



Tampa Interbay Rotary

Chartered in 1953

MEETING: Thursday, May 26 - 12:15 p.m.
The Centre Club, 123 S. West Shore Blvd., Tampa

This Week's Excellent Event & Speaker

We will recognize and celebrate the sponsors, riders, contributors, volunteers and beneficiaries who made the 2016 Cycling For Autism event another successful T.I.R. event for a great cause! Lots of hard work and enthusiasm deflected Mother Nature's attempts to dampen the Rotary spirit. The terrific results of the event will be shared at this meeting.



We will also have a very special speaker! Jabryeth "J." Christian is a former operator with the Army's elite 75th Ranger Regiment, a graduate of the H.E.R.O. Child-Rescue Corps, and Chief Executive Officer of the National Association to Protect Children (PROTECT).

Christian first took up the child protection mission as a member of the H.E.R.O. Child-Rescue Corps, a program established by PROTECT in partnership with the U.S. Special Operations Command and the U.S. Department of Homeland Security. The HERO Corps trains wounded warriors in counter-child-exploitation and digital forensics and embeds them with law enforcement units that fight child exploitation.

Prior to joining the military, Christian graduated from the California State Police Academy. He served under the U.S. Special Operations Command in Afghanistan, until injuries sustained in combat forced his medical retirement. He has been a frequent speaker on leadership, transition and success in the military and civilian worlds. In his youth, he pursued scouting and music.

PROTECT is a tax-exempt charity, established in 2004. Website: www.protect.org

Tampa Interbay

Rotary

Club #4275

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UPCOMING PROGRAMS & EVENTS

May	26	Cycling For Autism Celebration
May	27	Tampa Interbay Rotary Golf Tourney at Rocky Point - See Inside
Jun	2	No Lunch meeting; Possible Evening Social - Place TBA
Jun	9	Andrew Huse, USF Library - A Century of Dining in Tampa
Jun	16	No Lunch meeting; Evening Interbay Rotary Installation Banquet at Tampa Yacht & Country Club - More info coming
Jun	23	Stanley Gray, Hillsborough County School Board
Jun	30	TBA
Jul	7	No Lunch meeting; possible Social

TAMPA INTERBAY ROTARY OFFICERS AND DIRECTORS 2015 - 2016

President	Ken Hopkins	Education & District Activities	Fred Wallrapp
President-Elect & Membership	Bart Valdes	Fundraising	Ken Hopkins
Secretary	Don Kopyy	Marketing & Public Relations	
Treasurer	Arlin Beachy	Programs	Ted Hamilton
Foundation	Rick Borgstrom	Sergeant-at-Arms	Bob Krueger
Administration	Margaret Roset	Social Events Chair	Rainer Hartneck
Community Service	Steve Cooper		

RI President
K.R. "Ravi" Ravindran

Zone 34 Director
Robert Hall

District 6890 Governor
Tom C. Wagner

Asst. District Governor
Winnie Magnon-Marvel

Recap of the May 19th Tampa Interbay Rotary Club Meeting by Fred Wallrapp

President Ken Hopkins opened the meeting with the traditional ring of the Rotary bell and welcomed all those assembled. He led the group in the pledge of allegiance and Rotary four-way test, and then he introduced Ted Hamilton to present the invocation provided by former member Father Bob.

“A story is told about a room filled with applicants for a job opening as a telegraph operator. The drone of conversation competed with a steady flow of dots and dashes.

The door opened and yet another applicant entered the room. He stood there a minute, then walked over to a door marked “private” and knocked. The man who opened the door said to all the others, “You may all go; we have our applicant.”

The others were furious and demanded an explanation. The man said, “Listen.” They did. The dots and dashes kept repeating over and over again, “If you hear this, come in; the job is yours.”

My friends, God is constantly speaking to us, but too often we are not listening. Amen”

Ted, who is our Programs chair, was reintroduced to tell us about upcoming speakers. Ted said that next week’s speaker will be a former Army Ranger who now helps police track down child predators. He said this will be a very interesting talk and encouraged everyone to bring a guest to the meeting.

Ted’s next duty was to introduce our speaker of the day, Hillsborough County State Attorney Mark Ober. Technically Mr. Ober is the State Attorney for the 13th Judicial Circuit, which encompasses all of Hillsborough County. Ted told us that Mark is a native of our area and graduated the University of Florida before attending the South Texas Collage of Law. Mark became the State Attorney after a successful career in private practice.

Mark began his remarks by saying that when he grew up in Brandon there were no traffic signals and it was a “cow” town. He told of how his parents had met in England during World War II and that he felt that his mom and dad were two of the smartest people he has ever known. One thing that his mom and dad did for (or maybe to) Mark and his brother is they required them to pay for their own education. This caused the boys to have to work at many jobs to put

themselves through college. This taught them the value of hard work and self-reliance, which are two fantastic things to teach young people.

Mark told a story about how his high school senior class banquet was held in the hotel that used to be where our meeting place now stands. The speaker at the dinner was E.J. Salcines, who was the county solicitor at the time. Little did Mark know that five short years later Mr. Salcines would give him his first job as a law intern with the County. Mark said he owed a lot to E.J. Salcines for giving him that opportunity.

Mark recalled that when he started as an assistant State Attorney right out of law school, there were about 40 lawyers working in the office. He now supervises a staff of 300 which includes 120 attorneys. Our State Attorney asked if everyone likes to watch TV crime shows like CSI? Many said they did. He said that what we see on TV has very little resemblance to what real life cases are like. On CSI there is DNA evidence in every case, but in the real world DNA evidence is fairly rare.

He said that crime has increased greatly in Florida, where there are now over 100,000 people in jail. There are 3,000 people in our county jail, and 100 people waiting to be tried for first degree murder. He noted that it takes about three years to bring a first degree murder case to trial. He explained that one reason there are so many people in jail is the mandatory minimum sentencing guidelines. The 10 / 20 / Life law has kept a lot of people in jail for a long time. And if you get a life sentence you are going to die in jail – no chance for parole.

He also spoke of how the people on juries have changed since we now call people to jury duty from all those with drivers’ licenses, not registered voters as had been done previously. Mark went on to discuss the Lawyers’ Creed for Professional conduct, something that all lawyers in the state of Florida are bound by.

Mark closed by reminding us that he is an elected official and that he is up for reelection this year. He asked that, if we feel he is doing a good job for the citizens of Hillsborough County, we vote for him on Election Day.



Happy Anniversary & Birthdays



THIS FRIDAY!!

Tampa Interbay Rotary's 22nd Annual Golf Tournament Friday, May 27th at Rocky Point Golf Course

to benefit The Children's Home
Get your Friends Together for
a great day!

Four-Person Scramble;
Lunch and Dinner Provided
Many Great Prizes and Contests;
Sponsorships Available

More info available from Rick
Borgstrom:

Governor98@hotmail.com
or 813-503-4236



Rick & Patti
Borgstrom
May 28th

Steve Cooper
May 31st



Raquel Anderson
June 2nd

Rainer Harteneck
June 6th



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 Arlin Beachy or mail it to P.O. Box 320843 Tampa 33679-2843.
Thanks so much!

Health Tips from Preservion, Inc. *Keeping You "In the Know"* By Cindy A. Krueger, MPH

Do You Know how to use Your Cell Phone?

You may think the title a silly question, but your cell/ smart phone is a miniature computer emitting a powerful pulse enabling you to communicate around the world.

Cell phones remind me of the 1960s cartoon series, *The Jetsons*. Futuristic George Jetson commutes in his flying machine that collapses into a brief case.

Companies now are trying to bring flying cars to the market. I hope to own one when they become reality. Jetson's world made cell phones look antiquated. That said, as with anything, learning to use it properly is primary. Most users learn as they go; few read the user manual and, surely no one reads [the fine print](#) about the warnings every manufacturers give about their phones.

(Continued on next page)



The [Environmental Health Trust](#), dedicated to educating consumers, does read the fine print. Some of their projects on environmental health risks are trying to discover what is causing high rates of breast cancer, fibroid tumors, and endometriosis in young black women. Of late, they are trying to educate consumers on dangers of unsafe cell phone use, a concern that occasionally has been discussed by consumer advocates, usually without much fanfare, like the danger of cigarettes was in the 1950s. Recently, due to the ubiquitous use and dependency on these devices, scientists are becoming more concerned about possible risks. There is increasing interest and concern about cell phones and all wireless devices such as cordless phones, baby monitors, microwave ovens, walkie talkies, and medical devices. All expose us to pulsating microwave radiation.

Critics, those standing to profit from device sales, claim concerns are of little consequence and if, for example, brain cancer is a threat, we would all be diagnosed with it by now. [Research shows otherwise.](#) [Israel](#) has banned the use of wi-fi in kindergarten and elementary grades, one reason being their concern for the childrens' developing brains. There are many ways to learn not related to computer and wi-fi devices.

We do not know enough about radiation exposure yet to come to definitive conclusions and I hope our ignorance does not subject us to results suffered by those who were ignorant about nicotine, asbestos, statin drugs, and HRT to name a few. [Educate yourself](#) now. Learn how you can reduce your exposure to radiation. The links in this article provide information and other resources to broaden your knowledge.

I do not suggest we stop using these technological devices, but, as always, I believe we should stay informed. Increasingly, research is revealing concerns.

Stay well and informed.

Minutarian

from DG Tom Wagner

Avon Park High School senior, Jontavius Tucker is going blind. At 18, he has a rare eye disorder that causes his vision to diminish and eventually disappear. There is a treatment for his condition but Medicaid does not cover it and his family has no funds to pay for it. Jontavius has no other options, he will lose his vision.

Bring in Rotary.

When the Sebring, Sebring Sunrise, Highlands County and Avon Park Rotary Clubs heard of this,

Events & Activities

Ongoing Club Activities

Meals On Wheels – Deliveries in South Tampa every Thursday

Interbay Rotary Socials - Monthly @ various venues

Interact Club @ Robinson High School – Dawn McPeak is our faculty liaison

Upcoming/Annual Club Events

Golf Outing to benefit The Children's Home - May 27 at Rocky Point

Interbay Rotary Installation Banquet - June 16 at Tampa Yacht & Country Club

BBQ & Brew to benefit Starting Right, Now! - November 5

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

Holiday Party - December

Salvation Army Bell Ringing - December

Speech Contest - TBA

Cycling For Autism 2017 – TBA

NJROTC pass and review (graduation) at Robinson HS - April

District Events

Rotary Day at the Races - March

District Speech Contest - April

District Conference - May

they would not stand by and let a young, 18-year old man lose his sight to a treatable condition.

Together they raised the funds needed for this treatment. We are happy to report that Jontavius has had that procedure and his sight is improving and expected to continue to improve. Thank you to these clubs for stepping up and changing a young man's life!

The greatest thing about this story is that it is only one of hundreds of stories just like it from clubs all around our district. Each club has its own stories and its own "Jontavius Tucker".

I am very proud to be a Rotarian and very proud to wear my Rotary pin. It is my badge of honor.

The next time someone asks you what that Rotary pin you wear stands for, tell them it is a reminder of all the lives you are changing and saving here in your own community and around the world.

Be Rotary Proud!

12 Things You Shouldn't Eat at a Restaurant

Modified from Reader's Digest

“We surveyed dozens of people in the restaurant biz on what they never, ever touch, whether it's to avoid outrageous markup, food poisoning, or germ minefields. Watch for these offenders.”

Iceberg lettuce

The iceberg wedge salad is one of the industry's biggest rip-offs. Take into account that iceberg lettuce is about 98% water. “It's marked up at least 20 times,” says Peter Chastain, executive chef and owner of California's Prima Ristorante. Plus, germs can hide inside lettuce's cracks, corners, and edges. “You think lemons in water are dirty? The salads are filthy,” Cannon says. “Even if restaurants do decide to wash their greens, the lettuce is often served soggy, which is big red flag—standing water mixed with lukewarm, mayo-based dressing is a disaster waiting to happen.”



Best-sellers

You might think best-selling items have high turnover. But to keep up with demand, fast-food restaurants and some other places pre-make their top sellers, which gives these wrapped and bagged choices plenty of time to develop food-borne illnesses. Instead, opt for the less popular options which are more likely to be prepared to order, says Howard Cannon, CEO of Restaurant Expert Witness and author of *The Complete Idiot's Guide to Starting A Restaurant*, who adds, “Anything sitting in holding, covered with mayonnaise, is probably not that great.”

Tap water

“One of the most dangerous items in a restaurant is water,” Cannon says, although anything that sits between 40 degrees to 140 degrees for more than a short time has a high potential to harbor bacteria. If your table is already set with a carafe of water, or you're handed anything warmer than ice-cold, ask for a new glass.

Free bar snacks

Since these nuts, pretzels, and other munchies are free of charge, restaurants and bars often don't set out a fresh serving for each new customer. It's like eating out of a stranger's hand! Then at closing time they're dumped back into a container, to be re-poured into dishes the next day.

Meat with the bone in

Small cuts of meat, like bone-in pork or chicken breasts, are harder to cook thoroughly because their outsides easily char. This often translates to crispy on the outside and raw on the inside. Unlike undercooked beef—say, a rare burger or a steak tartare—undercooked pork and chicken are highly dangerous and could cause food-borne illnesses, according to the Center for Disease Control and Prevention. Plus, bone-in means less meat.

Sauced-up specials

To avoid running out of ingredients during the dinner rush, restaurants often order more food than they need. At the end of the day, surplus ingredients that haven't expired can turn into tomorrow's specials, disguised with sauce. “Watch out for an expensive item used in a way that's minimizing its flavor,” says Stephen Zagor, founder of consulting firm Hospitality & Culinary Resources. Be wary of meat that's been cut, braised, and disguised in a pasta, stew, or soup dish.

Meatloaf

First, there's often more filler than meat, but restaurants think if they drown the dish in enough sauce and seasoning, you won't notice. To help sell it further, many menus use descriptive words like “homemade,” “home-cooked,” “home-style,” or worst of all, “Mom's.” Don't insult your mama! Order a burger or a steak.

“From-there” seafood

Unless the joint is known for its seafood, there's no guarantee you're going to get what's on the menu. “About 70% of the time, for example, those Maryland crab cakes weren't made using crabs from the Chesapeake Bay,” says James Anderson, chairman of the Department of Environmental and Natural Resource Economics at the University of Rhode Island. And while the kitchen might swap snapper for a cheaper tilapia, many times the distributors do a bait and switch, too.

“Gourmet” Burgers

By working in one expensive ingredient in small batches (see: truffle oil, foie gras), many customers are cheated into believing they’re getting a taste of highbrow fare for a relatively low price. Beware: Most commercial truffle oils are created by mixing olive oil with a lab-produced chemical. Zagat ranked truffle oil as one of the eight most overrated ingredients, comparing the oil to trendy fashion labels.

Chicken

He who orders chicken is, in terms of ordering outside the box, a chicken. “There is typically nothing unique about the preparation that is worth my attention on the menu,” says Ladisky. “It’s cheap meat that gets marked up substantially.”

Pizza

Pizza is a gold mine for restaurants: cheap ingredients and big mark-ups. So buying pizza from a restaurant that isn’t dedicated to doing it right is a waste of money and tomatoes, according to Ladisky. “I can’t recommend throwing money away on a slightly upgraded freezer-section pizza baked in a toaster oven,” he says.

Bread baskets

A basket of bread is a restaurant standby—and more importantly, a complimentary basket of bread is a restaurant standby. Don’t be duped into doling out a few bucks, even if it’s artisan-quality.

Calvin & Hobbes - 1985

