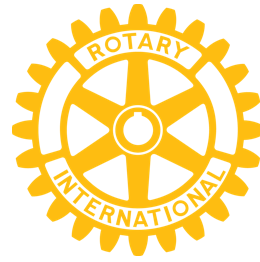


Rotary

Club of Spokane Aurora Northwest



Welcome to District 5080

Rotary

District 5080



Global Peacebuilder District

District 5080, located in Southeast British Columbia, Eastern Washington, and Northern Idaho, joins a global network of neighbors, friends, leaders, and problem-solvers who take action to create lasting change. We use our passion, energy, and intelligence to take action on sustainable projects, from literacy and peace to water and health (*and so much more!*), we are always working to better our world, and we stay committed to the end.

Rotarians believe in promoting integrity, and advancing world understanding, goodwill, and peace through its fellowship of business, professional, and community leaders.

Fulfill your passion and get involved!

Cassie Howder's Story

By Robert M. Carroll

It had been a particularly tough day for me at Mary Walker High School. The time was May of 2010. I walked into Wendy Peone's classroom. Wendy was just putting her room in order after a day of teaching. She had been the internal advisor of the Springdale Interact Club for just two weeks.

I said, "Wendy, I need help." I thought I had a new President for our Interact Club on board. "She just told me she won't be taking that role next school year because she wants to devote more time to her boyfriend. I just don't have another person in the wings. I need help. Who can I get who will do a good job?"

Wendy paused for a moment and then asked, "Does it have to be a senior" and I said, "No, I am desperate." Her next words have carried an imprint in my life for going on 15 years. "Who you need is Cassie Howder". At our next meeting with the students I walked up to Cassie and asked if she would serve as our president in the next school year. She simply looked at me and smiled and said "yes". She was going to be starting her sophomore year in September. I told Cassie we should meet during the summer, and I would help her to understand the responsibilities. That day was her second Interact meeting.

On the 13th of January 2025, Cassie Howder did something no other member of Rotary District 5080 has ever done. She became an employee of Rotary International. Cassie will continue to live in Issaquah, Washington and will have responsibility for giving council and direction to districts and Rotary clubs in the Western side of North America. Cassie and I have continued our relationship and worked in Rotary for all the years since she led our Interact Club.

During those 15 years we developed a relationship with Past Rotary International President Richard King. Richard was involved in discussions for Far West PETS in San Jose, California. One day I received a phone call from a Rotarian who identified himself as Ron Sekkel. He said that the Rotary Zone Leadership had decided that Cassie and I should do a stage presentation at the next Zone Institute at Lake Tahoe. My

Club Meeting

Spokane Aurora Northwest
Meets at
The Onion Bar & Grill
7522 N Division Street
Spokane, WA 99208
Time: Thursday at 12:00 PM

Club Leaders



Lloyd Gray
Club Grant
Steward
Treasurer



Eugene Joseph Schmidt
President



John P Hatcher
President-Elect



Marilee Ann Reagor
President-Elect



Heidi E Pallardy
Secretary



Andy Keys
Membership
Chair



Beverly K. Reed
Rotary
Foundation
Chair



Karen Heppler
Youth
Services
Chair



Bill Reed
iPast
President

Birthdays

Debra Baker
March 22nd
Marilee Ann Reagor

response to Ron was short and direct. "Ron, I don't know you and we don't have a presentation." Ron said, "Well, I don't know you either, but Richard King says we need Bob and Cassie. So, we need Bob and Cassie". Well, that changed everything. Cassie and I worked with Ron Sekkel for the next 3 months to design our stage presentation.

In November of 2011, we appeared on stage at Lake Tahoe. It went well and a great deal of the credit goes to Ron Sekkel who has a gift for editing that I have never seen before. We went on to appear at Far West PETS opening program every year for the next 12 years. We also replicated the presentation under the direction of Director John Blount at every major event Rotary does. This included 2 years at International Assembly in San Diego, California and the 2019 International Convention in Hamburg, Germany. All in all, we probably did the presentation somewhere around 30 times.

In recent years, Cassie moved to Western Washington and she and I kicked off an initial proposal for her Issaquah Washington Rotary Club to sponsor a new Interact Club"

My message to all Rotarians in District 5080 is this, "Cassie is a direct product of the nurturing and encouragement which primarily came from you". She is a direct product from our District and your gift to the wider world of Rotary. We talk a lot about the need to attract more youth to be Rotarians. Cassie comes from an Interact Club of 18 members. She and two other members are active in Rotary today. Cassie on the West side of Washington and two members of Club 21 in Spokane, Jake Osborne and Catherine Kenney.

Interact is where Rotary Changes Lives!

Building Membership with Satellite Clubs

The satellite club initiative grew out of a need to accommodate quality individuals in our communities who have an interest in Rotary, but cannot join a "traditional" Rotary club due to financial, scheduling or other constraints.

Forming satellite clubs is a way to grow membership and provide access to potential Rotarians in your district. Making rotary clubs more flexible and more accessible provides clubs the potential to significantly grow their membership.

Historically, the two major impediments for an individual to join a Rotary club have been financial resources and time availability. While there is no shortage of potential Rotarians, there is a shortage of people who are willing or able to conform to the financial and attendance requirements that have traditionally been part of belonging to Rotary. Satellite clubs address both issues, because the satellite can opt to have no meals (by far the largest required financial component for most Rotarians), and the meeting time, location and meeting frequency for the satellite are determined by club leadership and the members of the satellite.

Learn more in this [video](#) about satellite clubs.



The Season for Nonviolence marks the 64 days between the anniversaries of the deaths of Mohandas Gandhi on January 30 and Martin Luther King Jr. on April 4.

It is celebrated around the world as a time to study and practice nonviolence and as a time to support each other and the planet by practicing nonviolence in thought, communication, and action. Practicing nonviolence involves a conscious effort to understand and manage our reactions. It's about recognizing our triggers and learning to stop and breathe, thus allowing us to respond in a more loving and accepting way.

March 25th

Wedding Anniversaries

Leslie Flinn

March 17th

Joseph B Beckford

March 18th

Years of Service

Frank R. Walchak

03-25-1999

26 Years

If we follow our **thought** patterns throughout the day, we find ourselves criticizing others. We have mental tirades against many people throughout the day. We think the worst even of those we love the most - - and especially ourselves! In this divisive time, we need to remind ourselves that we need each other to be our best selves, which is based on support and love.

As Martin Luther King said, "**I can never be what I ought to be until you are what you ought to be. And you can never be what you ought to be until I am what I ought to be.**"

There's a lot of **talk** these days, but do we mutually go away from a conversation feeling more divided and devalued or enriched and nourished? NonViolent Communication (NVC) teaches us how to speak from the heart and to practice deep and nonjudgmental listening. There are many NVC books, trainings and [NVC videos](#) that show us how we can prevent harm to others and ourselves by practicing nonviolence in our speech. Nonviolence is love in **action**. We don't need to practice nonviolence perfectly to show up for each other and the planet, but we do need to show up. Hate crimes are increasing. There are civil rights being wronged.

The **six principles of nonviolent actions** as expressed by Dr. Martin Luther King, Jr.:

- Nonviolence is a **way of life for courageous people**
- nonviolence seeks to **win friendships and understanding**
- nonviolence seeks to **defeat injustice or evil, not people**
- nonviolence holds that unearned, voluntary suffering for a just cause can **educate and transform people and societies**
- nonviolence **chooses love instead of hate**
- and nonviolence believes that the **universe is on the side of justice**

According to the [META Peace Team](#): *"Another way to practice peace (and nonviolence) is by networking and supporting other peace and justice organizations in order to work towards a more collective community force of peace with justice."* We at the Department of Peacebuilding Campaign and at our founding organization, the Peace Alliance, are committed to that task by highlighting the works of other organizations and collaborating with them as laid out in [HR 1111 To Establish a Department of Peacebuilding](#), recently introduced by Rep. Ihan Omar (MN-5).

Peace with love and nonviolence is a way of living that fosters love, compassion, and understanding, recognizing the interconnectivity of all things. It's a journey of self-awareness that teaches us to respond rather than react, to choose love over fear, and to act in ways that build rather than cut down or harm. It's a timeless wisdom that, if embraced, can enrich our lives and the lives of those around us.

Events

March 5th, 4:30-8:00 PM
[Wine Down Wednesday](#)

March 13th, 12:00-1:00 PM
[Spokane County Sheriff John Nowels](#)

March 27th, 3:00-5:00 PM
[2nd Harvest Food Packing for Bite2Go](#)
Speaker: Karen Davis
Subject: No Club Meeting is planned.

April 3rd, 12:00-1:00 PM
[Master Gardner Kris Kow](#)

April 17th, 12:00-1:00 PM
[World Relief - Christi Armstrong - Executive Director](#)

March 6th, 12:00-1:00 PM
[Spokane Parks & Rec](#)
Speaker: Mark Poirer
Subject: Update on the Golf Season 2025

March 20th, 12:00-1:00 PM
[Issues facing Bemiss Elementary School and Community](#)

April 2nd, 4:30-8:00 PM
[Wine Down Wednesday](#)

April 10th, 12:00-1:00 PM
[Mike Pellicciotti State Treasurer](#)

April 24th, 12:00-1:00 PM
[Club Assembly](#)
Speaker: President Gene will host a Club Assembly