

Rotarian Cathy Ambrose



Cathy Ambrose joined the Orem Lindon Rotary Club in July 2022, motivated by her passion for suicide prevention and the club's desire to expand its efforts in this critical area. Her nonprofit organization aimed to collaborate with the club on events that would raise awareness and support for mental health initiatives. Cathy expresses a sense of happiness in being part of a community where members share a commitment to service, believing that collective efforts can significantly impact lives. In her role as a Rotarian, Cathy has contributed to the six priority goals of Rotary, which include mental health, environmental sustainability, disease eradication, and supporting underprivileged communities. One notable future project is the annual coat drive, which successfully provided over 350 coats for children in need. Additionally, the club's efforts, such as tree planting and the "Sub for Santa" program, highlight the tangible ways they enhance the well-being of the Orem community.

Cathy's family history in Utah traces back to her ancestors who immigrated for religious reasons, illustrating a legacy of seeking better opportunities and a supportive community. Her own reasons for moving to Utah stemmed from her desire for a unique experience and connection to her roots and academic future to attend Brigham Young University, which she has embraced over the past 35 years. As she looks to the future, Cathy aims to enhance the visibility of the Orem Lindon Rotary Club, educating the public about its service-oriented mission. She advocated for sustainable development within the community, supporting initiatives for affordable housing and opposing gentrification. Her vision includes making the club more reachable to a younger generation through social media and other marketing strategies, Cathy also expressed her appreciation for UVU student Leaders and students from the Utah International Mountain Forum who make sure to live up to the Service-Learning objectives. Cathy Ambrose exemplifies dedication to community service through her leadership and vision for a better future. Her efforts for the Rotary Club and beyond demonstrate the power of how individual service can amplify a sense of community.

Interviewed by Ana Caballero Ferrouyo