

Rotary Club of the Villages - Evening Evening Edition

Evening Edition

Officers—Directors 2017-18

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Tim Treat
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Mary Anne Ashworth
Treasurer
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Past President
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Directors

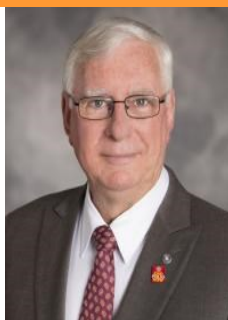
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**ROTARY:
MAKING A
DIFFERENCE**

President's April Message



At the 1990 Rotary International Convention in Portland, Oregon, then President-elect Paulo Costa told the gathered Rotarians, "The hour has come for Rotary to raise its voice, to claim its leadership, and to rouse all Rotarians to an honorable crusade to protect our natural resources." He declared a Rotary initiative to "Preserve Planet Earth," asking Rotarians to make environmental issues part of their service agenda: to plant trees, to work to keep our air and water clean, and to protect the planet for future generations.

President Costa asked that one tree be planted for each of the 1.1 million members that Rotary had at the time. We Rotarians, as is our wont, did better, planting nearly 35 million trees by the end of the Rotary year. Many of those trees are likely still flourishing today,

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RI Foundation Trustee's Message April



The new grant model comes up frequently during my visits with Rotarians throughout the world. It is always disappointing to learn that a club or district lacks interest in participating in global grants. What are the reasons I hear most often? Global grants are too complicated. They take too much work, require too much money. Or the available pool of DDFs (District Designated Funds) may not be large enough to meet the demand. Yet the numbers tell a story that can be perceived as positive. During 2016-17 – The Rotary Foundation's centennial year – 1,260 global grants were awarded, an 8 percent increase over the previous year. And the figures for the first half of this Rotary year are running ahead of last year.

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Wednesday's Program

Our speaker on Wednesday was John DeMarco, a seventeen year Rotarian from the Lake Mary Club. Jon was hear to speak about Rotary's effort to eradicate polio and the District's program to assist with the Veterans Wheelchair Games.

PolioPlus

In 1953 John and his identical twin were the first twins to be effected by polio in the same spot, their legs. They had contracted polio only months before the introduction of the Polio vaccine.

As most of you are aware, Rotary's efforts along with the world Health Organization and the Gates Foundation has been fighting to eliminate this disease world-wide is 1958. Over that time period over 2.5 billion children have been immunized. Currently there are only three countries left to be declared polio free; Pakistan, Nigeria, and Afghanistan. As of today, no new cases have been reported this year. However, it takes five years of now new cases for a country to be declared polio free. John urged our club and members to consider supporting this cause.

National Wheelchair Veterans Games

The annual rehabilitation and wheelchair sports program is designed to empower Veterans and others paralyzed victims to live more independent and active lives through sports and recreation. Attracting more than 600 athletes and 4,000 volunteers these games are the largest annual wheelchair sports event in the world. This year the games will be held in Orlando from July 29th thru August 4th. The district is asking for volunteers to help out. If you are interested, contact Sue Bodenner.

Visiting Rotarians and Guests

Visiting Rotarians

| | |
|---------------|-----------------|
| Chuck Bares | Plymouth, MI |
| Keith Hubbell | Elks Rapids, Mi |
| John DeMarco | Lake Mary, FL |

Guests

Susan Reiter
Dave Reiter

President's Message (Continued from Page 1)

absorbing carbon from the environment, releasing oxygen, cooling the air, improving soil quality, providing habitat and food for birds, animals, and insects, and yielding a host of other benefits. Unfortunately, while those trees have kept on doing good for the environment, Rotary as a whole has not carried its environmental commitment forward.

That is why, at the start of this year, I followed Paulo Costa's example and asked Rotary to plant at least one tree for every Rotary member. My goal was to achieve a good beyond the considerable benefits that those 1.2 million (or more!) trees would themselves bring. It is my hope that by planting trees, Rotarians will renew their interest in, and attention to, an issue that we must put back on the Rotary agenda: the state of our planet.

Environmental issues are deeply entwined in every one of our areas of focus and cannot be dismissed as not Rotary's concern. Pollution is affecting health across the globe: More than 80 percent of people in urban areas breathe unsafe air, a number that rises to 98 percent in low- and middle-income countries. If current trends continue, by 2050 the oceans are expected to contain more plastics by weight than fish. And rising temperatures are well-documented: Global annual average temperatures increased by about 2 degrees F (1.1 degrees C) from 1880 through 2015. That this change was caused by humans is not a subject of scientific debate, nor is the likelihood of vast economic and human disruption if the trend continues unchecked. The need for action is greater than ever – and so is our ability to have a real impact. As past UN Secretary-General Ban Ki-moon put it,

"There can be no Plan B, because there is no Planet B." Our planet belongs to all of us, and to our children, and to their children. It is for all of us to protect, and for all of us in Rotary to make a difference

Health Tip

Avoiding walking mistakes!!

Walking the right way can give you better health, fitness, and attitude. It can help you walk faster and more smoothly. Walking the wrong way can lead to wasted effort or even injury, not to mention ridicule.

NOT SWINGING THE ARMS

It's a walking mistake to keep your arms still at your sides while walking or swing them without bending them. It is natural to move your arms while walking to counterbalance your leg motion. But if you keep your arms stiff and straight at your sides, they act like a long pendulum, slowing you down. You can add power and speed by using your arms effectively and more naturally, by bending them and letting them swing naturally forward and back as you walk. If you keep your arms straight down at your sides while walking, you may notice that your hands swell quite a bit while walking, especially in warm weather.

The Cure for Walking without Arm Motion

Bend your arms 90 degrees and swing them naturally back and forth opposite the leg motion.

WILD ARM MOTION

Straight Flapping or Paddling

Arms: You don't bend your elbows, your straight arms are flapping like a

bird, paddling like a swimmer, or straight at your sides like a penguin as you walk.

Chicken Winging: You bend your elbows, but swing them from side to side, with your hands crossing past the center of your chest and your elbows endangering other pedestrians.

High Hands: Your fists come up on each swing past your breasts, up even to your chin or threatening your nose.

The Cure for Wild Walking Arm Motion

Keep your elbows close to your body and swing your arms mostly back and forward, as if reaching for your wallet from a back pocket on the backstroke. As they come forward, your hands should not cross the center line and should come up no further than your breasts. This arm motion will give power to your walk. Your feet generally move only as fast as your arms. This motion lets you concentrate on power from your rear leg without wasting motion in front of your body. It also looks far less silly.

Avoiding more walking mistakes next issue!!!

Avoiding more walking mistakes next issue

Message (Con't from pag 1)

Your ongoing feedback and suggestions have helped make a difference. Numerous upgrades have been made to the global grant online application process. The time it takes to process global grants has been significantly reduced. In 2016-17, the average was 129 business days from the time a grant application was submitted to the first payment. The average was 107 business days for 2017-18 as of 1 February.

If your club has not participated in a global grant, I urge you to take another look at the resources now available. Start by looking at the newly redesigned Rotary Grant Center at grants.rotary.org. Explore the comprehensive resources linked in the right-hand column. Our Foundation's outstanding grants staff wants to help, drawing on its expertise and TRF's collective experience. Establish a relationship with the staff contact for your project district. The Rotary Support Center can provide contact information within one business day

The Rotary Foundation's Cadre of Technical Advisers is a group of volunteer Rotarians who also provide technical expertise and advice to Rotarians planning and carrying out Rotary projects. If you would like to receive guidance on project planning early in the process, contact cadre@rotary.org. A critical role of the Trustees is to listen. Rotary members have spoken. Together we are a powerful force of volunteers who identify needs and respond with generosity, creativity, and passion. Rotary grants provide us with a unique opportunity to bring ideas to reality and to make a lasting impact, whether locally or globally.

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.

May 2nd Nancy Lopez

Assignments

Greete

May 2nd Jesse Turner
 Mat 9th Pat Cronenberg
 May 16th Hermann Weiss
 May 23rd Cindy Ivy

Set Up

May 2nd Yori Okuda
 May 9th Tim Treat
 May 16th Open
 May 23rd Marvin Ivy

Reflection

May 2nd Ava Norris
 May 9th Mary Anne Ashworth
 May 16th Yori Okuda
 May 23rd Tim Treat

Clean Up

May 2nd Claus Johnson
 May 9th Tim Treat
 May 16th Hermann Weiss
 May 23rd Pat Roam



Pat Cronenberg, Carole and Rich Iberer with the South Sumter High School Interact flag is displayed aboard the cruise ship Oceania on their return from their trip on the Amazon River.

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 is available on the district website.

New Member



Sharon Petersen is shown with her sponsor Ava Norris, Membership Chair Hermann Weiss, and President Jamie Losito at her induction on Wednesday night.

Schedule of Meetings & Events

Meetings

May 2nd Interact program
 May 9th Hands on TBD
 May 16th GSE Speakers
 May 23rd Ken Taylor—Air Force pilot

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)

May 2nd Board of Directors
 May 9th Youth Service

Visit us on the Web

www.rotaryvillagesevening.com