

# Meridian Roller



Puyallup South Hill Rotary meets Thursdays at 12 noon at the Ram Restaurant, 103 35th Avenue SE, Puyallup WA 98374

## Environmentalism & Regeneration in Action



Recently, our Club members were treated to a wonderful speaker whose name sounds a bit familiar to us. From her home in Costa Rica, Ed Pullen's daughter Jean shared a bit of her life and research. Following is a clip of her life and work. To find out more, check out her book which is described on page 2.

**Jean Pullen** has felt called to environmentalism since a young age. In 2017, she moved to Costa Rica to follow her passion for regenerating nature through permaculture, agroforestry, and community. Jean is the author of [Regenerate Your Reality](#), a resource for those who seek regeneration in their lives and in the world. She is a partner of [Jungle Project](#) and a Soil Advocate at [Kiss the Ground](#).

Jean collaborates with Jungle Project, which is dedicated to trees, training, and trade. Through the promotion of its tropical agroforestry model, Jungle Project is researching and establishing underutilized crops like breadfruit, a tree native to the Pacific Islands.

Breadfruit is a highly nutritious source of complex carbohydrates, fiber, protein, vitamins, and minerals that researchers believe could be key to alleviating hunger and poverty in the tropics. Jungle Project's Breadfruit Flour is sourced from tropical regenerative agroforestry 'Jungles' of Costa Rica, and is 100% gluten free.

In addition, Jean enjoys sharing her passions through holistic workshops and regenerative agriculture tours. Her ultimate dream is to educate others on how they can bolster biodiversity and combat climate change through regenerative action.



**Elizabeth Abbgly**  
President

## 2021-2022 Officers Elected

President Elizabeth recently announced the names of the 2021-2022 Officers:

- President—President Doug Olmstead
- President Elect—Jim Shepherd
- Recording Secretary—Bob Lucas
- Correspondence Secretary—Alice Darnton
- Banking Treasurer—John Rodenberg
- Financial Reporting Treasurer—Steve Martinez

The newly elected officers will begin work on July 1, 2022. Congratulations to our new officers!

## Mark your Calendars

- December 23 & 30—Christmas Holiday; no meetings.
- April 28 at 6 pm—Club Assembly; location TBD.
- May 6-7—Cornhole Event; WWF Agriplex
- May 13-14—District Conference & Learning 2022, Victoria BC
- June 23 at 6 pm—Club Installation; location TBD.
- Saturday, August 20, 2022—Hounds on the Hill, Bradley Lake Park Puyallup.

## Community Partners for Success

Veterans United.  
Home Loans of Puget Sound

PADGETT  
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Heritage  
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State Farm  
Gerry Moody Insurance

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CREDIT UNION

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# Students of the Month



## Emerald Ridge High School



## Rogers High School



Nicholas Weber  
Photography



Jagger Landsperger  
Fitness



Abbie Atkins  
English



Alyssa Fortson  
Science



Chase Parks  
Video Productions



Aydrian Kamu  
Music

### Regeneration—More than a Tool

*Regeneration is more than a tool to sequester carbon. It's the path to honoring Indigenous wisdom and practices that will build resiliency and abundance for future generations.” — Kiss the Ground*



### Getting Deeper into Regeneration



Ready to get deeper into regeneration? Regenerate Your Reality: Your Guide to Regenerative Living, Love, Happiness, & Sovereignty is not available to pre-order.

Visit [www.regenerateyourreality.com](http://www.regenerateyourreality.com) to learn more.

Much of the proceeds from this book will be filtered back to regenerative community-based farming models and planting trees that feed through Kiss the Ground and Jungle Project!

