



Tampa Interbay Rotary

Chartered in 1953

THURSDAY, SEPTEMBER 22 - 12:15 P.M.
THE CENTRE CLUB, 123 S. WEST SHORE BLVD.,
TAMPA

2016-2017 Rotary International Theme

This Week's Event

Residential Real Estate Panel

Our very own Bob Krueger will moderate a excellent discussion on this, the Hottest Topic in South Tampa. Panelists include:

- Stephen Weinberg, Chairman of Shimberg Homes. After a 27-year career at Centex Development Company, including six years as President and CEO, Steve moved his family back to Tampa. He started a homebuilding business with Richard Shimberg that has become a successful enterprise primarily involved in redevelopment in South Tampa. Steve is also the managing broker for Weinberg Realty and Investments which facilitates land acquisition and sales for Shimberg Homes.
- Tony Hair, Senior Vice President of Residential Products for Masonite International. Tony has P&L responsibility for the \$1.5 billion residential door business serving new home and remodeling markets in North America and the U.K. Previously Tony held leadership positions with Newell Brands and home appliance-maker Maytag.
- Dawn Broccard, Sales Manager for Freedom Mortgage. With over 14 years of experience, Dawn is a Mortgage Loan Originator who has helped many first-time home buyers, refinancers and all those in between. She receives rave reviews for her knowledge of the local real estate market and ability to close loans quickly.
- Liz Menendez, Sales Associate with Coldwell Banker Residential Real Estate. She earned a B.A. in Business Administration and Finance from USF and has 17 years of experience in the financial areas of banking administration and property management. Liz is a Certified Commercial Investment Member (CCIM) designee, a Certified Negotiation Specialist, a Certified Home Marketing Specialist, and a Certified e-Marketing Specialist.

Tampa Interbay Rotary

Club #4275

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UPCOMING PROGRAMS & EVENTS

- Sep 22 Excellent Residential Real Estate Panel**
- Sep 29 Vicki Sokolik, Executive Director - Starting Right, Now!**
- Oct 6 No Lunch meeting. Possible Social**
- Oct 13 Bob Henriquez, Hillsborough County Property Appraiser**
- Oct 18 Excellent evening event being planned. Mark your calendar!!**
- Oct 20 Janet Echelman, 2016 Winner, International Artistic Achievement Award**
- Oct 27 PDG Ed Odom, District Stewardship Subcommittee Chair - Rotary Foundation projects in Honduras**

TAMPA INTERBAY ROTARY OFFICERS AND DIRECTORS 2016 - 2017

President Bart Valdes
 President-Elect Sherry Perri-Anzalone
 Past-President Ken Hopkins
 Secretary Fred Wallrapp
 Treasurer Arlin Beachy
 Sergeant-at-Arms Bob Krueger

Foundation Chair Rick Borgstrom

Directors

Raquel Anderson Jennifer Potter
 Steve Cooper Margaret Roset
 Rainer Hartneck Doug Smaus
 Don Kopyy

RI President
John Germ

Zone 34 Director
Joseph M. Mulkerrin

District 6890 Governor
Joyce Gunter

Asst. District Governor
Darren Kipnis

Recap of the September 15th Tampa Interbay Rotary Club Meeting by Steve Kauffman

In the absence of our distinguished President Valdes, former President and all around good guy Ken Hopkins welcomed us to another Tampa Interbay Rotary Club meeting. He asked Bob Krueger to lead us in the Pledge to the Flag and, as his custom, Ken led us in reciting the Rotary Four Way Test.

Steve Cooper shared Father Bob's invocation for the day:

"British theologian C.S. Lewis observed correctly that doctors aren't needed to heal people. God could heal people directly. But God decided otherwise to make doctors and medicine the normal channels for healing people. Similarly, God doesn't need prayer to move civil leaders to act responsibly. But God decided otherwise to give every citizen the power of prayer to move spiritual leaders.

"My friends, we must use the power of prayer to influence leadership. If we don't, God will hold us responsible. Amen"

Everyone began to enjoy lunch. Sarge jumped up shortly thereafter and commented "we have no visitors!" Of course, Bob took the opportunity to remind all of us that the September 22nd meeting may be one for the record books! Don't forget to let him know if you plan to join us for the Real Estate Panel next week. It promises to be one of the best meetings of the year. Bring friends!

Happy Dollars followed:

- Robert "the Sarge" Krueger is happy that the Real Estate Panel program is only a few days away! Don't miss September 22nd! We will be looking for a room full!
- Ken Hopkins gave thanks for 31 years of marital bliss as he and MaryAnn celebrate their anniversary. Thanks for the 31 bucks, Ken, and Happy Anniversary!
- Fred Wallrapp will celebrate his 60th birthday next week! Congratulations Fred! He is looking forward to the Disney Wine and Food Festival! Eat, drink and be merry, friend!
- Margaret Roset happy to provide each and every Rotarian 10 tickets for the Brew Ha Ha event in November. Please sell them or give them away, but see that the Club benefits from your generosity. We all need to support this event!

- Ted reminded us all that he will be in a show with his daughter this fall. His wife is opening a "Wizards World" shop soon! Harry Potter, look out! We all hope to get souvenir wands!!

- Sherry Perri-Anzalone has just returned from a wonderful ten-day road trip with her husband. They were in New England, and traveled from Southampton to Maine. Beautiful weather and lots and lots of lobster!

- Jim Crews announced that the Drone Racing event will be covered on ESPN tonight! Wow!

With that, former President Ken continued with his announcements. Other than pushing us all to support the Brew Ha Ha, Ken introduced Steve Cooper, who introduced our guest speaker.

Steve Cooper knows our guest well. He has enjoyed Ram Kancharla's presentations to the Economic Club. Ram is also a Charter member of the New Tampa Rotary Club. He is Vice President of Planning & Development for Port Tampa Bay, Florida's largest port. For more than two decades, he has overseen the Port Tampa Bay's capital improvements, strategic planning, economic development, transportation planning, capital resource management, regulatory compliance, and inter-agency coordination and outreach.

Ram told us that he came to this work quite naturally. His parents were in the shipping business in India and it runs in his blood. He went on to explain that the Port of Tampa is the largest port in Florida (5,000 acres). It processes 36 million tons of cargo per year. Interestingly, fertilizer is one of the biggest exports from Tampa. It also deals in a great diversity of activities, including container shipping, ship repair and, of course, cruise ships. There are no plans, by the way, to increase the height of the Sunshine Skyway Bridge to accommodate larger cruise ships at this time. The economic impact would be negligible.

The port generates \$15 billion in economic impact to our Tampa Bay region, an amazing engine for economic prosperity. There are 179 distribution centers and 69 million square feet of storage space



within 10 miles of the I-4 corridor. The port impacts 25 counties in which the population is approaching 10 million people. Over 80 thousand jobs are impacted by Port of Tampa commerce worth \$15 billion.

One exciting improvement to the Port was the new ship-to-shore cranes for larger container handling. This \$25 million addition will make possible the loading and unloading of larger ships more efficiently.

As time ran out, we thanked Ram for a wonderful presentation and Ken invited him to draw a ticket for the raffle. \$269 were on the line! Doug Smaus won the drawing but failed to find the joker! See everyone next week for the Residential Real Estate Panel Discussion!



Brew HaHa Tampa Bay - November 5th

Tampa Interbay Rotary's upcoming fundraiser to support Starting Right, Now! will be at TPepin's Hospitality Centre.

It's gonna be Terrific!

Check out the details at:

www.brewhahatb.com or
<https://www.interbayrotary.org/events/brewhahatb/>. **GET ON BOARD!!**

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

Sunshine! is D-lectable

According to a study conducted by Dr. Edward Giovannucci of the Harvard School of Public Health, men with lower levels of vitamin D are two and a half times as likely to suffer a heart attack. Giovannucci says, "Those with low vitamin D, on top of just being at higher risk for heart attack in general, were at particularly high risk to have a fatal heart "attack".

Doesn't this make you men want to run outside right now and get your dose of Vitamin D? It should.
(Continued on next page)



Happy Birthdays!



Bill Murray
September 22nd



Jay Hines
September 26th



Steve Kauffman
September 26th

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!

For over 10 years, Dr. Giovannucci has studied hundreds of thousands of health professionals between the ages 40 - 75 who'd survived a heart attack. What he found was that the men who consistently had low levels of vitamin D were the ones most at risk for heart ailments.

"Perhaps having these chronically low levels of vitamin D may be having these subtle physiological changes in a lot of tissues," Giovannucci said. He added that there are other ways vitamin D can defend against heart diseases: it might lower blood pressure, regulate inflammation, and/or reduce respiratory infections in winter.

This study is another one to add to the hundreds of studies that have been conducted over the past several years reporting the benefits of vitamin D3 known as cholecalciferol. [Vitamin D3](#) also improves bone health, decreases risk to multiple sclerosis, decreases risk to all cancers, and helps treat steroid resistant asthma, to name a few.

If you are not getting at least 20-30 minutes of direct sunshine (without sunscreen) daily, be sure to take a good multivitamin that contains at least 1,000 to 4,000 IU daily. Multivitamins usually carry a much weaker variant known as D2, and at a lower dosage so be sure to read your labels and look for vitamins that contain D3 or purchase a stand-alone D3 vitamin to complement your multi.

Enjoy the sunshine and know that Mother Nature rules again!

Minutarian

From DG Joyce Gunter



With 78 Rotarians and 131 total people registered for the District Conference Cruise, we held our third drawing for a free cruise passage last Friday live at the New Tampa Rotary meeting. The lucky winner was New Tampa member Frank Moore, who joins Kelly Machonis of Tampa Westchase and Ed Odom of Fishhawk-Riverview. We will hold our next drawing when 100 Rotarians have registered. There are still two dozen heavily discounted cabins available. Cruise to Cozumel with us!

Tampa Interbay Rotary 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

Brew HaHa Tampa Bay to benefit Starting Right, Now! - November 5

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

Holiday Party - December 1

Salvation Army Bell Ringing - December
Speech Contest - TBA

Cycling For Autism 2017 – March 25

NJROTC Pass and Review (graduation) at Robinson High School - April

Interbay Rotary Installation Banquet - June

District Events

100th Birthday Celebration of the Rotary Foundation - November 14

Rotary Day at the Races - March 11, 2017

District Speech Contest - April

District Conference - March 30 - April 3, 2017

S4TL - June

Rotary Rays Day at the Trop - August

Rotary's fourth World Polio Day celebration, on October 24th, will highlight extraordinary progress in the eradication campaign and emphasize the work that remains before we wipe out the virus for good.

Download the World Polio Day toolkit for information and resources on planning and promoting a successful World Polio Day event, such as a viewing party or fundraiser (Note: To download the toolkit, click on the link in blue above or visit www.rotary6890.org and look on the left side of the page under Rotary News for the link).

How Aging has Changed my Life

Submitted by Father Bob

1. My goal for 2016 was to lose just 10 pounds... only 15 to go.
2. I ate salad for dinner... Mostly croutons & tomatoes ... Really just one big, round crouton covered with tomato sauce... And cheese. FINE, it was a pizza. I ate a pizza!
3. How to prepare Tofu:
 - Throw it in the trash.
 - Grill some meat.
4. I just did a week's worth of cardio after walking into a spider web.
5. I don't mean to brag but, I finished my 14-day diet food in 3 hours and 20 minutes.
6. A recent study has found women who carry a little extra weight live longer than men who mention it.
7. Kids today don't know how easy they have it. When I was younger, I had to walk nine feet through SHAG CARPET to change the TV channel.
8. Senility has been a smooth transition.
9. I may not be that funny or athletic or good looking or smart or talented... I forgot where I was going with this.
10. I love being over 80. I learn something new every day and forget five other things.
11. A thief broke into my house last night. He started searching for money, so I woke up and searched with him.

MISCELLANEOUS TRIVIA

CONTRIBUTED BY DON KOPPY

(Answers at the bottom of the page)

1. Gary Johnson and Bill Ward are running for President and VP in 2016. What political party were they previously as governors?
2. What is the oldest continuously occupied European built city in the USA?
3. In Feb 28, 1854, what political party was organized in Ripon, Wisconsin?
4. What is the longest suspension bridge in the Western Hemisphere?
5. What hotel has the longest porch in the world?
6. Through what state is the heaviest used port of international trade by land?

7. Southwest Airlines flies to which one of the following states? Kansas, Idaho, Montana, Delaware.

8. In a typical bag of M & M's, what is the most prevalent color?

9. In what city was the first Neiman Marcus store founded?

10. According to English history in 1614, English colonist John Rolfe in Virginia, married Lady Rebecca. By what name do Americans know Lady Rebecca?

Gentle Thoughts for Today

Submitted by Father Bob

A penny saved is a government oversight.

The older you get, the tougher it is to lose weight, because by then your body and your fat have gotten to be really good friends.

The easiest way to find something lost around the house is to buy a replacement.

He who hesitates is probably right.

Did you ever notice: The Roman Numerals for forty (40) are XL.

The sole purpose of a child's middle name is so he can tell when he's really in trouble.

Did you ever notice: When you put the 2 words 'The' and 'IRS' together it spells 'Theirs!'

Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it.

Some people try to turn back their odometers. Not me, I want people to know 'why' I look this way.

I've traveled a long way and some of the roads weren't paved.

When you are dissatisfied and would like to go back to your youth, think of Algebra.

One of the many things no one tells you about aging is that it is such a nice change from being young. Ah, being young is beautiful, but being old is comfortable.

- Answers to Trivia
1. Republican
 2. St. Augustine, FL
 3. The Republican Party
 4. Mackinac (MI)
 5. Grand Hotel, Mackinac Island
 6. Michigan
 7. Idaho (Boise)
 8. Blue
 9. Dallas
 10. Pocahontas

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