

ROTARACT CLUB

FALL 2008

THAILAND BENEFIT BANQUET AND AUCTION

by Marisa Sylvester

Ask almost anyone what they need to have a great day of skiing and they would probably tell you several inches of fresh powder and a mountain. Ask Rotaract Vice-President Ryan Barrett and member Robert Schlegel and they would argue



Rotaract members collecting items for gift procurement at Pike Place Market.

that it takes a carpeted stage, proper gear, LOTS of determination and a hundred people laughing at you from the audience. These two ski enthusiasts tackled slopes onstage at our Thailand Benefit Banquet and Auction while guests bid on a ski package including lift tickets and lessons for two.

This was one of the many scenes that guests enjoyed at the Rotaract Thailand Benefit

Banquet and Auction on October 24, 2008. So how do you entertain over 100 guests while raising money for a good cause?

The event kicked off with a silent auction held in the University of Washington's South Campus Center. As guests enjoyed wine and Thai spring rolls, they were able to bid on paintings from local artists, photographs, hand-made jewelry, gift baskets, and Thai crafts among other items.

Guests then made their way into the live auction room where a delicious buffet from Araya's Vegetarian Place was waiting for them. The live auction kicked off with three excellent speakers: Jose-



Auction attendees participating in the silent auction.

phine Ensign, Judy Wasserheit and Keith Prince. These invaluable Rotaract mentors conveyed to the audience the im-



Bidding frenzy at the live auction!

portance of the Thailand project and the success that Rotaract has been able to achieve this year.

This was followed by a dessert bidding frenzy which led into the live auction items. The Global Health Department led the way and set the tone for the auction by purchasing multiple desserts to share amongst their table.

The live auction featured beautiful art, karate and yoga lessons, and a stay at the Carlsbad Seapointe Resort. Rotaract members got in on the action by donating a Mexican dinner for eight. Ryan Barrett and Robert Schlegel entertained audience

members by dressing to theme for each item being auctioned.

This auction was a large undertaking for our group, a lot of fun, and a huge success. We had over 100 people attend and raised \$7,500 for our international service project at the McKean clinic in Thailand. We would like to thank everyone who attended, our wonderful speakers, and the generous auction item donors for making our fundraiser possible. And to our tireless supporters, Keith Prince and Jennifer Earle, words cannot express our appreciation for all that you have done!



Rotaract members Ryan Barrett and Robert Schlegel auctioning off a vacation getaway.

DAY OF SERVICE WITH REI

by Marisa Sylvester

Drawn in by REI's slogan to "Get Dirty: Pitch in for the Environment," Rotaract partnered with this philanthropic company for a day of service in Discovery Park on August 2, 2008. Alongside REI staff and park rangers, members

worked hard to remove invasive plants that had overtaken many of the native species. Helpful information from park rangers made identifying the local plants easy and lent a new appreciation for the impact of introducing non-native

species to an area.

Rotaract members looked sharp in their new REI t-shirts as they spent several hours working hard on a beautiful Saturday afternoon. No one left hungry, though, with fruits, cookies and water pro-

vided by REI. It is often said that no act is purely selfless, which Rotaract members found true as they were all able to "Get Dirty" but had a lot of fun doing it.

THIS QUARTER'S FEATURED SPEAKERS:

Special thanks to our fabulous speakers for donating their time to give a presentation to our club! We enjoyed having you!

- Monty Reed from They Shall Walk
- Xandra Rarden from Doctors Without Borders in the Democratic Republic of the Congo
- Aileen Panke from MedRest

COMMUNITY SERVICE UPDATE

by Jackie Callihan

As weather turned from summer sun to chilly rain, Rotaract moved volunteer projects indoors and were rewarded with many new students from the University of Washington community getting involved in community service and outreach. Fall quarter, Rotaracters volunteered at the

Ronald McDonald House movie nights, most recently playing Monster's Inc. much to the families' (and volunteers') delight! On November 1, 2008 Rotaract sponsored the University Family YMCA's Homeless Youth Dinner with ten volunteers cooking and serving burritos and enchiladas for more

than 60 homeless youth. Other events members have been involved with include Health Alliance Internationals' Reception: "Unembedded: Four Independent Photojournalists on the War in Iraq", The South King County Latina Health fair, and the ALCC Mutt Show. All in all, Rotaract has had a suc-

cessful start to the academic year with more volunteers for each event than we knew what to do with! Even more events are planned for the coming quarter to accommodate the big hearts of our members.

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AUBURN LATINA HEALTH FAIR

by Tyler Swanger

On Saturday September 6th, five Rotaract members hosted a booth at the Latina Health Fair at Grace Community Church in Auburn that provided information about child nutrition to the local Latina community. The Latina Health Fair is an annual event held in multiple cities that provide Latinas and their families with free health screenings and information about community health programs. Rotaract



Rotaract officer Jackie Callihan explaining the significance of large amounts of sugar in soda.

created the booth and gave a presentation on behalf of the Seattle Nutrition Action Consortium (SNAC) titled “Como Comer Como un Superhéro”, or in English, “How to Eat Like a Superhero”.

Rotaract members Ryan Barrett and Danielle Knoepfler contacted the Seattle Department of Public Health and the University of Washington Food Group in order to obtain resources to hand out at the fair. Among those were healthy snack suggestions, articles about childhood obesity, and food pyramids that the children could color. Keeping the booth interactive for the kids was an essential component to providing their parents with enough time to pick up some nutritional information. Two boards from the Public Health

Department displaying how much sugar and fat popular sodas and fast food items contain were definite favorites by everyone at the fair. Some even took pictures on their cell phones to show their family and friends at home.

Also at the booth was an activity for kids to estimate how much sugar was in a 20oz. bottle of soda by physically pouring the sugar into an empty bottle of their favorite soda. The children really enjoyed playing with the sugar and were always surprised, and appropriately appalled, by the amount of sugar they were consuming when drinking soda. Many mothers saw our activity and were eager to bring their own kids over to participate.



Rotaract member Debi Barrett describing healthy snacks.

UW student Alex PowSang gave a presentation on Rotaract’s behalf. The presentation was about ten minutes long and included a Power Point full of pictures of superheroes eating healthy foods. It was popular among both parents and their kids. All the Rotaract members who attended had a great time and are looking forward to participating next year. To see a short video with clips from the Latina Health Fair in Auburn, please go to, www.youtube.com/user/RotaractUW.

FEATURE: CLAIRE BROSTROM

by Dani Knoepfler



Fundraising chair Claire Brostrom is a dedicated member of Rotaract as well as an active participant in the field of public health. This summer, Claire traveled to Saipan, a U.S. territory in the Northern Marina Islands. There, she worked with her uncle, the Public Health Director of the Island, volunteering her time in the Tuberculosis Clinic and with administrative duties.

Claire began her trip by rewriting birth control consent forms and promoting awareness about birth control by handing out pamphlets to local community members.

While working in the Tuberculosis Clinic, Claire learned that Dr. Richard Brostrom, the Public Health Director made a vow to never write a prescription for tuberculosis to his patients. Instead, a nurse drives around the island each day, administering medication and recording that patients have received the accurate dosage. Claire traveled with this nurse and

heard many stories of patients starting to take antibiotics and then switching to traditional medicine and witch doctors when their symptoms remained.

Claire says that her experience in Saipan broadened her idea of all that public health encompasses, especially tuberculosis. She commented that one always hears about tuberculosis, but experiencing people suffering from a curable disease, especially one that is relatively inexpensive to treat was really eye-opening. She says her travels reaffirmed her commitment to public health.