

Rotary Club of the Villages - Evening Evening Edition

Evening Edition

Officers—Directors 2017-18

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 Jamie Losito
 President Elect
 Tim Treat
 Secretary
 Mary Anne Ashworth
 Treasurer
 Carole Iberer
 Past President
 Claus Johnson

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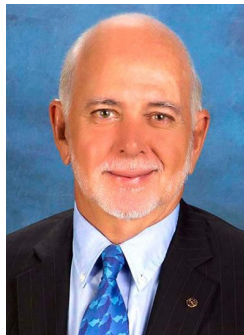
Sergeant-at-Arms
 Rich Iberer
 Assistant Sergeant-at-Arms
 Marvin Ivy
 Assistant Treasurer
 Tom Reed



**ROTARY:
MAKING A
DIFFERENCE**

President Elect Barry Rassin's Thoughts

Continued from last week's Evening Edition.



Q: Rotaract and Rotary clubs in the Caribbean have a good relationship. What's the key?

A: My club is an example. When a Rotaractor comes to our club, they're not our guest for the day. They sign in as a member. So right away they're feeling like they're a part of us. That's important. We also make sure that a Rotarian from our club always goes to Rotaract meetings so there's always a connection. In the last two years, I believe we've got 100 percent transition from Rotaract to Rotary. They come and join our club because they know us. We've got

to keep that connection going.

Q: What have you learned from Rotaractors?

(Continued on page 2)

Interact Flag



Flags from our South Sumter Interact club have started a journey around the world. The first flag has arrived at the base camp on Mount Everest. It will continue it's journey and fly on the top of Everest.in a few days. The flag is a join effort between our club and our Interact Club with the proceeds from the sale of the flag going to the Apa Sherpa Foundation which was established to benefit educational effort including the Thame School that was established by Sir Edmund Hillary, the first person to climb Mount Everest.

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Wednesday's Program



Our speaker this week was Bryan Lifsey from Seniors vs. Crime. Since 1989 Seniors vs. Crime has been a unique and effective group of advocates for Florida's seniors. Volunteers investigate and attempt to resolve complaints they receive from seniors. The primary goal of the Seniors Vs

Crime Project is to reduce the victimization of senior citizens who are often targeted for specific crimes or scams based on their age. The Project accomplishes this goal by providing various educational and crime prevention programs to senior citizen groups; investigating complaints and seeking restitution for seniors in appropriate instances and by providing investigative agencies with senior volunteers to assist them with specific investigations.

When requesting assistance from the Senior Sleuths at a Project Office, a person has two options. The person may only be looking for "assistance" through a situation. Seniors Sleuths can advise the senior on how to handle a particular matter and not get involved with anyone except the senior. A second option is for a volunteer to intervene and represent the complainant. In these instances the volunteer will thoroughly research the complaint and attempt to mitigate the case with all parties involved.

Seniors vs Crimes has four offices in and around The Villages; Government Annex Building, Wildwood Police Brownwood Substation, Fruitland Park Police Substation in Moyer Rec Center, and Merion County Sheriff's South Marion Substation. All services are free to seniors.

Visiting Rotarians and Guests

Visiting Rotarians

Chuck Bares	Plymouth, MI
Keith Hubbell	Elks Rapids, MI
Bert McCulloch	Whitney Point, NY
Roy Levy	Villages Morning
Susan LeuVay	Rappahannock
Charlie Couckigt	Milneuke. OR
Andy Couckigt	Milneuke, OR

Message (Continued from Page 1)

A: Rotaractors are energetic. They're passionate. They want to do good, and they really like working with each other. The frustration is that they then find it difficult to transition to a different club that has a totally different culture, doesn't have the energy, doesn't even know how to use social media. Rotaractors are the Rotary of the future, and we need to help them get there. What are they going to want in a club when they're 40? We have to come up with that answer and then create Rotary clubs, or help them create Rotary clubs, that can get them there.

Q: If there's one thing you could change about Rotary, what would that be?

A: One of our challenges in Rotary is our **Council on Legislation**. We meet every three years to consider changing Rotary's governing policies, but it takes more like four and a half or five years to accomplish this because of the deadlines to propose legislation. The world is changing far too fast for that. We need a way to make major decisions that affect the organization on a quicker basis. Our Council on Legislation needs to understand that maybe it's time to make that change. I'd love to see our Council restructured. One way would be to conduct those meetings electronically every year. It would be a challenge because it's hard to have a dynamic debate online, but I think Rotary is smart enough to figure out how to do that.

Q: Is there a Rotary tradition you would never get rid of?

A: I would never get rid of our Four-Way Test. I would never get rid of vocational service. Some of the traditions from weekly club meetings could go. I don't think there's a need to be that formal in a club meeting anymore. But when you look at core values or ethics or classifications, those are things that have to stay with us. That's who we are and what makes us different, and we need to appreciate that and keep developing those principles. I have put my heart and soul into Rotary for 37 years, and without it I wouldn't have the friends I have or the ability to do some of the things I can do.

Health Tip

Steps for the Best Posture Each Time You Walk

How you hold your body is an important factor in being able to walk comfortably and easily. With good posture, you will be able to breathe easier and you will avoid back pain. Great walking posture will also make it easier to walk farther and to walk faster. If you've had problems enjoying walking because you feel aches and pains afterward, the first thing to check is your posture and how you carry your head and shoulders.

Steps to Good Walking Posture

- 1 Stand up straight. Visualize being tall and straight, like a tree. Do not arch your back. Keep your head on your shoulders, not chest.
- 2 Do not lean forward or lean back. Leaning puts a strain on the back muscles as you walk, and you should avoid leaning except when on a hill. Unfortunately, some coaches have taught leaning for speed walking, but it is not necessary, and often people lean too far forward or back.
- 3 Eyes forward: Keep your eyes forward, not looking down. Instead, your focus should be about 20 feet ahead of you. This way you will be able to see your path and anything coming at you from the sides.
- 4 Chin up (parallel to the



ground): Keeping your chin up reduces strain on your neck and back. If you walk with your chin down you are not doing your neck any favors. This will also allow you to look ahead 20 feet rather than down at your feet. Walking with the head down is a common walking mistake.

- 5 Shoulders back and relaxed: Shrug once and let your shoulders fall and relax, with your shoulders slightly back. Loosening up the shoulders in this way will help relieve tension and put them into a position to use good arm motion while walking.

- 6 Suck in your stomach: Pull the belly button towards the spine. Your core muscles can help you maintain good posture and resist slouching and leaning.

Keeping your stomach pulled in slightly (while taking deep, full breaths) can help you maintain good walking posture. Think of your pelvis as a bucket pull up on your bucket: This will keep you from arching your back.

START WALKING WITH IMPROVED POSTURE!!!!

Flags (Con't from page 1)



In addition to the Mount Everest program, this flag is currently traveling to various parts of the world.

Mary Anne Ashworth brought the flag to Venice



And then to Croatia on her and Bill's trip recently.

On another trip, Pat Cronenberg, Carole Iberer and rich Iberer took a flag on their trip down the Amazon.



Rotary After Hours

One of the fellowship activities our club enjoys is members getting together after our regular meeting to enjoy dinner at various local restaurants. All members, guests and significant others are invited to join us. Cindy Ivy has volunteered to handle the reservations. Please email her at allesivy@hotmail.com only if you will be attending the dinner.

Apr 25th	La Palma Mexican Grill 1690 Citrus Boulevard, Leesburg
May 2nd	Nancy Lopez

Assignments

Greete

Apr 25th	Tom Reed
May 2nd	Jesse Turner
Mat 9th	Pat Cronenberg
May 16th	Hermann Weiss

Set Up

Apr 25th	Nancy Yerkey
May 2nd	Yori Okuda
May 9th	Tim Treat
May 16th	Martha Friedman

Reflection

Apr 25th	Marvin Ivy
May 2nd	Ava Norris
May 9th	Mary Anne Ashworth
May 16th	Yori Okuda

Clean Up

Apr 25th	Cathy Reardon
May 2nd	Claus Johnson
May 9th	Tim Treat
May 16th	Hermann Weiss

The ability to be in the present moment is a major component of mental wellness

Notes & Announcements

Rotarian of the Year

Nomination ballots are now available for the Rotarian of the Year award for our club. The award is given to the most distinguished Rotarian who demonstrates “Service Above Self” and is committed to the Four Way Test. For ballots contact Dusty.

District Conference

Consider attending this years District Assembly and conference at The Marriott World Center North Tower, May 11–13. This is a great opportunity to learn what is happening in the district and to meet Rotarians from other clubs. A complete agenda for the event will be in next weeks newsletter.

Visit



At our meeting Wednesday we were honored to welcome Ron Levy, the President Elect from the Noon Club of the Villages. He came to observe what the “competition” is doing. DGE has urged all President Elects to visit clubs in their area to see how they conduct meetings

Schedule of Meetings & Events

Meetings

Apr 25th	John DeMauro—Polio Plus
May 2nd	Interact program
May 9th	Hands on TBD
May 16th	GSE Speakers

Events

May 11-12th	District Assembly
Jun 16th	Awards & Guards
Jun 23-27	International Convention
July 27-Aug 4	Wheelchair Games

Committee Meetings (4:pm)

Apr 25th	2018-2019 Board of Directors
May 2nd	Board of Directors

Visit us on the Web
www.rotaryvillagesevening.com