

Evening Edition



Club of the Villages - Evening

February 3, 2017, ■ Volume 5 Issue 29



President's Message February 2017



On 23 February, we will mark 112 years since the founding of Rotary. It is incredible to think about how much has changed, in our world and in our organization, since the first Rotary club met in Chicago with Paul Harris as a founding member.

Some things are easy to compare between now and 1905. There have been changes in technology, medicine, and society. When we look at a map of the world in 1905 and a map of the world today, we can see what's different. What we can't do is compare what is with what might have been. There is no way to compare our world as it exists now with the world as it would have been without Rotary.

Rotary has risen to so many challenges in its 112 years. We've answered conflict with peace, and poverty with education. We've responded to a lack of basic health care with projects large and small, from equipping clinics in tiny villages to eradicating polio across the globe.

We will never know how different the world would have been if Rotary had never been founded; if any one Rotary club had never been chartered; or if any single Rotarian had declined the invitation to join a Rotary club.

But I will say, with absolute faith and complete confidence, that the world is a far, far better place now than it would have been without Rotary and that Rotary itself is stronger because of every one of you.

The world needs Rotary more than ever. It needs our courage, our optimism, and our idealism. It needs the voice of tolerance, cooperation, and hope that we can offer. It needs the example of an organization that has proven that the citizens of all countries can work together successfully, gladly, and in friendship.

None of us ever knows the full impact of our actions. None of us knows the effects that will ripple out from the things we do and say, the decisions we make, the opportunities we seize, and those we let pass. But I think we all know that when we choose to do good, good will follow; and that when we choose Service Above Self as our life's path, the direction it will take us will be a good one.

No one can see the future. No one knows what changes lie ahead. But I have faith in Rotary, and in Rotarians, that with every passing year, you will make our world a better place through *Rotary Serving Humanity*.

Officers - Director 2015-2016

Officers

President

Claus Johnson

President Elect

Jamie Losito

Vice President

Tim Treat

Secretary

Carole Iberer

Treasurer

Kathy Van Ostran

Sergeant at Arms

Rich Iberer

Past President

Tom Reed

Directors:

John Rodway

Youth Service

Samantha Gump

Public Image

Mary Anne Ashworth

Membership

Dusty Rhodes

Club Service

Carolyn Willette

Foundation

Tim Treat

Svc Projects

Schedule of Meetings & Events

Meetings

Feb 8th Lania Crouch Youth Programs

Feb 17th Ralisa Top

Feb 22nd 911 Memorial

Events

Feb 4th Chili Cook-off

Feb 7th Humanitarian Symposium

Feb 18th Contractor Showcase

Feb 22-24 RYLA Camp

Mar 18th Rotary leadership Institute

May 5-7 District Conference

Wednesday's Speaker

This week's speaker was one of our members, Sandy Zelnick, who shared with us his hobby of collecting old newspapers. Although Sandy has several hobbies, collecting newspapers was his first, starting in the 1980s. His collection now numbers in the hundreds. He started by buying a London issue of the Declaration of Independence, which is his most valuable item.

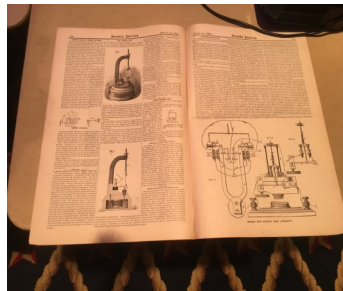
Currently, contains from most events in ry. Most of and those tors, are reason is pers were paper high content they last after the 1810s newspapers were transferred over to



his collection newspapers of the major American histo- his collection, of other collec- pre 1880s. The that those pa- made on rag which has a of cotton and "forever". Af- ter the 1810s newspapers were transferred over to

newsprint which make the extremely brittle.

Sandy has tried to collect papers that have specific events related to that city. For instance he has a newspaper from Springfield documenting President Lincoln's death. Also in his collection are copies of papers delivered to important people such as Thomas Jefferson and John Quincy Adams. He also has a copy of a newspaper detailing the impeachment of President Johnson that was delivered to Johnson.



Committee Corner

Membership on the Youth Service Committee is open to any interested member of the club at any time and, even if you are not interested in joining the committee, you are welcome to attend any committee meeting and take part in any youth service activity or service project. Ongoing youth service projects include two scholarships for graduating seniors at South Sumter High School, Interact clubs at South Sumter High School and South Sumter Middle School, Rotary Youth Leadership Awards Camp, Rotary Youth Exchange, and both academic and leadership mentoring

The Scholarships Coordinator will lead the committee in developing written policies, procedures, and criteria for each scholarship including source of funds, application process, selection committee, selection criteria, and plan for recipient follow up.

The Interact Coordinator will lead the committee in applying for a charter for the SSMS Interact club and in developing training programs for Interact club officers and directors which include how committees work together to develop and carry out an annual plan.

The Rotary Youth Leadership Awards Camp Coordinator will lead the committee in developing a written plan to promote RYLA at SSMS in order to increase applicant numbers and diversity, and to make candidate selection more competitive.

The Rotary Youth Exchange Coordinator will lead the committee in developing a written plan to promote RYE at SSMS and provide financial support for participants from SSMS or District 6980.

The Mentoring Coordinator will lead the committee in developing a written plan to initiate and promote academic, leadership, and career mentoring at South Sumter Middle School and South Sumter High School

Health Tip

“SI” joint may be cause of low back pain

One of the major causes of low back pain is sacroiliac, or “SI” joint dysfunctions. Many times it is overlooked when evaluating a back condition.

The two hip bones (ilium) are connected to the sacrum. The joint is an extremely stable structure because of the boney configuration and ligament support. The spine sits on the sacrum and is connected to the iliums.

SI dysfunction is the result of an injury. The ligament complex can be stretched or torn. Injuries leading to the problem include a strain or sprain, a fall, lifting with rotation from a forward flexed position or a moving vehicle accident. A chronic strain or sprain occurs from repetitive lifting, or a golf club swing. Other causes are muscle imbalances involving leg shortness, restricted hip motion or abnormal foot biomechanics.

Most common symptoms are pain in the lower back, buttocks, hips or groin, radiating down the leg to the ankle (similar to lumbar disc patterns). One of the most frequent complaints is increased pain from sitting, standing, walking or lying down. This is how the SI dysfunction is different from disc-related problems. SI joint patients feel the need to be constantly moving to find a comfortable position, whereas disc patients often can find a comfortable position by unloading the spine by sitting or lying down. Also, SI joint symptoms intensify with activity and decrease with rest, while disc generated pain can be most severe in the morning.

The individual’s a thorough physi-determining an SI clear understand-symptoms of SI pathologies.



The healthcare tify the aggravat-to restore the com-the dysfunction. exercises to self-important, followed individual’s problem Common exercises for the lower back may not adequately address the issue.

subjective complaints and cal evaluation are key to dysfunction, along with a ing of the difference in dysfunction from other pa-

practitioner needs to iden- ing factors in an attempt ponents that are causing Teaching an individual to correct the problem is im- by exercises based on the

Common exercises for the lower back may not

With a greater understanding of the problem by the individual and the healthcare practitioner working to reduce the cause, the risk of reoccurring back problems can be decreased.

Visiting Rotarians & Guests

Rotarians

Chuck Bares	Plymouth, MI
Bob Haas	Ft Gratiot
Ginny Bohlen	
Gay Seamens	Morning Club
Tim Treschman	International Dr
Ron Tuttle	International Dr
Sony Buoncervello	Lake Noona

Guests

Anne LoBue
Cindy Brown

Save the Dates

February 4th

The Rotary Club of the Villages (Morning) will host their 20th annual Chili Cook-Off. The admission is free and a \$5.00 donation allows you unlimited chili tasting from over 50 contestants and also a chance to win \$5,000.00. Our club will be competing to defend our crowd so we hope to see you there.

February 7th

Join leaders from five counties that will include law enforcement, educators, and community leaders at a conference on Human Trafficking at Lake Reception, 4425 N. Highway 19-A, Mount Dora, from 9:00 am to noon.

February 18th

The Noon Cub will be hosting their 8th annual Contractor’s Showcase at the Wildwood Community Center from 9:00 am to 1:00 pm.

President’s Message

It was said that our club couldn’t seem to get past 33 members. When Mary Aton gets added to the rolls, we’ll have reached 34, 9 new members. We’ve lost 3 so far this year so we’re +6. The challenge was 1 new member for each member at the close of RY 2015-16. Will we reach 1 newly

Rotary After

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.

Feb 8th	Artman's BBQ Highway 301/42
Feb 15th	Sakura Restaurant 1104 Bichara Blvd
Feb 22nd	Bonefish

Assignments

Greeter

Feb 8th	Jim LoBue
Feb 15th	Mary Aton
Feb 22nd	Open

Reflections

Feb 8th	Kathy Van Ostran
Feb 15th	Yoki Okuda
Feb 22nd	Rich Waller

Set-Up (Old Host/Hostess)

Feb 8th	Vern Sikora
Feb 15th	Mary Aton
Feb 22nd	Open

Clean-Up/Put Away

Feb 8th	Jim LoBue
Feb 15th	Vern Sikora
Feb 22nd	Open

Note:

We have a new assignment, Clean-Up/ Put Away. This entails taking down the banners, cleaning up the room, and returning items to the cabinet.

Notes and Reminders

50/50

This week's winners of the 50/50 were Maty Anne A. and Claus J. Tim T got the chance to go for the Ace of Spades, second week in a row, but drew the Jack of Clubs.

Happy/Sad

Jim Lobue just got back from a cruise to the Bahamas where it was breezy on the ship and he got his share of salt water spray. **Nick Aviles** told us his wife is excited to be speaking to our club next week.

Tom Reed had a sad dollar because the dollar was alone in his wallet. Guess Els holds the money in that household.

Jim Bodener is enjoying his first winter as a resident. Luckily it has been warm so far.

Kathy Van Ostran was sad because she had just done her taxes but happy because she was going to visit her daughter in Okinawa.

Bob Murphy was happy to have visited his kids in Miami. **Carole Iberer** was happy to be back home after a visit to her daughter in Kentucky. She and Rich escaped without catching the flu from her daughter and family.

Mary Anne Ashworth bragged about Bill who has now lost 16 pounds on Weight Watchers.

Sue Bodenner is happy because Jim's brother and wife are retiring to the Villages.

Mary Aton was sad because her credit card was compromised. All is well, she got a replacement card.

Chuck Bares is heading out on a Disney cruise this weekend.

District Conference 2016-2017

The District conference will be at The Doubletree Hotel on the beach in Cocoa Beach from May 5th to May 7th. We will be showing off the great projects your clubs have been involved in this year. Marc Harris, the District Service Projects Chair will be handling the project displays and presentations. We will also have presentations from some of the interact clubs as well as representatives from the new Interconnect Program started at Celebration High School.

Saturday night, May 6th, we will have the Foundation Banquet with the lighting of our seven foot high Birthday cake recognizing the 100 years of our Foundation

"Doing good in the World." We have some

Visit us on the Web

www.rotaryvillagesevening.com