



THURSDAY, SEPTEMBER 29, 2022 YAKIMA CONVENTION & EVENT CENTER

*Imagine
 Rotary*

ROTARY REUNION 4PM–6PM

President Rick's theme this year it to ROTARIZE which means energize, socialize, and personalize – ESP! With that in mind, our next meeting will be very different. Actually, it's not a meeting but an opportunity to apply the ESP while gathering socially to connect in a fun, informal setting.

It will begin at 4pm (not noon) with a social hour that includes appetizers and a no host bar with the chance to meet and greet. Around 5pm we will break into classes based upon the year of your introduction to Rotary. Each class will share period music, Rotary happenings during their class years, and celebrate with a sergeant-at-arms.

Register at the link Let's ENERGIZE, SOCIALIZE AND PERSONALIZE together at the first ever Rotary Reunion for libations and laughter.

(There will be no regular Rotary meeting at noon. A link to register can be found in your email.)



FUTURE PROGRAMS

October 6th – Phil English, Eli Juarez & Katie Hinckley, Successful Coaching: How Does it Happen?
 October 13th – U.S. District Court Judge David Estudillo, National Hispanic Heritage Month
 October 20th – Alli Frank & Asha Youmans, Humor's Place in Storytelling
 October 27th – Andrew Holt, Jonathan Smith & Amy Martinez, What's New in
 Economic Development & the Workforce

ROTARY OPERATION HARVEST

We are down to the less than 2 weeks before Rotary Operation Harvest. If you haven't committed to helping before now – we need YOU! The TWO areas of greatest need are to distribute bags on preassigned routes between September 30th and October 5th and to collect food from a preassigned route on Operation Harvest Day, October 8th.

If you can help with either, please contact the Rotary office ASAP! If you can't help in person, please consider a financial contribution. 100% of funds collected go directly to our local food banks.



ROTARY YOUTH EXCHANGE



Yakima Rotary Clubs are looking for students who would like to make a difference in the world through the Rotary Youth Exchange Program for the 2023-24 school year. Outbound students will spend a full academic year living in a foreign country, attending school, and learning a new language and culture.

For interested students and their parents there will be a Rotary Youth Exchange Information Night on October 4th at 6:30pm at the YVC Conference Center located at 1704 W. Nob Hill Blvd. RSVP by calling or texting Rebecca Pennell at 509-949-7943 or Jheri Ketcham at 509-307-9097. Please help get the word out!

- REVIEW -

Coming together for Rotary was the perfect way to celebrate the first day of Fall. This week's volunteers included Lars Hanson and Celina Sanchez who served as our greeters; David Rogers who introduced our music, "Al Fin Te Vi" arranged and performed by Cuban-born composer/performer Paquito D-Rivera with Diana Alvarez; and Leanne Antonio who shared an excerpt called the Power of Empathy from Maria Shiver's book called I've Been Thinking. Maria was in Yakima the day before. President Rick welcomed our guests and presented Paul Harris Recognition items to Wayne Nelson before announcements were made by Craig Mendenhall, David McKinney, Pete Bansmer, Charlie Eglin, and Felix Rifa.

Craig introduced our newest member, Jolene Seda. Jolene spent her childhood on the Kitsap Peninsula before moving and finishing high school in the Methow Valley. She attended Central Washington University for both her undergraduate and master's degrees in science and organizational development. Today she is the CEO of Triumph Treatment Center. She serves on the Board of United Way and is a past board member of the Dispute Resolution Center and past President of the Washington State Healthcare HR Association. When not working, she loves sports – water skiing, snow skiing, camping, and fishing. We are so happy to have her as a part of Yakima Rotary!

David, Pete, and Charlie came up next to encourage everyone to participate in Rotary Operation Harvest. Charlie shared how he sends a letter out to all his friends and neighbors reminding them to put food on the porch on Operation Harvest Day and if so inclined to send a donation with a self-addressed envelope. Pete shared stories of those who use the Rotary Food Bank and the gratefulness when they learn there is food for them. David wrapped it all up with a call to sign-up to help.

As part of our ongoing celebration of National Hispanic Heritage Month, Felix Rifa shared his journey from Cuba to Yakima. Felix was born in Cuba. His grandfather had four coffee shops in Cuba and his dad had one; his dad managed them all. In 1960's there was a collaboration between Cuba and U.S. that allowed Freedom Flights into the U.S. To qualify, you had to be sponsored by a close relative that was a U.S. citizen. In his case, it was his dad's brother. His uncle's story included enlisting himself in the U.S. military against his parents' wishes, returning to Cuba, stowing away on a ship to the U.S., gaining citizenship because of his military service, and sponsoring Felix's family as part of the Freedom Flights. Felix's dad worked hard, never taking a vacation until he retired, and his mom was thrifty with every penny earned. Felix's own journey took him to college, a job in Texas, a move

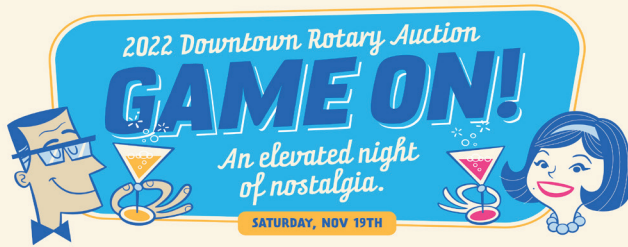
to Hawaii after marrying Rosie, a new position in Seattle, and to Yakima where today is the owner of his own businesses.

Bruce Bacon introduced his friend, neighbor and our program speaker, Dr. Neil Barg. His topic was the Year of the Virus – Covid, monkeypox and polio. He started with Covid. Despite what the President recently said, the pandemic is not over. Ongoing cases and deaths due to Covid are decreasing but there is still plenty of Covid around and we need to be diligent. Over the last 2 years, a new strain emerged every 3 months. The current BA 4 and BA 5 strains are partially protected with the old vaccine. Most people have a fair to good resistance to severe disease with prior infection. The new bivalent vaccine will have the ability to raise antibodies for the new strains while still protecting against the older strain. No new strains have emerged for over 4 months, the more time between strains the less problems with disease. The death rate among unvaccinated individuals is 10 times higher than vaccinated individuals. Right now, there are no patients on ventilators at Memorial Hospital. The vaccine has been the most effective way to protect oneself.

Monkeypox is a new infection in the U.S., but not the world. Monkeypox comes with small lesions or vestibules filled with fluid that break open, drain, and scab over much like chickenpox and smallpox. Its origin is believed to come from animals. It has occurred primarily in U.S. from people with prolonged close contact. Deaths are rare but do occur. It is more common in urban areas; there have only been 5 known cases in Yakima. Few people are hospitalized and if they are, it is usually for severe pain. The risk of infection is similar to the risk of infection for STDs. There is a vaccine; supply is limited to those who are high risk. Cases are decreasing with vaccination and change in behaviors.

For the first time since 1979, there have been cases of polio in New York City. The virus is circulating in the U.S. based upon wastewater surveillance. There are three strains of polio, 1, 2 and 3. The polio vaccine protects best against 1 and 3. Most cases of polio are asymptomatic. Back in the 1980's, 2 was removed from the vaccine. That has been added back. Polio is spread by fecal oral transmission. The concern of these new cases is that if a population is seriously under-immunized, there will be enough susceptible children for the polio virus to begin circulating. If the virus circulates for a prolong period, it can mutate and over the course of 12-18 months, reacquire neurovirulence.

How can you stay healthy with new or re-emergent viruses? Dr. Barg summed it up in two words - Get Vaccinated!



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