

THURSDAY, SEPTEMBER 16, 2021 YAKIMA CONVENTION CENTER

*Serve to
 Change Lives*



W.D. FRANK, AUTHOR OF WOMEN, MEN AND MOUNTAINS: KAY KERSHAW, ISABELLE LYNN AND THE DOUBLE K MOUNTAIN RANCH



Except for a stint as a Red Cross nurse during WWII, Kay Kershaw (1907-1996) spent her entire life in the Pacific Northwest, nearly all of it within Yakima County. In her younger years, Kay gained local renown as a hunter, skier, swimmer, mountaineer, bronc-buster and airplane pilot; after WWII, she developed the Double K Mountain Ranch at Goose Prairie into a world-famous dude ranch. Kay spearheaded a campaign over the last half of the twentieth century to save the ancient forests and fragile ecosystem of Washington's Cascade Range from devastation at the hands of the US Forest Service; and—through her close friendship with Supreme Court Justice William O. Douglas—influenced precedent-setting judicial decisions affecting LGBTQ legislation in the twenty-first century. The stances she took on many of these issues put her at odds with the general consensus in Yakima County her entire life. Simply put, Kay Kershaw led an unconventional life at a time and in a place

that prized convention. Her life story—long overlooked—is perhaps one of the most intriguing and inspiring in the history of our region.

WD Frank is a native of Yakima. He is the author of *Everyone to Skis! Skiing in Russia and the Rise of Soviet Biathlon* (Northern Illinois University Press, 2015); and translator and editor of *Skis in the Art of War by K.B.E.E. Eimeleus* (Cornell University Press, 2019). His third book, *Of Women, Men and Mountains: Kay Kershaw, Isabelle Lynn and the Double K Mountain Ranch* will be available from University of Alabama Press in 2023.

FOR THURSDAY'S MEETING

Greeters – Dave Heinel, Jamon Rivera
 Music – Rick Fairbrook
 Invocation – David Lynx
 Sergeant-at-Arms – Soni Alexander
 Program – Casey Corr

FUTURE PROGRAMS

September 23rd – Peter Arnold, STEM at the Museum
 September 30th – Rotary Fair Day
 October 7th – Dr. Yamilith Lancaster, Plant-Based Lifestyle
 October 14th – Jeff Antonelis-Lapp, Tahoma and All Its People

ROTARY OPERATION HARVEST

Sign-ups are underway for the following Operation Harvest volunteer opportunities taking place BEFORE and DAY OF the event on Saturday, October 9th.

- Collect food donations from people attending the Central Washington State Fair on Wednesday, September 29th. Fairgoers will receive a \$3 gate admission ticket for 3 cans of donated food.
- Display an Operation Harvest Yard Sign in your yard.
- Display an Operation Harvest Flyer in your business, church, or other organization.
- Display an Operation Harvest Message on your reader board.
- Hold an Operation Harvest Sign on a prominent street corner on October 7th or 8th. Shifts are 7am-8am or 4:30pm-5:30pm.
- Ask a non-Rotarian to donate \$100.
- Participate financially with a donation of \$25, \$50, \$75, \$100, \$250, \$500, or other.
- Staple flyers to Operation Harvest bags.
- Drop off Operation Harvest bags on a pre-assigned route before Operation Harvest between October 1st and 6th.
- Collect food from a pre-assigned route on Saturday, October 9th.
- Work at the collection site at the State Fair parking lot on October 9th. Shifts are 8:30am-11:30am or 11:30am-2:30pm or time you are available.

All the food donated goes to support 8 food banks in our community. The need to help others remains greater than ever – PLEASE do what you can to help!

ROTARY YOUTH EXCHANGE

The Rotary Youth Exchange Program sends thousands of high school students to travel to other parts of the world to experience life in a foreign country. Outbound students attend a full academic year of high school and live with 1 to 3 host families.

The Yakima Rotary clubs will be selecting 3 students for the Youth Exchange program this fall to serve on an exchange for the 2022-23 school year. Students between 14-17 years of age are eligible to apply. Interested students and their parents should attend a Youth Exchange Information Night on September 27 at 6:30pm. The location is 1704 W Nob Hill Blvd (new YVC building). Entrance will be through the Rotary office.

This is a once-in-a-life opportunity. HELP us get the word out by sharing the flyer sent out to by email to all Yakima Rotarians or visit our website at yakimarotary.org and click on Youth tab.

MEMBERSHIP DEVELOPMENT FUN FOR ALL

This Thursday, September 16th is "**Bring An Industry Colleague to Rotary**" Day! THIS IS FOR THOSE MEETING IN PERSON AND ON ZOOM! If you are Zooming in, make sure the to register your guests either on-line or by e-mailing the office. This means you bring a client, a patient, a vendor - not necessarily someone that is at your workplace with you, but someone that you work with outside of your company that could be a potential member of Rotary. Are you retired? Bring someone you spend time with in a group setting whether it's volunteering, church, exercise, etc.! (Or maybe it's someone you used to work with!) You and your guest(s) will get your names put in the prize hat!

- REVIEW -

Every Thursday, our meetings begin with music. This week's song choice was one of hope - *Here Comes the Sun* by the Beatles. It was an appropriate choice given our program today was about new life saving cancer treatments. Dottie Hildebrand shared an invocation full of gratitude for researchers and doctors for the work they do. Austin Beebe did a great job raising money for Rotary Charities with his sergeant-at-arms trivia. President John made several announcements. Our club along with Sunrise and Southwest Rotary, and the City of Yakima are teaming up to participate in a Neighborhood Clean-Up Day. Volunteers are needed on the morning of Saturday, September 18th to clean up litter in a 3-block area around YVC. If you have an hour to spare, contact John or the Rotary Office. Fair Day will take place on September 30th and once again we are pivoting. We will not be holding a meeting in the State Fair Room. Instead, if you would like to attend the fair that day, you will be able to sign up to receive your admission and parking ticket and attend on your own. Be looking for an email to sign up. John shared the sad news that both Bob and Harriet Redman passed away within the last week and a half. There will be a joint service for them on Saturday, September 18th at 1:30pm at St. Timothy's Episcopal Church. If you would like to honor their memory, Memorials can be made to the Yakima Rotary Trust.

Membership Development Co-Chairs Sheri Bissell and Austin Beebe have been hard at work with creative and engaging ways to grow our club. Next Thursday is "Bring an Industry Colleague to Rotary" day and on October 6th they will host the R & R (Refreshments with Rotary) recruiting event at the Kiln from 5pm -7pm. It's a great way to introduce someone to the amazing work we do. Charlie Robin did a last pitch for scholarship dinners. There are still a few open slots. If you would like to attend please contact the Rotary office ASAP. Monday, September 27th the Youth Exchange committee will be hosting an Information Night. See article for details. Operation Harvest sign-ups are underway. Amy Maib encouraged everyone to participate. The greatest need right now are 100 volunteers to drop off bags on a route before Operation Harvest and 100 volunteers to collect food from a route on Saturday, October 9th.

Dr. Tom Boyd introduced today's speaker Dr. David Maloney who joined us through Zoom. Dr. Maloney is a Yakima native who graduated from Davis High School in 1973 and is the son of Fred Maloney who was a long-time member of our club. After graduation he attended Stanford University, receiving his MD and PhD with a focus in cancer biology. He joined Fred Hutchinson Cancer Research Center in 1994 and was instrumental in the development and testing of Rituximab. His recent focus has been on (CAR) T-cell therapy. Dr. Maloney began his presentation by sharing how they are using our immune system to fight cancer, which is known as immunotherapy.

Some components of the immune system that they can use to fight cancer include B cells and T cells, monoclonal antibodies, drug conjugated antibodies, bispecific antibodies, checkpoint inhibitor antibodies, and cellular therapy with CAR-T cells. The pillars of cancer therapy previously were surgery, radiation therapy, and traditional chemotherapy. Although those treatments have their place, new targeted therapy and immunotherapy are able to displace some of the more traditional therapies. Targeted therapy drugs block specific molecules in the tumor that are helping it survive. Today's focus was on immunotherapy which often is tumor targeted, and also involve components of the immune system.

There are two key parts to the immune system. T cells kill virus infected cells, in some situations they can kill cancer cells, and are part of our response to vaccines. B cells make antibodies against pathogens (bacteria, virus, etc). They also can respond to vaccines. How can they use this to potentially treat cancer? Antibodies are the guided missiles of the immune system. They are made by B cells and are produced in quantity by Plasma cells. We have billions of B cells making different antibodies. This provides "memory" and why we get vaccinations. Monoclonal Antibodies are antibodies from one B cell that are made in a laboratory, are made to a specific target, are all identical and can be made for cancer therapy. Rituximab is one of the first antibodies approved to treat cancer. It binds to the tumor cell and aids in the destruction of that cell. Used along with chemotherapy, this revolutionary treatment is now the standard for lymphoma and some autoimmune diseases. Before Rituximab the survival rate for patients with aggressive lymphoma was 47%. Adding Rituximab raised the survival rate to 59%. Antibodies are approved for every major types of cancer. Because antibodies are like guided missiles they can also be used to carry drugs or toxins to the tumor cells. This makes the drug or toxin more specific to the tumor cells and often with less toxicity to normal tissues. Bi-Specific antibodies are antibodies that are linked or zippered together from 2 different antibodies. The T cell sticks to the leukemia cell and activates the killing mechanism. In 2018 the Nobel Prize went to the discoverers of the Checkpoint Inhibitor Antibodies. It blocks a negative repressor of the T cell. Checkpoint Inhibitor Monoclonal Antibodies are being used to treat almost every type of cancer. It has changed the way lung cancer is treated and has increased overall survival.

What's so special about T cells? T cells can kill virally infected cancer cells and can also kill tumor cells. The T cell will only kill if it has a specific interaction with the cell bearing the target (the antigen). The T cell has a receptor and if it sees an abnormal cell it is activated and it kills the abnormal cell. If it sees a normal cell, it will go around it and look for a tumor cell. We have billions of T cells in our bodies. Each one has its own lock and key. One way to enhance the response is to isolate T cells that come from a tumor, expand them, and give them back. This process is called "Kill Therapy" and is used to treat some kinds of cancer. However, it is like looking for a needle in a haystack. The alternative way is to genetically modify the normal T cells to either introduce a receptor called the T cell receptor (TCR) or the chimeric antigen receptor (CAR) gene. This process can be done in a lab in two weeks and allows them to make specific T cells. This led to CAR-T cell therapy. It works by removing immune cells from the blood through a vein by using a special machine. T cells are isolated and genetically engineered using a retro virus which makes the cells receptors for whatever they are trying to attack. Then they are given back to the patient. The CAR -T cells are able to bind to an antigen on the cancer cells and kill them. Data showed that in lymphoma cancer patients with an expected survival of 3 - 4 months who participated in CAR -T cell therapy trials, about half of them were cured. It is radically changing how patients with certain lymphomas and cancers are being treated. Today's program was an enlightening look at some of the cutting edge treatments being done at the Bezos Family Immunotherapy Clinic. The future is indeed bright for the development of novel treatments.