

Rotary Club of the Villages - Evening Evening Edition

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President Elect
Jamie Losito
President Elect Nominee
Gay Ratcliff-Seamens
Secretary
Mary Anne Ashworth
Treasurer
Carole Iberer
Past President
Jamie Losito

Directors

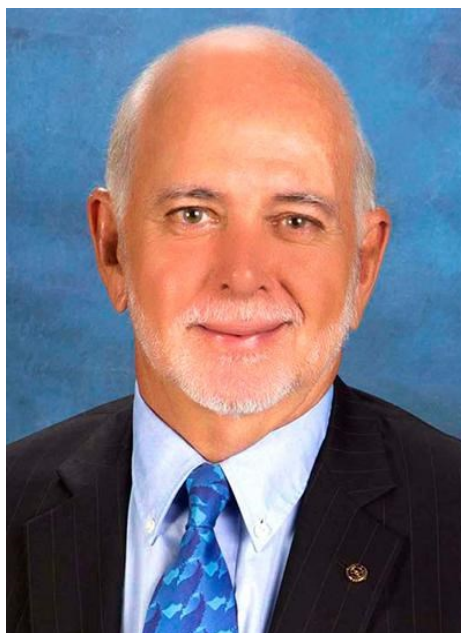
Jamie Losito
Public Image
Sue Bodenner
Service Projects
Tom Reed
Youth Service
Norm Davis
Club Service
Gay Ratcliff-Seamens
Membership
Yori Okuda
Foundation

Sergeant-at-Arms

Rich Iberer
Assistant Sergeant-at-Arms
Dusty Rhodes
Assistant Treasurer
Tom Reed
Assistant Secretary



President Rassin's Message



As I look back on all the things I have seen and the people I have met since becoming president of Rotary International last July, I am certain of this: Rotary's capacity to transform lives for the better is unparalleled. Our impact is far beyond anything I could have imagined when I first became a Rotarian.

I think about the Rotarians I met in Pakistan, who partnered with Coca-Cola to improve sanitation in Karachi's neighborhoods while supporting polio eradication efforts. I think about the Puerto Rican Rotarians who are helping entire communities rebuild their lives after Hurricane Maria. I think about the German Rotaractors who are working to

save bees — whose role as pollinators is so important to our planet — from extinction. I think about the six Rotarians and Rotaractors who were honored as People of Action: Young Innovators at Rotary Day at the United Nations in Nairobi, Kenya, in November for their work to create novel solutions to tough challenges.

It seems like only yesterday that I stood on a stage in San Diego and asked you to Be the Inspiration in your clubs, in your communities, and in the world. Your response was an inspiration to me. You are paving the way for Rotaractors to become our future leaders, helping start new Rotaract clubs and working to include Rotaractors in Rotary events and projects in your communities. You are working hard to eradicate polio, participating in 4,200 events in more than 100 countries for World Polio Day. And you are carrying out transformative projects that will create lasting change in your communities and in the world.

(Continued on Page 2)

Wednesday's Speaker

Our speaker this week was Lt. Robert Capps. He spoke to us about the Special Weapons and Tactics program in Sumter County (SWAT) Lt. Capps is the Commander of the S.W.A.T team at the Sumter County Sheriff's Office, a post he has held for the past two years. After serving for twenty years in the U.S. Army, Lt Capps joined the Sumter Sheriff's Department where the Florida native has served for the past sixteen years. Twelve of the sixteen years have been with the S.W.A.T. team.

In an excellent power point presentation, Lt Capps explained the path one must take to join a S.W.A.T. team, the rigorous training one must go through, the challenging tests one must pass and the various abilities one must demonstrate to become a S.W.A.T officer.

Sumter County has twenty-two highly trained, qualified S.W.A.T. officers. They respond to situations that are deemed to be beyond the reach of one or two regular police officers, such as hostage situations, barricaded suicide events, high-risk search and/or arrest warrants, unruly and dangerous crowds, search and rescue operations and protective services for visiting high-level dignitaries. Lt Capps provided insights in the way operations are executed and the impressive equipment S.W.A.T. teams have at their disposal.

Lt Capps gives regular "Citizen Academy" presentations, but noted that the community does not always have a friendly response to S.W.A.T operations in their neighborhood. Presentations like this one are designed to improve understanding, acceptance and cooperation of S.W.A.T. in the community.

Sad News

At our meeting Wednesday our club received the news that our President-Elect Jamie has been diagnosed with breast cancer. At this point she is awaiting further testing to determine what her course of treatment will be. I am sure all of you will keep her in your thoughts and prayers.

Message (Con't from page 1)

This year, I also saw how Rotary's work to build peace is bearing fruit. The 98 Rotary Peace Fellows who are studying at our peace centers will soon graduate, joining more than 1,200 others in applying their conflict resolution skills to problems that need solutions. And this month, Esther and I will travel to Hamburg, Germany, for a convention where people of all races, nationalities, religions, and political backgrounds will unite because they want to make the lives of all people better

Seeing what to people – to ties we serve ans themselves ened my affection for all and does.



Rotary means the communi- and to Rotari- – has deep- tion and admi- that Rotary is

Soon it will be time for Esther and me to return home to Nassau. When we get there, I will look out on the vast sea that surrounds our island, and it will remind me of Rotary's limitless possibilities, and of the amazing future that awaits us beyond the horizon. I look forward to sailing there with you.

CART



Coins for Alzheimer's Research (CART) is a partnership with Rotary to help research into this devastating disease. The CART Fund provides funds for cutting edge research to cure Alzheimer's disease. CART started in 1996 with Rotarians voluntarily emptying their pockets and purses of change at weekly meetings

We began, at our meeting Wednesday night to collect coins to help this organization. If you have change at home that you want to donate bring them to a meeting. We will be passing the bucket at each meeting.

Health Tip

Peripheral Artery Disease (PAD)

Are you bothered with your calves cramping while walking or stair climbing...especially if the pain ceases when you stop....it may be due to peripheral artery disease (PAD). With PAD, the arteries are narrowed due to plaque buildup, which prevents the muscles (usually in the legs) from getting enough blood flow to keep up with the increased oxygen demand when you are active.

If PAD goes untreated, the condition can lead to infection, loss of function of the limb and in severe cases of blockage, amputation.

People who have this circulatory problem, with pain while walking are often prescribed **walking** to relieve their pain. Even though it hurts, walking...when done according to certain guidelines does improve the symptoms of PAD and slow its progression. According to research published in *Circulation* exercise works as well as any medication or surgery.

Why is walking so great??? When you repeatedly put one foot in front of the other, it brings more oxygen to your muscles, which improves your circulation and eases the pain of PAD. The exact reasons why walking helps are not known. But it is well established that the more you walk, the further you will be able to walk with less pain.

If you suspect you have PAD, but have not been diagnosed, it is important to see your physician for an evaluation. This should include an ankle-brachial exam, according to Neel Chokshi, MD, MBA, assistant professor of clinical medicine at Perelman School of Medicine, Univ of Pennsylvania. It compares the blood pressure in your arms to that in your feet, to show how well the blood is flowing, and possibly other tests such as an ultrasound. There may be other related factors, such as high blood pressure, that needs to be addressed.

Rotary Moment

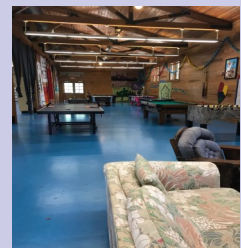
ROTARACT

After the success of Interact clubs for high school-age youth in the early 1960s, the RI board created Rotaract in 1968. The new organization was designed to promote responsible citizenship and leadership potential in clubs of young men and women, aged 18 to 30. The first Rotaract club was chartered by the Charlotte North Rotary Club in Charlotte, North Carolina. In 1994 there were more than 149,000 members in more than 6,500 Rotaract clubs in 107 countries.

Rotaract clubs emphasize the importance of individual responsibility as the basis of personal success and community involvement. Each club sponsors an annual project to promote high ethical standards in one's business and professional life. Rotaract also provides opportunities leading to greater international understanding and goodwill. Rotaractors enjoy many social activities as well as programs to improve their community. A Rotaract club can exist only when continuously sponsored, guided and counseled by a Rotary club. The programs of Rotaract are built around the motto "Fellowship Through Service."

Boggy Creek

This past Monday, four of our members, Pat C., Jim and Sue B., and Gay S., travel to Camp Boggy Creek to learn about this wonderful facility.



When we drove down the road to the entrance of Camp Boggy Creek we knew this was a special place of tranquility and nature. They put us on a golf cart and began the tour of the camp in its first week of this summer's operation. We saw how the buildings were so well kept. The small farm animals and the horse barns and the riding arena of cleanliness to these children. Then off to the pool
(Continued on page 4)

Rotary After Hours

One of the fellowship activities our club enjoys is getting together after our regular meeting to enjoy dinner at various local restaurants. All members, guests and significant others are invited. If you will be attending upcoming dinners email Mary Anne Ashworth @ wamshot@hotmail.com

Jun 12th	Red Sauce
Jun 19th	Demshar's
Jun 26th	Installation—Palmer Legends

Weekly Assignments

Greeter

Jun 5th	Pat Roam
Jun 12th	Jesse Turner
Jun 19th	Nancy Yerkey
Jun 26th	Pat Cronenberg

Set Up

Jun 5th	Dr. Sandy Zelnick
Jun 12th	Vern Sikora
Jun 19th	Nancy Yerkey
Jun 26th	Installation

Reflection

Jun 5th	Ava Norris
Jun 12th	Karen Jasniewski
Jun 19th	Open
Jun 26th	Pat Cronenberg

Clean Up

Jun 5th	Open
Jun 12th	Vern Sikora
Jun 19th	Nancy Yerkey
Jun 26th	Installation

Visiting Rotarian & Guests

Rotarians

Guests

Dolores St. Julien
Gay Davidson
Victoria Baker
Hal Blakock

Boggy Creek (Continued from page 3)

where its wide slowly sloped entrance allowed even a child in a wheelchair to decide when to go in and get out. One volunteer has been there every week of camp since they opened and the kids love him as a grandpa. Next was the colorful PATCH...mini hospital where everything from bumps and bruises to medicine to infusion and chemo treatments were managed. What a delightful dedicated staff! We listened to their inspiring stories. Next up the cafeteria where 300 campers are served in 3 minutes no matter what the diet is....well you just had to be there to hear how that is accomplished. On to the BEEHIVE a cabin for 10 and we learned how the counselors make a summer camp experience fun but not messy. Then we saw the Magic Gymnasium donated by Orlando Magic, 23 years old but looked brand new even though it gets lots of use. Finally we saw the theater that seats 200 and was completely designed by Paul Newman to be acoustically perfect and beautiful too.



Schedule of Meetings & Events

Meetings

Jun 5th	Lt. Robert Capps-Swat Team leader
Jun 12th	Joe Finch Air Force Helicopter Pilot
Jun 19th	Don Fraser-Story of a Purple Heart

Events

Jun 1-5	International Convention
Jun 26th	Installation Dinner
Nov 16th	Polo BBQ

Committee Meetings (4:00pm)

Jun 19th	Board Meeting
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Visit us on the Web

www.rotaryvillageevening.com