

# Evening Edition



Club of the Villages - Evening

March 17, 2017,

Volume 5 Issue 35



## RI President-Elect



Business leader Samuel Owori will become first Ugandan to head Rotary International. As a member of the Rotary Club Kampala, Uganda for 38 years, Owori says, "Rotary has become a way of life for me – with the intrinsic value and core belief in mutual responsibility and concern for one another as a cornerstone. I feel immense satisfaction knowing that through Rotary, I've helped someone live better."

During his one-year term as Rotary's 108th president beginning on 1 July 2018, Owori will focus on building membership worldwide and increasing visibility and understanding of Rotary. He's played an instrumental role in growing the number of clubs in Uganda from nine to 89 over the course of 29 years. "Today more than ever, the world needs to know and understand Rotary's impact and values of advancing international understanding, goodwill and peace," says Owori. "We are all too busy and we've lost our patience. Through friendship and service, membership in Rotary offers countless ways to connect and create meaningful change in your community, as well as opportunities to see the world through a more global lens."

Rotary members throughout the world take action to make communities better. They contribute their time, energy and passion to carry out impactful and sustainable projects in the areas of peace and conflict resolution, disease prevention and treatment, water and sanitation, maternal and child health, basic education and literacy, and economic and community development.

As president, Owori will oversee Rotary's top humanitarian goal of eradicating the paralyzing disease polio. Rotary launched its polio immunization program PolioPlus in 1985, and in 1988 became a spearheading partner in the Global Polio Eradication Initiative with the World Health Organization, UNICEF, U.S. Centers for Disease Control and Prevention (CDC), and was later joined by the Bill & Melinda Gates Foundation. Since the initiative launched, the incidence of polio has plummeted by more than 99.9 percent, from about 350,000 cases a year to 26 confirmed to date in 2016. Rotary has contributed more than US \$1.6 billion and countless volunteer hours to

(Continued on page 3)

## Officers - Director 2015-2016

### Officers

President  
Claus Johnson  
President Elect  
Jamie Losito  
President Elect Nominee  
Tim Treat  
Secretary  
Carole Iberer  
Treasurer  
Karen Jasnowski  
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

Mar 22nd Club Assembly  
March 29th Guatemalan Stove Project

### Events

Mar 18th Rotary leadership Institute  
Mar 29th Fellowship/ Pot Luck Dinner  
May 5-7 District Conference  
Jun 10-14 Rotary Convention

## St. Patrick's Day Fun Facts

1. Legend has it that the Patron Saint of Ireland drove all the snakes out of Ireland. Fact is, there were never any snakes in Ireland. There are now but not 1000 years ago. "Snakes" was a euphemism for heretics.
2. Corned beef and cabbage is ally Irish-American, and came meats to the working class
3. The first St. Patrick's day cel- held in Boston in 1737.
4. The pubs in Ireland were ac- drinking got out of hand. That things got back to bloody
5. Now this is the big one for get through our heads. It's St. day. Paddy comes from the come from. Patty is the nick-
6. Legend has it St. Patrick used cept of the Holy Trinity by leafed plant with one stalk. The reference to the Holy Trinity at the pub = Guinness, Harp, and Smithwick's (pronounced "Smiddicks").
7. Shamrocks are the national flower/emblem of Ireland.



not a traditional Irish dish. It's actu- about as a result of available immigrants back in the 1800s. ebration in the United States was

tually closed for a time because nonsense ended in the 1970s and normal.

those of us in the United States to Paddy's Day and never St. Patty's Irish Padraig which is where the D's name of Patrick...or a burger. the shamrock to explain the con- showing an unbeliever the three

Guinness, Harp, and

## Wednesday's Speaker

Our speaker this week an expert on nuclear energy, was John Cook. John holds a BS in physics and MS in nuclear engineering. Throughout his career John served as a Lieutenant in the Navy instructing at the US Navy's Nuclear Power School. After leaving the Navy he held several management positions at various power companies and nuclear energy plants. Most recently he worked for the International Atomic Energy Agency (IAEA) as an inspector in Brazil. Austria, and other sites around the world.

John first shared some travel photos from several places around the world during his time as an IAEA inspector. He then went on to explain what AEIA did and what duties he performed as an inspector. Widely known as the world's "Atoms for Peace" organization within the United Nations family, the IAEA is the international center for cooperation in the nuclear field. The Agency works with its Member States and multiple partners worldwide to promote the safe, secure and peaceful use of nuclear technologies. One of their programs is the Operational Safety Resorts Team (OSART)

Conservative design, careful manufacture and sound construction are prerequisites for the safe operation of nuclear power plants. The IAEA's OSART program assists Member States in strengthening the safety of their nuclear power plants during commissioning and operation, comparing actual practices with IAEA safety standards. The safety of nuclear installations depends on several factors, for example: capable management, sound policies, procedures, processes and practices; the competence of commissioning and operating personnel; sound accident management and emergency preparedness; and adequate resources. The OSART programme considers these and other aspects in assessing a facility's operational safety performance.

During an OSART mission a team of international experts, of which John was a member, conducts in-depth reviews of operational safety performance at a nuclear power plant. They review the factors affecting the management of safety and the performance of personnel. The focus of these OSART missions is on identifying gaps between plant operations and the requirements outlined in the IAEA Safety Standards.

The mission itself lasts three weeks. At the end of the mission, the OSART team prepares a draft report for the plant management to review. The approval report is then issued within three months of the end of the mission  
(Continued on page 4)

# Health Tip

## Stand When You Can

Several studies in recent years have pointed out the health risks of something many of us do too much of: **SITTING**.

Women who spend at least 6 hours of their free time sitting have a 10 % greater risk of developing cancer...notably multiple myeloma, ovarian cancer, or invasive breast cancer....than women who spend less than 3 hours per day of their free time sitting. That's the finding of a 2015 American Cancer Society study published in Cancer Epidemiology, Biomarkers & Prevention.

A 2015 University of Toronto review of research found that sitting for about 11 hours per day was associated with an 18 % higher risk of death of cardiovascular disease, a 17 % higher risk of fatal cancers, and a 91 % higher risk for developing risk for developing type 2 diabetes.

You might think that spending a few hours each week doing physical activities at the gym is the solution. BUT moving frequently throughout the day is MOST important.

If you usually sit for a long period of time, while driving or watching TV, or sitting in front of a computer, experts recommend taking short "activity breaks". Some research shows that moving around (even standing up) for a few minutes every hour helps bring blood sugar, for example closer to normal.

**Make a copy of this and place it near your computer or on your refrigerator. Better yet send a copy of this to your family of friends, start an epidemic of standing and moving more. Maybe if we all would follow this we could drive health care costs down, especially for most older individuals who sit more than move.**

## Visiting Rotarians & Guests

### Rotarians

Bob Haas	Ft Gratoit, MI
Keith Hubell	Elk Rapids, MI
Ginny Bohlen	Greenfield, IN
George Klauber	Bridgeton, ME

### Guests

Jennifer Keane  
Anne Lobue  
Ava Norris  
Glenn Bohlen  
John Cook  
Margore Cook

## RI President-Elect

### Continued from page 1)

immunize more than 2.5 billion children in 122 countries.

Owori is chief executive officer of the Institute of Corporate Governance of Uganda. Before that, he was executive director of the African Development Bank, managing director of Uganda Commercial Bank Ltd., and director of Uganda Development Bank. He has studied law, employment relations, business management, corporate resources management, microfinance, and marketing at institutions in England, Japan, Switzerland, Tanzania, and the United States, including Harvard Business School.



*Past President, Tom Reed receives his Paul Harris +7 from President Claus Johnson.*

## President's Message

Our club has a pretty good connection with South Sumter High School Interact . The Youth Services Committee would like to continue to strengthen that bond. A number of Interactors have expressed interest in having a joint meeting with our members. Logistics, transportation and school activities hamper them coming to The Villages. However if the Youth committee were to set up such a meeting, who would be interested in forming a group and meet with them at their meeting in Bushnell? They meet at the school, 3:30 on Mondays. We could carpool and be back in time for our regular meeting. Email me at claus.1617@gmail.com. So, when was the last time you were inside of a high school?

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

Mar 22nd Square 1  
Mar 29th Rich & Carole Iberer's  
Fellowship/Pot Luck Dinner

## Assignments

### Greeter

Mar 22nd Tim Treat  
Mar 29th Pat Cronenberg  
Apr 5th Cindy Ivy

### Reflections

Mar 22nd Pat Cronenberg  
Mar 29th Marvin Ivy  
Apr 5th Carolyn Willette

### Set-Up (Old Host/Hostess)

Mar 22nd Cathy Reardon  
Mar 29th Pat Cronenberg  
Apr 5th Narvin Ivy

### Clean-Up/Put Away

Mar 22nd Jesse Turner  
Mar 29th Sam Gump  
Apr 5th Jesse Turner

### 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

### Winners

50/50 Hermann Weiss  
Carole Iberer

Pot Mary Anne Ashworth drew the Queen of Spades  
The pot is over \$750.00 with only 29 cards left, Now is the time to buy more tickets.

### Happy/Sad

**Tom Reed** was happy that his trivia team won \$90.00.

**Norm Davis** is happy to be going to Chicago to visit his first granddaughter. He hopes that it won't be too cold.

**Carole Iberer** was happy that their taxes were finished and mailed off. I don't think Rich was so happy.

**Jim LoBue** had a dollar because he was playing golf early Thursday morning and wasn't sure if it was a happy or sad dollar. Dusty chimed in saying it was a "dumb dollar".

**Yori Okuda** had a happy five dollars to let members know that they could borrow his book *America and the Age of Genocide*

**Pat Cronenberg** was happy because she went horseback riding with her grandchildren in Ocala forest.

**Mary Anne Ashworth** was happy that Jennifer Keane turned in her application for membership and that Ava Norris expressed interest in joining the club.

**Hermann Weiss** had a proud dollar since he rode on the world's longest zipline.

### .Speaker (Continued from page 2)

and the IAEA encourages all host organizations to make it publicly available. Approximately 18 months after the OSART mission, a follow-up visit takes place. During this visit, a group of three or four team members evaluate the progress made in resolving the issues raised during the initial review.

The follow-up team determines the status of the plant response to the recommendations and suggestions and adds these to the final mission report. Recent experience shows that over 95 per cent of the team's recommendations and suggestions have been implemented or satisfactory progress has been made by the time of the follow-up visit.

OSART mission teams are composed of an international, multi-disciplinary team of experts. They comprise a reviewer for each OSART review area (primarily peers from nuclear power plants, but also from regulatory bodies or technical support organizations), a team leader and a deputy team leader from the IAEA.

Visit us on the Web

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