



2010-2011
Rotary International Theme

Tampa Interbay Rotary Club

Chartered in 1953

INTER ROTÉ

Thursday, January 27, 2011 • Time: 12:15 p.m.
The Centre Club, 123 S. West Shore Blvd., Tampa

CLUB PRESIDENT

Stephen Shine
253-2682
stephen@kirbymenswear.com

OFFICERS 2010-11

Stephen Shine President
Doug Smaus President-Elect
James Grant President-Nominee
Fred Wallrapp Past President
Jim Wessman Vice President
Rainer Harteneck Secretary
Margaret Roset Treasurer
Jay Hines Sergeant-at-Arms
Olivier De Meulder Webmaster
Steve Cooper Speaker Chair

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Term: 2009-2011	Term: 2010 - 2012
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Doug Smaus	Steve Cooper
Jay Tobin	Jana Snyder
Laura Webb	Bart Valdes

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Administration - Doug Smaus
Membership - Allen Keetch
Public Relations - Doug Smaus
Service Projects - Jim Grant
Rotary Foundation - Jay Tobin

ROTARY INTL. PRESIDENT

Ray Klingensmith

ZONE DIRECTOR

John Smarge

DISTRICT GOVERNOR

Ed Odom

ASST. DIST. GOVERNOR

Ruth Van Dyke

UPCOMING PROGRAMS/EVENTS

- Jan. 27 Navy Week - Mr. Dean Mosher - John Paul Jones, Father of the American Navy. Let Steve Cooper know you're coming & guests' names
- Feb. 3 Larry Vickman, MD - www.inchesandpoundsoftampabay.com
- Feb. 3 Tampa Interbay Rotary Pub Night at Cru Cellars, 5:30 p.m. See inside.
- Feb. 10 Walter Woolf - Carrier Dreams
- Feb. 12 Rotary Goes to the Dogs - Derby Lane - All free event, including lunch. See: <http://www.directory-online.com/rotary/Calendar/Calendar.cfm>
- Feb. 17 Dick Greco, candidate for Tampa Mayor
- Feb. 18 Reading Is Fundamental, Lanier Elementary School
- Feb. 24 TBA
- Mar. 3 Janice Keetch, Corporate Visions - The Power of Story- connecting your company story to your customer
- Mar. 10 Speech Contest
- Mar. 12 Rotary Goes to the Races - Tampa Bay Downs - \$2 admission. More info to come.

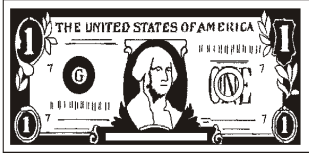
Tampa Interbay Rotary

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January 20th Tampa Interbay Rotary Club meeting by Justin Colvin

President Shine began the meeting with the Pledge of Allegiance and Four Way Test. Father Bob gave the invocation:



“A bag of damaged and worn-out paper money was sitting in the U. S. Treasury vault waiting to be shredded. A \$20 bill and a \$1 bill began talking about their lives. ‘Wow!’ said the \$20 bill, ‘I’ve

lived a wild life. Excitement! Excitement! Excitement! I was taken to all kinds of exotic places: gambling casinos, country clubs, and world cruises. How about you?”

“The \$1 bill sighed, ‘How I envy you! All I ever did was go to church, go to church, go to church.’”

“My friends, isn’t it amazing how big a dollar bill looks in a church on Sunday morning and how little it looks in a bar on Saturday night? Amen.”

New member Dan White was inducted.

Allen Keetch has decided not to take the role as Club president due to work conflicts.

Doug Smaus will be our next president and will be attending the New Orleans international conference.

There were two guests present:

- Sherri Perri brought her husband Larry
- Rainer brought a guest - Tom Kavscak

Happy Dollars:

- Ted, happy that his high school friend Dan White could join and congrats to Doug on being the new president.
- Margaret hopes that her two sick children get better soon.
- Doug Smaus, in appreciation for wife, acceptance of his role as next president and update on the Cycling out Autism event.
- Dan White, for his 45th birthday.
- Duane Tway, congrats to Doug Smaus.
- Fred Wallrapp, for successful Meals on Wheels today.
- Clay Runnels, for upcoming April 9th event, "Paint Your Heart Out".
- Steve Cooper: Next week is Navy week with special guest speaker.
- Laura Webb, reminding about 1st Cycling out Autism cycling practice is Feb 5th; congrats to Doug Smaus, and thanks to Clay and his church for sponsoring the BBQ at the autism event.
- Reminder next pub night is Feb 3rd at brand new wine bar on MacDill Ave. named Cru Cellars.

Our very own Duane Tway was the speaker today. He graduated from Air Force Academy in its 8th graduating class and later became a fighter pilot. Duane also attended

the Univ. of Texas at Austin and now mentors Ph.D. students.

Duane spoke on trust and communication. He illustrated the three Determinants of Trust:

- Perception of confidence;
- Capacity of trusting; and
- Capacity of trust.

He said that trust goes three ways:

- Interpersonal,
- Concrete, and
- Radioactive;

and that Attributes to have are:

- Be truthful and open, and
- Admit mistakes.

He added that trust is a 2-way street.

It’s internal and external. You need to trust yourself in order to trust others.



Tampa Interbay Rotary “Pub” Night

The February Club Pub Night will be at 5:30pm on Thursday, February 3rd at the new Cru Cellars, 2506 S. MacDill Ave.

This is the site (under a different name) of one of our wine tastings several years ago. It has an exuberant new owner, a really nice wine bar, and a very interesting list of specialty cheeses, charcuteries, chocolates and desserts. Live entertainment, too.

Go to <http://cru cellarstampa.com> to see the shop’s info.

Let Jim Grant know if you will be coming, and if you’re bringing friends - at 418-3041 or jgrant@gulfshorebank.com.

Hope to see you all there.

Birthday



Enslie Schilb January 25th

(Editor's note: Enslie, I apologize!!
Your birthday notice should have
appeared last week!)



... your birthday, wedding anniversary, spouse or child's birthday, etc. by contributing \$1 for each year to the Rotary Foundation.

Make your donation via cash or check, payable to Tampa Interbay Rotary (put "Rotary Foundation" in the memo line) and give it to Margaret Roset or mail it to P.O. Box 172486, Tampa, FL 33672-2486.

Thanks so much!

ATTENTION ALL!!

"TRAINING" FOR COA BEGINS SOON!

Coach Laura Webb is set to kick off our "training" sessions for the upcoming Cycling out Autism event (March 26th) on Saturday, February 5th. Anyone interested can meet, with bike, at 8:00 a.m. in the parking lot of the Pink Flamingo restaurant, 304 E. Davis Blvd., on Davis Islands.

We ride 6 - 10 miles at a fairly leisurely pace - no competition here - and end up back at the Pink Flamingo for breakfast and a chance to undo all that calorie-burning we just did! It's great fun!

So plan on meeting on Feb. 5th, and in the meantime: dust off your bike, fill the tires, and go for a bike ride in your neighborhood!

Let's get ready to rumble!!!



Sign up now to be a Sponsor or Rider in the Club's Cycling out Autism event on March 26th! Go to cyclingoutautism.org and through it, at active.com you can easily set up your page to invite your friends, family members and business associates to pledge for your ride or for the Club.

Don't delay!

Contact Bart for help in signing up (brv11@dbksmn.com or 251-5825)

DAFFYNTIONS

SUBMITTED BY JAY HINES

Polutician - a public official that expounds unhealthy amounts of hot air.

Furnitour - the two hours in which you wander around IKEA searching for a Leksvik table.

Pillgrimage - A trip to the pharmacy.

Manifestation - The appearance of bugs.

Integrater - Where you put the cheese.

Recooperation - The repairing of a chicken's enclosure.

Magnifly - The sequel to the horror movie.

Indemnifly - To hold insects harmless.

Condomn - to disapprove of the use of contraceptives.

Condome - to approve of the use of contraceptives.

Microniecia - What you call your sister's little girl.

Whoroscope - instrument used for viewing prostitutes.

Genieology - the study of spirits residing in bottles or lamps.



Health Tips from Preservion, Inc.

KEEPING YOU "IN THE KNOW"
by **Cindy A. Krueger, MPH**

Chicken Soup: good natural medicine

How often have you heard that chicken soup is good medicine? Stephen Rennard MD, at the University of Nebraska Medical Center, thought his family's chicken soup acted as a medicinal potion, so as a scientist he wanted proof. Rennard conducted a test.

He took his wife's homemade chicken soup and added it to white blood cells, called neutrophils. To his surprise, the soup did slow the neutrophils. He claims that chemicals in the broth clear a stuffy nose by inhibiting inflammation of the cells in the nasal passages.

Since his experiment in the 1990's other scientists joined in his assessment. Research

agrees that the soup helps break up congestion and eases the flow of nasal secretions. In addition, many say it inhibits the white blood cells that trigger the inflammatory response causing sore throats and the production of phlegm. This makes perfect sense to me. Look at the ingredients.

Chicken contains an amino acid called cysteine, a substance released when making the soup. This amino acid is similar to the drug acetylcysteine, prescribed by doctors for bronchitis. It thins the mucus in the lungs, making it easier to cough out. Hot chicken vapors have been proven more effective than hot water vapors in clearing out the cold in your nose.

Carrots: Carrots, used routinely in chicken soup are the best natural source of beta-carotene. The body takes beta-carotene and converts it to Vitamin A. Vitamin A helps prevent and fight off infections by enhancing the actions of white blood cells that destroy harmful bacteria and viruses.

Onions: Onions contains quercetin, a powerful anti-oxidant that is a natural anti-histamine, and anti-inflammatory.

There is no magic to this common sense. The next time you feel like you are coming down with a cold, make a batch of chicken soup and get to feeling better soon.

My grandmother made the best soup that was simply delicious and I make it today. Make a batch and enjoy your own.

Cindy's Chicken Soup Medicine

10-12 organic chicken wings or legs or a mixture of both 8-10 medium carrots, scrubbed - not peeled
1 large onion, peeled and quartered
1-1/2 cups fresh parsley
2 bouillon cubes (Rappunzel bouillon with sea salt)
3 large celery stalks, chopped
1 bay leaf
salt and pepper to taste

1. Wash chicken. Place in 10-quart soup pot, fill three-quarters full with purified water and add carrots, onion, celery, bouillon and bay leaf.
2. Simmer, covered, for 1-1/2 to 3 hours. Add parsley and cook for another 45 minutes.
3. Salt and pepper to taste.

Use organic ingredients. Enjoy!

Club Events & Activities

Ongoing Activities

Meals On Wheels – Meal deliveries in South Tampa every Thursday

Reading is Fundamental – One Friday of every month (during school year) at Lanier Elementary

Interbay Rotary Pub Night – First Thursday of every month, at different venues around South Tampa

Interact Club @ Robinson High - Dawn McPeak is our faculty liaison for the club

Upcoming/Annual Events

Speech Contest (March 2011)

Cycling Out Autism - March 26, 2011

Steak & Corn Event (Spring 2011)

Paint Your Heart Out (April 9, 2011)

Installation Banquet - June 23, 2011

Taste of Tampa Bay - Gift of Life Fundraiser (Fall 2011 - date & venue TBD)

Golf Tournament (September 24, 2011) at MacDill AFB - Benefitting Juvenile Diabetes Research Foundation

Rotary Dictionary Project (October 2011)

Metropolitan Ministries Food/Toy Drives – Two weeks prior to both Thanksgiving & Christmas

2011 Interbay Rotary Holiday Party - December 2011

Salvation Army Bell Ringing - December 2011 at the Publix, 1313 S. Dale Mabry

District Events

Rotary Goes to the Dogs - February 12, 2011 at Derby Lane, St. Petersburg

Rotary Goes to the Races (March 12, 2011 at Tampa Bay Downs)

District 6890 Conference - June 10-12, 2011 at T. Pepin Hospitality Center, Tampa)

S4TL - June 19-25, 2011, Lakeland

Rotary Institute for Zones 33-34 (Sept. or Oct., 2011)

Rotary Leadership Institute - January 2012; Date and location TBA

Rotary International Events

Rotary International Convention (New Orleans, Louisiana) – May 21-25, 2011

For more information on these events or to volunteer for a specific activity, please contact Jim Grant at (813) 418-3041 or jgrant@gulfshorebank.com.



This Is Rotary

Montgomery Village Rotary aids Iraqi amputees

In Iraq, amputees are fitted for prosthetic limbs as though they were being fitted for a new pair of shoes - with a tape measure. But walking with an ill-fitting limb is much more painful than a tight pair of shoes.

Members of the Montgomery Village (MD) Rotary want to see that doctors in Iraq have access to the same advanced technology used to create and fit prosthetics in the U.S., said Linda Smythe, a member of the Montgomery Village Rotary Club.

Smythe helped the club create BASRA Prosthetics for Life Inc. in 2005. The program helps amputees by organizing medical training and donating supplies. The Rotarians want to send the kind of scanners (which take readings of an amputee's stump in order to create a socket that fits precisely) used to fit prosthetic limbs in the US to the Prosthetic and Rehabilitation Center in Basra, a town in southern Iraq. The center serves patients who suffer from mine injuries, amputations and other traumatic wounds.

BASRA is run by the Montgomery Village Rotary Club, along with other Rotary clubs and volunteers, who partner with businesses such as Hanger Orthopedic Group Inc., a prosthetics provider, and the Ministry of Health in Iraq.

Land mines have killed and injured many Iraqis since the Iran-Iraq War of the 1980s, according to Dennis Hadrick, program manager for Iraq in the Office of Weapons Removal and Abatement in the Department of State's Bureau of Political-Military Affairs. Some 50,000 to 80,000 Iraqi amputees need medical aid.

The U.S. has invested more than \$200 million since 2003 in Conventional Weapons Destruction programs in Iraq, which aim to clear and safely dispose of land mines, unexploded ordnance and excess weapons and munitions. The US has also provided related grants to over 60 organizations. The Montgomery Village Rotary Club was given \$1.7 million for BASRA, Hadrick said



The club organized training in November for the clinic staff, with the help of the grant. For three weeks, instructors from St. Petersburg College (FL) taught two doctors and two

prosthetic technicians about new technology and equipment, such as the scanners. Club members arranged travel to the US, raised funds, hired a translator and obtained Arabic translations of training materials. The club sent more than \$100,000 worth of supplies to the clinic after the training, a portion of the total \$400,000 in supplies sent in 2010.

The Basra clinic produces prosthetics for 45 to 50 patients every month. There is a long waiting list; some patients wait six months for their first appointment.

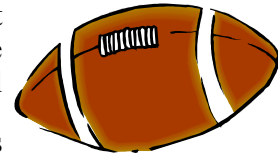
Hadrick said "The goal is to help create self-sustaining programs." Smythe hopes the State Department will continue to support BASRA, so the clinic's staff can receive enough training to be able to train staff at other clinics in Iraq. "We have a dedicated group of Rotarians that want to see this project meet the needs of amputees everywhere."

Gridiron Truisms...

(Part 1 of 2)

Submitted by Jay Hines

"At Georgia Southern, we don't cheat. That costs money and we don't have any." Erk Russell



Seen on a church sign in Arkansas prior to the 1969 game: "Football is only a game. Spiritual things are eternal. Nevertheless, Beat Texas."

"After you retire, there's only one big event left... and I ain't ready for that." Bobby Bowden

"The man who complains about the way the ball bounces is likely to be the one who dropped it." Lou Holtz/Arkansas

"When you win, nothing hurts." Joe Namath/Alabama

"Motivation is simple. You eliminate those who are not motivated." Lou Holtz/Arkansas

"If you want to walk the heavenly streets of gold, you gotta know the password, 'Roll, tide, roll!'" Bear Bryant/Alabama

"A school without football is in danger of deteriorating into a medieval study hall." Frank Leahy/Notre Dame

"There's nothing that cleanses your soul like getting the hell kicked out of you." Woody Hayes/Ohio State

"I don't expect to win enough games to be put on NCAA probation. I just want to win enough to warrant an investigation." Bob Devaney/Nebraska

"In Alabama, an atheist is someone who doesn't believe in Bear Bryant." Wally Butts /Georgia

"You can learn more character on the two-yard line than anywhere else in life." Paul Dietzel/LSU

"It's kind of hard to rally around a math class." Bear Bryant/Alabama

When asked if Fayetteville was the end of the world: "No, but you can see it from here." Lou Holtz/Arkansas

"I make my practices real hard because if a player is a quitter, I want him to quit in practice, not in a game." Bear Bryant/Alabama

"There's one sure way to stop us from scoring - give us the ball near the goal line." Matty Bell/SMU

"Lads, you're not to miss practice unless your parents died or you died." Frank Leahy/Notre Dame

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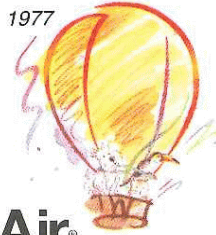
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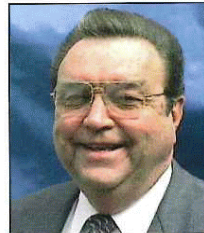
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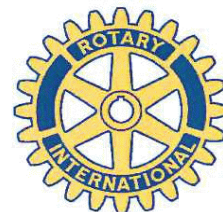
Place Your Business Card Here

Contact

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For information



MEET THE MEMBERS OF TAMPA INTERBAY ROTARY

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▲ Sustaining PHF ★ Paul Harris Society PDG - Past District Governor

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