



Monthly Newsletter of Rotary District 5030

# Bridges

Team Rotary's Connector

April 2017



Bo Darling

## Special Edition - District Conference 2017



### Bo's Corner

It's time to celebrate as we highlight the stories over the years about the various projects that we have accomplished.

What better way to celebrate what the Rotary Foundation has accomplished then to share it with our fellow Rotarians. On Friday, we will have the chance to mingle with some Rotarians from Oregon during an extended "happy hour".

Friday night we will highlight some of our past history of the Foundation working in our District. To cap off the evening we celebrate (as only Rotarians do) by having some fellowship in the rooms that the clubs have set up.

Saturday we start the day by having the Rotaractors run the morning session. Our speaker is General McCaffrey before we head off to our breakouts.

Saturday night is all about the clubs in the District and what has been accomplished over the years. There is no speaker. The evening is all about us and the projects we have accomplished and want to do in the future.

Throughout the evening there will be several entertainers as we highlight club projects. The evening will be topped off by a great band as we dance and celebrate into the night.

If you have never attended a District Conference, what are you waiting for? I promise you, it will be worth your time.

Bo Darling, DG

### Rotary District 5030 Conference highlights Portland, Oregon April 21 – April 23, 2017

**Conference Theme:** Hero's Unlimited was chosen for our district conference theme this year. Every year, every Rotarian is a hero with unlimited potential.

**Anniversary Celebration:** At this year's conference we will be celebrating 100 years of the Rotary Foundation and 30 years of Women in Rotary.

**Friday night:** We will be celebrating 100 years of the Rotary Foundation. The Rotary Club of Seattle along with the Rotary Club of Portland will be highlighting some of the best projects ever completed. Later that evening we will be honoring the women in Rotary. Guest speakers include Carolyn Jones – the first women Rotarian International Director along with Laurie Carlson – the first women District 5100 Governor AND Rosemary Aragon – first woman District 5030 District Governor will be highlighted.

**Saturday morning:** It's all about the youth. Rotaractors will be running the session showing off their projects. Retired 4-star General McCaffrey will be speaking. His topic is a "Hero Lies Within Us".

**Saturday night:** Will be a time for celebration as the various clubs show off their projects and enjoy the comradeship. Nearly Dan, a 12-piece band has been brought in to cap off the evening.

**Sunday morning:** We will continue the celebration when our speaker Linda Cohn will be talking how small acts of kindness can change your life.

**Conference Emcee:** Is Mark Wright from KING TV 5. Mark brings insight, passion and humor to our work as Rotarians.

**Breakout Sessions:** New and exciting sessions are planned covering topics which will be both entertaining and informative.

**Young Professionals:** There is a Young Professional Summing and Receptions held in the District Governor's Suite.

Great food, dancing and tons of fun!

**NOTE:** The room block that is being held at the conference site will be released to the general public on March 27th... so make you room reservations now. [Click Here](#)



Join Rotarians from across the district to celebrate the 100th anniversary of the Rotary International Foundation and the 30th anniversary of women in

Rotary with a weekend of fun, fellowship, and inspiration.

**April 21-23** at the Hilton in Downtown Portland.

[Click Here to Register & Reserve Your Hotel](#)



## Keynote Speakers - Friday Night



**Carolyn Jones** is a small town girl from Tarrytown, NY, who graduated from Stanford University with distinction and received her LL.B. from Yale Law School. She practiced law for 31 years; was an Assistant Attorney General for the State of Alaska Attorney General's Office for 23 years, and a supervising attorney in the office during the last seven years before her retirement in 1998.

Carolyn joined the Rotary Club of Anchorage East in 1987, is PDG of District 5010 (1997-98). **She the 1st woman Trustee on the Board of Directors of The Rotary Foundation.** Her recent Rotary activities include: RI Constitution and By-Laws Committee Chair; Council on Legislation Operations Committee member; TRF Peace Centers Committee chair; RI Convention Committee member; Convention Promotions Committee Chair (New Orleans); Rotary Regional Foundation Coordinator Institute moderator; vice-chair, TRF Peace Symposium vice-chair held in Sao Paulo, Brazil and Rotarian Action Group For Peace chair.

Carolyn has received the Rotary "Service Above Self Award", the Rotary Foundation's "Distinguished Service Award" and the

Anchorage East Rotary 2009 Lifetime Achievement Award; Alaska Bar Association's "Distinguished Service Award" and the "Making a Difference for Women Award" from Soroptimist International of Anchorage. She was named the "Volunteer of the Year" by the Russian Children's Foundation – a nonprofit organization based in Moscow, Russia; the Alaska State Legislature recognized her for her accomplishments and the Tomsk, Russia Duma (Legislature) gave her the "Mercy & Charity Award" for her humanitarian work on behalf of the children in the Tomsk region, was inducted into the Alaska Women's Hall of Fame in 2012, was one of 10 women in the U.S. recognized at the White House as a Rotary Woman of Action in October 2014 and, most recently she was named the Athena International recipient of the 2015 Athena Leadership Award by the Anchorage Chamber of Commerce.

Carolyn has traveled to Russia 33 times in her service to Rotary. Her story "The Children of Russia" was published in the July 2002 issue of the Rotarian and in "Chicken Soup For The Volunteers' Soul." She has 2 adult daughters, Nina and Carrie; loves to fish for salmon; hike Alaska's many trails; see the world; and count the stars in the bottom of her champagne glass.



**Laurie-Carlson Anderson** has had 10 careers ranging from auto body shop owner to Xerox Corp. She's lived in a dozen or so cities including Zig Zag and Missoula and attended eight schools and universities. Her interests range from watercolors to sky diving and from cars to flying.

In Rotary, Laurie was **East Portland Rotary's 1st woman member**, past club president, **1st woman District Governor in District 5100** and has served in a variety of roles at the International level. She's very proud of 18 years of perfect attendance. And of course, listed in the many life-time successes is her son, JR. Way to go Laurie!



**Rosemary Barker Aragon** Rosemary has been a Rotarian over almost 30 years. She was the 1st woman District Governor in District 5030 (2002-03). She recently served 3 years as the Rotary Public Image Coordinator for Zone 25 and previously served as the Rotary Membership Coordinator. Currently she is the Coordinator of Rotary District Trainers in both

Zones 25/26.

She was appointed to the Canadian Landmine Foundation in 2008. In 2002, she co-sponsored a Landmine Action Conference in Seattle with the US State Department. She is a member and former officer of Rotarians for Mine Action.

Rosemary is also committed to international service. She has traveled multiple times to Mexico and to Guatemala on humanitarian projects, most recently two trips to Guatemala with a Rotary Cleft Palate Surgical team. She has participated in

a Polio National Immunization Day (NID) in Ethiopia. She holds Rotary's Citation for Meritorious Services and in May 2014 received the Service Above Self Award.

Rosemary holds a Masters of Public Administration from the Daniel J. Evans Graduate School of Public Administration at the University of Washington. She retired in late 2013 from her most recent position as Executive Director of the Pacific Hospital Preservation & Development Authority (a healthcare foundation). Prior to that she worked over 25 years as an executive for a healthcare organization, Group Health Cooperative.

She serves on a number of boards in the Seattle area, most notable Seattle BioMed and the Rotarian Malaria Partnership.

Rosemary and her husband Luis have two grown sons and are very proud grandparents.



## Keynote - Saturday Morning



### General Barry McCaffrey

#### Topic: A Hero Lies Within Us

General McCaffrey is a former U.S. Army officer, news commentator and business consultant. He received three Purple Heart medals for injuries sustained during his service in Vietnam, two Silver Stars for valor, and two Distinguished Service Crosses — the second-highest U.S. Army award for valor. He was inducted into U.S. Army Ranger Hall of Fame at U.S. Army Infantry Center at

Fort Benning in 2007. McCaffrey served as an adjunct professor at the U.S. Military Academy and its Bradley Professor of International Security Studies from 2001 to 2008. He received West Point Association of Graduates of the United States Military Academy's Distinguished Graduate Award in 2010. He is currently a military analyst for NBC and MSNBC as well as president of his own consulting firm, BR McCaffrey Associates. McCaffrey serves on many boards of directors of national corporations. He is an outspoken advocate for insurance parity, for drug courts and veterans' courts, and is a frequent speaker at conferences.

## Breakout Session Samples



Rotary Action Group (RAG) Endangered Species Director Elect **Dr. Tochterman** will be speaking at one of conferences breakouts. Dr. Tochterman has been instrumental with his work in the anti-poaching of African Rhino's. The all women's Black Mamba APU was founded in 2013 and has received the United Nations highest environmental award Champions of the Earth.



**Dana Clark** - District 5100 Resource Chair for Sex Trafficking and Rotary Action Group (RAG) End Sex Trafficking Committee Chair, East Portland Rotary.

#### "Our Kids Aren't for Sale"

In this session you will learn about the sex trafficking industry, develop an understanding of victims and perpetrators, and receive helpful suggestions to get involved in ending the demand.

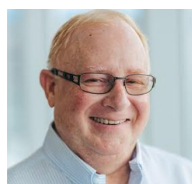
**Corinne Cavanaugh** and **Norman Lieberman**, Co-Chairs, Rotary District 5030 Social Media Advocacy



Session #1 of 2

#### How to Use the Web, Social Media & PR to Attract New Members and Keep Your Current Ones

There will be demonstrations of common approaches to web design, landing pages, and enabling excellent communications with Club members. The emphasis will be on "how to" and best practices.



Session #2 of 2

How to Use the Web & Social Media & PR

to Attract New Members and Keep Your Current Ones – A Workshop



This session will provide ample time for an extended Q&A and hands-on consulting with the presenters. Please bring your laptops so we can work with you on your specific issues. There will be additional time for an extended Q&A and hands-on consulting with the presenters.



**Jeff Brennan**, Rotary District 5030 Grants Chair will address everything you ever wanted to know about the Rotary world of grants. Three back-to-back one hour sessions will include:

- District Grants
- Global Grants
- Online Global Grant Process



**Amy Huggins - Music Mends Minds: music therapy for neurocognitive disorder patients and caregivers.**

Your club can help community members with neurocognitive diseases light up their brains and lives through this simple to implement and sustain project, Music Mends Minds. Come to learn how to make a HUGE difference with little cost and effort.





## RI President's Official Representative will Join Us

Robb Knuepfer joined the Rotary Club of Chicago in 1982, shortly after he left the U.S. Attorney's Office – where he served as a criminal prosecutor – and then joined the international law firm of Baker & McKenzie – where he was senior partner in their corporate practice group. Robb became a Chesley R. Perry Fellow (the first RI General Secretary) of the Rotary/One Foundation in 1989, and had the honor of serving as Centennial President of Rotary/One for the 100th Anniversary of Rotary in 2005. Coincidentally, his law firm was founded in Chicago in 1949, and today is the world's largest law firm with more than 4,500 lawyers practicing in 80 offices in 30 countries.

In 1992, he moved to Budapest, Hungary to establish his firm's Central Europe and Russian offices. While in Hungary, he founded the Budapest City Rotary Club in 1993, which was one of the first Rotary clubs established behind what was formerly known as the "Iron Curtain." He was elected the first president of that club. He returned to Chicago and Rotary One in 1995, and served as District Governor for the Birthplace District of Rotary in 2010 to 2011.

Robb and his wife Nancy served on a Polio Immunization Team to India in 2011, and have served as President's Representatives to District Conferences in 2012 (Kansas), 2103 (Iowa), 2014 (New Jersey) and 2015 (Florida). He is a trustee of the Rotary One Foundation, a past member of the Midwest PETS Council, the Rotary International Finance Committee, and The Rotary Foundation Investment Committee. He is his District's representative to the 2016 Council on Legislation. He is a member of the Rotary Global History Fellowship, Room 711 Fellowship, and the Wine and Food Fellowship of Rotary International. Robb and his wife are Paul Harris Fellows, Charter Members of the Paul Harris Society, Major Donors to The Rotary Foundation, and Benefactors to The Rotary Foundation.

He also serves as Chair of the Paul Harris Home Foundation, which owns the Harris residence known as "Comely Bank" in Chicago. The home was acquired in 2005 and is undergoing renovation, following a \$5 million capital campaign chaired by Robb. He was recently selected to represent Zones 28 and 29 as Rotary International Director for 2017 to 2019.

In addition to his Rotary commitments, Robb has a distinguished record of public service in government and in the private sector, and served on the board of directors of the Adler Planetarium, Metropolitan Family Services, and the Executives Breakfast Club, among others. He has also served as Chairman of ATO Foundation, founder of the LeaderShape Foundation, and is active in the Hinsdale Community House and Boy Scouts of America, to name a few. He has taught at both the Law School and the Business School at Northwestern University for the past 20 years. He is the author of several books on business transactions.

In 2013, he was knighted by the Republic of Hungary in recognition of his years of service to Hungary, and in 2014 was appointed Consul General of Hungary for the Midwestern states in the U.S.

Robb is a Phi Beta Kappa graduate of Denison University, earned a Master's degree in Business Administration from Kellogg and a Juris Doctor degree from the Law School at Northwestern University. He received the Alumni Medal from Northwestern University, and the Alumni Citation from Denison University. He is currently a Master of Divinity student at the University of Chicago Divinity School.

Robb retired from Baker & McKenzie in 2014, and is now secretary and member of the board of directors of The HallStar Company, a private chemical manufacturer in Chicago with global operations, and serves as Senior Vice President, Leadership Development, Risk Management, and General Counsel for the company.

And we need to point out that Robb has been married to childhood sweetheart, Nancy, for 38 years. They have four children, Rob, Jenny, Lauren, and Joe, and seven grandchildren under the age of 5 years old!

Like Paul Harris, Robb is a lawyer. And like Paul Harris, Robb has devoted his life to community service. In fact, his birthday, February 23, is the same date Rotary was founded – February 23, 1905!



## MCEE Mark Wright

Mark Wright anchors the evening news for KING 5. He is a two-time Emmy winner for his work as a hard news reporter and documentary producer.

He was born in Seattle and raised in the Whatcom County town of Ferndale. Mark

grew up working on his uncles' organic vegetable farm. He and his brothers are now partners in an organic vegetable company they formed last year on the family property. Mark is passionate about locally-grown food, farms and the farm-to-table movement.

Mark is a graduate of the Murrow College of Communication at WSU. He worked as a public radio reporter in Pullman, Boise and Spokane before transitioning to TV. His television career has taken him from Spokane to Salt Lake City and back to his hometown of Seattle.

Mark is dedicated to serving the communities in which he lives and works. He is the **President-Elect of the Rotary Club of Seattle**, the 4th oldest and one of the largest Rotary clubs in the world.

Mark's other service work includes donating his time as an emcee to raise money for a wide variety of non-profits including Food Lifeline, Bloodworks Northwest, The Salvation Army and a number of hospice organizations. Mark is married to his college sweetheart and has two sons.



## Saturday Night



## Keynote - Sunday Morning



**Linda Cohen** is a professional speaker, presentation coach and the author of 1,000 Mitzvahs: How Small Acts of Kindness Can Heal, Inspire and Change Your Life published in 2011 by Seal Press. Cohen presents to organizations and businesses on how kindness in the workplace improves your bottom line.

She was a work-at-home mamaprenuer for a dozen years. She received her BA from American Jewish University and an MA from Brandeis University. She lives in Oregon with her husband of 23 years, their two spirited teenagers and two Cavalier King Charles Spaniels, Ginger and Remy. She loves yoga, meditation, keeping a gratitude journal and will never pass up a good cup of Earl Grey tea

## And SO MUCH MORE...

Thursday  
Golf

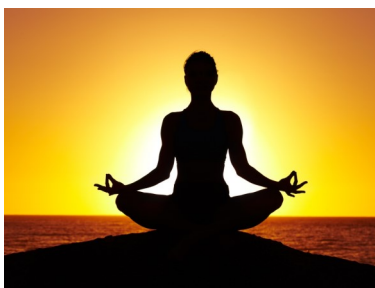
Friday Morning  
Community Service Peace Poles

Friday Night  
Foundation Recognition  
Celebration of Seattle 4, Portland 17  
Women in Rotary

Saturday  
Rotaractors Lead Morning Session  
Breakouts  
Free Time  
Organized Events (TBA)  
Club Night  
Recognition / Celebration Every Club  
Challenge Games



**Beer Tasting... Fun...  
Beer Tasting... Friends...  
Beer Tasting... Laughs...  
AND... Beer Tasting !!!**



**Join us for Yoga  
Saturday morning  
before breakfast**

## Kids Camp will be available.

Contact Jean Thompson at [seidlerthompson@aol.com](mailto:seidlerthompson@aol.com)



**We have several sponsor opportunities for the District Conference. For more information contact Bill McElroy at 425 483-2169 or email [billmcelroy@frontier.com](mailto:billmcelroy@frontier.com)**





## Take the Train to Portland

Cost around \$30 each way depending on what station you use to leave/arrive

You must purchase the seats yourself at

[www.amtrak.com](http://www.amtrak.com)

### Recommended Train Going

**(513 Amtrak Cascade)** going to Portland - arrives at 3:05 pm  
Departure Times - Thursday April 20th or Friday 21st

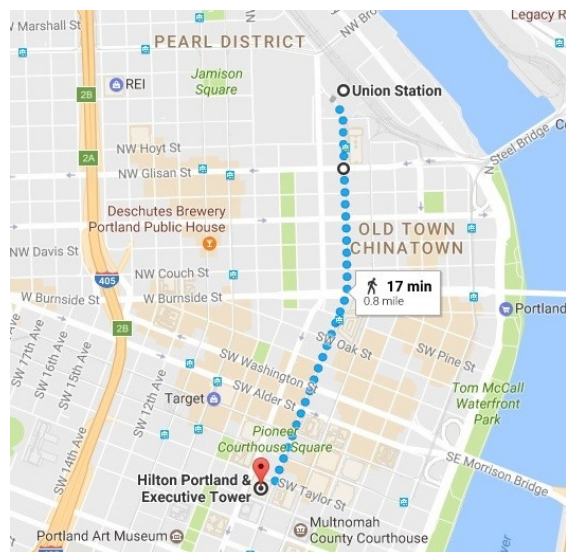
Everett - 9:52 am  
 Edmonds - 10:15 am  
 Seattle King Station - 11:15 am  
 Tukwila - 11:29 am

### Recommended Train Returning

**(516 Amtrak Cascade)** leaving Portland - leaves at 2:50 pm  
Arrival Times - Sunday April 23rd

Tukwila - 5:52 pm  
 Seattle King Station - 6:30 pm  
 Edmonds - 7:17 pm  
 Everett - 7:42 pm

Fellow Rotarians and Rotaractors should be holding signs as gathering points for seating. It is a 17-minute walk to the Hilton Portland Executive Tower - *Relatively Flat - less than a mile* - You can also take - Uber or a Taxi. No Checked Baggage Service On Train - Carry on ONLY.



Join Rotarians from across the district to celebrate the 100th anniversary of the Rotary International Foundation and the 30th anniversary of women in

Rotary with a weekend of fun, fellowship, and inspiration.

**April 21-23** at the Hilton in Downtown Portland.

[Click Here to Register & Reserve Your Hotel](#)

## Conference Q & A

**When should I arrive?** The first Conference event for general attendance is Friday April 21 at 7:00 pm... dinner will be served.

**When is the Conference over?** The last scheduled Conference event is over at 11:30 am on Sunday, April 23.

**Will we have free time?** Yes. Saturday afternoon.

**How many people usually attend the conference?** 400+ Rotarians typically attend the District Conference each year.

**How much is registration?** \$395 for Rotarians. \$235 for Rotaractors and Interactors.

**Who do I contact if I have more questions? Email Bill McElroy at** [rotaryconference2017@frontier.com](mailto:rotaryconference2017@frontier.com)

**What is the Conference website address?**  
[www.rotarycon2017.org](http://www.rotarycon2017.org)

**What do people wear at the Conference?** Friday night / Business. For the men ties are appropriate - Saturday Club Night / Business Casual to Dressy Casual - (Time to let your hair down!) Here are some picture examples.



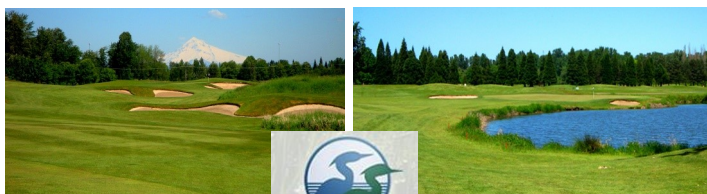


## 10th Annual Rotary District 5030 Conference Golf Classic

*Thursday, April 20, 2017*

**Heron Lakes Golf Club,  
Great Blue Course**

\$135 per person Early Bird  
(\$150 after April 7th)



- Scramble Format
- Check-In 10:30 am
- Shotgun Start - 12:30 am
- Driving Range \*Carts
- Box Lunch
- Raffles, Prizes & Foundation Credit!
- Sign up individually or as a foursome



All proceeds benefit **The Rotary Foundation**

**Heron Lakes Golf Club** [Website](#)

### Proud Sponsor

of our District Conference



[www.paracle.com](http://www.paracle.com)

Paracle is a local, independent, employee-owned personal financial management firm located on Mercer Island. We have been providing financial planning and investment management to busy families since 2004. For more information, contact Mercer Island Rotarian Claud Campbell, CFP® at [claudina@paracle.com](mailto:claudina@paracle.com) or 206-466-6205.

**Claudina Campbell, CFP®** – Advisor

### Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

Rotary Club \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

**I want to play with:**

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Golfers: \_\_\_\_\_ @ \$135 Each      \$ \_\_\_\_\_  
(After April 7th @ \$150 Each)      Total

#### Method of Payment

\_\_\_ Check    \_\_\_ Visa    \_\_\_ Master Card

Billing Zip Code      Exp Date      3-Digit Code

Credit Card # \_\_\_\_\_

Signature \_\_\_\_\_

**Mail to:**

#### **Rotary 5030 Golf**

John Claus  
17210 Meadowdale Dr.  
Lynnwood, WA 98037

Or email a copy to: [claus\\_jr@msn.com](mailto:claus_jr@msn.com)

Phone: 206-200-7099 John Claus  
Phone: 206-617-9991 Lee Jones