



Rotary Club of the Villages - Evening Evening Edition

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BE THE INSPIRATION

President Tim's Message

Attitude and Effort



Most of you know Matthew, my ten year old grandson and unofficial club mascot. His dad passed away from cancer when Matt was very young. With no "father figure" in his life I realized that this was a role I would have to assume. At age sixty-seven, I thought my days as a parent of a young child were behind me but, sometimes, life takes a strange, and in this case, tragic turn.

Thinking back, I realized that what I said and what I did would have a great impact on who he is and who he will become. One of the greatest lessons I hoped he would learn is that there are two things in his life that he, and only he, can control in this world, attitude and effort. Only Matt can decide, each day, if he will give 110% or something less, and only he can decide if he will have a positive or negative attitude.

Recently Matt and I were discussing attitude and effort while he was preparing to compete in his school's spelling championship as a representative of his class. His attitude was poor, feeling he had no chance and he lacked effort saying he wasn't going to study. Instead of lecturing him, I decided to explain to him through my experience in Rotary. After all, Rotary has always been part of his life.

When I retired I was determined to "give back" for all the blessings I had, and still have, in my life. With lots of free time I searched for an organization that would allow me to make a difference. I found my home at Rotary. All my life, whether it was business, sports, or leisure, I always applied myself with my best effort. When I joined Rotary nothing less than 100% would do. I rarely miss a meeting. In fact every Wednesday is blocked off on our calendar so no other plans can be made. Before RI changed the attendance rules I had 100% attendance every year. Shortly after I joined our club they were in need of someone to do the newsletter. I volunteered even though I was new to the club and had no experience. I had a positive
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Harbour View Happenings

Bike Week

This week has been bike week at HVES. On Monday Tim and Gay were joined by Susan from the Villages Bike Club and two representatives from Safe Kids who fitted the students with helmets. They also went over bike safety with the school's PE staff. On Tuesday Norm and Fred helped, on Wednesday Jim helped and on Thursday Sue B. Martha, and Tim helped the kids ride around a course set up behind the school.



Baby Dressing Stations

On Thursday Sue B., Tim, and Martha were joined by snowbird Rotarian Juda Saemisch and her husband Rich, a member of their hometown Lions Club traveled to HVES to assemble four dressing stations for the kindergarten classes to go along with the dolls we do donated to the school.



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attitude that I could handle this responsibility. I have been doing it, with the exception of six months, for over 6 years.

I have continued my Rotary experience with a positive attitude and a 110% effort even when it hasn't been easy. I try to attend district functions such as seminars, conferences, and assembly; I have completed the Rotary Leadership Institute. Served on many committees, chaired some, headed up our District Grant, and currently am serving as president. I also try to participate in as many service projects and committee meetings as I can.

It is very empowering when you realize that you are in control of your attitude and effort!

Rotary Moment

THE DISTRICT CONFERENCE

Most Rotarians have never attended a Rotary district conference. They have not experienced one of the most enjoyable and rewarding privileges of Rotary membership.

A district conference is for all club members and their spouses, not just for club officers and committee members. The purpose of a district conference is for fellowship, good fun, inspirational speakers and discussion of matters which make one's Rotary membership more meaningful. Every person who attends a district conference finds that being a Rotarian becomes even more rewarding because of the new experiences, insights and acquaintances developed at the conference. Those who attend a conference enjoy going back, year after year.

Every one of Rotary's more than 500 districts has a conference annually. These meetings are considered so important that the Rotary International president selects a knowledgeable Rotarian as his personal representative to attend and address

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Health Tips

Is there a connection between “text neck” and neck pain??

Signs and Symptoms of Text Neck

- Instant upper back or neck pain when using a handheld device.
- Naggng or sharp pain in the neck or shoulders at the end of the day.
- General shoulder pain and tightness.
- Intermittent or constant headache made worse when looking down or using the computer.

Bad posture while texting can lead to spine problems, resulting in chronic neck pain, persistent shoulder pain, chronic back pain and the development of text neck. Over time, this slouching forward increases the wear and tear on your spine, and it can lead to spinal degeneration and spinal misalignment. One study by Kenneth K. Hansraj, MD, Chief of Spine Surgery at New York Spine Surgery & Rehabilitation Medicine, revealed that when you look down at your smartphone, it is as if you are adding as much as 60 pounds of weight on your neck. This approximates the same weight as six grocery bags filled with food or four adult-sized bowling balls. It’s also equivalent to an 8-year-old child.

Treatment:

The first step you should take is limit how much time you are spending on your cell phone. Give yourself some restrictions when it comes to answering your texts or designate specific times each day. Keep these times to a minimum, which can help reduce how much pressure you are placing on your neck and spine.

The second way to prevent text neck is focusing on strengthening your core. Strong core muscles, which consist of your lower back and abdominal muscles, help support your upper body and neck. Because your core muscles don’t typically get enough of a workout with normal daily activities, specific exercises that target these mid-section.

More info next week on treatment for “text neck”

Moment (Con’t from page 2)

each conference. The program always includes several outstanding entertainment features, interesting discussions and inspirational programs. Lasting friendships grow from the fellowship hours at the district conference.

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.

Smiles for Veterans Dental Fund

Through mid February the Langley Dental Bus has provided dental services to 25 qualified veterans in the tristate area at a cost of \$5.00 each. The fund provides the balance of the cost, and has, to date, provided grants to the veterans totaling \$1,680.00. Our club donated \$5,000.00 to Langley to help purchase the bus and also a \$1,000.00 grant to pay for services.

Visiting Rotarians and Guests

Rotarians

Bob Haas	Ft. Gratiot, NY
Chuck Bares	Plymouth, MI
Tom Fisher	Indianapolis, In
Tony Bates	Camden, Me
Roberta Walker	West Bay, Me
Gary Walker	West Bay, Me
Juda Saemisch	Perry, Ia
Ron Taggart	Stow, OH
Bob Cronin	Newark, De

Guests

Betty Bates
Rich Saemisch

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

Mar 13th	Stavros - Fruitland Park
Mar 20th	Bluefin - Brownwood
Mar 27th	Legacy - Nancy Lopez

Weekly Assignments

Greeter

Mar 13th	Karen Jasniewski
Mar 20th	Ava Norris
Mar 27th	Marvin Ivy
Apr 3rd	David Newell

Set Up

Mar 13th	Vinny Mangia
Mar 20th	Marvin Ivy
Mar 27th	Nancy Yerkey
Apr 3rd	Pat Cronenberg

Reflection

Mar 13th	Pat Cronenberg
Mar 20th	Tom Reed
Mar 27th	Mike Roth
Apr 3rd	Cindy Ivy

Clean Up

Mar 13th	Nancy Yerkey
Mar 20th	Ava Norris
Mar 27th	Vinnie Mangia
Apr 3rd	Open

Smart Ass Answer

A flight attendant was stationed at the departure gate to check tickets. As a man approached, she extended her hand for the ticket and he opened his raincoat and flashed her. Without missing a beat, she said. "Sir I need to see your ticket, not your stub."

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

Register on the District Website!

Schedule of Meetings & Events

Meetings

Mar 13th	Biographies
Mar 20th	Assembly
Mar 27th	Bob Wallace PDG

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 13th	Board meeting (3:00pm)
Mar 20th	Youth
Mar 27th	Service Projects

Visit us on the Web

www.rotaryvillagesevening.com