



2016-2017 Rotary International Theme

Tampa Interbay Rotary

Chartered in 1953

NO LUNCH MEETING THIS WEEK

**NEXT MEETING: THURSDAY, JANUARY 12 - 12:15 P.M.
THE CENTRE CLUB, 123 S. WEST SHORE BLVD., TAMPA**

Speaker at January 12th Meeting

Tampa Police Chief Eric Ward will be our guest speaker. Chief Ward's experience fighting crime in Tampa's District III and his years of serving in Special Operations prepared him for leadership of the city's force, a role he assumed in early 2015. He said he became a police officer at the age of 21 hoping, among other things, to help improve the "strained" relationships between police officers and the poor, black families in his neighborhood. In his 27-year career before becoming Chief, Ward served as the department's Specialty Teams Commander overseeing K-9, Mounted Patrol, Traffic, Air Service, Marine Patrol, Dive Team, SWAT, Hostage Negotiation Team, Bomb Team, Honor Guard and the Special Incident Management Unit. Chief Ward also served as the Florida Department of Law Enforcement's Region 4 SWAT Commander. Each year, Ward helped oversee security at more than 800 city-sponsored events.



Chief Ward's well-rounded career includes assignments in Patrol, the Criminal Intelligence Bureau, K-9, Gang Suppression Unit, Firehouse Program, Street Anti-Crime Squad and Selective Enforcement Bureau. He is a certified instructor in Defensive Tactics, Fitness and Chemical Agents. Before becoming part of the department's command staff, Ward was a member of TPD's Tactical Response Team, Honor Guard and Hostage Negotiation Team. He is also a two-time recipient of the department's Officer of the Month Award. Chief Ward is a graduate of Hillsborough High School, and was raised in public housing in East Tampa. He earned a Bachelor of Arts in Criminal Justice from St. Leo University. He is married with two grown children.

Tampa Interbay Rotary

Club #4275

P.O. Box 320843

Tampa FL 33679-2843

www.InterbayRotary.org

(813) 251-5825

Bulletin Editor

Suzanne Cooper

Stcooper813@gmail.com

UPCOMING PROGRAMS & EVENTS

- Jan 5 **No Lunch Meeting, Possible Social**
- Jan 12 **Tampa Police Chief Eric Ward**
- Jan 19 **Entrepreneurial Ventures - Panel or Speaker**
- Jan 26 **High End Real Estate Panel**
- Feb 2 **No Lunch Meeting, Possible Social at Whiskey Joe's**
- Feb 9 **Speech Contest**
- Feb 16 **Speaker from CARD (Center for Autism and Related Disorders - CFA beneficiary)**
- Feb 23 **Speaker/Topic TBD**

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 Ayres Margaret Roset
 Steve Cooper Doug Smaus
 Rainer Harteneck

RI President
John Germ

Zone 34 Director
Joseph M. Mulkerrin

District 6890 Governor
Joyce Gunter

Asst. District Governor
Darren Kipnis

Recap of the December 15th Tampa Interbay Rotary Club Meeting

By Steve Kauffman

President Bart Valdes welcomed us all to the last meeting of the calendar year! He proceeded to lead us in the pledge of allegiance to the flag, and Rotary's Four Way Test.

Pastor Steve led us in a prayer appropriate for the season and the commitment of our Rotary Club to serve the community.

With a very busy agenda, our Club President shared District Governor Joyce Gunter's Minutarian. He thanked the Club for the wonderful year so far and encouraged us to prepare for the 2017 *Cycling for Autism* event on March 25th.

With that, we enjoyed our wonderful lunch and fellowship.

Ken reported on the Board Nominations for 2017. We are still looking for a President elect to serve in 2018-19! However, we will add to the Board - in July 2017 - Brian Leung, Tony Holbrook, and Chuck Lowe. Welcome to our new Board members. Arlin Beachy will be stepping down as our Treasurer, but Jennifer Potter will step up and serve with distinction!

We welcomed Jacob Biller and Susanne Nielsen, our guests today. Susanne, from Rotary E-Club 34 (www.rotaryclub34.org), exchanged a banner with President Valdes!



Bart started with three Happy Dollars: one for a great six months since he became our President, and second because his Christmas shopping is done, and the third for the upcoming Cycling for Autism.

- Margaret Roset connected with a neighbor while her daughter was dog-sitting and scored a razor scooter for her son!
- Ken Hopkins is happy that his favorite event, Cycling for Autism, will be in the Tampa area (at Whiskey Joe's and the Courtney Campbell Trail). There will be a \$30 rider registration fee this year.
- Jim Crews had returned from his Meals on Wheels run today! Thanks, Jim and all our volunteers!

Ken introduced our distinguished Panel of speakers.

Julia Best Chase, a former prosecutor with ten years tenure at the State Attorney's office and over 70 jury trials and countless bench trials, led a panel discussing collaborative divorce – the process by which parties use mediation and negotiation to dissolve their marriage.

The panel included experts in the various aspects of mediation, accounting, and law:

- Adam Cordover, managing attorney of Family Diplomacy;
- Marie-Eve Girard, a CPA accredited in Business Valuation, and experienced in areas of forensic accounting; and
- Rachel Moskowitz, who practices solution focused therapy promoting both positive and creative thinking while helping families come to practical solutions for present and future.

The focus of the discussion was the distinction between collaborative and litigated divorce. Julia shared that collaborative process makes for a “better divorce.” It is private, settled out of court, and efficient. While collaborative solutions work toward mutually created settlements (win-win), litigated solutions are, by nature, win-lose. Collaborative settlements allow for mutual respect and openness while litigated settlements are adversarial.

Rachel Moskowitz informed us that in terms of communication lines, collaboration allows for spouses to communicate directly instead of through lawyers. It also allows for education and assistance along the way. The focus in the collaborative process is on “solution” rather than “fault.”

Marie highlighted the difference between the collaborative timeline - where spouses determine the timeline (3-6 months) vs. judge-set timelines (1-3 years). Instead of separately retained “experts”, the collaborative approach works to jointly retain the experts for the good of the settlement. Participation is controlled by both spouses in a collaborative approach, in contrast to a judge controlling and making the final decisions.

Finally, Adam shared that the collaborative process allows for private discussions rather than public disputes. Collaboration is less expensive than litigation (which can lead to escalation).

In conclusion, if you or someone you love are concerned about how a divorce will affect your family and your pocket book, consider the Collaborative Divorce Team Approach. You will be glad you did!

Because we collected the annual holiday gratuity for our faithful Centre Club service staff, there was no raffle drawing this week. Children's gifts were also collected for distribution by Metropolitan Ministries here in Tampa.

Merry Christmas, Happy Hanukkah and a Blessed New Year to all!

Happy Anniversary



**David & Theresa
Jones
December 21st**

**(Belated due to
Editor's error!)**

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!

Minutarian From DG Joyce Gunter



Happy New Year! Quick! If I asked you what was your top New Year's resolution, what comes to mind? Lose weight, think straight, be great, don't be late?

The ancient Babylonians are believed to be the first people to make New Year's resolutions, around 4,000 years ago. They were also the first to hold recorded celebrations in honor of the New Year. They made promises to the gods to pay their debts and return any objects they had borrowed. These promises were the predecessors of our modern day resolutions.

What would be the perfect New Year's resolution for a Rotarian? Email your thought to me at JoyceAnnGunter@gmail.com and I will donate \$25 to your favorite charity or project for the top three resolutions. I will share them with you next week!

Health Tips from Preservion, Inc.

Keeping You "In the Know"

By Cindy A. Krueger, MPH

God's Plan for Aging--Worth Repeating

Most seniors never get enough exercise. In His wisdom God decreed that seniors become forgetful so they would have to search for their glasses, keys and other things thus doing more walking. And God looked down and saw that it was good.

Then God saw there was another need. In His wisdom He made seniors lose coordination so they would drop things, requiring them to bend, reach and stretch.

And God looked down and saw that it was good.



Then God considered the function of bladders and decided seniors would have additional calls of nature requiring more trips to the bathroom, thus providing more exercise. God looked down and saw that it was good.

So if you find as you age, you are getting up and down more, remember it's God's will. It is all in your best interest even though you mutter under your breath.

Important Facts To Remember As We Grow Older

#9 Death is the number 1 killer in the world.

#8 Life is sexually transmitted.

#7 Good health is merely the slowest possible rate at which one can die.

#6 Men have two motivations: hunger and hanky panky, and they can't tell them apart. If you see a gleam in his eyes, make him a sandwich.

#5 Give a person a fish and you feed them for a day. Teach a person to use the Internet and they won't bother you for weeks, months, maybe years.

#4 Health nuts are going to feel stupid someday, lying in the hospital, dying of nothing.

#3 All of us could take a lesson from the weather. It pays no attention to criticism.

#2 In the 60's, people took LSD to make the world weird. Now the world is weird, and people take Prozac to make it normal.

#1 Life is like a jar of jalapeno peppers. What you do today may be a burning issue tomorrow.

Please share this wisdom with others while I go to the bathroom, again...

14 WEIRD BRAIN EXERCISES THAT HELP YOU GET SMARTER - FROM READER'S DIGEST (PART 1 OF 2)

Giving your brain new experiences will keep it healthier. Try these mini mental workout exercises to prevent memory loss and sharpen your mind. By Lawrence C. Katz, PhD, and Manning Rubin from the book *Keep Your Brain Alive: 83 Neurobic Exercises to Help Prevent Memory Loss and Increase Mental Fitness*

Brush teeth with your non-dominant hand. Research has shown that using the opposite side of your brain (as in this exercise) can result in a rapid and substantial expansion of in the parts of the cortex that control and process tactile information from the hand. **Brain exercise:** Brush, and don't forget to open the tube and apply toothpaste in reverse, too.

Shower with your eyes closed. Your hands will probably notice varied textures of your own body you don't "see," and will send messages back to your brain. **Brain exercise:** Try using just your tactile senses (although, use common sense to avoid burn or injury). Locate the taps solely by feel, and adjust the temperature. Then wash, shave, and so on with your eyes shut.

Switch around your morning activities. Brain imaging studies show that novel tasks exercise large areas of the cortex, indicating increased levels of brain activity in several distinct areas. This activity declines when the task becomes routine and automatic. **Brain exercise:** Get dressed after breakfast, walk the dog on a new route, or change your TV or news station. Even watching a kids' program like Sesame Street, for example, may arouse the brain to notice how much of what you take for granted is explored in depth by children.

Switch seats at the table. In most families, everyone has his or her "own" seat, but your brain benefits from new experiences. **Brain exercise:** Switch seats to change whose position you occupy, who you relate to, your view of the room, and even how you reach for salt and pepper.

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

Speech Contest - February 9
Cycling For Autism 2017 - March 25
NJROTC Pass and Review (graduation) at Robinson High School - April
Interbay Rotary's 23rd Annual Golf Tournament, Rocky Point Golf Course - May 19
Interbay Rotary Installation Banquet - June
Brew HaHa Tampa Bay - TBA
Holiday Party - December
Metropolitan Ministries Food/Toy Drives - Two weeks prior to Thanksgiving & Christmas

District Events

Rotary Day at the Races - March 11
District Conference - March 30 - April 3
District Speech Contest - April
S4TL - June
Rotary Rays Day at the Trop - August

International Events

Rotary International Convention - June 10 - 14, Atlanta, GA



Make a new connection with your nose. You probably don't remember when you "learned" to associate the smell of coffee with the start of a day. However, by linking a new odor - say, vanilla, citrus, or peppermint - to an activity, you'll alert new neural pathways. **Brain exercise:** Keep an extract of your favorite scent

near your bed for a week. Open it and inhale when you first wake up, and then again as you bathe and dress.

MEMBERS OF TAMPA INTERBAY ROTARY

● Paul Harris Fellow ★ Past Club President ■ Bequest Society
Benefactor ▲ Sustaining PHF * Paul Harris Society PDG - Past District Governor

Raquel Ayres
Class.: Office Design
Spouse: Mike
randerson@workscapes.com 912-661-0220

Arlin Beachy ●
Class: Accountant
Spouse: Wendi
abeachy@rfs-pa.com 491-0007

Rick Borgstrom ●★■#▲*PDG
Class.: Real Estate - Residential
Spouse: Patti
governor98@hotmail.com 503-4236

Patti Borgstrom ●★■#
Class.: Honorary
Spouse: Rick
pattib6890@hotmail.com 336-4751

Brian Burek ●▲
Class.: Tax Accountant
Spouse: Linda
brianb@bbkm.com 282-3400

Steve Cooper ●★▲
Class.: Investment Advisor
Spouse: Suzanne
scooper@baycapital.com 286-1553

Suzanne Cooper ●
Class.: Honorary
Spouse: Steve
stcooper813@gmail.com 892-4342

Jim Crews ●★
Class.: Real Estate Mgmt. - Commercial
Spouse: Molly
jcrews@tampabay.rr.com 250-1820

Ted Hamilton ●★▲
Class.: Commercial Litigator
Spouse: Sarah
tjh@whhllaw.com 225-1918 x 14

Rainer Harteneck ●▲
Class.: Business Broker
Spouse: Heather
rainer@tworld.com 727-488-3676

Bob Hatton ●★
Class.: Real Estate - Commercial
Spouse: Betty
bhhshatton@yahoo.com 837-1551

Jay Hines ●▲
Class.: Historian
Spouse: Noriko
jhines01@tampabay.rr.com 832-6282

Anthony "Tony" Holbrook ●
Class.: Outdoor advertising
Spouse: Elinor Smith
aholbrook626@aol.com 546-8905

Ken Hopkins ●★■#▲PDG
Class.: Information Management
Spouse: Mary Ann
Kenhopkins64@gmail.com 336-471-5709

David Jones ●★▲
Class.: Investment Executive
Spouse: Theresa
davidwesleyjones@icloud.com 837-6967

Stephen Kauffman ●
Class.: Lutheran minister
Spouse: Deborah
srkauff@aol.com 616-401-4545

Bryant King ●★#
Class.: Furnishings/Interior Design
Spouse: Regina
baking53@hotmail.com 917-0201

Robert T. "Rob" Kraemer ▲
Class.: Property Research
Spouse: Debra
contact@igbassociates.com 253-8810

Bob Krueger ●★▲
Class.: Contractor - Design/Build
Spouse: Cindy
bkrueger@brennanLLC.com 443-4791

Brian Leung ●★
Class.: Business Attorney
Spouse: Kelly
brianleung@holcomblaw.com 258-5835

Louis "Buster" Levin ●▲
Class.: Distressed Properties Realtor
Spouse: Dee
busterlevin@gmail.com 294-1420

Charles W. "Chuck" Lowe ●▲
Class.: Life Insurance
Loweins@tampabay.rr.com 727-446-3277

Scott Miller
Class.: Luxury Real Estate
scottwmiller32@gmail.com 310-9713

Bill Murray ●▲
Class.: Dentistry - General Practice
Spouse: Louise
docwillydds@aol.com 843-0083

Sherry Perri-Anzalone ●▲
Class.: Insurance Broker
Spouse: Larry Anzalone
Sherry@summitgroupbenefits.com 361-3444

Jennifer Potter ●
Class.: Commercial Lending
Spouse: Michael
jpotter@my100bank.com 505-0350

Margaret Roset ●★▲
Class.: Financial Consultant
Spouse: David
margaret.rosset@raymondjames.com 835-2427

Stephen Shine ●★▲
Class.: Men's Clothing - Retail
Spouse: Susan
Stephen@Kirbysmenswear.com 253-2681

Doug Smaus ●★▲
Class.: Office Furniture
Spouse: Lisa
Drsmaus@gmail.com 310-0305

Bart Valdes ●▲
Class.: Civil Litigation
Spouse: Heidi
Brv11@dbksmn.com 251-5825

Fred Wallrapp ●★▲
Class.: Telephone Equipment
Spouse: Ana
fred@wallrapp.com 285-0308

James A. Wessman ●★▲
Class.: CPA
Spouse: Elaine
jawess@aol.com 287-2333

Hank Williams ●▲
Class.: Insurance - Industrial
Spouse: Rosa
hgwms2@aol.com 727-450-6650

Walter Woolf ●★#▲
Class.: Veterinarian
Spouse: Linda Fries Woolf
petsfly@aol.com 879-3210 x 223

Revised 12/29/16