

## Rotary Club of the Villages - Evening Evening Edition

# Evening Edition

### Officers & Directors 2017-18

#### Officers

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

#### Directors

Open  
Public Image  
Sue Bodenner  
Service Projects  
Tom Reed  
Youth Service  
Dusty Rhodes  
Club Service  
Hermann Weiss  
Membership  
Claus Johnson  
Foundation

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



**ROTARY:  
MAKING A  
DIFFERENCE**

### Installation Dinner

Wednesday  
7th inaugura-  
officers, and  
year 2018-  
fantastic with  
friends and  
ner in a private  
The evening  
meetings, with



night our club held it's  
tion of a new president,  
directors for the Rotary  
2019. The turnout was  
over 40 Rotarians,  
family attending the din-  
room at Arnold Palmer.  
started, the same as our  
a half hour social time.

Dusty served as our emcee for the evening as he welcomed us all. Gay said grace before the meal and then we got down to what we do best...enjoy dinner. After the meal Tim provided us with a poetic review of the year. That poem appears on page 2.



Claus was up next with some Paul Harris presentations. Vinnie was presented with his first Paul Harris thanks to Karen. Our second Paul Harris was given to Matthew Lewis, our unofficial mascot. Matthew, a 10 year old and grandson of Tim has helped on may of our projects and events.

Dusty then had the honor of announcing this year's Rotarian of the Year, Sue Bodenner. Sue has done an outstanding job as our Service Projects chair. Her efforts, supported by her great committee, have directed the club tin supporting various organizations. We are fortunate to have her guiding our projects for the next year.  
(Continued on page 2)



## Year in Review

Here we are at the end of June,  
Getting ready to sing a new tune.  
Jamie's happy it's over now  
So let us have her take a bow.  
Our first event began the year  
With LovExtension who we hold dear.  
They came to share some fun and  
food  
The fellowship set the mood  
We took a break from hearing guests  
To do what Rotarians do the best.  
Packing bags was such a joy  
For each little girls and little boys  
DG Mobley came one night  
To inspire our club to a new height.  
He shared with us his plans and  
goals  
For each of us to accept our roles.  
September rains we'll always recall  
It scared the blank out of us all  
Harvey, Maria, and Irma were sent  
So we donated a Shelter Box tent  
In the fall we do what we do  
And held a successful barbeque  
The sauerkraut was Hermann's best  
While Tom took care of all the rest.  
World Polio Day was our next test  
We never seem to get a rest  
Cody's was the place we went  
To hold a Polio day event  
The Polo Barbeque came up fast  
The way we've done it in the past  
Lordie Lyle came through for us  
To help support the Langly Bus  
Our members began to scream and  
yell  
Learning that they had to sell  
120 tickets for us to do well  
But Pat and Carole rang the bell  
Lots of food and some cat litter  
Helped to make the animals fitter  
Jamie's Mingle was quite a hit

We all helped out a little bit  
Christmas comes but once a year  
A chance to spread good will and  
cheer  
LovExtension came for a meal  
To us it seemed like no big deal  
To them it was a chance to mingle  
And listen to a Christmas jingle  
Our members had a lot of fun  
Some new friend we surely won  
Off they went to do some good  
As we all hoped that they all would.  
The Dominican Republic they all went  
It was certainly time well spent.  
Hermann and the membership team  
Had an idea that was really keen  
We invited guest one and all  
To allow our club to stand tall  
A wine tasting is what we had  
As it turned out not so bad  
Many came and had some fun  
Some new members we had won  
Edwin Watts sure helped us out  
So to them we give a big shout.  
Marvin's neighbor won the prize  
I guess to him it was a surprise  
Our president Jamie grew and grew  
So we decided on what to do  
A baby shower was the choice  
So that we could all rejoice  
A little mystery but maybe more  
What the heck was the elephant for  
Then we waited a little while  
For baby Landon to show a smile  
Our reputations we'll never sally  
So off we went to the bowling alley  
Fred and Jim had bumper guards  
The rest of us were like retards  
Vern tripped as he approached the  
lane  
His experience was a real pain  
A fishing trip is what Jim got

The results of the trip were not so  
hot.  
May the 10<sup>th</sup> was a banner day  
Landon Losito was here to stay  
He is a dream or so they say  
We wonder if he'll stay that way.  
Gene and Jamie deserve the best  
It's up to them to do the rest  
A future Rotarian he'll some day be  
A happy day for all to see.  
Our new members sure ring the bell  
The six of them are really swell.  
Mike's a Rotarian tried and true  
While Kay's experience will be new  
Sharon arrived from the isles  
And brought with her many smiles  
David came to save the day  
Taking the newsletter with no pay  
Nancy came at Gay's invite  
She certainly is a wonderful site.  
Martha got right in the swing  
Taking projects under her wing  
So here we are at the end of the year  
For a club we hold so dear  
We worked and worked to make our  
mark  
What we did was not a lark  
So now I guess it's up to me  
To see what our great club will be.  
With the help of the previous five  
I'll try to help our club survive  
So let's not forget our guiding  
thought  
What the past years have surely  
taught  
We can do good in the land of sun

The Villages - Evening  
**Rotary**  
Club



## Dinner (Continued from page 1)

Jamie expressed her gratitude to the club for the privilege of serving as president. for the mentorship provided to her, and "most importantly for the friendships we have creat-

ed." This year we made hands-on activities a regular part of our weekly meetings which helped our club contribute over \$15,000 to more than fourteen different organizations. Ja-

mie credited Sue and her Service Committee for making this happen  
(Con't on page 3)

## Health Tip

### Exercising W/muscle soreness!!!

Muscle soreness or, delayed onset muscle soreness, is natural when you challenge the muscles with new exercises or more intensity. When you put a new stress on the body, it adapts so it can handle that new load. Part of the adaptation process includes muscle soreness, microscopic tears in the connective tissue that support and surround the muscle.

Sore muscles are in the process of healing and growing stronger, so you should avoid stressing them even more by doing heavy, intense exercise. However, a light workout may offer some temporary relief as you warm the muscles and create more blood flow.

#### Coping with muscle soreness:

- **Light Exercise:** Some studies suggest that yoga, light weight-training (using no weight or very light weights) or light cardio (e.g., walking/swimming) may help reduce symptoms.
- **Massage:** Though studies are conflicting, there are some studies showing that massage might alleviate some muscle soreness. Time is the one thing that works every time. Most soreness will ease after about 2-3 days, allowing you to get back to your workouts.

#### Avoiding mus-

- **Start Slow-** muscles to to the activities This is es- you've tak- from exer- back to you used too much

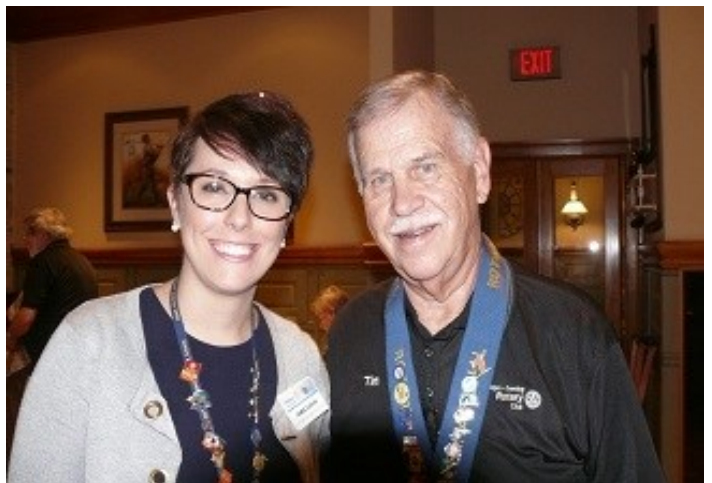


**cle soreness.:** ly to allow your gradually adapt stress of new or intensities. pecially true if en a long break cise. Going the workouts to do may be for your body.

- **Gradually build intensity:** To get in shape, burn calories, and lose weight, you have to challenge your body with more stress than it's used to, one of the things that cause soreness.
- **If you're a beginner,** any activity is more stress than your body is used to, so you may need to stay with the same workouts for 1-2 weeks before adding intensity

## Dinner (Continued from pg 2)

Jamie noted that this year Club membership increased by seven members, thanks to the efforts of the membership committee under the able leadership of Hermann Weiss. Thanks to Tom Reed's Youth Services committee, we advanced both the Rotaract and Interact clubs that our club is supporting, while our Foundation exceeded last year's giving by over 160%. This makes us second in the District for Foundation giving per capita. Jamie noted with regret that Foundation chair Claus Johnson will be moving away very soon and she thanked him for his many contributions to our club. Club administration was very skillfully handled by Dusty Rhodes and his committee which provided interesting weekly programs and enjoyable fellowship dinners. Jamie concluded her remarks by thanking incoming club president, Tim Treat, whose tireless support of just about everything we do made her job possible. The list of club members who made this year a success is too long and too diverse to mention here, but Jamie is aware of the fact "it takes a village" to have a lively and quick Rotary Club like ours.



*Outgoing president Jamie and incoming president Tim*

Jamie then administered the oath of office to our seventh president Tim

*(Continued on page 5)*

## 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. Kay Roth has volunteered to handle the reservations. Please email her at kayroth@rothconsulting.net only if you will be attending the dinner.

Jun 27th Cody's—Lake Sumter Landing

## Assignments

### Greeter

Jun 27th Pat Cronenberg  
 Jul 4th **NO MEETING**  
 July 11th Karen Jasniewski

### Set Up

Jun 27th Pat Cronenberg  
 Jul 4th **NO MEETING**  
 Jul 11th Vinnie Mangia

### Reflection

Jun 27th Ava Norris  
 Jul 4th **NO MEETING**  
 Jul 11th Maty Anne Ashworth

### Clean Up

Jun 27th Ava Norris  
 Jul 4th **NO MEETING**  
 Jul 11th Martha Friedman

**A Happy Marriage  
 Is the union of two  
 Good forgivers**

## Notes & Announcements

### LovExtension Summer BBQ

August 8th is the date of our second summer party for LovExtension clients. It will be held at our regular meeting location and run from 4pm to 6pm. Brats/burgers, soda, and chips will be provided and club members will be asked to bring a salad or dessert. Entertainment for the party to be determined

### Polo BBQ

You are all aware of our upcoming fundraiser in October and Pat's challenge to sell 225 tickets for the event. Mike Roth has come up with a great idea. He has taken this to his Mercedes Club as an event they can participate in. We will provide them with a separate area for their cars and he is hoping to sell a lot of tickets. If you are involved in another club think about suggesting to them to use that as an outing.

It is with great regret and with heartfelt condolences that we report that Tom Reed's father-in-law passed away after complications from a fall and a second broken hip. There will be no services until Tom recovers from his surgery. Our thoughts are with both Tom and Els.

## Schedule of Meetings & Events

### Meetings

Jun 27th Assembly  
 Jul 4th **NO MEETING**  
 Jul 11th Melissa Merritt Adoption to Action

### Events

Jun 23-27 International Convention  
 July 27-Aug 4 Wheelchair Games  
 Aug 8th LovExtension Summer BBQ

### Committee Meetings (4:pm)

Jun 29th No Meeting  
 Jul 4th No Meeting

**Visit us on the Web  
[www.rotaryvillagesevening.com](http://www.rotaryvillagesevening.com)**



## Dinner (Continued from page 3)

Dusty then introduced the 2018-2019 club officers and directors and Tim administered their oath of office.



*From left to right. Club Service Norm Davis, Service Projects Sue Bodenner, Foundation Yori Okuda, President Elect Hermann Weiss, Secretary Mary Anne Ashworth, Treasurer Carole Iberer, Past President Jamie Losito, Membership Gay Ratcliff-Seamens. Not pictured Youth Service Tom Reed.*

Our incoming president Tim opened his remarks by referring to the 2018-2019 RI theme, Be The Inspiration. Citing that each of us was an inspiration for the great things we have accomplished, he added our club's theme is "if we're not having fun, we're not doing it right".

Mentioning the past six presidents of our club he hoped that being the lucky seventh would help him make this a successful year. Tim mentioned several club members who often go unrecognized for their efforts: Cindy Ivy for coordinating the weekly fellowship dinners, Norm Davis for the great programs, Dusty for handling the golf scheduling, and Rich Iberer for handling Sargent-at-arms duties, He also thanked the officers and directors for their work and especially Jamie for all she did to lead our club through a successful and rewarding year.

Tim went on to explain his thoughts for the upcoming year, The guiding principle of which is transparency in everything that the club. Does. Monthly board minutes and financial reports will be sent to

each member. Periodic updates from each committee will also be made available through our weekly newsletter. Under Tim's leadership, the committees will do all the work, sending their recommendations to the board for their approval, Since the committees will be so involved, each member will be encouraged to join and participate on at least one committee.

A few of the changes Tim plans for his year are:

- The Membership Committee will prepare and distribute a visitor pack for guests.
- The Foundation Committee will establish a program for Paul Harris points to be awarded for members who go "above and beyond"
- The Public Image Committee will enhance our website and facebook along with better access to print media
- The Service Projects Committee has been asked to recommend some new organization and groups that we can partner with.

Tim ended his remarks by asking for help from each and every member and pledging that he will welcome suggestions and criticism that can improve our club.

A surprise guest at our dinner was Joey Salenti and his father. For those of you who don't know who Joey is, he is the first president of the SSHS Interact Club. Our club has followed Joey's progress through high school and him de-velop an hand that all of us the brought it to ings. some help ty con-Joey was secure an



ment to West Point for this coming year. Like our two scholarship winners this year, he renews our faith in the future. Joey thanked the club for everything we did to help him

