April 20, 2016 Program

CELEBRATING EARTH DAY 2016

AND

THE 100th ANNIVERSARY OF THE NATIONAL PARK SYSTEM

The Sustainability Committee invites you to join us in celebrating Earth Day, April 20th. Our program will be “Earth Day 2016: Celebrating 100 Years of America’s Best Idea, The National Parks.”

Our featured speaker will be Palmer “Chip” Jenkins, Deputy Regional Director for Resource Stewardship and Planning for the National Park Service in the Pacific West Region. Chip is also, among his many achievements, formerly the Superintendent of Washington’s own North Cascades National Park.

We’ll have two short programs. Stephen Streufert, Olympic Director of NatureBridge, a nationwide science education organization that provides science-based environmental education programs in Olympic National Park and several other National Parks around the country, will share insights about the challenges and opportunities of teaching America’s youth about the National Park system and our role in the environment. Rob Smith, Regional Director for the National Parks Conservation Association in the Pacific Northwest will discuss the challenges of preserving the legacy of our National Parks in the next century.

Our Day Chair is Eric Christensen, Co-Chair of the Sustainability Committee, with assistance from Sustainability Committee member Robyn Grad.

Our Committee Fair is coming up on April 27th at the Hyatt Olive 8.

This is a great way to learn more about the many committees we have at Seattle 4.

Committee Success depends on member involvement. And that’s where some of your best Rotary relationships will be made.
Pharmacists Becoming Caregivers, Rotarians Told

President Sue Nixon introduced the Day Chair, the multi-dimensional Ken Grant. Grant is a classically-trained pianist and performer, branding guru, speaker, and author (his latest, Yoga in a Business Suit). Apropos to this program, he is the new vice president of marketing for Seattle-based Kelly-Ross Pharmacy Group.

Grant shared his discovery of the complexity of modern pharmacy, and more important, the rapid innovation taking place in pharmacy’s role in health care, particularly in Washington State. He led his panel of six pharmacists (all doctors, he stressed) through the story.

Dr. Don Downing, the Endowed Chair of the Institute for Innovative Pharmacy Practice at the UW School of Pharmacy, said Washington State has been a leader for decades in moving pharmacists into active healthcare providers — and is about to become more so. In 1979 Washington became the first state to allow pharmacists to prescribe drugs. Dr. Jeff Rochon, the CEO for the Washington State Pharmacy Association, described that law as integrating pharmacists into the health care provider teams.

A new law, however, advocated by Dr. Downing and passed last year, will make dramatic changes in the way pharmacists provide value to patients. Health insurers must now pay pharmacists to work with patients to manage their medicines — work that, heretofore, was uncompensated and therefore too often overlooked.

Downing showed the Rotarians a bag with lots of pill bottles and then spilled them on the floor. This mess, he said, is like many people’s medicine cabinets, which illustrates the leading cause of admissions to hospitals — people mismanaging their medicines.

These messes are real, emphasized Dr. Amanda Bishop — sometimes people have two bags of pills, not just one. Bishop is the Pharmacy Practice Coordinator for the ambulatory clinic pharmacy team at Virginia Mason Medical Center. Besides confusion, people may resist taking their medications, or take them inconsistently, or take some but not others that are supposed to be used together. Now pharmacists can take the time to find out what’s really going on and help get the patient on track.

Already, panelists noted, clinics are hiring more pharmacists and pharmacists are becoming partners with doctors. In 2015, Bishop said, Virginia Mason’s 18 pharmacists had 38,000 face-to-face visits with patients and another 38,000 over the phone or electronically. The rest of the hospital team has come to appreciate the value pharmacists can create.

Dr. Jennifer L. Bacci, an Assistant Professor and the Kelley-Ross Faculty Fellow at the UW School of Pharmacy, said the new pharmacists are patient care providers, and they love this work, “in every setting imaginable. In hospitals, community settings, homes, workplaces, we can go where people need us. What motivates a person to take pills is complex. We can help you deal with issues that are stopping you.”

Dr. Peggy Soule Odegard, the Associate Dean of the UW School of Pharmacy, spoke of the changing educational preparation for pharmacists as they get closer to patients. The pharmacist has a four-year doctorate, and while there is a heavy load of science, the training has a human side, too. Robotics and technicians have taken over pill-counting. Incoming classes are now about two-thirds female in what was a male-dominated profession. Pharmacists now manage complex medication regimes and provide patients with counseling, education, inspiration, and empowerment.

Dr. Ryan Oftebro, also a pharmacist and Principal/CEO of the Kelley-Ross Pharmacy Group in Seattle (and Grant’s boss) spoke of the future of pharmacy. The caliber of pharmacist is so much higher today, he said. We are reaching into new ways of practice, such as partnering with Virginia Mason to reduce the readmission rate for heart failure patients, Oftebro said.

Dr. Rochon, of the Association, observed “I was trained to work in teams, not dispense medicines. It’s a big change now that insurers are putting pharmacists in preferred networks.”

President Sue closed by recounting a bedside conversation with her cardiologist after her cardiac arrest. In week three in the hospital, he informed her that he wished to implant an internal defibrillator in her chest. She didn’t like the idea, but the alternative — dying, as he put it — was sufficient incentive. The device has since saved her life three times. “Every day,” Sue said, “my defibrillator and my anti-arrhythmic drugs remind me of the passion, investment, and perseverance that drive medical innovation.”

To open the program, Virginia McKenzie accompanied by Ken Grant lead the Star Spangled Banner. Todd Summerfelt delivered the familiar St. Francis prayer adapted by Mother Theresa: “Lord, make me a channel of your peace…”
Rotary Cares Update

Fedva Dikmen reminded Rotarians of the role of the Rotary Cares Committee, which reaches out to club members and loved ones who have gone through hard times such as illness or a death in the family. She asked members to email her with any such tips so that the committee can reach out and help.

Malaria Campaign Update

Charley Dickey gave the club an update on the International Campaign for the Eradication of Malaria. Begun just four years ago, the campaign by Rotarian Malaria Partners will change the course of history, he said. So far the campaign has reached 300,000 Rotarians and raised $128,000. There are trips next month to Uganda and Tanzania. You can contact Charley at yekcid3@gmail.com, donate online at https://www.crowdrise.com/PledgetoEndMalaria2016, or learn more at http://rotarianmalariapartners.org/.

Seattle 4 Packing Team at RFH

Our sunny Saturday morning food packing team. Peas and apples today. #serviceaboveself

The Rotary Standard of Conduct

The Rotary “Four-Way Test” is a standard expected of all Rotarians:

1. Is it the Truth?
2. Is it Fair to all concerned?
3. Will it build Goodwill and Better Friendships?
4. Will it be Beneficial to all concerned?

Seattle 4 Update from President Sue

I’ve received some questions this week around our club’s size and the context for our decision to downsize from 3 to 2 Rotary club staff.

Years ago, we gradually increased our office staff to 3 as the club grew to over 750 members. Following the economic recession and the natural attrition of club members, we are currently below 500 members. While still in the top 10 of Rotary clubs worldwide, this is a significant change.

Our revenue comes from membership dues, so the decrease means we must decrease expenses. The board has set a realistic budget based on our current size. Other Rotary clubs of similar size are managed by one or two person staff plus member volunteers. For us now, good management means 2 staff. As membership grows we are poised to respond.

We will most certainly miss Sam, who contributed so much to the club and greatly appreciate your support of her and this transition.
April 23rd - Two Volunteer Service Opportunities

**Maintenance Day at Rotary Boys and Girls Club (RBGC)**

Our club's annual RBGC Maintenance Day will be held Saturday, April 23, 9:00 am to 2:00 pm at the Rotary Boys & Girls Club (201 19th Avenue).

Following the chores, Patrick Carter's famous strawberry shortcake and lunch will be served. Contact David Levine david.levine@ampf.com to sign up.

This year there will be a special ceremony at RBGC to install the first of the Peacebuilders Committee's "Peace Poles" at 10:30 am.

**Get Dirty... Have Fun... Bring the Family & Spruce up a Local Treasure**

The Seattle 4 Sustainability Committee, along with Student Conservation Association (SCA), invites you to the 2016 Earth Day work party at the Washington Park Arboretum.

**WHEN:** Saturday, April 23rd, 9:00 am to 2:00 pm

**WHERE:** Washington Park Arboretum, 2300 Arboretum Drive East, Seattle, WA 98112. (#43 or #48 bus to 24th Ave East at Lynn Street.) Meet at the Meadow just west of the Graham Visitor Center.

**WHAT:** Volunteers will restore the Washington Park Arboretum & UW Botanical Gardens through planting, mulching, removing invasive species, and maintaining trails throughout the arboretum.

**BRING WITH YOU:** Please wear long pants and closed-toe shoes, preferably work boots or sturdy sneakers, and bring a reusable water bottle. Event will take place rain or shine so please dress appropriately for the weather!

**PROVIDED:** SCA will provide lunch and snacks for all volunteers, as well as project materials, gloves, and free Find Your Park t-shirts!

This has been an exceptional event for Rotarians, family members, friends and High School students needing volunteer hour credits. It is a great way to give back to our community and the Arboretum will be at its spring-bursting best. Sign up on the link below and be sure to note Seattle Rotary as your affiliation. See you there!

http://FindYourParkSCAseattle.eventbrite.com

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**President Sue's Farewell Dinner**

**Wednesday, June 29**

Seattle Yacht Club

$70/pp before June 1; $75/pp after June 1

Free Parking

More details to follow

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**Happy Birthday**

April 17 Ken Colling, Bob Lucurell
April 18 Mark Long, Jim McCurdy, Jennifer Porto
April 20 Robyn Grad, April Mobley
April 21 Derick Pasternak
April 22 Bill Smed
April 23 Chris Charbonneau, Jim Linardos

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**Seattle 4 History Corner**

On June 15, 1909, nine young men met at the Olympus Cafe in downtown Seattle and formed the Rotary Club of Seattle, which was only the fourth in the fledgling network of Rotary clubs. Rotary International now boasts more than 1.2 million members in 30,000 clubs in 195 countries and geographic regions worldwide. How did Seattle #4 get to be one of the largest and best? Through an unwavering commitment to build goodwill and peace, provide humanitarian service, and encourage high ethical standards in all vocations. More

History The origins of the club come from the early work of the founder of Rotary Club of San Francisco, Homer Wood.
The Wider World of Rotary
Brought to you by the Rotary Relations Committee
Committee Chair: Trent Mummery - Club Secretary: Lisa Mayfield

Harmony in Coeur d’Alene
2015-16 District Conference
A Family Friendly Event!

The district conference is the ultimate showcase for the programs and projects underway at the 48 Rotary clubs in our District. It is also a terrific opportunity for Rotary fellowship. Join us April 29 - May 1, 2016 for inspirational speakers, program and project updates and terrific social activities.

NEW "Kids Camp" at the Conference What? Will there be drop-off child care at the Kids Camp? Yes, there is drop-off care at the Kids Camp provided by Family Biz Kids during designated hours for ages 5-14 on Sat. and Sun. at the Coeur d’Alene Resort during the conference.

There will also be some activities for children of any age with an adult chaperone:

- Kite building
- Service project with school backpack assembly for Syrian refugees
- a kids corner
- a movie night
- hear from Youth Exchange high schoolers
- a kids menu, games, prizes, and more.

If you’ve been reluctant to bring your children or grandchildren or other future Rotarians to the district conference, hesitate no more!

Questions about Kids Camp: contact Jean Thompson at seidlerthompson@aol.com.

The following Seattle 4 Rotarians have already registered:

Cathy Burnell
Daryl Campbell
Corinne Cavanaugh
Ken Colling
Steve Crandall
Sten Crissey
Jann Curley
Clark Daffern
Mark Davis
Ralph & Lynn Davis
Cathy Gibson
Ken Grant
Roberta Greer
Carolyn & John Hojaboom
Paul Ishii
Mariah Kimpton
Ben Linford

Lisa Mayfield
Barry McConnell
Carma McKay
Virginia McKenzie
Tom Mesaros
Jim Moore
Trent & Alexandra Mummery
Craig Nelson
Sue Nixon
Derick Pasternak
Skip Rowland
Harvey Rubinstein
Mason Sizemore
Jean & Hunter Thompson
Kathy Williams
David Woodward

Mariah Kimpton Named as District 5030 Rotaract Representative

Congratulations to Seattle Rotary Office Coordinator Mariah Kimpton on being elected District 5030 Rotaract Representative for 2016-2017.

District Rotaract Representatives (DRR) are Rotaract members who have been elected by clubs in their district to help promote and share information about Rotaract. They serve as an ambassador for the Rotaract Program, a conduit of information between fellow members and Rotarians, and a leader and resource for club officers in the district. The DRR leads the District Rotaract Board, which works to plan service and social events, host professional development and training workshops, foster fellowship among Rotaractors and Rotarians from across the district, and work to strengthen local Rotaract clubs by providing resources and guidance.

Mariah’s goals for the year include fostering collaboration between Rotarians and Rotaractors, hosting more professional development events, starting a professional development book club, and providing better training for Rotaract leaders at the club level.

If you want to learn more about Rotaract in our district or explore opportunities for collaboration, see their website at 5030rotaract.org or contact Mariah at mariah.kimpton@gmail.com.