



District Newsletter

February 2022

Howard Cohen
District Governor

Rotary
District 5030



**SERVE TO
CHANGE LIVES**

RI's Special Observance Month: Peace and Conflict Prevention/Resolution

Links

Websites:

[District 5030 Website](#) (members)
[District 5030 Website](#) (public)
[District Conference Website](#)
[LinkedIn Page](#) (members)
[DACdb](#)
[Rotary International](#)
[Zone 26/27](#)
[End Polio](#)

District Projects:

[Harvest Against Hunger](#)
[Partners for Work](#)
[Music 4 Life](#)
[Music Mends Minds](#)
[Bloodworks NW](#)

Misc.

[D5030 Facebook Page](#) (general public)
[D5030 Facebook Page](#) (members only)
[Past District Newsletters](#)

Newsletter Deadline

Articles & Club Ads

Send to:

carmamckay@gmail.com

Deadline: **1st of each**

month

Submit Email or Word.doc

Limit to 300 words or less.

Font: Calibri 10 pt.

Ads: .jpg format.



**Howard has a new
email.**

hcdg2122@gmail.com

District Governor's Message

Welcome to Rotary Peace and Conflict Resolution Month!

During February, Rotary Peace and Conflict Prevention/Resolution Month, we're celebrating our commitment to build peace. Rotarians around the world train adults and young leaders to prevent and mediate conflict and aid refugees who have fled dangerous areas.

Rotary creates environments of peace. By carrying out service projects and supporting peace fellowships and scholarships, our members take action to address the underlying causes of conflict, including poverty, discrimination, ethnic tension, lack of access to education, and unequal distribution of resources.

Our commitment to peacebuilding today answers new challenges: how we can make the greatest possible impact and how we can achieve our vision of lasting change. We are approaching the concept of peace with greater cohesion and inclusivity, broadening the scope of what we mean by peacebuilding, and finding more ways for people to get involved.

Rotary creates environments where peace can happen.

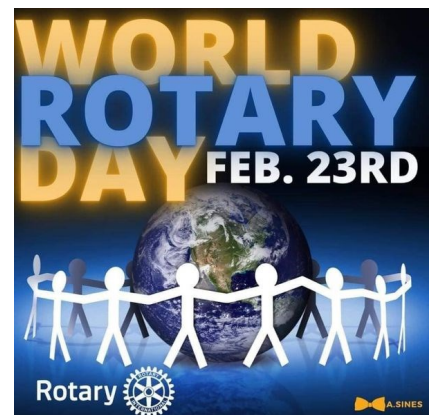
As Rotarians, we should ask ourselves how we can make the world more peaceful. Here are 22 ideas for 2022 for you to consider at your club, at work and at home:

1. ***Breathe in Suffering, Breathe Out Compassion***
2. Write a blog about promoting peace
3. Write articles for a newspaper/newsletters
4. Post on social media promoting peace
5. Invite a peace speaker to your event, workplace, and/or community
6. Visit museums and cultural centers in your city
7. Travel

8. Listen with the intent to understand
9. Be helpful to others when you can (help your neighbor with their groceries, walk their dog, clean up their yard)
10. Meditate and invite others to meditate
11. Study nonviolence, ADR (Alternative Dispute Resolution), Conflict Management, Conflict Resolution, Peace studies
12. Learn another language
13. Reduce your carbon foot print (walk or bike, car pool, recycle, eat more fruits and vegetables)
14. Volunteer at a homeless shelter
15. Write to your politician/representative
16. Take interest in your city, attend council meetings
17. Make a personal commitment to nonviolence
18. Start a collection to donate to a charity
19. Organize a community project (clean up, plant a garden)
20. Attend a meditation or conflict resolution training
21. Read books about peace
22. Say "I am sorry"

Let's all join together to Serve to Change Lives!


Howard



District Wide Service Project Help clean up the Duwamish River

Saturday, April 16

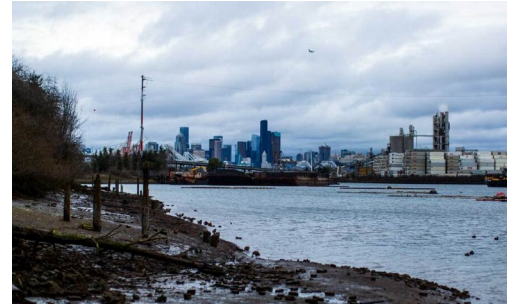
Limited to 50 Participants



April 16 Duwamish River Restoration Day of Service—Sign up Now!

The Rotary District 5030 Environmental Sustainability Committee and the Environmental Rotary Club of Puget Sound are proud to offer a volunteer opportunity to improve the land near the Duwamish River. This river is the largest river in Seattle and one of the most polluted sites in all of Washington State. It has also been a Superfund site since 2001.

We will work with the Duwamish River Community Coalition, a local nonprofit, to remove invasive species and plant native trees and shrubs in its place. This area is



about 5 feet in width along a fence and goes about 250 yards or so. The Coalition selected this site as one of its priority restoration efforts and is near the Duwamish River.

[NPR did a story last year](#) on DRCC and its efforts to lobby the EPA about keeping its commitments in cleaning up the Duwamish River Superfund site.

Please join us on Saturday, April 16, by 9:45 am sharp for orientation at the project site.

Lunch will be provided. We will have a special guest named James Rasmussen join us over lunch. He is the Duwamish River Community Coalition Superfund Manager and member of the Duwamish Tribe. He will share with us some of the history of the Duwamish people and their legacy and an update on the Superfund efforts. The Duwamish people have lived on this land for several thousand years.



If you cannot attend on April 16, you are welcome to donate money for the trees and shrubs that will replace the invasive species we pull up.

There is a [volunteer information and sign up page here](#) (**We can only take the first 50 volunteers.**)

LOCATION

Duwamish Hill Preserve
3800 S 115th ST
Tukwila, WA 98188

DATE and TIME

Saturday, April 16, 2022
10:00 AM to 1:00 PM
(includes served lunch)

Please note: Parking is limited so please carpool!

Welcome to The Hope Factory



A Partnership



Build TINY HOUSES with fellow Rotarians every 3rd Sunday from 9 AM to 2 PM. Maximum limit of 15 people*. Email DG Howard Cohen to sign up.
hcdg2122@gmail.com

**Must be vaccinated and wear a mask.*

Some Upcoming Speakers

Bellevue Sunrise

Tuesday, Feb 8th at 7:00 AM

Embassy Suites - 3225 158th Ave SE, Bellevue, WA

Jason Dean with the Sea Scouts Organization



For over 100 years Sea Scouting has promoted better citizenship and improved members' boating skills through instruction and practice in water safety, boating skills, outdoor, social, service experiences, and knowledge of our maritime heritage. Sea Scouts is a place to grow and learn, find adventure, and build long lasting friendships.

Rotary Club of Seattle

Patti Payne

Feb 09, 2022 at 12:30 PM

Online Program

Payneful Perspectives on Leadership



Business leader, media maven and columnist Patti Payne shares her educated take on leadership- what works, what's needed, and how to maximize our own innate abilities to steer through and guide. Patti is a well-known, much-awarded local media broadcast and print personality whose work in the community is widespread and whose enthusiasm and energy has helped raise the bar at thousands of entertainment events, auctions, and other regional fundraisers for more than 30 years. She is a columnist for the Puget Sound Business Journal and is a sought-after keynote speaker and emcee. Payne serves as principal of her own public affairs/community relations business, The Payne Group Communicating/Connecting. Patti's professional and civic activities have been recognized by numerous awards. Link: <https://www.seattlerotary.org/>

Mercer Island Rotary

Daniel Piazza, Chief Curator

Tuesday, Feb 15th from 1 to 1:30 PM

Online Program



Daniel Piazza, Chief Curator of the Smithsonian National Postal Museum, will be joining us in recognition of February's "Black History Month". Daniel will be presenting on the history of the United States stamps that have graced our national packages that highlight African - American achievements.

Zoom link is here: <https://us02web.zoom.us/j/4096976967>

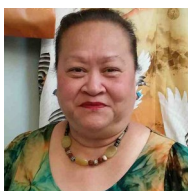
Seattle International District Rotary

Faaluaina Pritchard, ED of the Asian Pacific Cultural Center.

Thursday, Feb 17th - 11:30 to 1:00.

contact for Zoom link:

rotaryofseattleid@gmail.com.



Rotary
Club of Kent



Tues, Feb 8 @ Noon

KENDRICK GLOVER

AWARDED 2022 KING
COUNTY'S LARRY
GOSSETT SERVICE

Join us to learn
more about
Kendrick's
recognition and
his work with
area youth

Email info@kentrotary if you would like to join



In January 2021,
Jeffery Robinson
joined Rotarians
online to discuss his
pending
documentary: **"WHO
WE ARE"**

The documentary is now finished and opening nationwide this month. The film will be showing at many AMC theaters around western Washington beginning this week. Please go see this compelling, informative, and thought-provoking chronicle of racism in America. <https://www.youtube.com/watch?v=IGsGRSgZbXY>

Stay tuned for details about an opportunity to join Jeffery Robinson in person for a post-film discussion with other Rotarians later in February. In March the District DEI Committee will host another forum for Rotarians to reflect on the documentary.



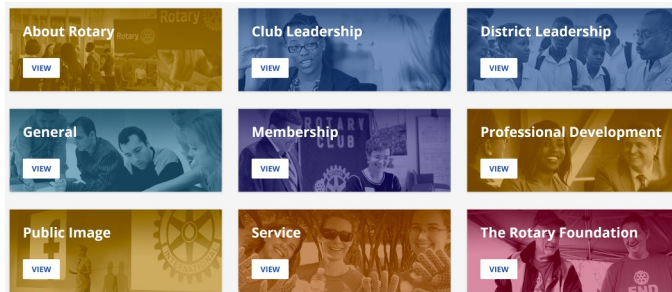
The Rotary Learning Center

Learn what you want, when you want, with the [Rotary Learning Center](#). Online classes range from 5 minutes to an hour or you can take a course with multiple lessons over 2-3 hours. You will need to login to your My Rotary account as these classes are just for Rotarians.

Here are a few of the offerings under Professional Development:

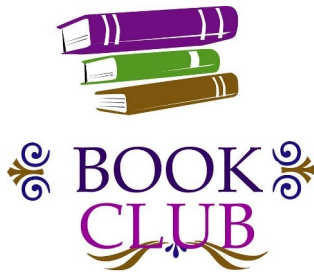
- Becoming an Effective Facilitator
- Conducting Online Training
- Uncovering Unconscious Bias
- Inspirational Speech

Go to [Rotary.org](#) and sign-in to your My Rotary account and take advantage of the amazing learning opportunities!



<https://learn.rotary.org/members/pages/36/course-catalogs>

The Environmental Rotary Club of Puget Sound is proud to launch a virtual book club in 2022! Everyone is welcome to join no matter what club they belong to. We meet at 7 p.m. on the second Thursday of each month. If your New Year's resolution is to read more, let the Environmental Rotary Club of Puget Sound help you achieve that goal by choosing interesting and informative books.



Here is the zoom link for all our book club meetings:
Join Zoom Meeting. <https://us02web.zoom.us/j/83716115129?pwd=dHEyc20xM3ZCNkhyd3htT21HdHlVZz09>
Meeting ID: 837 1611 5129 - Passcode: Lovebooks

February 10 at 7 p.m.
Book: Thirst: A Story of Redemption, Compassion, and the Mission to Bring Clean Water to the World
By Scott Harrison

More information is here. <https://www.givsum.com/opportunities/monthly-book-club-meeting-6c234b73d>



Our Newest Cause Based Rotary Club is Forming Now

Do you know anyone interested in supporting Veterans?

Potential members can be Veterans; family and/or friends of Veterans or supporters of Veterans.

For further information, please email Rotarian Bill MacCully at billmaccully@gmail.com.



The Environmental Rotary Club Brings You Two Movies!

February 5th Virtual Movie Night

Help the Environmental Rotary Club of Puget Sound with our February virtual movie night fundraiser The Story of Plastic. We are raising money for our club and the Ocean Blue Project. Enjoy a fun night in on February 5! More information and tickets available in the link.



[CLICK HERE](#)

March 5th at 7 PM

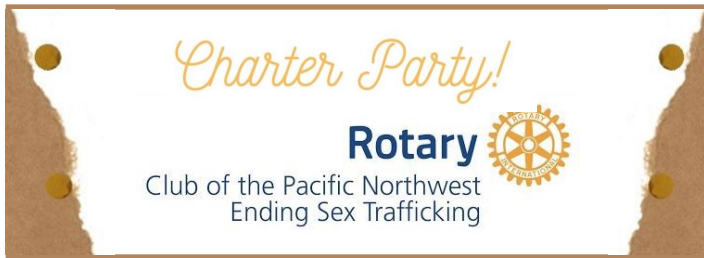
The film is called Spawning Ground and we are raising funds for the Puget Soundkeeper Alliance. [Make donations here.](#)



Rotary Heroes



With Hosts Mike England and Blake Messer
Stay Tuned



From Virginia McKenzie, Club President: "In case you missed it.... Here is a recording of the Charter Party. You will enjoy a star studded cast of Rotary Royalty, two musical performances with special tributes to our club and a spot light of each charter club member. Special thanks to: [Catherine Gibson](#) for designing the program with me, [Bill McElroy](#) for the pre-show movie reel, [Corinne Cavanaugh](#) for the festive zoom background, [Jason Richert](#) for being our Zoom Technician, [Karen Sharp](#) for crafting the charter and honorary member spotlights, [Susanna L Southworth](#) for delivering the Club FAQ's, [Carma McKay](#) for helping send the evite list and of course Seattle Rotary for sponsoring us!!"

"Especially if you're new to Rotary.... Watch this video! You will get an amazing introduction to what Rotary is all about. You will feel so pleased with the amazing organization you have joined. The Best is Yet to Come!"

<https://www.youtube.com/watch?v=ogO0NKLkXD8>



Have you checked your MyData record lately? If you see lots of ampersands (e.g. amp; etc), then please contact Kay Cook at rotary@jcook.net. We can fix this easily, but only if we know who you are!

This happens when Word texts are copy/pasted into the DACdb Bio/Notes field. You can still copy from Word, but you must Paste As Text in order to avoid Word's formatting symbols.

We have a team of DACdb helpers in our District who are eager to guide you through any issues you may have. If we don't know the answer, we'll pull in DACdb's wonderful support people.

- Carma McKay: CarmaMcKay@gmail.com
- Marilee Fuller: marileefuller@yahoo.com
- Bob Brock: bobbrock2011@gmail.com
- Mike Madden: mikeminseattle@gmail.com
- Kay Cook: rotary@jcook.net

Need a Speaker for Your Club?



All Aboard Washington's goal is to promote rail as an integral part of Washington state's transportation solutions. They want reliable, frequent service connecting communities of all sizes, on both sides of the Cascades. All Aboard Washington does not take partisan positions.

Charlie Hamilton, pictured above, is Co-Executive Director of All Aboard Washington and is available to speak to your club. Charlie can be reached at hamilton@chcs.com 206-686-2777 x85. Website: <https://www.aawa.us/about/3-es/> Here's a link to the slide presentation the group made for the Spokane Rotary Club. <https://www.aawa.us/news/posts/aawa-presents-to-spokane-rotary-21/>



Last month, StoveTeam's founder and Vashon Island Rotarian, Nancy Hughes and Executive Director Shelby Kardas travelled to Central America to visit three of their partner projects. Nancy detailed the trip in [a new blog post](#).



Malaria Partners International

"In times like this, I am inspired by the wisdom of Martin Luther King who famously said, 'You don't have to see the whole staircase, just take the first step.'"

Here at Malaria Partners International, that is just what we are doing, and we invite you to take those first steps of 2022 with us."



Contact Jenny Andrews, Executive Director and member of Bellevue Breakfast Rotary to schedule a speaker for your club. jenny.m.andrews@comcast.net

Woodinville Environmental Sustainability Fair

The Rotary Club of Woodinville is planning to hold an Environmental Sustainability event on Sept. 17, 2022, at the Woodinville Sports Club. Our mission is to support RI's focus to promote peace by addressing the ongoing global environmental deterioration. The event will consist of booths prepared and hosted by various community businesses, educational institutions and service organizations, each demonstrating what they are doing to reduce this deterioration. We will advertise this event vigorously, so hope to attract a large number interested or merely curious residents of the Eastside to attend. We hope to attract a significant number of exhibitors, and that this will be a catalyst for conversation between consumers and providers, encouraging consumers to buy environmentally sound products and services and to take steps to actively support environmental sustainability.

What will be unique about this event is that it will involve local businesses in a win-win atmosphere. Businesses should benefit by demonstrating their commitment and consumers will be motivated to be more assertive in their actions. We are soliciting the participation of neighboring Rotary clubs, and we hope that this will become a model for other clubs in RI to follow. We will keep the district apprised of details as they develop.



All In For Autism:

Join the Bellevue Breakfast Rotary Club Sunday, April 24th for the All in for Autism 10K, 5K, Family Fun Run. This will be an in-person and virtual event, so you can #doityourway. [Watch the video](https://www.allinforautism.org) to learn more or go to [allinforautism.org](https://www.allinforautism.org) to sign-up to run/walk or volunteer.



SAVE THE DATE!

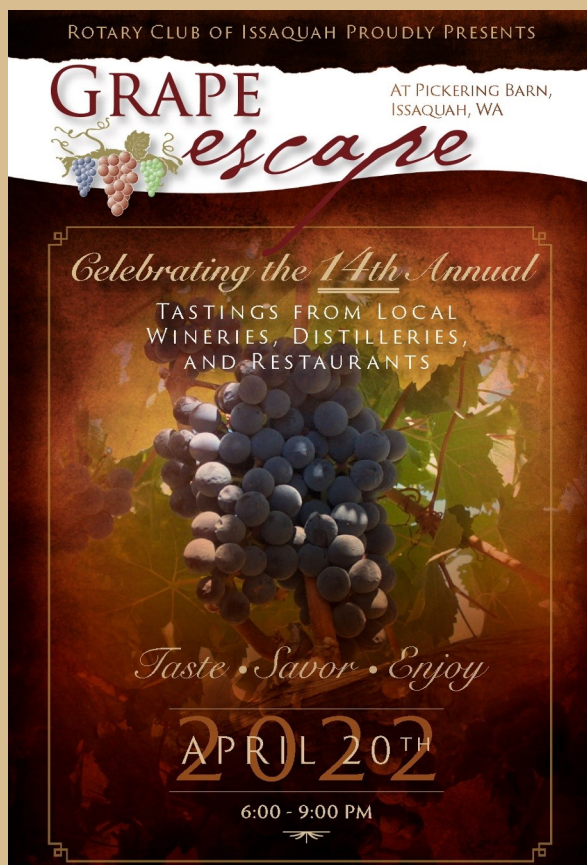
Northshore Rotary will be holding their annual fundraising event the evening of **Friday, March 11th** at **McMenamin's** in Bothell. This St. Patrick's Day themed event will feature live music, a silent auction, a raffle and many other opportunities to support our charitable work throughout the community and the world. Bring your dancing shoes as this isn't your traditional fundraiser but instead a retro dance party! Ticket price will include free drinks and food, so this is one event you won't want to miss. Stay tuned for ticket information coming soon!



Pot O' Gold Retro Dance Party

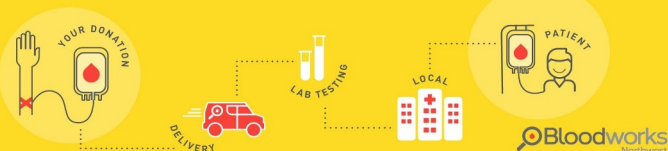


Help us raise a Pot O'Gold to support scholarships for youth and other vital community programs! Raffle, silent auction and more.



Where Your Platelet Donation Goes

Blood donations are at critically low levels nationwide.



“ Have a heart ! Donate blood! ” says our District Governor Howard Cohen. February 26 is the start of Bold 4 Blood Week this month. Please donate and use code Rotary 5030.

Let's do our part by taking the time to make a donation.

Click the link to schedule your appointment.

<https://schedule.bloodworksnw.org/DonorPortal/Default.aspx>

What to remember for your blood donation appointment

Drink water and eat a healthy meal.

Fill out [Donor QuickPass](#) on day of appointment Questions or need help? Call us at 800-398-7888

COVID Requirements:

- Masks and appointments required
- No guests or people under age 16 permitted onsite.
- See [COVID](#) safety measures

Keeping your appointment

ensures blood for a patient in need.
When you show up, you save a life!



Beth Tesh, Chair



Seattle #4 Rotarians, Jann and Kirk Greene, doing their part even in sunny southern California!

Join Your Fellow Rotarians for Hearts & Wine on February 25th



Join Rotarians from clubs across District 5030 as we come together to support hunger relief in our community!

Harvest Against Hunger – a program of District 5030 will host its annual major fundraising event, Hearts & Wine, from 6:30 pm on Friday, February 25th.

The event will be online using the engaging and fun REMO platform, so you'll have the opportunity to visit with friends and fellow club members throughout the event. We'll also have the "world premiere" of a new video highlighting HAH and our partners during the event.

Proceeds from the live auction and raise the paddle will be used to support HAH's expanded programs that connect healthy produce from local farmers with hunger relief efforts. To learn more and register for tickets, go to the Hearts & Wine event page on the Harvest Against Hunger website: <https://www.harvestagainsthunger.org/hearts-wine/>



Employment Opportunities at Harvest Against Hunger



Development Director

The Development Director serves as Harvest Against Hunger's lead staff person for fundraising. Position responsibilities include individual giving, grant writing, event planning and implementation as well as public speaking.

[Click here to view the full job description and apply](#)

Farm to Community Program Specialist

The Farm to Community Program Specialist position will further develop and enhance our quantitative and qualitative data collection and contracting processes to support hunger relief efforts and strengthen local food systems.

[Click here to view the full job description and apply](#)

Harvest Against Hunger is located in Seattle's SODO neighborhood, just across the street from T-Mobile Park, home of the Seattle Mariners. Bike and paid car parking, easy access to public transportation, an open concept office and a commitment to work/life balance and equity make this a great place to work. As a program of Rotary District 5030, HAH is committed to service and following Rotary's four-way test.

Harvest Against Hunger values a welcoming community that is representative of varied identities and lived experiences. We are an equal opportunity employer that prioritizes anti-racism practices and seeks to support BIPOC (Black, Indigenous, & People of Color) and other traditionally marginalized communities (including but not limited to gender identity, class, socioeconomic status, sexual orientation, age, ability, etc.). We encourage people who have traditionally been underpaid, and therefore may not have a salary history in alignment with this salary range, to apply.



Hello Rotarians and friends,

I believe that the order of Nature is what works and Peace is what all life forms desire.

Please do this with me:

Stop whatever you are doing, wherever you are reading this. Please take a deep breath, hold that breath, and let that breath out while

saying: Peace, Peace, Peace. By engaging in this small but important action, our collective will towards Peace comes alive and moves thru our world.

As a current member of the Seattle International District Rotary Club with past experience as President and District Assistant Governor roles, I am thrilled to be working within our Rotary world and our District 5030 as the 2022 District Rotary Peace Fellowship Subcommittee Chair. I will be sharing a bit about how you can help our District complete this important initiative.

I am also excited about the many initiatives that Rotary is embracing today as we navigate a world that is moving forward at an ever faster pace led by technology and passions by our future leaders. The role of Peace applies to virtually every area of our lives no matter what socio economic, ethnic, race, sexual orientation, age or other arena you are from or engage with.

Peace is an area in which much of our Rotary work is focused today as there is a need for managing conflicts everywhere....whether in real war zone areas of our world near and far or that of managing home schooling, healthcare or zoom meetings in today's Covid life and the real stresses and conflicts and the need for tolerances that arise in changing times.

Over the next few months, the Rotary Peace Fellowship Subcommittee will be connecting with clubs, club members and their communities and networks to connect with people interested in work around Peace. We would like to invite members interested in working on the Rotary Peace Fellowship committee which involves assisting with the selection of the 2022 Peace Fellows. In addition, if you are aware of someone who would be a great candidate for a Peace Fellowship, please reach out to me. The attached details are provided for criteria and requirements for Peace Fellowships.

Wishing you an abundance of Peace and happiness,

~ Vijya Patel

Editor's Note: To read more about Rotary Peace Fellowship and The role of Rotarians go to: <https://www.rotary.org/endorsepeacefellows>



Happy Lunar New Year

The Lunar New Year marks the first new moon of the lunar calendar and is derived from 12 full cycles of the moon. It is celebrated by many Asian communities including Chinese, Korean and Vietnamese. This year's celebration began on February 1, 2022—the Year of The Tiger.



Book Now and Save Rotary Zones 26/27 Institute Thursday Nov 10 to Saturday Nov 12, 2022

All Rotarians are Welcome!

Join us in Salt Lake at the all-new Hyatt Regency Salt Lake City on November 10-12, 2022. This year's theme is Trails to Peace and promises to be our best Institute yet. This very special conference, like our most recent Zone Institute in Tucson, will be adhering to all COVID-19 safety protocols.

<https://registrations.dacdb.com/Register/index.cfm?EventID=77565292&NoCaptcha>

Zone 26/27 includes a dozen states. Here's your chance to collaborate with them and meet our first female Rotary International President, Jennifer Jones.

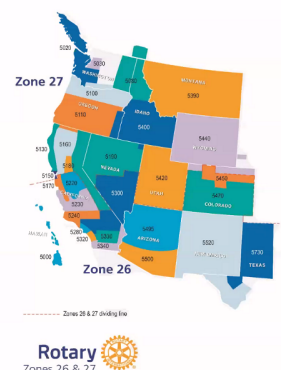
To learn more about your Zone, click on this link: <https://zone2627.org/>



ZONES 26 AND 27 "THE BIG WEST"

14 States
1 Province
30 Districts
1,200 Rotary Clubs
66,000 Rotarians
161 Rotaract Clubs
1,500 Rotaractors
1,500 Interact Clubs

numbers subject to change



HOW DOES Rotary help refugees?



ROTARY CLUBS AND DISTRICTS
HAVE USED **\$3 MILLION** OF
GLOBAL GRANT MONEY TO
**FUND PROJECTS AND
SCHOLARSHIPS FOR REFUGEES**
OVER THE LAST FEW YEARS.



MEDICAL AID



LEGAL AID



LANGUAGE TRAINING

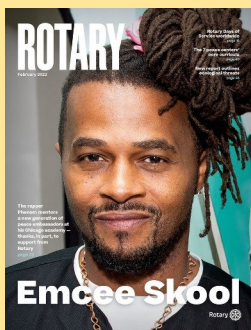


ACCESS TO VOCATIONAL
EDUCATION



Rotary International has a new updated DEI page including Rotary's Commitment to DEI, an amazing new DEI Code of Conduct and resources for supporting DEI in Rotary Clubs. Check them out and share with your club!

rotary.org/DEI



Subscribe to Rotary Magazine
Digital Edition

[Subscribe to Rotary magazine's digital edition](#) to receive an electronic version of the magazine.

[Read the digital magazine](#)



"Imagine a world that deserves our best, where we get up each day knowing that we can make a difference." President-elect Jennifer Jones revealed the 2022-23 presidential theme, Imagine Rotary, today. She's urging #Rotary members to dream big. Imagine... what dreams will you help realize? The Suffragette colors represent Polio (purple), Environment (green) and Peace (white) Learn more: <https://on.rotary.org/3rCXK4r>

Help Strengthen Rotary's Brand

Update your websites and social media accounts using the Brand Center's promotional resources — photos, videos, templates, and more — to show your community that Rotary members are people of action.



Go to the new **Our brand** tab to learn how to use Rotary's logos, colors, and fonts to create flyers, brochures, presentations, and other materials that look and sound unmistakably like Rotary. In the **Help** section, you'll find answers to frequently asked questions about the elements of our brand, as well as ways to contact us.

By using a consistent look and tone when you promote your club's good work, you will increase people's recognition of Rotary. Our Brand Center gives you the tools to do this.

[Visit the Brand Center](#)

DISCOVER NEW HORIZONS

Houston, Texas, USA, 4-8 June 2022
Register today at convention.rotary.org



Limited time only: Save on the 2022 Rotary International Convention

In response to questions and concerns raised by members worldwide, we are pleased to announce that the Rotary International Board of Directors has confirmed that the 2022 Rotary International Convention will be an **in-person** event 4-8 June in Houston, Texas, USA. We are excited to offer a special registration rate of \$495 through 28 February.

In addition, the Board has determined that all participants, including Rotary International preconvention participants, must either be fully vaccinated against COVID-19 ([as defined by the U.S. Centers for Disease Control and Prevention](#)) OR provide a negative result from a COVID-19 test taken no more than 72 hours before their arrival at the convention. Check convention.rotary.org for updates as we continue to determine what safety protocols are necessary, based on the current CDC recommendations for safe gatherings.

Don't delay, because this special registration offer expires **28 February**. You'll have the opportunity to cancel for a full refund, minus a \$50 per person administration fee, until 30 April.

[Register Today](#)

Rotary Club of Antigua has long Partnership with Bellevue Breakfast Rotary

By Cordel Josiah MBE – PP/Project Coordinator

The fourteen (14) year partnership between the **Bellevue Breakfast Rotary Club (BBRC)** started in 2008, after two years of planning between Past District Governor Steve Lingenbrink, Past President John Martinka of BBRC and Past President Cordel Josiah MBE of the **Rotary Club of Antigua (RCA)**.

To this date 2022, the Computers for the World Project (C4W) has significantly "Improved Education through Technology" in Antigua & Barbuda, and has provided over 5,000 computers, built over 60 fully networked computer labs in Government and Private Schools; distributed over 15,000 Usborne Illustrated Dictionaries to Grade 3 students, donated lots of school supplies to over sixty (60) schools, and also the training of over 150 teachers with over 200 more to be trained in 2022, so that they can communicate effectively with the students when teaching them with technology.



Added to this project in 2009, is the Rotary Sewing Project in communities and villages throughout the island. This project provides five (5) Sewing Machines, many yards of fabric, sewing accessories etc., and the payment of a stipend to an approved sewing instructor trained by Rotary's Jan Martinka to teach the sewing class. There are now eight Rotary Sewing Centers across the island. The object of this Sewing initiative is to teach women the skill of sewing so that they can become self-sufficient, and give them the opportunity to provide for themselves and their families. Over four hundred (400) women have been trained to sew over these past years through this Rotary Sewing Project.



The economy of Antigua & Barbuda has benefited over ECD\$5 million over the past fourteen years from this Rotary Computer and Sewing project.

This year the Rotary Foundation has approved for this Antigua project to be recognized at the **Rotary International Assembly February 7 – 14, 2022 in Chicago**. This will be presented by **Mr. John Hewko**, Rotary CEO in his address to the District Governor Elects. **The focus of the speech is on the impact Rotary projects can have.**

Editor's Note: The Rotary Club of Kirkland Downtown has also been involved with this project.

ROTARY DIRECT HOW TO SET UP A RECURRING DONATION

Rotary Direct – 11%

Did you know that over 11% of Rotarians in District 5030 are already signed up for Rotary Direct? Rotary Direct is a great way to set up automatic monthly, quarterly, or annual contributions to The Rotary Foundation. It's easy to set up and you can change your contribution levels, frequency, or choices any time.

What is Rotary Direct? Simply, it is The Rotary Foundation's recurring giving program. And, "simply" is key. Once you set it up, you don't need to worry about writing checks or making your donations on time. And, you are helping our Foundation by reducing administrative costs, meaning more dollars available to fund projects! Want to learn more? Click [How to Set up a Recurring Donation](#) for a video overview of how to sign up, or [Rotary Direct Q&A](#) to download frequently asked questions.

Whether you are supporting Annual Fund-Share or Polio Plus or other Foundation causes, Rotary Direct is a great way for you to put your contributions on "auto pilot" to support Rotary's efforts to do good in the world! THANKS!

Your District 5030 Foundation Committee Chair
Jeff Brennan



It's that time of year! **RYLA Registration Time!** Reserve a spot for your student now at <https://reserveyourspot.paperform.co>.

Did you know, if every Club sent one student to RYLA Northwest (a joint program of Districts 5030 and 5020), our students would make up half the attendees. **I challenge all of our Clubs to send one student.** Now is the time to forge a relationship with your local high school or youth mentoring program. If your Club does not have the bandwidth to select a student, I recommend sponsoring one of our Interact students. Reach out to a neighboring Club that sponsors an Interact Club and support their investment in local youth. If you need help identifying a neighboring Club, please reach out to the District Interact Chair, Susan Beals, susanbeals@gmail.com.

Have a question about RYLA Northwest? Visit the **Rotarian Open House on Monday, February 7 at 6pm** to join Rotarians from throughout our Districts in a discussion of best practices, and to find answers to your questions about the 2022 program.

Join via Zoom at <https://us02web.zoom.us/j/89780768049?pwd=ZjRWM2RsYlArQ3p0OEIMcTUxNEIxUT09>. If you can't join us but have questions, email Stacia Marshall at rylaconference@hotmail.com.

Rotarians in Action, Keeping their Sense of Humor & Making a Difference



Tiny House Build

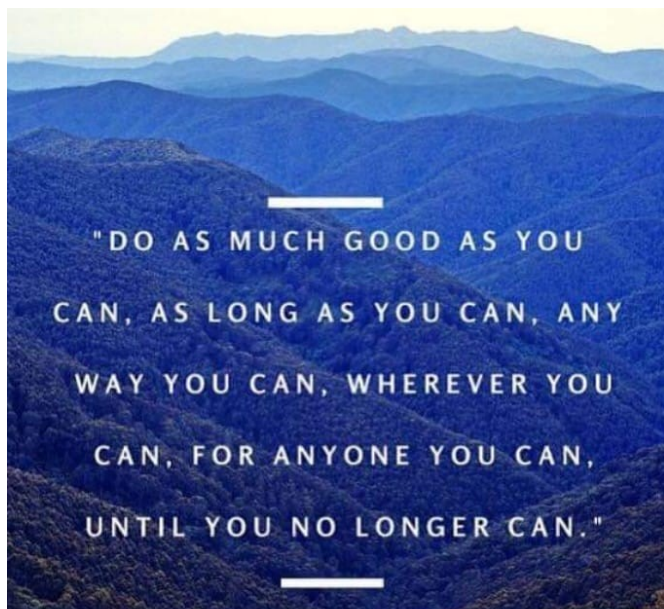
By Darlene Zulauf

It is such a well-thought project that succeeds at building tiny houses as well as building community!

The house building is divided into 6 parts: foundation, 2 sides, front, back, and roof. Each of these parts was worked on by 2 volunteers plus a knowledgeable lead. The groups are purposely small due to Covid safety precautions. This public service project purposefully includes symbolic Native American and Amish traditions of being in community to make it a meaningful activity: eating lunch in a large circle, sharing openly how we felt about this day of service, writing heart-filled messages on walls of the house we built for its occupants and "barn-raising" of the 4 sides and roof to its foundation. This was truly an amazing and heart-felt experience to take part in!

Leader Barbara is meticulous and focused on streamlining the tiny house process. She is absolutely efficient in volunteer movement. She maximizes production of tiny homes that are inexpensive and produced as efficiently, effortlessly, and cost effectively. She has divided each job into easy, manageable pieces that require absolutely no prior knowledge of building tools! They have built a system that squares up this tiny house and each part has its own set of written instructions for you to follow. It is safe, fun and easier, yes easier(!) than baking a cake!

We came up with a name for our house once it was erected. Similar to naming hurricanes in a single season, each house begins with a new letter once it is "born" and our name was to begin with the letter 'V'. Ed Pearson came up with the perfect name..... Valentine.....and so it was Christened!



3rd Annual Polar Bear Dip report 2022

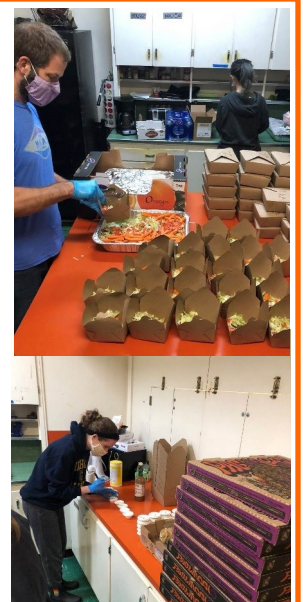
The event was nothing but FUN, FUN, and more FUN...to actively support the continual eradication of POLIO. The Marine Police boat was out on the water close to the Sheridan Beach dock watching the dipping action in their binoculars! The Lake Forest Park police were in full force. Lieutenant Diego participated in the DIP and two other officers were acting lifeguards. Lake Forest Park Rotarians hosted the many dippers and observers who came to the beach to enjoy the DIPPING entertainment and the sunshine. This record DIP included 25 DIPPERS and at least 25 onlookers.

Thank you to the DIPPERS for providing us all with laughter and light...the stimulation of being a part of the community and coming to gather for good cause was totally inspirational. Thank you to the participants and observers for 68 jars of Peanut Butter, 111 lbs. of peanut butter which were taken to North Helpline. Lake Forest Park Rotary appreciates the donations of over \$200 collected to support ending polio at the DIP. Thank you to all the Rotarian Peanut Butter sandwich makers...the leftovers were taken to a shelter for continued enjoyment, thank you Ed Pearson and Silje Sodal for delivering the goodies. A special thanks to the Sheridan Beach Community Club for hosting this amazing event to support the ERADICATION OF POLIO. See you next year for the 4th Annual Polar Bear DIP.

University Sunrise Rotary has participated in Teen Feed in the University District three times this year.

We purchase and prepare the food. It is placed in individual containers by the Teen Feed staff and delivered to the young people.

So far we have done two meals of lasagna (including a vegan option) with salad, cookies and water and a third meal of pizza delivered by Pagliacci Pizza with the club providing salad, cookies and water. The pictures are of the pizzas and our salad being portioned out.





Des Moines/Normandy Park Rotary Club says farewell to their member and D5030 COO, Connor Talbot as he moves on to new adventures om Waitsburg, WA.

"There will always be a special place in my heart for this community... Take care, my friends. I hope to see you again in the near future."

From Mike England: "It is with gratitude and a little sadness that we say see you later to [Connor Talbott](#). I know Connor as a friend, fellow Rotarian and incredibly talented web designer. Connor is the Chief Operating Officer of District 5030 and Howards right hand man. I know he will still be here virtually and I highly recommend him. "

The Fremont Rotary Club is going to create a new Public Safety Meeting through Fremont Rotary Club that would be held once a month.

Jim Fuda from Crime Stoppers will meet with on a platform that will get those not involved by being heard a place to voice their concerns.

We will at a following meeting get Mark Solomon from Crime Prevention to tell us about their role and how we can build a public private partnership. We will create a platform with the infrastructure to move forward to get all communities involved.



It will be by zoom and in person for those who want to bring their concerns or issues to the table. From there, we will pass a target list to the North Precinct and Crime Prevention to pursue to the best of their ability. We plan on having the Fire Dept. and Red Cross to provide a first aid clinic and eventually have a Public Safety Fair that Police and Fire can bring for a show and tell and exchange information. The space we have in mind is where we had the Art Car Show in Fremont during the Sunday Market.

The Big Taste

FOOD ★ WINE ★ BEER ★ SPIRITS

SATURDAY
March 26
5PM - 8PM

★

Taste WINES, BEERS, CIDERS & SPIRITS
from around the Pacific Northwest at
THE BIG TASTE! Tasty noshes
available from Carolina Smoke.

Magnuson Park, Hangar 30
7400 Sand Point Way NE, Seattle

Advance Tickets \$35 at USRotary.org
Admission \$45 after March 1st

OR... Click on this link for info and tickets:
<https://usrotary.org/>



University District Rotary: Thanks to Sala Sweet, Son Michael Pham, Ray Connell, Jim Rechtiem, Dale Hicklin, Jeff Werthan, Rick Jones, Jim Gram, Ling Chinn and our new member Wendy Riley for joining together on MLK day to distribute warm coats and other items to Tiny House residents at Rosie's Village in the University District. We were even able to have enough coats left over, that E.J., the Administrator of Rosie's Village, has agreed to make sure that the excess coats are distributed to other Tiny House Villages.

Welcome to the
Family of



New Members: Jan 1 - Jan 31

Alderwood Terrace

John Ebisu

Bellevue

Chen Yi
Nam Nguyen
David Spanier

Bellevue Eastside

Aimee Hern

Bellevue Sunrise

Bill Rahr
Joe Sparks

Covington

Krista Bates
Liesl Kershner

Environmental Club of Puget Sound

Catherine Endicott
Timothy Leadingham
Cindy Thompson

Federal Way

Allison Weherry

Kirkland

Isabelle Kalisa

Lake Forest Park

Kennis Brady

Lake Union Neighborhood

Alex Kovar

Mercer Island

John Faith
Sandy Piha

Mill Creek

Cameron McGinness

Northshore

Chris Cazares

Renton

Sam Amira
Jesus Lopez-Guisa

Seattle #4

Mia Yen

Seattle-International District

Tammy Do
John "Mack" McCoy

Woodinville

Ally Baehr



Jim Angstead

1937-2022

West Seattle Rotary



Allister Capperault

1930-2022

Kent Rotary



Chris Rogstad

1971-2022

Edmonds Daybreakers



A World of Peace

by Jenica Goetz

Imagine that our world
Was full of only peace,
From tall giraffes to human beings
To lions and flocks of geese.

The Countries would be in one big truce,
No more battles, raids, or wars,
The homeless would be welcome
Through many open doors.

Nature would no longer die out,
But live with us as one.
All that ever needed to be
Would finally be done.

No more pollution, no more fights,
No more crimes or animal bites.
No more sickness, no more crying,
No more hatred, no more dying.
No more handicaps, no more drugs,
No more cancer, only hugs.

Imagine that our world
Was one big family,
Everyone would be happy,
Including you and me!

Editor's Note: This fitting poem was written by my 10 year old cousin who died of Leukemia at the age of 11.