

# Rotary Club of the Villages - Evening Evening Edition

## Officers & Directors

### Officers

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

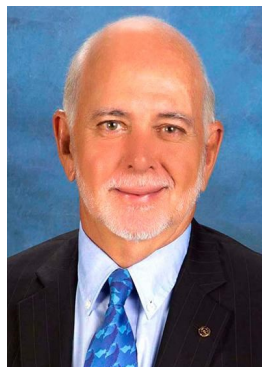
### Directors

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  
Sharon Petersen



## President Rassin's Message



One of the things I appreciate most about serving as president of Rotary International is the people I get to meet. Much of my time is spent traveling and visiting Rotary clubs around the world. A Rotarian welcome is something quite special. But let me tell you, there's nothing so warm as the welcomes that have been rolled out for me by Rotaractors. These are young people who are committed to Rotary ideals, who are pouring their hearts into service, and who, in the process, don't forget to have fun.

One of the highlights of my recent travels was a trip to Ghana, where I visited a district that boasts some 60 Rotaract clubs. They aren't satisfied with that number, though — in fact, they're excited about a plan to double it. They'll do it, too.

Rotaractors are vaccinating children against polio. They're donating blood where the supply is dangerously low. They're providing handwashing facilities to schools where children previously had no way to get clean. In short, they're all about transformational service: carrying out projects that make a real difference in their communities.

In Nakivale, Uganda, one special Rotaract club is making a difference in its community — which happens to be a refugee settlement. These young leaders are turning what others might see as disadvantages into opportunities for service, building community and opening up new possibilities to those who are most in need of them.

In Turkey, Rotaractors are visiting children in the hospital every Wednesday to lift their spirits by playing games with them. They also are mentoring new students at their university and teaching them leadership skills.

Rotaractors are blazing the path for Rotary to be more relevant in this new century of service. And World Rotaract Week, which we're celebrating

*(Continued on page 2)*

## Rotary Moment

### YOUTH EXCHANGE

Rotary Youth Exchange is one of Rotary's most popular programs to promote international understanding and develop lifelong friendships. It began in 1927 with the Rotary Club of Nice, France. In 1939 an extensive Youth Exchange was created between California and Latin America. Since then the program has expanded around the world. In recent years more than 7,000 young people have participated annually in Rotary-sponsored exchange programs.

The values of Youth Exchange are experienced not only by the high school-age students involved but also by the host families, sponsoring clubs, receiving high schools and the entry Youth Ex- plicants usual- tire communi- their fellow- exchange partic- ty Youth Ex- tire communi- ty provide- plicants usual- tire communi- ty provide- their fellow- exchange partic- ty provide- their host- ty provide- excellent op- ty provide- tunities to- learn about ty provide- customs, lan- guages, tra- ty provide- ditions and- family life in another country. Youth Exchange offers young people interesting opportunities and rich experiences to see another part of the world. Students usually spend a full academic year abroad, although some clubs and districts sponsor short term exchanges of several weeks or months.

Approximately 36 percent of Rotary Youth Exchange students are hosted or sent by the clubs in the United States and Canada. European countries account for about 40 percent, and 12 percent come from Australia and New Zealand. Asian clubs sponsor 5 percent, and 7 percent come from Latin American countries. Over 70 percent of all Rotary districts participate in Youth Exchange activities.

Youth Exchange is a highly recommended program for all Rotary clubs as a practical activity for the enhancement of international understanding and goodwill.



## Message Con't from page 1)

11-17 March, is the perfect opportunity to get to know your local Rotaractors and talk to them about how your clubs can work together. If your Rotary club doesn't already sponsor a Rotaract club, know that you don't need to be near a college or university to do it: Community-based Rotaract clubs are a great option. And remember that Rotaractors are part of the Rotary family.

When Rotaractors are ready to leave their Rotaract club, we don't want them to leave that Rotary family behind. I'm asking all Rotarians to help them make the transition into a Rotary club or to start a new one: I'm happy to charter as many new clubs as we need to give everyone a place where they feel at home while making the world a little better. Service should be fun, it should be inspirational, and it should be open to all.

If there's one thing Rotary has always excelled at, it's diversity. In the past, that often meant diversity of profession, nationality, and outlook. We've made great strides when it comes to diversity of age and gender, and as we welcome more Rotaractors into our organization, we'll become even stronger.

Rotary is powerful. Together with Rotaract, it is unstoppable. Working side by side, we have the potential to Be the Inspiration in every part of society, to every person we meet.

## Visiting Rotarians and Guests

### Rotarians

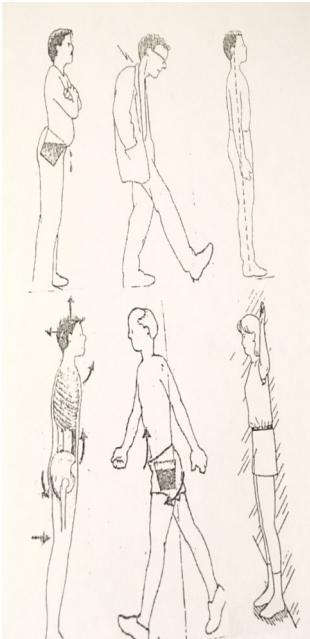
Bob Haas	Ft. Gratiot, NY
Roberta Walker	West Bay, Me
Gary Walker	West Bay, Me
Ron Taggart	Stow, OH
Robin Phillips	Highlands, NC

### Guests

Christine Sigel  
Rich Ziencina

## Health Tips

### “Text Neck” Pain Continued



Because your core muscles don't typically get enough of a workout with normal daily activities, specific exercises that target these mid-section muscles, are needed to be strengthened.

Attempt to maintain proper posture throughout the day as much as possible.

Think of the pelvis as a bucket of water, breath out and pull the pelvis up and back, keeping the pelvis level, also lengthen the spine by pushing the head back on the shoulders,

keeping it off the chest.

Twice daily stand with back against the wall, head on shoulders, pinch shoulders together. breathing in 5 seconds, breathing out 10 seconds **keeping low back and head against the wall.** Repeat 5 reps.

**STRENGTHENING** upper back with therapeutic tubing GO To: [www.pilatesplusforboomers.com](http://www.pilatesplusforboomers.com) scroll to strengthening shoulder muscles. Do the exercise twice weekly.

Also scroll to lengthening shoulder muscles, complete Pectoralis stretching exercises holding 30 seconds, repeating 2-3 reps, twice weekly.

If one has upper back pain and difficulty maintaining proper posture, posture supports are available to wear through out the day For information GO TO: [www.gnrcatalog.com](http://www.gnrcatalog.com) click on orthopedic section.

## Notes & Announcements

### LovExtension Bowling Extravaganza

On April 26th LovExtension is holding its 10th Annual Bowling event. In the past several clubs from our club have enjoyed a great evening of fellowship and helped LovExtension raise money. If you are interested sign up with Sue Bodenner either as a team of four or individually. Nancy Yerkey, high scorer at last year's event has offered a challenge to members to beat her.

### Registration

It is with deep regret that I announce the resignation of Fred Robey from our club. In an email I received he indicated..."I've tried to get more enthused about Rotary but I haven't been successful. Therefore I feel it's best for the club and myself that I tender my resignation. I still plan on keeping up with my philanthropy but I'll deal directly with local organizations..." He goes on to say. "I hope the club is successful in attaining whatever goals they've set for themselves."

### President Elect

At the board meeting Wednesday night, the board accepted Hermann's resignation as President-Elect. As most of you are aware he is suffering from health issues that he feels will not allow him to serve as president successfully. Jamie was selected by the board to serve in Hermann's place as President for 2019-2020. Our club is still in need of a Foundation Chair and Treasurer for 2019-2020. If you are interested please contact Jamie.

### District Assembly

The district will hold it's annual District Assembly on May 4th from 8:00am to Noon at Apopka High School. There is no charge with breakfast starting at 8:00am and the classes starting at 9:00am. There will be classes tailored to each of our committees and board positions. It is strongly recommended, by the district, that each committee chair attend the appropriate classes at the Assembly. This is an excellent opportunity to learn

## 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 Cindy Ivy at [allesivy@hotmail.com](mailto:allesivy@hotmail.com)

Mar 20th Stavros - Fruitland park  
Mar 27th Legacy - Nancy Lopez

## Weekly Assignments

### Greeter

Mar 20th Ava Norris  
Mar 27th Marvin Ivy  
Apr 3rd David & Susan Reiter  
Apr 10th Hermann Weiss

### Set Up

Mar 20th Marvin Ivy  
Mar 27th Nancy Yerkey  
Apr 3rd Pat Cronenberg  
Apr 10th Carole Iberer

### Reflection

Mar 20th Tom Reed  
Mar 27th Mike Roth  
Apr 3rd Cindy Ivy  
Apr 10th Julie Schmied

### Clean Up

Mar 20th Ava Norris  
Mar 27th Vinnie Mangia  
Apr 3rd Open  
Apr 10th Hermann Weiss

### Paul Harris on Life

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

## Don't Miss the District Conference

**When** May 24 & 25, 2019  
**Where** Marriott Orlando World Center  
8701 World Center Drive  
Orlando, FL  
**Theme** Pirates—Come in costume if you desire  
**Hotel** \$133.00 per day  
Resort fee waived  
**Meals** Friday Lunch only \$50.00  
Friday Reception only \$25.00  
Saturday Lunch only \$55.00  
Saturday Dinner only \$95.00  
All-in-one Package \$195.00 by 3/30  
All-in-one-Package \$225.00 after 3/30  
**Speakers** Nick Hall-Stress  
Dr. Jimmy Knott-Leadership  
Susie Pecuch-Customer Advocacy  
Wilf Wilkerson-Past RI President  
David Stovall-RI Director  
Donnie Cochran-Blue Angels  
Rich McAfee-White House Security

For additional information or to register  
go to the District Website!

## Schedule of Meetings & Events

### Meetings

Mar 20th Assembly  
Mar 27th Bob Wallace PDG  
Apr 3rd Dr. Sandy Zelnick

### Events

Apr 25th Comedy Night Fund Raiser  
May 4th District 6980 Assembly  
May 23-26 District Conference  
Jun 1-5 International Convention

### Committee Meetings (4:00pm)

Mar 20th Youth  
Mar 27th Service Projects  
Apr 3rd Fund Raising

Visit us on the Web

[www.rotaryvillagesevening.com](http://www.rotaryvillagesevening.com)