

The eSpray

The bulletin of the Venice-Nokomis Rotary Club

July 23, 2020

2020 - 2021
District 6960 | Club 3437



Rotary International
President
Holger Knaack



District 6960
Governor
Darryl Keys



Assistant District
Governor Area 7
James Hinck



Venice-Nokomis
President
Matt Britton

Greeter/Invocation: Lisa Reese, our newest member, was the Greeter today and also took everyone's temperature as they arrived. She also provided a genuinely nice Invocation. 24 Rotarians were signed in, although Roger revealed that Mario M. had left. It was very nice to see Don Lazzaro back with us today.

Attendance: Several Venice Nokomis Rotarians (20 was the count I heard from Roger Button) were present in person and many Venice Nokomis Rotarians Zoomed in for the meeting.! Roger also announced that masks are now "compulsory"

Announcements: President Matt noted that VNR and Sunrise are jointly applying for a district grant of \$60,000 for upgrading/repair of the facilities at the SLA (Student Leadership Academy). Matt reminded us that any contributions by a member are matched by both our Club and by the District.

Upcoming Meetings

7/30	Bonnie Hartley, Co-Founder	Venice Inst. for Performing Arts
8/6	Bob Waldron	Rotary Foundation
8/13	Vincent Scarsella	Walrus: A Beatles Sing-Along

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**2020-2021-The Year of
Rotary Opens
Opportunities**

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Rotary Minute

Tom Hanks was the “minuteman” today, and he reminded us that it’s just Casey and him now, so they could use some more volunteers. Two trivia questions today – 1) When was Rotary established? Jane was first with 1908. 2) And Where was it established”? Jane and Bruce B. tied with Chicago.

Sunshine Report

Barbara Freeman noted that Jack Stark's son is still here with them. Jack is in a wheelchair but feels good, although he is in hospice care. Please send a card to Jack and Beverly. Also, Don Lazzaro confirmed that his wife Maggie died on July 10th, so please send a card to Don as well.

Cart Talk

Jane’s CART talk was about “oxytocin” a hormone best known for promoting feelings of love and wellbeing, which has been found to possibly reverse some of the damage caused by Alzheimer’s. Oxytocin is popularly known as the “love hormone”. One of the primary culprits in Alzheimer’s is a protein named “Ameloid B” (or “AB”). AB clumps together to form plaques around the brain’s neurons, which disrupts normal neuron functions and triggers the Alzheimer’s degeneration. AB plaques accumulate in the hippocampus area of the brain, the primary learning and memory center. They disrupt the “synaptic plasticity” of the neurons, which is the ability of brain synapses to adapt to different levels of neural activity over time. Synaptic plasticity plays a crucial role in both learning and in retaining memories.

Oxytocin was used by researchers at the Tokyo University of Science, added to the brains of mice who had plaque build-ups in their brains. The addition of oxytocin revealed that it can reverse impairments to the synapses caused by the plaques. Researchers further confirmed that when they block the oxytocin receptors, oxytocin cannot reverse the damage of the AB proteins, which confirms the benefits of oxytocin use. In addition, the researchers also believe oxytocin might also reverse Alzheimer’s by its impact on calcium activity. Oxytocin is known to facilitate calcium influx in cells, and this is thought to play a key role in neural signaling and memory formation. Previous studies indicate that AB might suppress

calcium activity in the brain. To test the benefits of oxytocin’s use in this instance, researchers blocked the receptors responsible for calcium transport across cell membranes and again found that this blocked the oxytocin’s ability to reverse the negative effects of AB on synaptic plasticity. The authors of the study suggest that oxytocin can benefit the brain through both of these channels, reversing the damage caused by the AB protein.

Jane also reminded us that we have had 15 weeks of Zoom meetings, so please “make up” whatever contributions you might be missing. She also noted that we contributed a total of \$2,400 to Alzheimer’s research from last year’s contributions.

Program

David and Kelly Pankiw presented today’s program, on the “Rotary Youth Exchange”. In their old club, in Chambersburg, PA, they were very active in this program, hosting 10 foreign students over the course of 10 years. Their talk was very interesting and informative, and they used many examples from their personal experiences in this program. David is now on the District 6960 RYE committee and will be urging every club in the District to participate.

The RYE program was started in 1929 in Europe and in the 1930’s in the US. It’s a District-to-District program, as student exchanges are only set up with partners we trust. RYE’s primary purpose is to promote peace and understanding, through a program of cultural exchange of high school students. District #6960 is part of the “OE” Rotary Youth Exchange Multidistrict. Which includes 14 Rotary districts in the Eastern U.S. OE manages the placement of outbound students in 30 countries around the world. They also match outbound students from the U.S. with inbound students from around the world. Each year, OE places over 100 U.S. students with host Rotary clubs in other countries, and about the same number of international students with U.S. clubs. Its website is www.ohioerie.org

There are currently 30 countries in the RYE program, among them Austria, Belgium, Bosnia, Brazil, Croatia (remember Rea Vrandicic?), Czech Republic, Estonia, Finland, France, Germany, Hungary, India, Italy, Japan, Spain, Switzerland. There are two separate programs that students can participate in: a SHORT TERM program, which runs just 4-6 weeks in the summer, and a LONG TERM program which is for a full academic year. In the LONG TERM program, students live with

host families recruited, screened, and selected by the local Rotary club. Students usually have 2-3 host families in their year, and the host parents become the exchange student's parents, providing not only room & meals but also support & guidance. Students attend a school in the community, just like other teens in their host country. The local Rotary Club also "hosts" each student, providing assistance and a monthly allowance, as well as mentorship and counseling. Regular social events are held to bring together area exchange students from many different countries that are with host families in the District.

How to Become a LONG TERM Rotary Youth Exchange Student - Contact the local Rotary Club for assistance with the application process. Students are selected by a sponsoring Rotary Club on the basis of a written application and personal interviews at both the club and district levels. Once selected, exchange students receive training & orientation from District 6960 and OE Multidistrict, as well as their host district. Eligible students are 15 - 18½ years old at the time of departure., should be flexible & open to living in a different culture, with above average academic achievement. NOTE: the RYE program is open equally to children of Rotarians and non-Rotarians. Students may also contact Paul Blaine, District Outbound Coordinator. (cell: 419-305-6224; email: pblaine123@yahoo.com.) Applications are now being accepted for the 2021 – 2022 school year. A \$150 non-refundable application fee must

accompany the application. Club and District Interviews will be conducted during late-November and early December, 2020. Applicants will be notified of acceptance in late December, with your country assignment usually in January. To prepare, two weekend orientations programs are held, usually in late January and again in early July. Our district will assist students in obtaining language learning software, e.g. Rosetta Stone. All accepted Rotary Youth Exchange (RYE) students receive an in-kind scholarship, valued at over \$24,000! The scholarship includes room, meals, school tuition, RYE program administration, and even a monthly stipend! The student/family pays a fee (approx. \$6,000) which covers airfare, medical insurance, and other program expenses.

Short-Term program – 4-6 weeks in summer - The Short Term Exchange is a Family to Family exchange. We do not need host families since the student family would be the host. We are taking applications now for Summer 2021. Students need to pick at least 3 countries they would be interested in. Short-term exchanges vary in length from several days to several weeks. Although you generally would not attend school in the host country, you may be able to tailor the exchange to match your interests or to include tours of specific places or regions. The four most common types of short-term exchanges are homestays, tours, family-to-family, and international

Pay The Lawyer

Steve Picazio Jr. did PTL today. He began by fining Matt for starting late and for his missing gavel. He noted that his father, Old Steve, may be the one responsible for the missing gavel, and warned Matt to watch that the bell does not also go missing. Evan L. was on Zoom, and was fined for changing his background scene from a marina (very nice) to his garage (not so nice). Bob W. had changed his from a picture of his son and grandson to a giant shark,

although he was not fined. Roger Button's mask stayed on today, which was notable, and he was fined \$2 for the Gondolier Sun article about Roger and Valerie's support for the Florida Youth Ranches. Steve tried to fine John Myers, but was advised John is in Cape Cod. Tom Hanks was fined because his Rotary Minute was just 45 seconds. Joe Pokorney was fined for using Judith's computer today – he complained his is being repaired. David and

Kelly were fined \$2, first for hosting their first Youth Exchange student when their kids were just 2 and 5 – a built-in babysitter – and then for using their parents for the same chore a few years later. Steve Jr. paid a happy \$ for Kelly P's mention of how "different" it is when you have teenagers in the house – Steve has been going through that for a few years now.

The meeting ended with reciting the 4-way test!

50/50

\$899 in the pot today, 32 cards remaining. Jim

Renz held the correct ticket, but didn't pull the Joker.

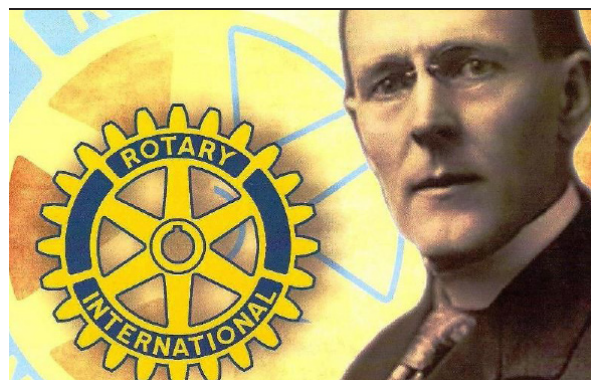
Paul Harris

Paul Harris Society members pledge to donate at least \$1,000 of their own money each year to the Rotary Foundation. That works out to about \$84 per month or \$2.74 per day. Donations can be made via credit card, bank charge, or with dues payments, and can be made annually, semi-annually, quarterly or monthly. We invite you to become a member. *Please see Jeff Pick for more information.*

Paul Harris Fellows have made a total donation of at least \$1,000 (sometimes over month or years) to the Rotary Foundation. After the first \$100 has been donated our club matches each dollar donated by our members. That means that a club member needs to donate only \$550 to become a Paul Harris Fellow. (Matches are not made for non club members). The 2nd \$1,000 donation level earns a Paul Harris Plus 1. The same for each \$1,000 up to \$9,000 which would be a Paul Harris Plus 8. At \$10,000 or more the recognition becomes a Major Donor. Please see *Jeff Pick for more information.*

Bequest Society members commit a legacy in their will to the Rotary Foundation. Recognition starts at \$10,000. *Please see Jeff Pick for more information.*

Benefactors pledge to leave at least \$1,000 to the Rotary Foundation.



The Rotary Foundation Donor Recognition Program

The Rotary Foundation, a 501(c)3 charity, needs your support to continue their excellent work in the United States and throughout the world. The foundation accepts, checks, credit cards, bank account charges, IRA distributions, and tangible assets such as stock transfers.

You can also donate with your dues payments. The Rotary Foundation enjoys an outstanding reputation and the highest ratings from companies that rate non-profit organizations, such as: www.charitynavigator.org

Below is some information about donor recognition awarded to donors to the Rotary Foundation.

Paul Harris Society

George Carpenter	Jay Kasmark	Stephen Picazio Sr.
Penny Corell	Evan Lebson	Diane Pick
Barbara Freeman	Bill Mehserle	Jeffrey Pick
Christopher Gray	Wendy North	Joseph Pokorney
Susan Hanks		Sarah Young

Bequest Society

Barbara Freeman
Wendy North
David Pankiw
Jeffrey Pick

Benefactors

George Carpenter	Jeffrey Pick
Barbara Freeman	
Wendy North	
David Pankiw	

Paul Harris Fellows

Marc Antine
Paige Balsinger
Mark Beebe
Richard Beebe
Bruce Bench
Richard Bond
Jeffery Boone
Stephen Boone
Matthew Brooker
Roger Button
George Carpenter
Matthew Cary
Richard Cimo
Penny Corell
Jack Dale
Jerry Downs
Elaine Ellison

Lat Farr
Barbara Freeman
Christopher Gray
Susan Hanks
Donald Hillerich
James Hill
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Jeffrey Johnson
Robert Johnson
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Jay Kasmark
Nanci Korman
Jack Kurschner
Douglas Laudenslager
Donald Lazzaro
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Stephen Picazio Sr.
George Pickhardt
Jeffrey Pick
Joseph Pokorney
Blair Post
Jim Renz
James Romano

Michelle Ryan
Charles Snyder
Julia Stalnaker
Victoria Stultz
Thomas Taylor
Lee Thacker
Robert Waldron
Mirian Walters
Clifton White
Randy Winkel

Doc Matson Awards

The Venice-Nokomis Rotary Club honors the memory of Rotarian Charles “Doc” Matson and his ideals by awarding two annual awards in his name. ‘Doc Matson served the Venice-Nokomis Rotary selflessly for almost 20 years and he held the world record for continuous perfect attendance of 67 years, 3 months, 3 weeks. The recipients of these awards should exemplify the Rotary motto of “Service Above Self” and be the best possible example of living by the fundamentals of the 4-Way test.

ROTARIANS

HAZEN STEVENS
CLIF WHITE
DAN BOONE
JACK MEYERHOFF
BOB BOWLIN
BILL VAN COTT
GRADY HOUGH
BOB MILES
FRANK WHITING
TERRY LITRELL
JIM HILL
JACK OGLE
BUD MILLER
GEORGE PICKHARDT
DICK DODDERIDGE
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STEVE BOONE
JACK KURSCHNER

NON-ROTARIANS

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DEAN CALAMARAS
BENNY WEAVER
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JUDY WILCOX
FRAN VALENCIC
RICH CARROLL
GINA TAYLOR
MIKE PACHOTA
TOM KNIGHT
CRAIG FAULKNER
KATHY LEHNER

Is it the **TRUTH**?

Is it **FAIR** to all
concerned?

Will it build
GOOD WILL and
better **FRIENDSHIPS**?

Will it be
BENEFICIAL to all
concerned?

Venice-Nokomis Rotary Club Past Presidents

Thank you to all of our past presidents who have fearlessly led the Venice-Nokomis Rotary Club to greatness!

1947-48	James T. Blalock	1982-83	James B. Powell
1948-49	Robert S. Baynard, Esq. M.A.	1983-84	Clifton F. White, Esq.
1949-50	Braswell, Esq.	1984-85	Robert E. Bowlin
1950-51	George E. Youngberg, Sr.	1985-86	Cavil Lee Linkous
1951-52	Chidester Johnson	1986-87	William M. Van Cott
1952-53	George T. Gibbs, Jr.	1987-88	Robert K. Coulter
1953-54	Col. William R. Grove, Jr.	1988-89	Jeffery A. Boone, Esq.
1954-55	Benjamin B. Dunn	1989-90	Robert L. Waldron
1955-56	Robert S. Baynard, Esq.	1990-91	Stephen J. Picazio, Sr.
1956-57	Wesley D. Buchannan	1991-92	D. Grady Hough, Jr., C.P.A.
1957-58	Douglas R. Murphy, M.D.	1992-93	George D. Pickhardt
1958-59	Lester Thompson, D.D.S.	1993-94	Farnsley "Pete" Peters
1959-60	E.S. Raymond	1994-95	W. Jack Ogle
1960-61	John Beatty	1995-96	Terry E. Littrell
1961-62	John E. Davis	1996-97	Richard W. Dodderidge
1962-63	Jay H. Lumley	1997-98	Jeffrey P. Johnson, D.C.M.
1963-64	Lauriston Rutherford, D.D.S. (moved)	1998-99	Daniel O'Hara
	George H. Wheeler, Jr. (completed year)	1999-00	Mary Stanley
1964-65	John Elkins Fraser (passed away)	2000-01	Stephen J. Picazio, Jr.
	J. Howard Vaughn (completed year)	2001-02	William D. Willson
1965-66	Leon D. Terry, D.D.S.	2002-03	Eiaine M. Boyer
1966-67	Rev. Donis D. Patterson	2003-04	Elliot D. Dibbs, D.D.S.
1967-68	Charles R. Miles	2004-05	John Ryan
1968-69	Ronald T. Hanson	2005-06	Mollie Hernandez
1969-70	James H. Brandt, D.V.M.	2006-07	Jerry Zwiers
1970-71	Omar Wilson, Jr.	2007-08	Bob Mudge
1971-72	C. M. Chisolm	2008-09	Joseph L. Pokorney
1972-73	Gerald H. Hollestelle (resigned)	2009-10	Lat Farr
	Charles C. Smith (completed year)	2010-11	Beth Harrison
1973-74	Charles C. Smith	2011-12	Doug Laudenslager
1974-75	E.G. "Dan" Boone, Esq.	2012-13	Nevenka Kovcic
1975-76	Col. Joseph L. Tucker	2013-14	Julie Stalnaker
1976-77	Robert I. Johnson	2014-15	Jeff Pick
1977-78	Hazen H. Stevens	2015-16	Blair Post
1978-79	James C. Hill	2016-17	Penny Corell
1979-80	Richard R. Sutton	2017-18	Matt Cary
1980-81	Paul A. Dent	2018-19	Jane Mendola
1981-82	Ronald W. Higel, D.D.S.	2019-20	Wendy North

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Interact Club

Meets Tuesdays at 6:00 pm
during the school year



2020-2021 Club, District & RI Calendar

Aug. 1	First Club Assembly
Aug. 8	VNR Scholarships
Aug. 24	RLI, Keiser University, Ft. Myers
Sept. 12	Club Closed - Lunch at Fins
Sept. 19	Joint Sertoma Meeting, Hotel Venezia
Sept. 26	District Governor - Rich Kirschner
Oct. 26	Ride to End Polio - Legacy Park
Nov. 7	Interact Dinner *no noon meeting
Nov. 16	Fox Lea Farms Show Jumping
Nov. 30	Venice Holiday Parade
Dec. 12	Christmas Party - Jeff Boone's House
Dec. 7, 21	Salvation Army Bell Ringing
Jan. 16/17	Art Fest Setup
Jan. 18/19	Art Festival/Road-E-O/Duck Pluck
Feb. 8	Venice Symphony - "007"
Feb. 13	Valentine's Dinner at Fins
March 12	Annual Doc Matson Awards
March 10	VNR @ Venice Theatre: Guys & Dolls
March 28	RLI, Keiser University, Ft. Myers
April 4	Annual Toast To Venice
April 18	District Assembly, Port Charlotte
April	Annual Club Picnic
May 7	Teacher of the Year Award
May 7-9	District Conference, Naples
May 28	Investment in Youth presentation
June 6-10	RI Convention, Honolulu
June 18	President Wendy's last club assembly
June 25	Matt Britton installation banquet

Board Meetings

2nd Thurs. of each month | 5:00 PM
Venice Chamber of Commerce

Websites

www.venicenokomisrotary.org

www.rotarydistrict6960.org

www.rotary.org

Area Make-Up Meetings

DAY	PLACE	TIME
MON	Sarasota Southside: Libby's Restaurant Sarasota Gateway: Mulligan's- Bobby Jones Golf club	6:45 am 12:15 pm
TUE	Charlotte Harbor: Cultural Center Venice Sunrise: Venice Moose Lodge Englewood: The Englewood Elks Lodge 401 <i>(1st Tues. of every month is at 5:30pm)</i> Sarasota Bay: Van Wezel Grand Foyer Sarasota Gulf Gate: Mattison's on 41	7:00am 7:15 am 12 noon <i>(5:30 pm)</i> 12 noon 12 noon
WED	West Bradenton: Bradenton CC Placida: Rotunda Hills GCC Harbor Heights: Charlotte Harbor YC Sarasota: Marina Jacks North Port Central: Olde World Rest. Port Charlotte: So. Port Sq Gables 2nd fl	6:45am 7:00 am 7:00 am 12 noon 12 noon 12:15 pm
THU	Englewood/Lemon Bay: The Englewood Elks Lodge 401 Punta Gorda: Isles Yacht Club Lakewood Ranch: LWR Golf & CC Sarasota Keys: Hotel Indigo	7:00am 7:15am 12:00 pm 12:15pm
ANY	WWW.ROTARYCLUBONE.ORG	Ongoing

July Birthdays

Adams, Patti	7/23	LeRoux, John	7/18
Balsinger, Paige	7/05	McCoy, Caitlin	7/18
Bench, Bruce	7/31	North, Wendy	7/06
Bond, Richard	7/03	Post, Blair	7/29
Button, Roger	7/06		
Laudenslager, Doug	7/05		



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