, informative, and emotional.