



Tampa Interbay Rotary Club

Chartered in 1953

2010-2011
Rotary International Theme

INTER ROTE

Thursday, May 5, 2011 • Time: 12:15 p.m.
The Centre Club, 123 S. West Shore Blvd., Tampa

CLUB PRESIDENT

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Jay Tobin	Jana Snyder
Laura Webb	Bart Valdes

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ASST. DIST. GOVERNOR

Ruth Van Dyke

UPCOMING PROGRAMS/EVENTS

May	5	Verizon Representative - How New Technologies Have and Will Keep Changing Our Lives
May	5	Tampa Interbay Rotary Pub Night, Tampa Bay Brewing Company, Ybor City (See inside)
May	12	Michael Merrill, Hillsborough County Administrator
May	13	Reading Is Fundamental, Lanier Elementary School
May	19	Meeting will be at Seasons 52 Restaurant, COA Recognition
May	26	Religious Series - Indira Sustry, Hindu Temple
June	2	Roger Urbanski, International Security Expert, Holder of highest-level U.S. Gov't Security Clearance -Terrorist Update
June	2	Tampa Interbay Rotary Pub Night, location TBA
June	9	Religious Series - Elder Long and Elder Heath, Mormon Faith
June	16	Boy Scouts of America, Gulf Ridge Council
June	23	Installation Banquet, Tampa Yacht Club

Tampa Interbay Rotary

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Recap of April 28th Tampa Interbay Rotary Club meeting by Jana Snyder

President Stephen Shine called the meeting to order with the Pledge of Allegiance and the Four-Way Test, Father Bob delivered the invocation:



“A teacher gave this assignment to her students: Find an unnoticed flower around your home and study it. Note its petals—their shape and their color. Turn it over and examine it closely. Remember this is your flower. As you examine it, realize how beautiful it is, and realize that it might have died unappreciated had you not found it and admired it.

“The next day, after the students reported on their flowers, the teacher said: ‘Each one of us is like your flower. We are unique, but we often go unappreciated because no one takes the time to notice our unique beauty. Each of us is a masterpiece of God. There won’t be another person like us—ever again.’

“My friends, take the time to realize how special you are. Amen.”

After lunch was served, Stephen Shine asked Jay Hines to introduce visitors and guests. Steve Cooper introduced Darlene Allen, who is the widow of Pete Allen, a long-time member of our club. It was nice to see her again. There were two visiting Rotarians: Sharon Jakobi and Erin Kang.

Happy \$\$\$

- Walter Woolf was happy that Darlene was visiting the club.
- Jim Grant had five happy dollars: one for his daughter Veronica’s 5th birthday, one for Pub Night on May 5th at Tampa Bay Brewing Company, and three for his recent promotion to Senior Vice President at GulfShore Bank. Congratulations Jim!
- Steve Cooper was happy that Darlene was his guest and announced that she is looking for work. If anyone is hiring or knows of someone hiring, please let Darlene or Steve know.
- Erin Kang was happy about her upcoming birthday, her new job, and an upcoming raffle that her Rotary club is having.
- Bart Valdes had \$45 for his birthday and anniversary. He did not break down the years for us.

Stephen Shine announced that Interbay Rotary donated \$750 to Rotary’s Camp Florida. The club has also given \$750 to the District Disaster Team in Japan and to Metropolitan Ministries.

Dan White is leading the Religious Speakers Series. Representatives from eight different religions in the Tampa Bay area have been invited to speak over the next six months. Controversial groups have not been left out. The religions

that will be represented are:

Islamic Society of Tampa Bay (Sunni)
Hindu Temple of Florida
Islamic Education Center of Tampa (Shi’a)
Christian
Jewish
Mormon
Jehovah’s Witness
Scientologists

Dan introduced Dr. Mohammed Sultan of the Islamic Society of Tampa Bay. Dr. Sultan said Islam is a religion or can be considered a school of thought. God is the creator of mankind and the universe. Human beings have to answer to God. He states that his religion wants people to live in peace and harmony. God is eternal and created angels, demons, and mankind. God created Adam and Eve and gave them minds.



Islam’s holy book is The Quran. Dr. Sultan considers this the authoritative book. Islam does not separate religion and government. He says that God makes the laws. Dr. Sultan stated that Islam had nothing to do with 9/11 and that the Islam violators will have to answer to God.

The Islamic Society of Tampa Bay welcomes visitors and holds five daily prayers.

Stephen asked Darlene Allen to pick the 50/50 ticket. Chuck Dawson had the winning ticket, however he did not pull the joker.

Birthdays & Anniversaries

There are no Tampa Interbay Rotary Birthdays or Anniversaries to celebrate this week

Celebrate 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!

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

Steak & Corn Event - New Orleans Theme? (Spring 2011)

Interbay Rotary Installation Banquet - June 23, 2011

Interbay Rotary Golf Tournament (September/October 2011)

Gift of Life Fundraiser - October 22, 2011 at Mainsail Conference Center

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

Salvation Army Bell Ringing - One week between Thanksgiving and Christmas at Publix

Interbay Rotary Holiday Party - December 1, 2011

Speech Contest (March 2012)

Cycling Out Autism - March 31, 2012

Paint Your Heart Out (April 2012)

Naval ROTC Review at Robinson High (April 2012)

District Events

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

S4TL - June 19-25, 2011, Lakeland

Rotary Goes to the Dogs (February 2012)

Rotary Goes to the Races (March 2012)

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

PERFECT ATTENDANCE - IT'S EASY!

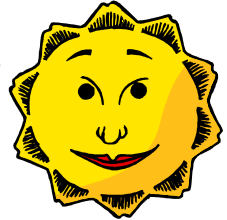
Attendance at any Rotary-sponsored event may be counted as a make-up, however you must inform the Acting Secretary at the next home club meeting of such attendance so he or she may include it in our monthly report to District (Examples are: other club meetings, Board meetings, other Club and District events).

So get involved!

Health Tips from Preservion, Inc. KEEPING YOU "IN THE KNOW" by Cindy A. Krueger, MPH

Don't Forget Your Vitamin D3

We are not the first generation to fight for the access of natural approaches to health and healing. In the early 1900s when rickets was associated with vitamin D deficiency, the medical authorities, unfortunately, supported efforts to fortify foods with vitamin D instead of recommending sunlight exposure. No one has a monopoly to bottle sunshine, so there is no money to be made. Not much has changed.



The prevailing mindset of conventional medicine regarding vitamins and their dosages must be to err on the side of caution. Recommended daily allowance (RDA) is hardly supportive for most vitamin recommendations today. These RDAs barely correct outright deficiency, not to mention the push for the use of D2-ergocalciferol (synthesis by plants) versus D3-cholecalciferol (synthesis by humans).

Vitamin D₂ potency is less than one third that of vitamin D₃, so what's the point of prescribing it when D₃ can be bought over the counter? Could it be that big pharma is desperately trying to regulate what our bodies produce through sunshine?

Dr. Michael F. Holick, a foremost authority on vitamin D and a professor of medicine, dermatology, biophysics and physiology at the Boston University School of Medicine, reported the benefits of getting moderate sun exposure on a daily basis. In his book *The UV Advantage* he discusses the substantial benefits of sunlight, which include promoting strong healthy bones, easing depression, and heart health to name a few. He has also developed treatments for psoriasis and has studied the role of sunlight in vitamin D production. He also suggests that getting adequate sun exposure (20-30 minutes daily) could reduce the risk of prostate and breast cancers, based on epidemiological studies.

For healthy adults, taking a minimum of 3,000 to 4,000 IU is recommended daily. The diabetes prevention study recommends 1,000 to 2,000 IU for children daily. If you can't get enough sunshine, consider these minimum recommendations, *especially* if you live in the northern hemisphere.

Until next week... get your sunshine!

Reading Is Fundamental

Our last event of this school year will be Friday, May 13th, at Lanier Elementary.

We meet at 8:30am to read books to the Head Start students for one hour. The school is located at 4704 Montgomery Ave., one mile south of Gandy just off Manhattan Blvd. We read to about 40 children each month.

Please come if you can. The children really look forward to us each month. The age-appropriate books are donated to each child as a take-home gift.

Thank you for your continued support of this valuable community program for kids.

Sherry Perri-Anzalone - 361-3444;

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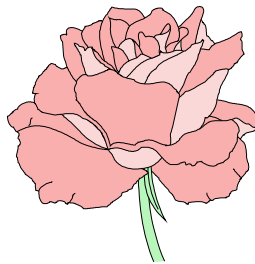
FIND A ROTARY CLUB WHILE YOU ARE ON THE GO

You can now search for a Rotary club with RI's free iPhone app. In the Apple app store, it's called the Rotary Club Locator from Rotary International.

In Honor of Mother's Day May 8th

(Submitted by Father Bob)

The One Flaw in Women



Women have strengths that amaze men.

They bear hardships and they carry burdens, but they hold happiness, love and joy.

They smile when they want to scream; they sing when they want to cry.

They cry when they are happy and laugh when they are nervous.

They fight for what they believe in; they stand up to injustice.

They don't take no for an answer when they believe there's a better solution.

They go without so their family can have.

They go to the doctor with a frightened friend.

They love unconditionally.

They cry when their children excel and cheer when their friends get awards.

They are happy when they hear about a birth or a wedding.

Their hearts break when a friend dies.

They grieve at the loss of a family member, yet they are strong when they think there is no strength left.

They know that a hug and a kiss can heal a broken heart.

They'll drive, fly, walk, run or e-mail you to show how much they care.

The heart of a woman is what makes the world keep turning.

They bring joy, hope and love.

They have compassion and ideas.

Women have vital things to say and everything to give.

However, if there is one flaw in women. It is this:

**THEY FORGET THEIR WORTH AND HOW
REMARKABLE THEY TRULY ARE!**

Mothers often have to write notes to their children's school asking for them to be excused.

For example, "My son is under a doctor's care and should not take phys ed today. Please excuse him."

Another: "Please excuse Mary for being absent. She was sick and I had her shot."

Some other examples from the past:

"Please excuse my son **Rip** for missing the last 20 years of school. He overslept." – Mrs. **van Winkle**

"Please excuse **King Kong** for missing the past few days of class. He had to catch a plane."

"Please excuse **Batboy** from school for the rest of the week. He is saving Gotham City."

"Please excuse **Spiderboy** for not doing his homework. He was exploring the Internet and wiped out while surfing the Web."

"Please excuse **Dracula** for missing the school year. We haven't been able to stop him from staying up all night, and then it's impossible to wake him up in the morning."

"Please excuse **Hulk** for his absence from school yesterday. He experienced a sudden growth spurt, and then we couldn't find any clothes that would fit him. Also, does the school have any classes in anger management?"

"Please excuse the **Invisible Boy** for his absence. We couldn't find him to send him to school."

"Please excuse **Wolfboy** from school for the next week. He is suffering from irritable howl syndrome."

The examples above were all fictional, but many real students had to take notes to school as well.

“Please excuse my son **George** from school. He had to go to the dentist to get his wooden teeth relacquered. Then he had to bring in limbs from the cherry tree in the backyard to use as firewood.” – Mrs. **Washington**

“Please excuse my son **Abraham** for the rest of the year. He has moved to a Gettysburg address.” – Mrs. **Lincoln**

“Please excuse my son **Peter** for missing school yesterday. He was sick, ill, unwell, stricken, nauseated, run down, feeling queasy, yucky, punky, under the weather, down in the mouth, and green around the gills.” – Mrs. **Roget**

“Please excuse **Isaac** from school for a few days. He is recovering from a concussion after an apple fell on his head.” – Mrs. **Newton**

“We apologize that **Salvadore** was late to school. His watch melted, and he couldn’t read the time.” – Mrs. **Dali**

SMILES

One day the first grade teacher was reading the story of the Three Little Pigs to her class. She came to the part of the story where the first pig was trying to accumulate the building materials for his home.

She read, “... and so the little pig went up to the man with the wheelbarrow full of straw and said, ‘Pardon me sir, but may I have some of that straw to build my house?’” The teacher paused and asked the class, “And what do you think the man said?”

One little boy raised his hand and said, “I think he said ‘Holy Moley! A talking pig!’”

The teacher was unable to teach for the next 10 minutes.

A mother was concerned about her kindergarten son, Timmy, walking to school. He didn’t want his mother to walk with him. She wanted to give him the feeling that he had some independence but yet know that he was safe. So she had an idea of how to handle it.

She asked a neighbor if she would please follow him to school in the mornings, staying at a distance, so he probably wouldn’t notice her. She said that since she was up early with her toddler anyway, it would be a good way for them to get some exercise as well, so she agreed.

The next school day, the neighbor and her little girl set out following behind Timmy as he walked to school with another neighbor girl he knew. She did this for the whole week.

As the two walked and chatted, kicking stones and twigs, Timmy’s little friend noticed the same lady was following



Tampa Interbay Rotary Pub Night

The May Tampa Interbay Rotary Club Pub Night will be Thursday, May 5th, at the Tampa Bay Brewing Company, 1600 East 8th Avenue, in Ybor City.

This is a great place to try an amazing variety of microbrews - they always have nine house beers on tap as well as a root beer, brewed in their twelve barrel system.

The menu is very extensive and looks delicious! They’ve even incorporated their beers into some of the recipes, such as Iron Rat Stout Crab Cakes, Stout N Honey Glazed Atlantic Salmon, and Jalapeno Beer Cheese Soup.

This should be one of our best Pub Nights yet (but then, haven’t they all been great?)

So avoid the Cinco de Mayo crowds and join us for some fellowship and suds.

Go to www.tampabaybrewingcompany.com to see the menu and more (Ph. 247-1422).

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.



them as she seemed to do every day that week. Finally she said to Timmy, “Have you noticed that lady following us to school all week? Do you know her?”

Timmy nonchalantly replied, “Yeah, I know who she is.”

The little girl said, “Well, who is she?”

“That’s just Shirley Goodnest,” Timmy replied, “and her daughter Marcy.”

“Shirley Goodnest? Who the heck is she and why is she following us?”

“Well,” Timmy explained, “every night my Mom makes me say the 23rd Psalm with my prayers, ‘cuz she worries about me so much. And in the Psalm, it says, ‘Shirley Goodnest and Marcy shall follow me all the days of my life’, so I guess I’ll just have to get used to it!”

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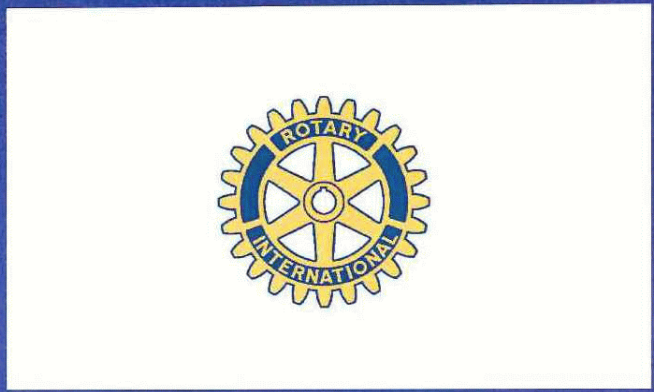
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