

Kae Peterson District Governor

District Newsletter - October 2022

DG Kae's Column

Wow!! What an amazing two days hosting RI President Jennifer Jones here in district 5030! On Thursday she filmed a segment for New Day Northwest on KING 5 TV. Look for that to air later this month. We took her to see the Tiny Home Factory and meet with Sound Foundation Barb Oliver and members of the Shoreline Rotary Club.

Thursday evening, President Jones helped induct four new members into the Arch Klumph Society. Thank you to these impact donors for making our communities and our world a better place.

At the Trustee Level:

- Gloria Hunt on behalf of Roger Hunt, Federal Way Club,
- Tom and Dorothy Sheehan, Edmonds Daybreakers Club.

At the Chairs Level:

- Nancy and Jim Crim, Edmonds Daybreakers Club
- posthumously Jean O'Sullivan friend of the Issaquah Club.

Friday kicked off with President Jones welcoming 58 new woman members and their sponsors at a private reception before the gala dinner. Each of the new women members and their sponsors received a special pin from President Jones. In total, the district has welcomed 82 new woman members since May. We warmly welcome these new members to Rotary and thank their sponsors!!

Following the reception, we gathered in the ballroom for the inaugural 5030 Foundation Gala. More than 250 people joined the party. We recognized 65 Rotarians from the stage for their generosity to the RI Foundation. In total, 249 Rotarians in the district increased their contributions to the RI Foundation representing 12% of our total Rotarians. That is impressive! Thank you to each of you who generously increased your donations to help us be more successful in making our communities and our world better.

The evening ended with an amazing keynote address from President Jones and a question-and-answer session after the speech. Then the live band began playing in the ballroom and we danced into the night!

World Polio Day Celebration

Thank you to the Gates Foundation for hosting our district to celebrate world polio day at the Gates Foundation from 5-7 pm on October 20, 2022. There will be dynamic speakers, fellowship, and I hope to see many of you there. We will get to hear the latest news in the END POLIO NOW campaign and understand what the recent news that it is here in the US means. The Gates Foundation has announced that ALL funds raised in the district in October for polio will be matched by them 2:1.

Jeff Borek to Lead D5030 in 2025-26

On October 7th, we held interviews to select our new District Governor Designee for the rotary year 2025-2026. At the Foundation Gala held later that day, Rotary International President Jennifer Jones announced that Jeff Borek from Seattle #4 is the Designee. RI President Jennifer presented him with his DGD pin. Jeff has served many roles within the



Seattle 4 Rotary Club, including president of their foundation, club membership vice president, and most recently, club president in 2020-21.

Jeff's professional career has been in the high-tech industry. He has been with IBM since 2002. He has held many leadership and executive positions in his tenure with IBM. He is currently the Worldwide Director of Supply Chain

Security and OSPO. Jeff is well respected and recognized within IBM for his leadership, his critical thinking, and problem-solving skills.

Our current District
Governor Team would
like to welcome Jeff and
we look forward to
working closely with him
to advance the strategic
plan for our district.



Yours in Rotary,

District Governor Kae Peterson District Governor Elect Kaj Pedersen District Governor Nominee Rachele Bouchand

Gala Pictures!

Here are some of the wonderful photos taken at the Gala and recognition events during RI President Jennifer's visit to District 5030. More will be available in next month's newsletter.

https://annieritterjonesphotography.pic-time.com/-rotaryinternationalconferenceundefined2022/gallery



ALL ROTARIANS INVITED!

to read and discuss

Nice Racism:

How Progressive White People Perpetuate Racial Harm

by Robin DiAngelo



Hosted by the Seattle International District Rotary Club Saturday, November 5th @ 8:30AM on Zoom

> https://us02web.zoom.us/j/87258005812? pwd=cHFrQkJsbTJnbzNWczhKcjRgazJ3Zz09

Hear Rotary International
President Jennifer Jones
describe why DEI is the first of
her presidential initiatives
this year.



CLICK HERE

Interested in learning more about the District 5030 DEI initiatives? Contact District 5030 DEI Committee Chair Cathy Gibson dagibson2021@gmail.com

2022 Rotary Institute in Salt Lake City November 10 - 12, 2022

Rotary Institutes provide an opportunity to experience interactive discussions, hear from world-class presenters, socialize, and participate in fun service activities with Rotary members from throughout the zones. The Trails to Peace Institute will provide a special emphasis on promoting peace to compliment the topics from the People of Action Summits, while also celebrating the achievements of members and clubs throughout the zones.

All Rotary and Rotaract members are invited to attend. With participants from all 30 districts throughout the Western United States and Canada that make up Zones 26 & 27.

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

ROTARY ELWHA RIVER EXPLORATION DAY

Seattle Rotary's Environmental Sustainability Committee <u>invites all District 5030 Rotarians</u> and their families to this free event.



Sunday, November 6, 2022 9:00 AM—3:00 PM Port Angeles

Since removal of two major dams the Elwha was completed in 2014, the Elwha ecosystem has undergone radical changes and made huge strides toward restoring the Elwha's legendary salmon runs and many other ecological functions. During Elwha Exploration Day, you'll be led by NatureBridge's environmental educators to explore in detail the changes that have occurred in the River since the dams came down. The day will begin with registration, coffee, banana bread, and a classroom session at the NatureBridge campus on Lake Crescent in the Olympic National Park, then continue with exploration of the Elwha River itself.

The event is free but registration is required and donations to NatureBridge are strongly encouraged. Sign-up and additional information on the Elwha Exploration Day is available <u>HERE</u>. NatureBridge is holding registrations open for Rotary only for the next week, then will open to the general public.

More information about NatureBridge and its mission of science-based environmental education in the nation's National Parks is available here.

The National Park Service's page on the history of the Elwha and ecological restoration is available <u>here</u>.

Space is limited so please do not delay in signing up. We hope to see you there. ~ Eric Christensen, Seattle 4



GATES foundation DISCOVERY CENTER

Celebrate world Polio Day with Us

Thursday, Oct. 20 | 5-7 PM

Free | All Ages
Bill & Melinda Gates Foundation Discovery Center
440 5th ave N. (across from Seattle Center)
Register at: World Polio Day (cvent.com)

Proof of COVID-19 vaccination or negative test is required for entry. A limited number of rapid tests are available for guests onsite. ASL interpretation is available. Minors (under 18 years old) must have their parent/legal guardian register on behalf of them

Celebrate World Polio Day 2022 with Rotary International and the Discovery Center. This hybrid event will be an opportunity to celebrate progress in the fight against polio, but also discuss the remaining obstacles to overcome in order to achieve a polio-free world.

Hear from our keynote speaker **Ramesh Ferris**, Rotarian, global citizen and polio survivor. Ramesh lives in Canada and is a global advocate in the fight against polio. Read more about his story in this recent Slate article.

Following Ramesh's address, there will be an engaging panel discussion moderated by **Cathy Gibson**, Past District Governor of Rotary District 5030, featuring national and local leaders **Lara Paige** from the Gates Foundation's Polio Team and **Ezra Teshome**, Rotarian and polio plus chair.

Following the panel discussion, there will be time for questions from the audience. We hope you can join us because, together, we can #EndPolio.

EVENT SCHEDULE

5 pm – 5:20 pm Reception

5:20 pm – 5:45 pm Keynote by Ramesh Ferris

5:45 pm – 6:30 pm Panel discussion

6:30 pm – 7 pm Visit the galleries and discover

ways to take action







Join Harvest Against Hunger and our partners (and graduated Harvest VISTA site!) with the <u>Community Harvest program at Upper Valley MEND</u> on Saturday, October 22nd to help pick apples in a Cashmere, WA orchard. Our goal is to pick more than 18,000 pounds of apples in one day! Space is limited, so please register in advance using this link: https://forms.gle/D2KDsmW1oJ4vrpWHA

We're inviting Rotarians, Rotaract and Interact members from Rotary Districts 5030 and 5060 to join forces to help us get these healthy apples harvested and into local hunger relief organizations.

The work party will begin with training in the orchard promptly at 10:0 AM, and will end at 12:30 or 1:00 PM. *Please bring appropriate clothing for the weather, including a hat, raincoat and gloves. Also, be sure to bring at least one full bottle of water.*

Please contact David or Katy at the HAH office if you have any questions: 206.236.0408

HAH developed a new small grant/award program to support local Rotary-based efforts to reduce hunger and food waste in their communities.

HAH is once again offering our HAH Rotary Club Hunger Relief Awards. I know first-hand that several are very involved with some of our existing hunger relief partners, so assume that there will be some interest in participating.

Harvest Against Hunger (formerly Rotary First Harvest) has been working for 40 years to reduce hunger in Washington and across the Northwest. This is the second year we are using this awards program to recognize the work that Rotarians and Rotary Clubs throughout the state are doing to help address hunger and food insecurity. To honor and encourage that work, HAH will award up to six (6) grants of \$1,000 (one from each Rotary District in Washington State) to local hunger relief organizations in the name of self-nominated Rotary Clubs (including Rotary, Rotaract and Interact clubs).

We know many of you are already doing great work in partnership with hunger relief programs in your community. We invite all Rotary, Rotaract & Interact clubs in District 5030 to submit an application to support those local partnerships.

For more Information: https://docs.google.com/forms/d/e/1FAIpQLSd10rnaymzHQ43HgYuf2kBJ2psfCZ_y1-AR1l8w7gOvqC6iow/viewform

All entries should be submitted by November 1, 2022 - please apply today!



Have you signed up?

WE HAVE A LIMITED AMOUNT OF DONATED SPACE SIGN UP AS A TEAM CAPTAIN NOW! GET YOUR SPOT BEFORE ALL SPOTS ARE GONE

To register or to find out more information, follow the link:

www.rotaryhungerstrike.org

6 bowling alleys around the greater Seattle area (King and South Snohomish Counties)

November 21, 2022

Hunger Strike is supporting the greater Seattle food banks and Harvest Against Hunger

HUNGER STRIKE BOWLING LOCATIONS...

Spin Alley-SHORELINE, **TWO FREE lanes, 2-8 p** 1430 NW Richmond Beach Road, Shoreline, WA 98177

Bowlero LYNNWOOD, **2 FREE LANES, 4-8 p** 1222 164th Street SW, Lynnwood, WA 98087

Bowlero TUKWILA, **2 FREE LANES, 4-8 p** 100 Andover Park W., Tukwila, WA 98188

Roxbury Bowling-WEST SEATTLE **2 FREE LANES, 4-8 p** 2823 SW Roxbury Street, Seattle, WA 98126

Lucky Strike-BELLEVUE, **2 FREE LANES & Shoes, 4-8 p** 700 Bellevue Way NE, Bellevue, WA 98004

Kent Bowl-KENT, **2 FREE LANES, Noon-4 p** 1234 Central Ave. N., Kent, WA 98032

WHAT IS UP WITH POLIO ERADICATION? Join Lake Union Rotary and Kimberly Porter of the

Gates Foundation on Zoom or live at the Center for Wooden Boats **Friday, October 28 at 7:30 AM**.

Kimberly will update Rotarians about the status of polio eradication on several fronts. One will be discussing the rise of immunization-derived polio virus which now infects more parents in Africa with paralyzing polio than residual native polio virus. Another will be the recent detection of polio virus in both New York City and London wastewater systems. And finally, Kimberly will highlight the current global strategy for polio eradication.

The Center for Wooden Boats (Old Boathouse) is located at 1010 Valley St, Seattle 98109. The Zoom Link is https://us02web.zoom.us/j/84983490396?
pwd=MTkySTdPWEducnJrN1MwWnBTVzFOUT09





YOUR IMPACT IS HUGE: September Results: 36 Donors You helped us meet our goal!



Florida residents need our help. I'm relieved that my family in Tampa is safe. I visited this past May and was amazed at how close high tide was to the roads. I can't imagine what storm surge and flooding would look like.

As a First Responder, I can imagine anyone in need of medical help in the wake of the recent storm. Our blood donations are helping in Florida. Thank you!

News from our District Project partner Bloodworks NW, September 2022:

"Bloodworks is shipping an emergency blood supply of 30 units of Type O Positive blood to SunCoast Blood Centers in Florida as the state prepares for a powerful storm.

As <u>Hurricane lan</u> intensifies shutting down blood collections, this shipment will help Florida hospitals prepare for whatever the weather may bring.

To support the emergency response, we're asking our community to donate blood as soon as possible.

Rotarians can donate on behalf of District 5030: Wherever you choose to donate, be sure to mention the code, 5030, or that you are donating on behalf of Rotary District 5030. To make your next appointment,

visit <u>Bloodworksnw.org</u> or call 800-398-7888. Have a question? <u>Email Bloodworks</u>. Appointments and masks are required, and there is no deferral from donating if you have received the COVID-19 vaccine. See Bloodworks' <u>COVID-19 safety measures</u> for more information."

~ Beth Tesh, D5030 Chair



POLIO



THE **4TH SATURDAY** EVERY MONTH Rotarian Tiny Home Builders wanted...

GO TO: rotarytinyhomes.org TO VOLUNTEER
Questions / Answers...
Rotarian Tiny Homes boss,

scottdcraig@aol.com 206 551-4453

Ukraine Disaster Response Grant D5030 by Debbie Bodal, Lynnwood Rotary

D5030 partnered with 5040 & 5050 on a Multi-Disaster Response Fund (DRF) Grant DR691. Each district applied for a 25k Disaster Response Fund (DRF) Ukraine Grant from RI totaling \$75,000. The money was used to purchase a RIB dive boat and dry dive suits to sweep unexploded bombs in the rivers in Ukraine. There was no club involvement for the Grant, however, the funds that RI holds were raised by clubs around the world. As of May 2022, RI had 15 million in DRF earmarked for Ukraine that must be spent by the end of the year. As of Sept.14th, 9.1 million has been awarded to fund 280 DRF Grants from 30 countries and 22 Districts around the world. \$5.3 Million Ukraine dedicated funds remain to be used prior to December 31. After that the funds go into the DRF general to be used for disasters happening around the world. Lynnwood contributed 10,000, (Lynnwood Club Rotarians raised \$5,000 and our LRC Foundation matched with \$5,000) After Dec 2022, RI is hoping that individual clubs can continue to support the projects listed below.

Lynnwood was one of the 5 Rotary clubs (Lynnwood WA, Vancouver, Edinburgh, Scotland, Shrewsbury, MA & a club in the Detroit area) that sponsored the first Ukraine Rotary Club in Kyiv. We still have a few club members that went to Ukraine as a delegate. Janet Leister our RC Lynnwood ISC and myself are on a bi weekly, now monthly, zoom meeting with the other Rotary sponsor clubs, RI & at least 4 Ukrainian clubs to discuss the needs in Ukraine.

Arthur Ohanesyan from D2232, Kyiv Club was very thankful and excited to let us know that the RIB boats will be delivered to the State Emergency Services (SES) Major General, head of the SES on Monday, Sept 19th. The boats were manufactured by a Canadian company in Dnipro City, Ukraine. The dive suits are still in the making. Once this grant has been closed, we plan to apply for an additional DRF Grant to provide portable houses to the town of Moshchun which was destroyed with many now homeless because of the war. It is the Moshchun project that will be called Rotary Villages. UTube link below. 25K will provide two homes. The link below is an article that our partnering district in Canada wrote about the DRF Grants.

Other needs pointed out have been Medical Supplies, Land Mine detectors, Ambulances & Fire Trucks, Generators, & Jaundice lights for newborns, aiding Ukrainian Refugees around the world, wound vacs & to teach English to Ukrainians online. English teacher Volunteer Commitment 1 hour per week for 10-12 weeks, online, flexible schedule. If you are interested, please Sign up on their website:

www.enginprogram.org. Contact Information: Rose Tatum – rtatum@enginprogram.org You do not need a teaching certificate. It is to provide conversational English so that the Ukrainian Refugees can apply for jobs. LINKS: https://voutu.be/Tnjr1z 223U

https://www.rotary5040.org/Stories/rotary-s-disaster-relief-for-ukraine-now-us-15-million







Enhancing Neuroplasticity Is Urgent

Dr. Joyce Shaffer, PhD, Bellevue Rotary

Enhancing Neuroplasticity Is Urgent: Music & Dance for the UN/WHO Decade of Action for Healthy Ageing provides research on the power of Music and Dance to enhance neuroplasticity in ways that address 3 Rotary Areas of Focus: Disease; Peace; & Education. This is essential.



Neuroscience provides strategies for using evidence-based interventions from the beginning of life to enhance neuroplasticity in ways that improve health and promote peace. "Massive IQ gains from one generation to another" in 34 countries (Flynn effect) encourages. Healthy ageing without dementia is achievable.

People are more likely to do what is fun, easy, portable, culturally adaptable, and free. Music and dance meet these needs and could increase the Flynn effect.

Hearing Music reduced stress potentially protecting and enhancing premature infants' neurodevelopment with better feeding, breathing, and heartrate. Elders enjoyed better sleep, safer feeding. Hearing music influences human genes associated with preventing neurodegeneration.

Making Music six-month-old infants enhanced social and cognitive skills. Making music benefits include greater prosocial skills, emotional intelligence, academic performance, and increased Full Scale IQ. Music training of 4 years before age 18 reduced risk of mild cognitive impairment 30% compared to elders without music training. When listening to music, people tend to move, some dance.

Dancing includes increased complexity of movement which induces functional and structural neuroplasticity. Depression was reduced with dancing.

Therefore, use soothing background music at all ages. Making music and dancing can promote social, emotional, behavioral, neurochemical, immunochemical, and neurocognitive health from infancy through centenarians. Listening to music, making music, and dancing might be preferred nonpharmacological approaches for preventing, delaying onset, and/or reversing dementia ... while also promoting peace!

Rotarians, let's use Music & Dance to influence increasing the Flynn effect for improving global statistics on physical, emotional, social, and neurocognitive Healthy Ageing for all.

JAL | Free Full-Text | Enhancing Neuroplasticity Is Urgent: Music and Dance for the UN/WHO Decade of Action for Healthy Ageing for All (mdpi.com)



What is the Arch Klumph Society?

Named after the sixth president of Rotary, the Arch Klumph Society was established to acknowledge and recognize The Rotary Foundation's highest tier of donors — those who have contributed \$250,000 or more during their lifetime.

Arch C. Klumph joined the Rotary Club of Cleveland, Ohio, in 1911 and was the 1916-17 Rotary International president. Addressing the 1917 convention in Atlanta, Georgia, he eloquently promoted the idea of "endowments for the purpose of doing good in the world." That year, the Rotary Club of Kansas City, Missouri, made the first gift, of \$26.50, to the fledgling fund. When the endowment had grown significant enough to require administrators to manage it, The Rotary Foundation was born, and Klumph was selected as one of its first trustees.

The Arch Klumph Society (AKS) was created in 2004, during Rotary International's centennial celebration, as a meaningful way to recognize the Foundation's highest-level donors.

Examples of AKS grants have been used to:

- Bring peacebuilding seminars to 200 teachers and 1,300 students in Uganda.
- Distribute insecticide-treated mosquito nets and medical services that help prevent malaria in Mali.
- Train teachers who are establishing an early-childhood education center in South Africa.
- Provide water filters, toilet blocks, and hygiene training to prevent fluorosis in a community in India.
- Fund a scholarship for a medical professional to research ways to minimize mortality rates among premature babies in Italy.
- Protect children around the world from polio.

Recognition: Each AKS member has the opportunity to have his or her portrait placed in the Arch Klumph Society Gallery, located on the 17th floor of Rotary International World Headquarters in Evanston, Illinois. Portraits are etched on glass plaques, which are back-lit to create a stunning display of our Foundation's most valued supporters.



University Sunrise Rotary hosted a block party for Solid Ground low-income housing residents in Magnuson Park. A barbeque dinner was served, there was a tug of war for the kids, bands played, the kids painted rocks as an art project and everyone had a great time. Various service providers were on-site to assist residents.

Detective "Cookie" Chess Park Dedicated in Rainier Beach.



Two Topiary Dinosaurs ~ By Rudy Pantoja

The Fremont neighborhood is known as the Center of the Universe, and for me, the heart is two topiary dinosaurs. They are covered with ivy that is trimmed and groomed year-round to keep their dinosaur shape. Trimming the topiaries is how I started as a volunteer four times a year with the Fremont Rotary Club in the late 90's on the Burke Gilman Trail alongside Fremont Canal Park.



My work with the dinosaurs led to other projects along the greenbelt. They include picking up litter and cutting back noxious weeds and plants to preserve our native plants so they can thrive and grow. We place wire mesh around the trees to prevent freshwater beaver from destroying vulnerable trees along the canal. In place of the trees, we will leave downed trees and limbs for the beaver to chew on.

The Fremont
Canal is
something
that many of
us may take
for granted or
have never
seen. The



dinosaurs create opportunities to experience the magic of life even on the coldest days of autumn and winter when people tend to be indoors. I am never alone because of some unknown divine intervention, the wildlife and natural habitat that brings life and joy to my heart is shared as I watch those using the trail taking in the same feeling. That shared experience starts many conversations about humanity as they visit, and we work on the trail.

Throughout the seasons of the year, I enjoy the wildlife and making friends who have become like family in the world around me. There are many aromas and defining smells that are unique in this area. Sometimes I get to enjoy the smell of Theo Chocolates making candy or the Food Trucks from the Fremont Sunday Market, which make me hungry and my mouth water. I can smell native plants, trees, and shrubs as they bloom and pollen from the tall grass as it is being cut or walked on. At times I pause and enjoy the reality of silence along the green belt that many enjoy.

Just as the dinosaurs brought me to the trail in the 90's, I have gotten other people to join in the effort to make the trail a nice place to visit. The dinosaurs create the magic for the volunteers and people passing by when they get to experience the magic, life, and changing seasons as they visit the trail. And this is why I love living in Seattle and I call it my home.





Our Rotary Club of Kirkland Downtown Past President Jan Martinka made her annual visit to Antigua to check in with the local sewing project she spearheaded. While there, she received an award from Rotary for the work on this project. Congratulations Jan!



Peace Fest

Presented by Bellevue Rotary and the Bellevue YMCA September 17, 10 am-12:30 pm Bellevue YMCA Gymnasium

Objectives: Meet with community agencies and inaugurate the Rotary Peace Pole with entertaining peace activities.

Watch the video here: https://www.dropbox.com/sh/n619g1s1zskxx45/AADGEuM_tXa0v1h1ni2X3otda?dl=0

Activities during the event:

- * Rotary Contest Posters "My Vision of Peace" display
- * Rotary Contest Essays on "My Vision of Peace"
- * Giant screen with peace images and Peace Songs
- * Up to 15 booths of community agencies for networking
- * Art Table; Peace Message Wall; Line dancing; Cornhole;
- * Bounce house for kids; Face painting; Popcorn and snacks
- * FINAL EVENT : Contest awards ceremony and Peace Pole inauguration with Mayor Lynne Robinson

Agencies represented at the event: Kindering; The Grassroots Project; Eastside for All; Eastside Race and Leadership Coalition; The Emotional Abuse Discussion; Westminster Chapel Language Academy; Int'l Comm. Health Service (ICHS); Stepping Stone Pediatrics; Chinese Info. Serv. Ctr.; Indivisible

RI President Jennifer Jones' statement on the death of Queen Elizabeth II

It was with great sadness that we learned of the passing of Her Majesty Queen Elizabeth II, whose dedication to humanitarian causes and unwavering commitment to peace and the environment deeply inspired Rotary members around the world, especially those in the Commonwealth countries. The queen was a supporter of Rotary's polio eradication and humanitarian missions. She received the Rotary International Award of Honor, the organization's highest recognition, in December 2013 to celebrate the 60th anniversary of her coronation. Her late husband, Prince Philip, was an honorary member of the Rotary clubs of Kings Lynn, Windsor & Eton, and Windsor St. George, England; and Edinburgh, Scotland.

We join the international community in offering our condolences to the royal family.

-RI President Jennifer Jones





King Charles wearing his Rotary pin as he arrives at the Mey Games in Scotland in 2017.



Join us for the 34th Annual Maple Valley Rotary Auction

5 PM November 12, 2022 Green River Community College

Order tickets online: maplevalleyrotary.org/auction or call Bob Smith for more information: 206.383.0899



TICKETS ON SALE NOW!!

Welcome to the Family of



New Members: September 1 - 30

Bellevue Breakfast

Jennie Onitsuka-Adams Tyler Beutel Christina Leonidas

Des Moines /Normandy Park

Bill Widmer

Duvall

Marilyn Roney

Enumclaw

Debbie Couch Amy Watanabe Shelbi Cole Richard Thomas

Federal Way

Nicki Keener Christopher Stone

Lake Union

Jim King Brian Burgess

Maple Valley

Kaethe Long Aaron Parr Thomas Wells

Mercer Island

Violet Meinzinger

Mill Creek

Becky Ann Porter Rance Barclay Scott Mahlum JASON Sebesta Kristine Mahlum

PNW Ending Sex Trafficking

Rebekah Fonden

Redmond

Neeru Goyal Yuki Maeda

Sammamish

Marni Kurtz

Seattle NE

Kaitrin Smith

Shoreline

Irene Lok

Snoqualmie Valley

Mark Delman

University District of Seattle

Betsy Finnell Amick

Woodinville

Adam Vidoni

Thank You for Your Service







Rotarians who passed away in July

Paul "Gerry" Maurer

1942 - 2022 Seattle Rotary Joined Club 1994



Todd Summerfelt

1954 - 2022 Seattle Rotary Past President Joined Club 1985



Claudia Gutierrez Maupome

1981 - 2022

University Sunrise Rotary

Joined Club 2021



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.

Test ads 1st at 1/4 of a page.

Send links in your email if needed in ad.

Font: Calibri 10 pt. Ads: .jpg format.