

Rotary Club of the Villages - Evening Evening Edition

Evening Edition

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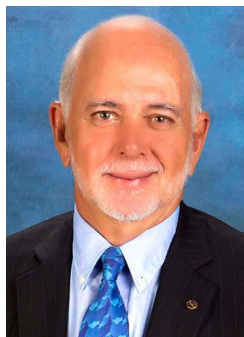
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Rich Iberer



**ROTARY:
MAKING A
DIFFERENCE**

President Elect Barry Rassin's Thoughts

Continued from last week's Evening Edition.



President-elect Barry Rassin and his wife, Esther, attend a celebration in their honor hosted by the Rotary clubs of the Bahamas. Nassau, Bahamas. Editor in chief John Rezek and senior staff writer Diana Schoberg spoke with Rassin at his office in Evanston in October, shortly after a photo shoot in a local coffee shop. A birthday party had been booked in the shop at the same time, but the partygoers didn't seem to mind. ("He's movie star material," one of them whispered.) Afterward, Rassin joked

about the photo shoot: "It was like going to the dentist."

Q: Rotary is not a disaster relief organization. As someone who has had a front seat to some of the worst disasters of recent times, do you think we should make any shifts?

(Continued on page 2)

World Water Day March 22nd

World Water Day, on 22 March every year, is about focusing attention on the importance of water. The theme for World Water Day 2018 was 'Nature for Water' – exploring nature-based solutions to the water challenges we face in the 21st century.

Damaged ecosystems affect the quantity and quality of water available for human consumption. **Today, 2.1 billion people live without safe drinking water at home;** affecting their health, education and livelihoods. Sustainable Development Goal 6 commits the world to ensuring that everyone has access to safe water by 2030, and includes targets on protecting the natural environment and reducing pollution. When people have access to clean water and sanitation, waterborne diseases decrease children stay healthier and attend school more regularly, and mothers can spend less time carrying water and more time helping their families.

(Continued on page 3)

Wednesday's Speaker

Our speaker this week was Ruth Bowling from The Florida Hospital Foundation. She spoke to us about our Global Grant to Haiti and the foundation's Sharing Smiles initiative.

The grant, which our club has been working on for the last year and a half, is targeted to benefit the Haiti Aventiste Hospital in the Port-au-Prince area. The hospital's current water supply is pumped to the hospital from the mountains. It has been contaminated by locals who have tapped into the pipes that deliver the water. Our grant will provide potable water by drilling a well next to the hospital filtering and pumping the water into the hospital. This is a small part of a major expansion to provide better health care to the local population.

Florida Hospital Sharing Smiles provides children in need with facial reconstructive surgery, pediatric dentistry services and ongoing physical therapy free of charge. These children live in developing countries and have no economic resources for care. Sharing Smiles' volunteers have transformed the lives of more than 24,000 patients since 1996, giving the gift of a new smile to those who have only known sorrow and suffering. What sets Sharing Smiles apart is their commitment to establishing long-term care in the areas they serve through education and training partnerships with the host country's health care providers, civic and government leaders, Rotary and volunteers. This philosophy of ongoing treatment ensures patients receive the critical follow-up care they need to grow into happy, healthy adults.

Visiting Rotarians and Guests

Visiting Rotarians

Dave Lawrence	Denville, FL
Bob Haas	Ft. Gratiot, MI
Chuck Bares	Plymouth, MI
Rich Geils	New Philadelphia, OH

Guests

Sandy Palmer	Mary Hogan
Susan Reiter	David Reiter
Francine Jackson	Cathy Geils

Message (Continued from Page 1)

A: Yes, Rotary International is not a **relief organization**, but I would like it to be a much better communicator and catalyst between disaster areas and potential donors. Rotarians around the world hear of a disaster and they want to help. We need a better way to communicate to them how to help appropriately. It's not appropriate to go in your closet and send whatever clothes you have, because that's not necessarily what's needed. First we have to hear from people in the disaster area. Their needs can change on a daily basis, so that communication is really important. I hope we will have more up-to-date information on our website about every disaster as it occurs.

We have a **Rotarian Action Group** focused on disaster assistance. That group has a great opportunity working with the staff at Rotary International. We can respond more quickly than we do today. The first thing we have to do in a disaster is reach out and say, "Are you OK? We're here, we care, what can we do to help you?" Just those words make people in that area feel less alone. Then we can advise them about how to get the immediate relief we can't provide, through those agencies that we already work with.

Q: Is Rotary dependent on clubs for this information?

A: The clubs and districts are on the ground. They know what's going on. They've got to know who and how and when to contact somebody at Rotary International for assistance. We have to provide that link. That's Rotary International's job. If you live in that disaster area, you're going to give immediate relief because your friends are hurting. That's natural. Rotary's bigger role is the next step, the long-term recovery efforts.

It's been eight years since the earthquake in Haiti, and Rotary International is still there. A lot of other agencies provide immediate relief, and then they're gone. We're there for the long term. The Rotarians live there; they're going to want to get their community back to where it was. Our role is to help them do that. Not necessarily with funds, but with advice, with guidance, and with empathy.

Continued next week

Health Tip

Can Walking Predict Your Lifespan

A large study looked at the natural gait speed of 34,485 participants age 65 and older from nine previous studies. These studies followed outcomes for 12 years or more, in which time almost half of the participants died. They found a consistent effect of how long people lived and whether they had a faster or slower gait speed:

- Those who walked naturally at 2.2 miles per hour (27:16 minutes per mile or 1.0 meter per second) or faster were likely to live longer than would be predicted by age and sex alone.
- Those who walked naturally at 1.8 miles per hour (33:30 minutes per mile or 0.8 meters per second) were likely to live the average life span for their age and gender.
- Those who walked naturally at 1.3 miles per hour (46:09 minutes per mile or 0.6 meters per second) were at greater risk for early mortality.
- Shorter than expected life spans were seen for those who walked slower and slower speeds.

The study included a large sampling of age, sex, race/ethnicity, and other subgroups and the median survival of all of the participants resembled that of the U.S. adult population at large. They noted that there could be some biases common to studies that recruit healthy volunteers, such as enrolling fewer people with advanced dementia.

The researchers noted that just because a person walks very slowly, it doesn't mean that they won't still live a normal or even increased lifespan. That would depend on the individual.

Walking very slowly usually also means you are walking less and getting less overall physical activity. Without physical activity, you become deconditioned. This can lead to a downward spiral. You walk and move around less and less and your capability to do so declines.

Deconditioning leads to a poorer survival time.

Water (Con't from page 1)

How Rotary Makes Things Happen

Through water, sanitation, and hygiene (WASH) programs, Rotary's people of action mobilize resources, form partnerships, and invest in infrastructure and training that yield long-term change.

The Rotary Foundation is changing the world by providing grants for projects and activities around the globe and in your own backyard:

WASH in Schools Target Challenge: Rotary has challenged our members to develop sustainable water, sanitation, and hygiene education projects in five countries: Belize, Guatemala, Honduras, India, and Kenya.

WASH projects: Since 2013, The Rotary Foundation has invested in more than 1,000 WASH projects in more than 100 countries. Through grants from The Rotary Foundation and fundraising by Rotary clubs, our volunteers have supported water purification, hygiene education, latrine construction, and waste management.

Rotary WASH scholars: Rotary invests in building the knowledge and skills of WASH professionals through global grant scholarships.

2030 is the year Rotary hopes to finish providing everyone with safe water, sanitation, and hygiene

Food Pantry Donation



\$750.00 to Christian Food Pantry

\$750.00 to St. Vincent de Paul

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 only if you will be attending the dinner.

Apr 4th	Ruby Tuesday's
April 11th	Pot Lock at Cindy & Marvin's House
Apr 18th	The Lighthouse
Apr 25th	La Palma Mexican Grill 1690 Citrus Boulevard, Leesburg

Assignments

Greete

April 4th	Pat Roam
Apr 11th	Hermann
Apr 18th	
Apr 25th	

Set Up

April 4th	Vinny Mangia
Apr 11th	Jesse Turner
Apr 18th	
Apr 25th	

Reflection

April 4th	Mike Roth
Apr 11th	Cindy Ivy
Apr 18th	
Apr 25th	

Clean Up

April 4th	Open
Apr 11th	Hermann Weiss
Apr 14th	
Apr 25th	

*When you forgive you heal,
When you let go you grow.*

Notes & Announcements

Rotarian of the Year

Nomination ballots are now available for the Rotarian of the Year award for our club. The award is given to the most distinguished Rotarian who demonstrates "Service Above Self" and is committed to the Four Way Test. For ballots contact Dusty.

New Rotarian



Our newest member, Nancy Yerkey, is shown with her sponsor, and sister, Gay Ratcliff Seamens during her induction ceremony.

District Conference

Consider attending this year's District Assembly at The Marriott World Center North Tower. This is a great opportunity to learn what is happening in the district and to meet Rotarians from other clubs.

Schedule of Meetings & Events

Meetings

Apr 4th	Anne Bossler- Caring Neighbors
Apr 11th	TBD
Apr 18th	Seniors vs Crime
Apr 25th	John DeMauro—Polio Plus

Events

May 11-12th	District Assembly
Jun 16th	Awards & Guards
Jun 23-27	International Convention
July 27-Aug 4	Wheelchair Games

Committee Meetings (4:pm)

Apr 4th	Membership Committee
Apr 11th	Board of Directors

Visit us on the Web
www.rotaryvillagesevening.com