



Where we connect & enrich our community through wellness, education & FUN!

April 28, 2023

Dear Samena Member,

Get ready for another wonderful summer at Samena! Whether you're a long-time member or just joined us recently, thank you for making Samena a wonderful community that welcomes everyone. We hope you've enjoyed some of our recent improvements, from the new bench press and Rogue squat rack in the fitness center, to the mural on the outdoor pool deck by local artist @irisarte915, new childcare transportation vans, resealing and striping of the parking lot, and new Outdoor Pool and Wading Pool heaters. Soon we will have a new set of ADA entry stairs for the Indoor Pool and new lounge chairs for the Outdoor Pool deck!

We're also excited to re-announce the Outdoor Pool deck replacement and Wading Pool enhancement project. This necessary maintenance will also give us the opportunity to replace the coping tiles, add a beach entry and splash toys to the Wading Pool, and improve drainage on the pool deck and parking lot. This fall, the Outdoor Pool will close after Labor Day weekend with construction expected to be complete by the end of December. As we get closer to the closure, we will send details regarding the outdoor swimming options we will make available to our members at nearby pools.

We encourage you to join us at the annual membership meeting to connect with other members, meet the member candidates for our Board, and learn more about the Club through the annual report.

This serves as notice that the Samena Club Annual Membership Meeting will take place:

Tuesday, May 23, 2023, at 7pm

Samena Club

15231 Lake Hills Blvd

Bellevue, WA 98007

Topics of this meeting will include: a review of the minutes from the 2022 Annual Meeting and the election of the 2023-25 Trustees, along with a review of the current state of the Club.

We hope that you will be able to attend. Enclosed in this notice are several important items we would like you to review:

- Membership Dues Increase Notice – June 2023
- The Voters Pamphlet
- Voting Ballot (*one ballot per membership*)
- Proxy Form (*only if you choose to give your vote to the Board President or another member to vote for you*)

Samena wouldn't be the place it is without our members, so we hope to see you there!

Best Regards,

A handwritten signature in black ink, appearing to read "Scott Powell-Davis".

Executive Director

S A M E N A

•SWIM & RECREATION CLUB•

Dear Samena Member,

Thank you for being a part of our Samena community, for adding to our storied, 65-year history, and for helping us build a strong mission-driven organization that is rooted in Wellness, Education, and Fun! Our Summer Brochure for May – August is available now to see all the great programs and events coming to the Club soon.

To continue to provide the quality programs and services you count on, keep up with increasing operating costs, and continue to attract and retain our wonderful staff, we will be initiating a modest dues increase beginning in June 2023.

Membership Type	Membership Dues <i>*effective June 1, 2023</i>		Fitness Inclusive Add-On <i>*prices not changing</i>	
	Monthly	Annual	Monthly	Annual
2 Adult Family (FM2)	\$104	\$1,198	\$75	\$810
1 Adult Family (FM1)	\$91	\$1,042	\$63	\$680
Couple (CPL)	\$97	\$1,114	\$63	\$680
Individual (IND)	\$81	\$922	\$56	\$605
Senior Couple (SR CPL)	\$73	\$826	\$63	\$680
Senior Individual (SR IND)	\$63	\$706	\$56	\$605
Student (STDT)	\$48	\$526	\$56	\$605
Silver	N/A	\$349	\$56 or \$63	\$605 or \$680

You may prepay your annual dues at the old rate any time through May 31, 2023. If you currently pay monthly, you may also switch to the annual payment plan to take advantage of the current rates through that date as well*. Simply pay online through your Samena.com account or drop by the front desk before rates change.

Beginning in June you will be billed the new amount. If you have automatic payments set up with your bank, please be sure to adjust them to avoid late fees. Please contact Billing at billing@samena.com with any payment questions. **Note: Annual dues payments are discounted by \$50 from 12-months of monthly dues, and as such are non-refundable.*

All of us on the Samena staff truly appreciate your support as a Samena member. On behalf of the Board of Directors and the Samena staff we thank you for your ongoing support and wish you and your family a healthy and happy summer.

Yours,



Executive Director



2023 Annual Member Meeting Voter Pamphlet

Dear Samena Member,

Please help us select our 2023 Board of Directors by casting a ballot for the candidates of your choice. The Nominating Committee presents to you the following slate of candidates. **Please vote for up to six (6) candidates.**

You may drop off your ballot at the Club, put it in the mail or bring it with you to the **Annual Membership Meeting on May 23rd at 7:00pm**. The candidates will be at the Annual Meeting to introduce themselves, talk about their involvement in the Club and share their interest in serving on the Board. Every vote does matter, so please take a moment to vote! We are thrilled to have such a great group of candidates this year.

2023 Board Candidates

MARY DOUGHERTY

Samena Member: 31 years, also a previous member

Skills and Experience: Non-profit/Board, Legal, Community Development

Volunteer Experience: Previous Samena Board President. I have volunteered with the Samena Splashers Special Olympics team for a number of years now and I truly love it. The athletes and parents are a gift. Samena coaches and other volunteers for the program are top-notch, reliable and caring, and the athletes love them!

Occupation: Paralegal

Samena Involvement: I have been an active member with the MIM class since the beginning and love it. The class keeps me accountable and my fellow workout buddies are the best. I have made lifelong friends! Other classes along the way as well, all great! My husband and I are both lap swimmers and our grandkids both take lessons at the Club.

Candidate's Statement: It sounds cliché, but I want to give back to a place that gives me so much. I like being a part of something that I value so much and that I believe in. I have benefited from the experiences and knowledge of the other board members. The exchange of different ideas and problem solving is something I take with me into other areas of my life.

JIM PALMER

Samena Member: 15 years, also a previous member

Skills and Experience: Operations Management, Strategic Planning, Marketing, Public Relations, Executive Leadership, Building & Equipment Maintenance, and Organizational & People Development

Professional Affiliations: Boeing Management Association, University of Phoenix Alumni, US Navy Veteran

Samena Involvement: I have grown with Samena for a good part of my life. First as a child on my parent's membership and later with my wife and son as he was growing up. Now, being recently retired, Samena is very important to my health and wellbeing. My primary interest is the Exercise Room, but I use the pools from time to time.

Candidate's Statement: All the way back to my childhood, Samena has always been a very important fixture of the East Bellevue/ Lake Hills community. Today's community non-profit organizations are faced with many challenges. Policy must evolve and stay current within the limits of our budget while providing a safe environment that best meets our member's needs. The function of an executive board is to advise and provide balance to an organization's executive leadership. I have informal experience doing this. My 25 year experience as a successful operations manager along with advanced degrees in business management provides me an opportunity to help Samena stay current and continue into the future. Lastly, I have learned from being an assistant Scout Master and assistant Little League coach how fulfilling giving back to the community can be. For these reasons I'm asking for your vote to be a member of the Samena Board of Trustees. Thank you.

JACKIE ZAWALSKI

Samena Member: 4 years

Skills and Experience: Organizational Development, Human Resources, Onboarding and Learning & Development, Project Management, and Team Leadership at multiple Fortune 500 companies

Volunteer Experience: I currently volunteer at my son's school and attend fundraising galas and community events, most recently attending the fundraising gala for the Center for People of All Races. I've traveled globally to volunteer with various organizations such as Nutrition Education International in Afghanistan and Heart to Heart International in Guatemala.

Occupation: Learning & Development Leader with a focus on skills development and culture initiatives

Professional Affiliations: Learning and Performance Institute (LPI)

Samena Involvement: My children have had the opportunity to attend summer camps, take swimming lessons, and benefit from the planned activities throughout the year. Our youngest daughter is currently attending her last year in the Pre-K and 3-5 programs. As a family, we've participated in the St. Patrick's Day run these last two years and we regularly enjoy the pools and playground together.

Candidate's Statement: Since relocating to Bellevue five years ago, I've been deeply appreciative of the sense of community and diversity of programs at Samena. I would like to contribute to Samena's continued success and growth, and support all members. My strengths include strategic planning, executing complex initiatives, and applying structured, critical thinking towards solving problems. I am also skilled in optimizing DEI, employee and leader programs with data-driven decision making, and mentoring and coaching people to create future thinking. Joining the board would allow me to contribute my skills and experience to Samena while connecting with more of the community and making a direct impact on the surrounding area.

ELVIS FRASER

Samena Member: 15 years

Skills and Experience: Strategic Planning, Community Development, Non-profit/Board

Volunteer Experience: I am on the board of Seattle JazzEd and Ensaaf, two non-profit organizations.

Occupation: Economist and owner of a consulting business.

Samena Involvement: We regularly workout at Samena. Both my sons were summer camp counselors. My wife has been working with a personal trainer and also took the Tai-Chi and Zumba classes. My younger son took swimming lessons. I have served previously on the Samena board.

Candidate's Statement: I see this as an opportunity to help promote and maintain a critical community institution and resource. It is also an opportunity to give something back. And I enjoy being part of the Samena community.

RACHEL WANG

Samena Member: 1 year

Skills and Experience: Strategic Planning, Finance, Technology

Qualifications: I have previously cleaned parks and trails in my previous state. I also assisted job seekers with career and resume coaching.

Occupation: Product Manager

Professional Affiliations: I am employed by Amazon as a product manager for Prime Video. I previously worked at Indeed Inc. as a business analyst.

Samena Involvement: My fiancé and I primarily use Samena for swimming and the gym. We attribute much of our physical health to the services provided by Samena. I would love to get more involved in the inner workings of Samena and contribute my extensive experience.

Candidate's Statement: I have been a member of Samena for over a year. Samena provides excellent service and facilities which satisfy all the needs of the community, including my own. I want to join the board to provide my personal and professional experiences and help keep Samena running efficiently for the benefit of the community. Having studied finance and business analytics, and having worked as a business analyst for a tech company for most of my career, I can provide a strategic and financial background to help solve any issues with the club. If elected, I promise to make Samena an even better place for the community.

TIM KELLER

Samena Member: 4 years

Skills and Experience: Strategic Planning, Management, Negotiations, Sales, Customer Service, Employee Development, Marketing, DE&I Leadership Committee, Employee Wellness Group Creator, Business Development and Executive Level Partnerships.

Volunteer Experience: Juma Seattle, Boys and Girls Club, Muscular Dystrophy

Occupation: Senior Account Manager (Wholesale & Acquisition)

Professional Affiliations: Seattle Executives

Samena Involvement: My family and I joined Samena 4 years ago. We were first introduced through swimming lessons and later became members. We began to take the kids to open swim for some fun in the summer sun. Quickly, Samena became more than the local pool to us. We continued swim lessons for all kids, work out every day in the fitness center, and our 4-year-old enjoys pre-school.

Candidate Statement: I would like to join the Board of Trustees as an opportunity to make contributions to the community in which I live and work. I look forward to the opportunity to work along side other good folks who want to help our local club achieve long term success. I know I would be a great fit for this position. I bring 10+ years of leadership and management experience, with several skills. I have experience creating business development plans, P&L ownership of multi millions of dollars in revenue, customer service, strategic planning, sales negotiations, and account retention. I'm confident I would be a valuable addition to the Board of Trustees, and make great contributions to this local club my family and friends have come to truly enjoy.

DREW MAGILL

Samena Member: 15 years, also a previous member

Skills and Experience: Strategic Planning, Finance, Nonprofit/Board, Community Development, Marketing/Public Relations

Volunteer Experience: Hopelink, Food Lifeline, Leadership Eastside, YMCA Sammamish, Econ Devel Commission, BelPres church

Occupation: Retired from a 33 yr career at Boeing

Candidate's Statement: Samena is a vital place in our community providing ways for people to get together as a community around fitness, education and kids programs. It's a place where people of all ages and cultural backgrounds get to know each other around those healthy activities.

My family has had a membership at Samena for a long time. In the 1970's, my wife learned to swim here before there was an indoor pool and my kids also learned how to swim here but in the indoor pool. When our kids were old enough to be in the gym, we worked out together as a family every week until they graduated to develop good fitness habits. My kids are grown now and one is out of state in med school but he still makes time to stay fit and loves returning to Samena when he comes home to visit. As a multisport athlete who has competed for years locally, nationally and internationally, I am a frequent swimmer and user of the fitness center. I am at Samena five to six days each week. Sometimes my wife comes with me. I've made friends with other athletes who are members at Samena and have utilized some of the coaching services offered here.

More importantly, as a community volunteer, I see the benefits that Samena provides to residents of our city, serving families of all ages.

I recently retired from a 33-year career at Boeing and am now focused on serving our community. I'd like to bring my non-profit board and work experience to bear as a resource. My board experience comes from serving on the Hopelink Board of Directors (including Finance Committee, Governance Committee, Executive Committee, Co-chair of a \$20M capital campaign, CEO Search Committee, and Board Chair). I also served on the board of the Sammamish YMCA, Leadership Eastside (as Board Chair), and the Economic Development Commission of Seattle/King County. In my career at Boeing, I was an engineer, financial analyst and customer advocate before leading groups in forecasting and strategy, sales and marketing. The thing I enjoyed the most was leading teams, developing people and working with others to solve problems in a way that delighted customers.

Now, I'm looking for a way to give back to our community, and since Samena is such a big part of my life, I am excited to step up and assist in a meaningful way as Samena evolves to meet the growing and changing needs of our community. I hope that you will consider me for a position on the board. I look forward to hearing your input, helping determine future strategic direction, addressing challenges and seeking opportunities to deliver on Samena's mission. I would appreciate your vote!

LAURI DEATON-GREIN

Samena Member: 35 years, also a previous member

Skills and Experience: Strategic Planning, Community Development, Marketing/Public Relations

Volunteer Experience: I was on the Samena Board as Secretary for 5 years, starting in 2017 and running through 2021. I am also on the board of the Lake Hills Neighborhood Association. During events we put on I have a button making machine I bring to entertain the kids. I am a Mediator for the Bellevue Conflict Resolution Center, helping to solve city problems before the police have to respond. I have a Therapy Dog that I have taken to nursing homes, kids schools and even to events at Samena. I'm a past board member of the Evergreen Tandem club, and I'm on the Executive Board of my Legislative District.

Occupation: I'm a retired nurse and worked 25 years as a Seattle Police Dispatcher/ 911 operator and trainer.

Samena Involvement: My husband and I both enjoy working out in the exercise room, swimming, and using the hot tub. I am also finishing up on a 2 year project where I have completed a history of the club in pictures. It contains pictures and papers from when the club first opened all the way through this last addition to the pool. My husband and I also enjoy special events at the pool like the Saint Patrick's Day 5k.

Candidate's Statement: I have been a member of this pool since I was 7 years old. I began my start at this pool in 8 and under swim team and continued through high school. I got married here in 1989 and raised 3 children at this pool in one program or another. It was my love of the pool that prompted me to run for the Board in 2017. I enjoyed my 5 years serving on the board as secretary and I wanted to take a more active role in the pool to ensure its continuation. My term took me through the Covid years with all the problems associated with it, I continued on the Board for an extra 5th year until elections could be conducted before rolling off the board. I would like to return to the board and the important work that it accomplishes, so I am asking for your vote.

TRAVIS RHODES

Samena Member: 4 years

Skills and Experience: Strategic Planning, Marketing/Public Relations, Data Analysis

Qualifications: I have been on the Samena board for the last two years as the Secretary and Vice President. In addition, I have worked in multiple volunteer positions including serving on two other boards for a national youth theater organization.

Occupation: Product Portfolio Manager at SAP Concur

Samena Involvement: My wife teaches fitness classes in the morning and my daughter serves as a lifeguard and swim instructor. Myself and my entire family enjoy using the facilities at Samena with the weight room being the most popular spot.

Candidate's Statement: I am committed to doing my best to improve our community and Samena is the embodiment of providing community to an amazing part of Bellevue. I believe that my skills and abilities can help empower the leadership at Samena to continue serving that purpose.

VINCE LEE

Samena Member: 7 years

Skills and Experience: Strategic Planning, Finance

Volunteer Experience: I volunteer with my son's Boy Scout Troop 520 from performing Board of Reviews to helping with hike and camp outings. I was also the President of our homeowner's association for a number of years.

Occupation: Wealth Manager

Professional Affiliations: Members of American Institute of CPAs (AICPA), certified Financial Planner

Samena Involvement: Currently, I am active in the Muscles in Minutes class 3 times a week. My son and I use the weight room about once a week. Previously, our family were in various group classes from yoga, hybrid HIIT, group cycle, and use the pool occasionally.

Candidate's Statement: Samena has provided my family and I a safe and welcoming environment to exercise and train. I would like to give back to the organization that has provided me with resources for a healthier lifestyle. With my background and experience, I can offer guidance and counsel in the areas of finance and accounting related matters. I would like to meet other people from diverse backgrounds and experiences that we can collaborate and work towards common goals and objectives.

VICTOR MESA

Samena Member: 1 year

Skills and Experience: Strategic Planning, Business Management

Volunteer Experience: During my undergraduate years, I was an active member of the Muslim Student Association, where I eventually became an elected officer. As an officer, I was responsible for organizing events for students and the local community that attracted hundreds of attendees. These experiences were both rewarding and impactful, allowing me to contribute to worthwhile causes.

Occupation: General Manager for UniSea Cold Storage & Custom Processing

Samena Involvement: Apart from the gym and the activities for children, Samena Club offers a wide range of other programs and facilities that my family and I have also enjoyed over the past year. For example, we often take advantage of the outdoor pool during the summer months. It's a great way to cool off on hot days, and the kids love to splash around and play in the water. Additionally, our son participates in some of the club's activities for children aged 5 years and above, including Kids Night Away. Furthermore, we intend to enroll him in swim lessons during the upcoming summer season so he can learn how to swim and have an opportunity to engage with other children his age. Moreover, the club hosts events and social gatherings throughout the year, which we try to attend whenever possible. These include holiday gatherings, movie nights in the pool, and other community events. It's a great way to connect with other families in the area and build relationships within the local community. Overall, Samena Club has become an important part of our family's life, providing us with opportunities for fitness, fun, and social engagement. We're grateful to be a part of this wonderful community!

Candidate's Statement: I am a community-oriented individual with a strong commitment to volunteer work, and professional development. My involvement volunteering with organizations such as the Las Vegas Chamber of Commerce's Military Affairs Committee and Tasmena in Dubai has allowed me to build strong leadership, organizational, and community engagement skills. I believe my experience as a General Manager and President can bring a unique perspective to the board and help with strategic & financial planning, and decision-making. That said, I am interested in serving on the Board of Trustees to give back to my community, gain valuable insights into governance from an experienced board's perspective. As a Samena Club member, it would be my pleasure to serve the community as a board member.

NORIKO ONO

Samena Member: 9 years

Skills and Experience: Technology, Data Analysis, Project and Program Management, Marketing, Strategic Planning, Community Development

Volunteer Experience: Red Cross, Bellevue School district PTSA, Seattle Japanese School PTA

Occupation: Pharmacist

Professional Affiliations: National Association of Board of Pharmacy (NABP)

Samena Involvement: My son started swimming lessons at Samena when he was 5, and later joined the swim team. Last summer he served as a junior counselor and has been in the junior lifeguard program as well. Now that he's older and more independent, I've started making more use of the club on my own. I've taken some group swim lessons and have been swimming regularly (My current goal is to participate in the charity swim "Swim Across America" in September!) and participating in group exercise classes. Also I love the jacuzzi and sauna 😊

Candidate's Statement:

Samena is important to me as part of my everyday life. I enjoy the club and all that it offers, as well as the community there. During the pandemic Samena adapted effectively and helped to keep my family going. As a frontline essential worker, I was helped by Samena a lot. It was an oasis that helped get me through. I'm thrilled with this opportunity as a way that I can finally give back.

I've been a project manager in the pharmaceutical industry, and am currently a community pharmacist. In these roles I've gained valuable experience in leadership, organization and community involvement. I've successfully managed projects, led teams, and collaborated with diverse and multinational groups. I believe that these are all skills which will help me participate with the board in guiding Samena into a future which supports its mission and vision.

I'm excited about the possibility of contributing to Samena in support of its growth and continued success!!

*The current Board of Trustees would like to thank you for your time and consideration in casting your vote!
Bill Barnes, Steven Epstein, Elvis Fraser, Neetha Rao, Sid Rao, Travis Rhodes, Travis Sterner, Tara Vollmert, Ida Wicklund*
