

## Rotary Club of the Villages - Evening Evening Edition

# Evening Edition

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**ROTARY:  
MAKING A  
DIFFERENCE**

### Polio Article from December 25, 2017 Issue of *Time*

There isn't a big market for poliovirus plush toys. They're not much to look at—about the size of a softball and a sort of ashen gray. That's a fitting color: polios is Greek for gray, and it's the gray matter in the central nervous system that the virus attacks, robbing children of the ability to walk, if it doesn't kill them first. It would be the rare parent who would want even a cuddly likeness of so lethal a thing anywhere near a healthy baby.

But the plush toys were much in demand at the headquarters of the Bill & Melinda Gates Foundation on World Polio Day in October. They were tucked into gift bags, stashed in purses, playfully tossed from person to person. If that seems unserious, well, the 400 people in attendance and the 150,000 more who watched the presentations online had a right to let themselves go.

As recently as 1988, there were 350,000 cases of polio each year, and the disease was endemic in 125 countries. In 2017 there have been only 16 cases, in just two countries Afghanistan and Pakistan. *(Continued on page 2)*

### December is Disease Prevention & Treatment Month *Rotary's commitment to creating a healthier world*

Around the world 400 million people can't afford or don't have access to basic health care, which can result in pain, poverty, and misery. That's why Rotary members are devoted to fighting and preventing diseases. From offering temporary clinics, blood donation centers, and training facilities in underserved communities to designing and building infrastructure to allow doctors, patients, and governments to work together, Rotary members take on efforts both large and small

In December, Rotary's Disease Prevention and Treatment Month, you can take action to fight disease in your community

*(Continued on page 3)*

## Did You Know?

The March of Dimes was originally called the National Foundation for Infantile Paralysis (NFIP). U.S. President Franklin D. Roosevelt, himself a polio survivor, founded it on 3 January 1938 in part to fund research for a polio vaccine.

In the early 1950s, Dr. Jonas Salk used funding he received from a March of Dimes grant to create a vaccine that was “safe, effective, and potent,” in the words of Dr. Thomas Francis Jr., director of the Poliomyelitis Vaccine Evaluation Center at the University of Michigan School of Public Health. In 1954, the vaccine was tested in a massive trial that involved 1.8 million U.S. schoolchildren known as “polio pioneers.” Since it became available in 1955, the polio vaccine has reduced polio outbreaks worldwide by 99.9 percent.

Since its original goal of polio vaccine, Dimes has focused on improving babies by birth defects, birth, and in- Nevertheless, Dimes was an early pioneer in polio eradication efforts. The March of Dimes marks its 80th anniversary in 2018



pleted its initial finding a polio vaccine, the March of Dimes has turned its focus on preventing premature infant mortality. The March of

## Paul Harris Wisdom



The sailing of a boat in fair weather is not the best test of seamanship, the maintenance of good cheer when everything is coming one's way is not the best test of disposition, the pursuit of an enemy who is on the run is not the best test

of courage.

It should do all of us good, once in a while, to see ourselves as others see us, and by chance, our egotism experiences a shock, even that, in the long run, may be predictable to a complacent overestimate of ourselves and our standing.

## Polio (Continued from page 1)

With a case count so low, the question now is a straightforward one: Will 2018 be the year we get to zero? We've never seen this level of progress, this level of restricted transmission," says Jalaa' Abdelwahab, deputy director of UNICEF's polio-eradication initiative. "We're hoping that by the end of the next transmission season, we will see zero."

If that happens, polio will join smallpox as the only other human disease to be driven over the cliff to extinction. The 16th case in 2017 could, at least in theory, be the last case ever. The road to almost zero has been a long one—and a lot of the credit has rightly gone to Rotary International, the global service organization that made polio eradication its mission in 1979. That year the group began a five-year campaign to vaccinate upwards of 6 million children in the Philippines. In 1988, Rotary joined hands with UNICEF, the World Health Organization (WHO) and the U.S. Centers for Disease Control and Prevention to form the Global Polio Eradication Initiative. In 2007 the Bill & Melinda Gates Foundation came aboard. Today 2.5 billion children have been vaccinated worldwide at a cost of \$15 billion.

One thing that has made so mammoth an undertaking possible is the type of vaccine used.

There are two varieties: one administered orally and one by injection. The oral polio vaccine (OPV)—which is easier, cheaper and less scary for the children who receive it—has been the go-to choice for eradication. It takes an average of three doses at different times to confer full immunity; as long as the poliovirus is still at large, that will have to continue. "Each year we vaccinate 450 million children under 5 years old," says Abdelwahab. "OPV is an amazing tool for stopping acute cases."

*(Continued next week)*

**HUMAN TRAFFICKING SEMINAR**  
**Cancelled**

## Health Tip

### Amazing Benefits of Gratitude

The holiday season reminds us to take time out for gratitude. But if you can make thankfulness a core part of your daily mantra, you'll reap so much more than just that warm-fuzzy feeling around the table this holiday season. Leading researchers in the field of psychology have found that those who adopt an "attitude of gratitude" gain a number of health benefits...from better exercise regimens to healthier eating habits and even stronger relationships.

In my own life, I have found that an attitude of gratitude improves my sense of well-being and amplifies my happiness. Expressing gratitude helps us focus on what we have instead of focusing on what we lack. Here is a look at some of the latest research on the benefits of gratitude.

**Benefit #1:** Gratitude can rev up your energy. In a study conducted on gratitude and its impact on well-being, results indicate that daily gratitude exercises gave people a grab-life-by-the-horns outlook. Participants of the study reported higher levels of alertness, enthusiasm and determination, leading to overall improved life satisfaction.

**Benefit #2:** Gratitude can boost your immunity. Those who practice gratitude are usually more optimistic, a characteristic that has been shown to enhance immune systems. This results in less health problems and a better mood.

**Benefit #3:** Gratitude can help you cope with stress. Managing day-by-day stress gets easier with a positive stance on life. Gratitude research suggests that thankfulness adds tremendous value in helping people cope with daily problems.

### Schedule Change

Our regular scheduled meeting for January 10th will be moved to January 11th to host Homestay visitors. It will be a fellowship dinner at Rich & Carole Iberer's house beginning at 6:00PM. Email Carole to let her now if you will attend and what you will bring for the pot luck dinner.

## Disease Prevention (Con't from pg 1)

- Support health education programs that explain how diseases spread and how to reduce the risk of transmission.
- Partner with medical Institutions or ministries of health to immunize people against infectious diseases.
- Support continuing education and training for health workers through scholarships or stipends or simply by recognizing existing training efforts.
- Improve and expand access to affordable health care in underserved areas.

Check Rotary Showcase for projects that other Rotary members have taken on in their communities.

## How Smart is Your Right Foot?

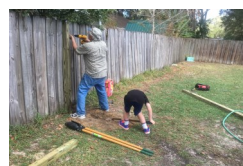
This will confuse your mind and you will keep trying over and over again to see if you can outsmart your foot, but you can't. It is preprogrammed in your brain according to an orthopedic surgeon.

1. While sitting at your desk in front of your computer, lift your right foot off the floor and make clockwise circles.
2. Now, while doing this, draw the number "6" in the air with your right hand. Your foot will change direction.

There is nothing you can do about it!

## LovExtension

On December 18th, Rich Iberer, Tim Treat, and Matthew Lewis (Tim's grandson), traveled to Eustis to assist an LovExtension client. Her fence, in the back yard, was falling down from hurricane damage. The two and a half Rotarians were able to install posts to reinforce the



## 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](mailto:allesivy@hotmail.com) only if you will be attending the dinner.

Jan 10th	<b>No Meeting</b>
Jan 11th	Homestay Dinner - Iberer's House
Jan 17th	Hemmingway's at Havana
Jan 24th	Stavros 3223 US Highway 441, Fruitland Pk
Jan 31st	Los Magueyes 346 Shopping Ctr Dr., Wildwood

## Assignments

### Greeter

Jan 10th	<b>NO MEETING</b>
Jan 17th	Carolyn Willette
Jan 24th	Jesse Turner
Jan 31st	Ava Norris

### Set Up

Jan 10th	<b>NO MEETING</b>
Jan 17th	Hermann
Jan 24th	Marvin Ivy
Jan 31st	Jesse Turner

### Reflection

Jan 10th	<b>NO MEETING</b>
Jan 17th	Carolyn Willette
Jan 24th	Claus Johnson
Jan 31st	Yori Okuda

### Clean Up

Jan 10th	<b>NO MEETING</b>
Jan 17th	Hermann Weiss
Jan 24th	Claus Johnson
Jan 31st	Open

## Notes & Reminders

### Membership Drive

Our club's membership committee will be sponsoring a chance to get to know our club. The event will be held at The Corkscrew Winery in Spanish Springs Town Square. The event will run from 5:00pm to 6:00pm. So please please to attend and invite friends, former Rotarians, and new residents for a chance to learn about the good works of Rotary.

### STEM Fair Judge

The Big Springs Regional STEM Fair, which will be held on Thursday, February 1st, from 8:30am to 11:30am, in Ocala. This event brings together local winners from high school STEM (Science, Technology, Engineering, and Mathematics) Fairs to compete for a chance to advance to further competition. You don't need any experience in those fields to be a judge. This is an opportunity to be amazed by what these students can accomplish. If you are interested, contact Tim Treat.

### Golf Raffle

We need volunteers to sell raffle tickets at the two Edwin Watts locations. Instead of trying to set up schedules it will be up to members to set their own time. You might want to partner with another member on your own schedule. Contact Tim Treat to get what you will need.

## Schedule of Meetings & Events

### Meetings

Jan 10th	<b>NO MEETING</b>
Jan 11th	Homestay Guests (Iberer's House)
Jan 17th	Eric Boughman—Changes to Florida Constitution
Jan 24th	Rotary Tailgate Party

### Events

Jan 13th	Human Trafficking Seminar
Feb 3rd	Chili Cook-Off
Feb 24th	District Grant Seminar

### Committee Meetings (4:00pm)

Jan 10th	<b>Board Meeting</b>
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Visit us on the Web  
[www.rotaryvillagesevening.com](http://www.rotaryvillagesevening.com)