

Rotary Club of the Villages - Evening Evening Edition

Evening Edition

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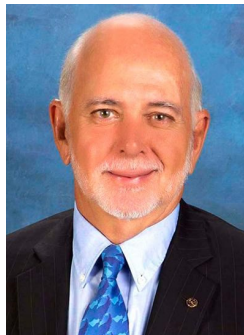
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Tom Reed



**ROTARY:
MAKING A
DIFFERENCE**

President Elect Barry Rassin's Thoughts

Continued from last week's Evening Edition.



Q: You want Rotary to have a transformational impact. How should we allocate our resources to do that?

2018-19: Be the Inspiration

RI President-elect Barry Rassin's theme for 2018-19, Be the Inspiration, asks Rotarians to inspire change in the world and in each other. "I ask all of you to Be the Inspiration to help Rotary move from reaction to action — to take a hard look at the environmental issues that affect health and welfare around the world and do what we can to help."

A: It's OK to do small projects – don't get me wrong. We're always going to be doing them. But I'd like every club to think of at least one
(Continued on page 2)

Seven Habits of Highly Successful Rotarians

ATTENDANCE

They always make it a point to attend as many Rotary meetings of their clubs and also of other clubs, as is possible. They also attend meetings of various committees of which they are members and even some others if they are invited. They are keen to attend various district functions and all projects of their club.

FELLOWSHIP

They enjoy meeting other Rotarians. They go out of their way to talk to those whom they do not know. They go by the dictum that a stranger is a friend whom you have not met. At large gatherings of Rotarians they try to meet members from other clubs, rather than fraternizing with members of their own club.

VOCATION

They have respect for every vocation. Vocation and classification are
(Continued on page 3)

Wednesday's Speaker

Our speaker this week was Anne Bosler who presented a new initiative in the Villages. The group is Hadley Caring Neighbors (HCN), the first of hopefully many, village based volunteers.

This group is a network of neighbors in the Village of Hadley who proactively respond to the needs of Hadley residents who are facing life challenges or family crisis. They provide practical, common sense, non-medical assistance.

Ambassadors "adopt" about 20 homes and contact them once a month to let them know what is going on in their village and that help is available when needed.

HCN Provides

- Transportation to doctors, food shopping, church services, hospital visits
- Non-medical respite for caregivers
- Meals in time of crisis
- Various services for those who are homebound, such as phone buddy, home visit, and therapy dog visits.

There are several volunteer opportunities to volunteer, such as:

- Errands/Grocery shopping
- Home visits
- Providing meals
- Phone buddy
- Reading
- Respite care
- Transportation
- Dog walking/therapy dogs

The United Way of Lake and Sumter Counties (UWLS) provides community and financial support to HCN. UWLS's mission is to improve lives and build stronger communities by leveraging resources and uniting community partners to impact education, income, and health.

Anne's goal, now that HCN is up and running, is to encourage other villages in The Villages to adopt this type of program.

Message (Continued from Page 1)

high-impact service project they can do to change people's lives. They don't have to cost a lot of money. I always use the jeep we provided in Haiti as an example. For \$60,000 or \$70,000, we provided a pink jeep to a group of midwives who go out into the community and give prenatal care to mothers who wouldn't get it any other way. The mortality rate has gone down dramatically. That's transformational. The **Rotary Foundation** has talked about sustainability for a long time. To be sustainable – to make the good we do last – you should be transformational, so that fits well into what the Foundation's trustees and global grants are doing. The districts could look at district grants and do the same kind of thing. We have the resources. We just have to think a little differently.

Q: Did the act of rebuilding in Haiti have a positive effect on Rotary?

A: If you go into certain parts of Haiti with the Rotary wheel, they're going to say thank you, because they know what Rotarians have done. Rotary has provided them with food, with water, with a school for their children. When we talk transformational, one project we've been working on is to bring potable water to the entire country of Haiti. The prime minister is a Rotarian and past president of his club. He is working with us, and he's got a government agency that's going to work directly with us. That's way above any global grant, but we can plan for that and figure out how to do it in chunks. I'm sure districts and clubs around the world would love to be a part of it. That's transformational. That's the kind of thing that could change a region for the better, forever.

(Continued next week)

Visiting Rotarians and Guests

Visiting Rotarians

Bob Haas

Chuck Bares

Juda Saemisch

Ft. Gratiot, MI

Plymouth, MI

Perry IA

Guests

Sandy Palmer

Susan Reiter

David Reiter

Rich Saemisch

Health Tip

Walking Can Reduce Low Back Pain!!!

A research study showed that walking for three hours or more a week helped low back pain patients have less pain.

Specific back exercises did not work as well in this study. UCLA researchers studied 681 low back pain patients. One group did specific low back exercises, another group walked the equivalent of three hours of brisk walking per week.

The walking group had less pain, disability, and psychological distress. Unfortunately, the low back exercise group had more pain and distress. This may be due to patients doing the exercises incorrectly. The study was published in the September 2005 issue of the American Journal of Public Health.

A study published in 2013 looked at whether a treadmill walking program worked as well as a back exercise program. The subjects were 52 sedentary people who had chronic low back pain. They split them into two groups. One group was given a six-week clinic-based muscle strengthening program, which required three exercise sessions per week.

The other group instead did treadmill walking at a moderately intense effort (such as with brisk walking). They walked for 20 minutes to begin with and then up to 40 minutes for two to three sessions per week. Both groups had significant improvement in a six-minute walking test, back and abdomen muscle endurance tests and the Low Back Pain Functional Scale (LBPFS).

Those with low back pain should practice good walking posture so as to relieve low back stress. Common walking posture mistakes are leaning forward, leaning back, and failing to keep the head up and eyes forward. Simple corrections to your walking posture can prevent low back pain when you walk and assist in pain relief and recovery for those with low back pain.

Systematic reviews of studies have not found evidence that walking prevents low back pain. One study followed sedentary office workers and found that walking decreased the risk of developing neck pain, but didn't reduce the incidence of low back pain.

Habits (Con't from page 1)

the basis of Rotary. They firmly believe that each vocation provides a cog in the wheel and each one has its own importance.

DISCIPLINE

They believe that no useful work can be achieved in a productive manner without discipline, both within and outside. They appreciate the value of self-discipline because they are aware that like charity, discipline begins at home.

TIME, MONEY AND ENERGY

They know that they are in Rotary for a purpose. They fully realize that they have to earmark a certain amount of time, money and energy for Rotary as a part of being a Rotarian. They also realize that they are members of a society where all these three items are to be shared for their vocation, family and the community.

EMPATHY

They put themselves in the position of the other person. They know that mere sympathy is never enough. They feel the pain and experience difficulties of others themselves. They also understand that what they are doing for the community is merely returning a very small part of what they have received from it.

IMAGE OF ROTARY

There may be moments when they feel that all is not right with Rotary. They may feel that there is 'politics' in Rotary. They, however, look at the good aspects of Rotary. In public and outside Rotary, they always make it a point to project the best face of Rotary.

LovExtension Food Drive

In support of our partner, LovExtension, our club is conducting a food drive. Members at our meeting Wednesday, picked up red bags to fill with non perishable food and return to next week's meeting. These bags will then be delivered on Thursday during our monthly packing at LovExtension. If you weren't at Wednesday's meeting, you can participate by bringing canned fruit, enough to fill a small shopping bag, to our next meeting.

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.

April 11th	Bob Evans—Colony
Apr 18th	The Lighthouse
Apr 25th	La Palma Mexican Grill 1690 Citrus Boulevard, Leesburg

Assignments

Greete

Apr 11th	Hermann Weiss
Apr 18th	Claus Johnson
Apr 25th	Tom Reed
May 2nd	Jesse Trner

Set Up

Apr 11th	Jesse Turner
Apr 18th	Vern Sikora
Apr 25th	Nancy Yerkey
May 2nd	Yori Okuda

Reflection

Apr 11th	Cindy Ivy
Apr 18th	Claus Johnson
Apr 25th	Marvin Ivy
May 2nd	Ava Norris

Clean Up

Apr 11th	Hermann Weiss
Apr 18th	Hermann Weiss
Apr 25th	Cathy Reardon
May 2nd	Claus Johnson

*In a world
where you can be anything
be kind*

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 at The Marriott World Center North Tower. This is a great opportunity to learn what is happening in the district and to meet Rotarians from other clubs.

Club Member Performance

On Monday, April 30th, Mike Roth will be performing Chekov’s “On The Harmfulness of Tobacco” as part of Bacall Recreation Center’s Monologues & Improvisations from 6:30–8:00. There will be serious moments, some comedy, and even a little audience participation.. Tickets are available through the rec centers for \$2.00.

Job Well Done

This past Wednesday, Hermann, Marvin, Jim, and Tim helped move Denise, a LovExtension client to her new home. Kathy Wall, from LovExtension wrote, “You guys are awesome. LovExtension is very blessed to be associated with your club with so many willing hands to help in any need.

Schedule of Meetings & Events

Meetings

Apr 11th	TBD
Apr 18th	Seniors vs Crime
Apr 25th	John DeMauro—Polio Plus
May 2nd	Interact program

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 11th	Board of Directors
Apr 18th	Service Projects

Visit us on the Web
www.rotaryvillagesevening.com