



FLORIDA USA

# The Villages–Noon Roclarion

An Award Winning Publication

August 08 2017

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**Photos by : Byron Engen**

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**Anthony Curinga**

Today’s speakers were Dr. Joanne Pitera Studer ( wife of our own Tom Studer) , partnered with Linda Goldsmith ( wife of Arthur Strucklen ) their talk on **well in life”**

with helpful  
Relieve  
lives so that  
our journey

They fur-  
with tips  
Road Map  
Minds”

contained four routes to doing just that: Route 1 Challenge your brain, Enjoy yourself, Stay Healthy and Deal With Stress.

The following is an excerpt from the positive side of one of their hand outs ( just so you will know what you missed).

Positive coping responses to help relive stress:

Listen to Music      Playing with a pet      Laughing or Crying

Going out with a friend (shopping, movie, Dining)

Taking a bath or shower      Doing creative activities

Praying or going to Church      Exercising or getting out to enjoy nature-

Talk to friends or spouse about situations      Gardening

Making home making home repairs Meditation or deep breathing

Making and following through with an action plan to solve your problems

Seeking counseling if you continue to struggle with stress.

If you want to find out more about finishing life well, check out their Web site at [WWW. Action4life.com](http://WWW.Action4life.com)



**“finishing**  
was filled  
hints how to  
stress in our  
we may enjoy  
better.

nished us  
sheet “ A  
For Healthy  
which con-

## Future Programs

08/15

### Club Assembly

Members: 25

Visiting Rotarians and guests: 9

Total attending: 34

### August Birthdays

08 /3 Chase Stroud

8/5 Bett Canfield

08/11 Sue Maddox

08/12 Linda Kamus

08/15 Dean Razzano

08/16 Sandy Razzano

08/16 Bud Mangels

08/16 Mary Grace Royal

08/17 Bob Bredin

08/24 Peg Pickett

08/24 Art Struklen

08/26 Jeanne Lazo

08/31 Wynderlon Blue



## The Four Way Test

Of the things

We think say or do

1. Is it the truth?
2. Is it fair to all concerned?
3. Will it build goodwill and better Friendships?
4. Will it be beneficial to all concerned?
5. Will it be FUN?

## Random Thoughts.

- 100 years ago everyone owned a horse and only the rich had cars. Today everyone has cars and only the rich can afford to own horses.
- Every time you clean something, you just make something else dirty.
- Many animals probably need glasses,
- \* Your future self is watching you right now through memories.

### Make Up Opportunities:

Wildwood—Wednesday 7:30 P.M.

Lake Miona Golf Club

Villages Morning-Thursday 7:00 AM

La Hacienda Recreation Center

Bellview Rotary — Fridays 7:30 AM

Jitter café– Summerfield

Leesburg Rotary—Wednesday 12:15

Leesburg Community Center

Villages Evening — 5PM

Lake Miona Recreation Center

E-Clubs login and follow instructions:

[www.rotaryclub34.org](http://www.rotaryclub34.org)

[www.rotaryclubone.org](http://www.rotaryclubone.org)

[www.rotaryclubcarolinas.org](http://www.rotaryclubcarolinas.org)

Visit your Web Site:

[www.rotaryclubofthevillagesnoon.org](http://www.rotaryclubofthevillagesnoon.org)



**Not feeling well or even worse.  
Let the club know what is going on.?**

Dean's phone number is: home 352-259-5485, cell 913-707-9889.

E-Mail: [cdrazzo@gmail.com](mailto:cdrazzo@gmail.com)

**Happy Birthday Art,**  
Ninety years of being and we all still admire you!!!!



**Art removed the candles, so the smoke alarm would not go off.**

The Pot Grows and the cards diminish, so if you want to miss a meeting, go ahead, that gives the rest of us a better chance to win.

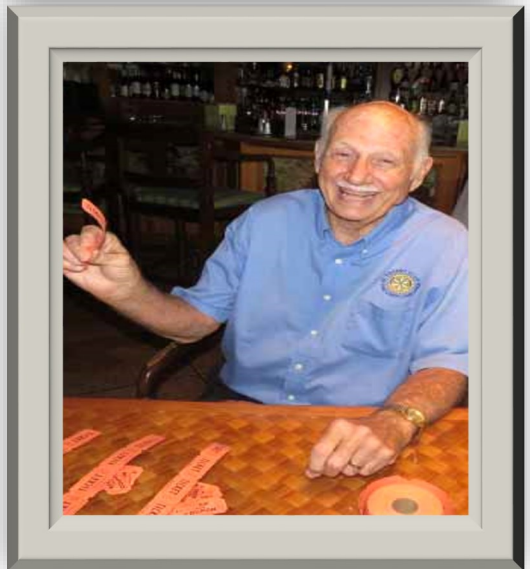
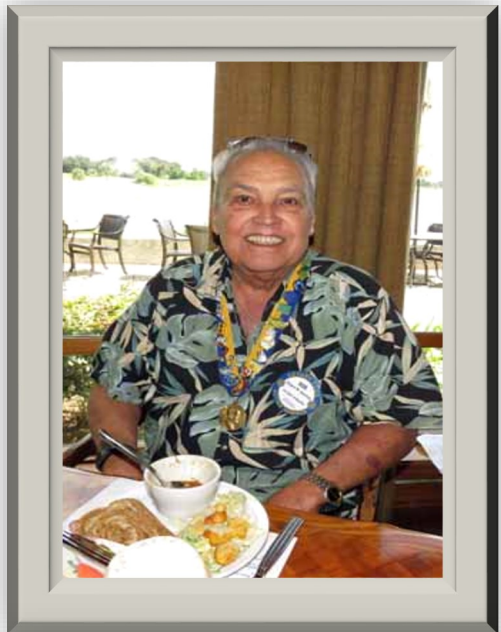
**There are only 44 cards on the table that is all that is left between you and the pot, as Linda Goldsmith draws a Jack of Spades, the Joker is still thee for you.**

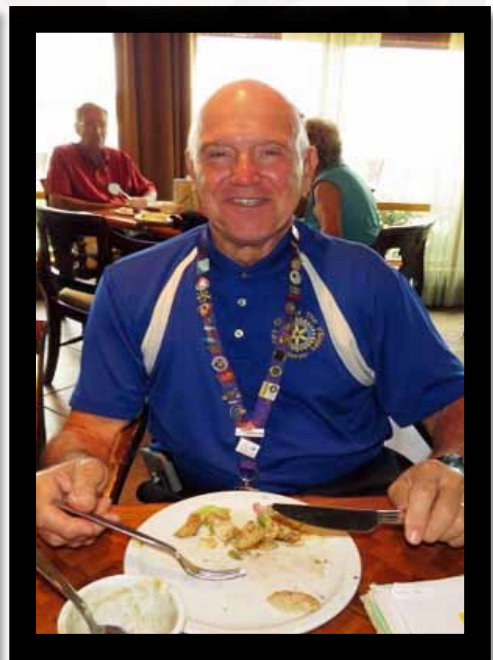
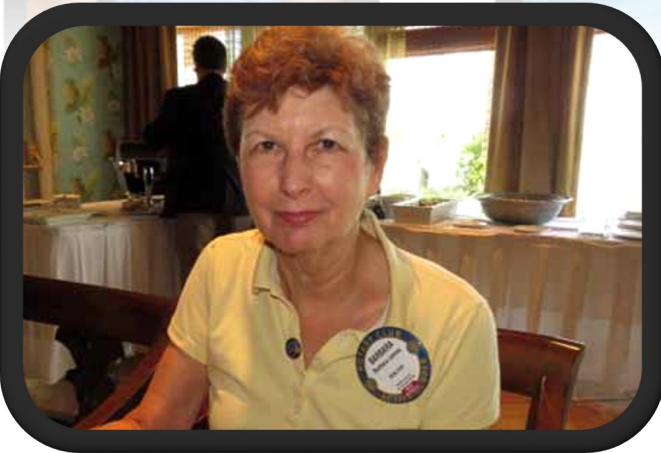
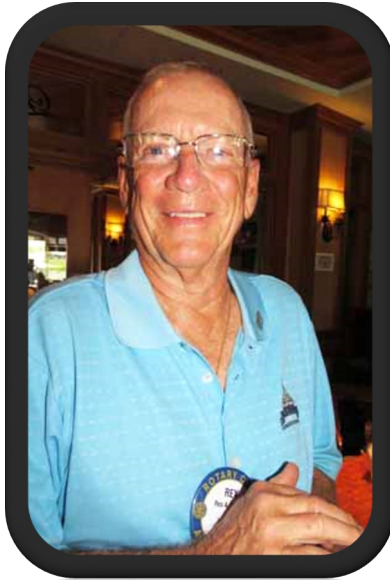


**\$105.00**











## Construction schedule

<u>North Lake &amp; Sumter County</u>	<u>South Lake</u>
August 30, Preservation (Mount Dora) – <b>Site Full</b>	August 10, Preservation (Leesburg) – <b>Need 2 Vols</b>
August 16 & 17, Preser- vation (Wildwood) – <b>Need 6 Vols per day</b>	No sites currently avail- able
August 24 & 25, Preser- vation (Wildwood) – <b>Need 6 Vols per day</b>	
August, New Construc- tion (Veterans Village)- <b>Site *CLOSED</b>	
*Site will open some- time in September, check back soon	

*Please contact Carlos at **352-483-0434 Ext. 119** or  
[carlos@habitatls.org](mailto:carlos@habitatls.org) for details on the above projects.*