



The Villages - Evening
Rotary
Club



Evening Edition
May 12, 2021

RI President's May Message



For years, Susanne and I hosted many Rotary Youth Exchange students in our home. This program was an entry point to Rotary for me, and my heart is truly in it. When Rotary's exchange programs were suspended because of COVID-19 to keep students and families safe, we felt sorry, especially for the participants, because those years cannot be repeated.

Because of the many uncertainties of the pandemic, the Rotary Board has decided to suspend in-person exchanges through June 2022. As we look ahead with hope, we thank Youth Exchange officers, host families, and volunteers for their contributions in years past, and we encourage districts to offer virtual exchanges as a way of connecting students around the world with each other and with our communities.

For those who are not able to participate in Rotary Youth Exchange, Rotary offers other opportunities. New Generations Service Exchange (NGSE) is a Rotary program that deserves wider recognition: It is an excellent opportunity for young people ages 18 to 30 to participate in community service as individuals or in a group and to gain internship experience. Simukai Matshalaga, a Rotaractor from Zimbabwe, stayed with us in Ratzeburg during her NGSE experience three years ago.

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Meeting

It was great to see so many members in-person at this week's meeting. Each week more and more of the club are turning out to enjoy the camaraderie of being face to face. After Dusty R. led us in the pledge and Tim T. gave the reflection, President Gay introduced our guests and Kate T., who has taken over for Tom R., led us in our welcome song. After some club business, Jim B. introduced our guest speaker, Dr. Gabe Mirkin who was here to speak to us about nutrition and how it

affects our immune system and how an anti-inflammatory diet helps prevent diseases and prolongs lives. Immune cells and chemicals attack and kill invading organisms and heal injuries. If immunity stays active it attacks you to increase risk for auto-immune disease, cancer, heart attacks, diabetes, strokes, etc. Immunity is activated by invading germs, injured cells, and high blood sugar. If immune cells and chemicals stay active all the time they

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Visit us on the web www.rotaryvillagesevening.com

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Message (*Continued from page 1*)

When I applied for the New Generations Service Exchange program, I did not realize that I was signing up for a life-changing experience. This program gave me that opportunity and much more. It taught me about the importance of failing fast, learning quicker, and being myself.

Some of my greatest experiences happened at the dinner table. The warmth and kindness of every home I lived in still resonate with me today. It took me weeks to understand how a stranger could care for me as deeply as these members of the Rotary family did. I am inspired by the lessons of humility I learned from all the amazing people I met. I came to understand a new culture and realized that the only things that separate us as people are our experiences and, at times, our false assumptions.

Professionally, it gave me confidence in my own abilities as an engineer. Seeing how other organizations handled problems made me aware that the best person to solve the challenges in my country was me. Returning home from northern Germany, I declined a promotion, quit my job, and began building a family business — a decision that previously I would have never made, out of fear.

I am indebted to the Rotary family. I am not sure whether the friends, mentors, and families I left behind knew that they changed my life permanently. I hope they now do.

New Generations Service Exchange changed Simukai's life. It can change yours, too. All Rotary members can experience something similar at any time: I encourage everyone to take a virtual journey this month and visit meetings of other clubs online. You will see how different Rotary is around the world as you meet great people and make new friends.

Let us build upon these connections forged online — and later, when the time is right, enjoy in-person exchanges through Rotary Friendship Exchange, another excellent program for Rotary members of all ages.

Our ability to meet in person is limited now, but we know that *Rotary Opens Opportunities*, always. Now is the time to get ready, so that when the pandemic is behind us, Rotary's exchange programs will come back stronger than before, serving a world that is yearning to reconnect.

Meeting (*Continued from page 1*)

They attack you.

Your body lacks enzymes to break down fiber and non absorbable starches. Healthy bacteria in your colon produce enzymes that break down soluble fiber and starches into helpful short chain fatty acids (SCFA) that block inflammation to lower high-cholesterol, high blood pressure, high sugar, and prevent dis-

ease. A healthful diet of fruits, vegetables, nuts, and whole grains, fosters good colon bacteria. You should restrict red meats, sugared drinks sugar added foods, fried foods, and processed or refined flour.

For more information log onto www.drmirkin.com

St Theresa's Impact Fund Report April 2021

Handicapped/wheelchair bound man needed three nights in a motel. He was sitting outside the motel, his money had run out and had nowhere to go. \$237.84

Provided financial aid to family traveling back to Tennessee. The family was lured to the area by their employer, US Forest Service. However, when they arrived they found out there was no job and they needed assistance in returning to Tennessee. \$ 40.00

Grandmother who a couple of months ago found herself caring for her 3 grandchildren (a set of twin 3-year olds and a one year old) was assisted with rent. The grandmother still works in healthcare. Unfortunately, we have several grandmothers in the same situation. \$260.00

A woman and her 12-year old son were scammed in a rental scheme. She found a trailer on Facebook Marketplace, signed what appeared to be a legitimate lease. She paid the deposit, first and last month's rent. After being in the home for a couple of months and still paying rent, the real owner showed up and the family was immediately evicted. Homeless, they came to us to help with the motel and funds to move into an RV and pay for her ride (she doesn't have a car). We see this scam perpetrated often, with those already at financial risk, losing their entire life savings. \$472.18



President Gay presented Rich Tapia with his name badge so he can't remain anonymous any longer.



Congratulations to our two new Paul Harris recipients, Pat Cronenberg Plus 2 and Cindy Ivy Paul Harris plus 7.



Officers & Directors

Officers

- President
Gay Ratcliff-Seamens
- President Elect
Julie Schmied
- President Elect Nominee
Sue Bodenner
- Secretary
Sue Bodenner
- Treasurer
Cindy Ivy
- Past President
Tim Treat

Directors

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- Foundation
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- Membership
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- Public Image
Sue Bodenner
- Service Projects
Gay Davidson
- Youth Services
Karl Keri
- Club Positions
Sergeant-at-Arms
Dusty Rhodes
- Assistant Sergeant-at-Arms
Open
- Assistant Treasurer
Tim Treat
- Assistant Secretary
Open
- Programs
Jim Bodenner

Guests

- Nancy Baker
- Bob Murphy

Notes and Announcement

Fellowship

Nest week's after meeting fellowship dinner will be held at Nancy Lopez Legacy at 7:00pm. If you want to go please contact Kate T. at 408-892-6288 or ktipa1@aol.com

Happy/Sad

Marvin I. was happy to have his stitches taken out and that the margins were all clear.

Yori O. was glad to learn that 12-15 year children were OK'd for the Pfizer vaccine.

Martha F. was happy to have gotten a tenant for her rental.

Nancy Y. is happy to be back in person.

Mike G. thanked the ladies for visiting him after his surgery.

Golf Trivia and Wisdom

- It's amazing how a golfer who never helps with house or yard work will replace his divots, repair his ball marks, and rake his sand traps.



Currently we are conducting "hybrid" meetings every Wednesday **starting at 5:00pm**. You can attend in person at Lake Miona (face mask and Villages ID required), or join by ZOOM.

Meeting ID 826 152 7480 and Password 84594

Meetings

May 19th Don Larson - Southern Alliance for Clean Energy

Committee Meetings

May 26th Service projects Committee

Event

May 15th District Conference
Jun 12-16 International Conference