



FLORIDA USA

# The Villages–Noon Roclarion

An Award Winning Publication

January 9, 2018

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Our speaker today was Dr. Juan A. Albino of The Village Sleep Lab, Dr. Albino is Board Certified in Sleep Medicine and is a former professor at Harvard Medical College.

His talk was about the dangers of not knowing the signs of Sleep Apnea , over 12-18 million people have Sleep Apnea, 1/2 are not even diagnosed and of those 1/2 are not treated. Sleep disorders are a major problem, they are very common but easily missed and can be disabling but, develop slowly. They can worsen other diseases and can even be fatal.

However they are easy to diagnose and treat.

The good Doctor reminded us of the basics of good sleep habits: Regular times for sleep and awakening, maintain a dark bedroom that is also quiet and cool, try to sleep around 7-8 hours per night, avoid late daytime naps if you have trouble sleeping . There are more ,so you might want to check out his web site at: [www.VillagesSleepLab.com](http://www.VillagesSleepLab.com).

He listed for us some of the common sleep disorders Insomnia, sleep deprivation, sleep apnea, restless leg syndrome, parasomnias and circadian Rhythm Disorders. These you should really check out on the web site.

He talked about the benefits of getting a good nights sleep and also mentioned a local support group for sleep Apnea, coordinated by Phil and Linda Ratiff at 753-8773. They meet at the Cape Hatteras Room, Bridgeport Recreational Center the 2nd Monday of the month at 6:30.



## 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?

### 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)

## January Programs

1/16 The House of Hope.

2/6 Katrina Baggett, American Cancer Society

2/13 Harry Hackney, FL State Guardianship Assn., will speak about Elder Exploitation

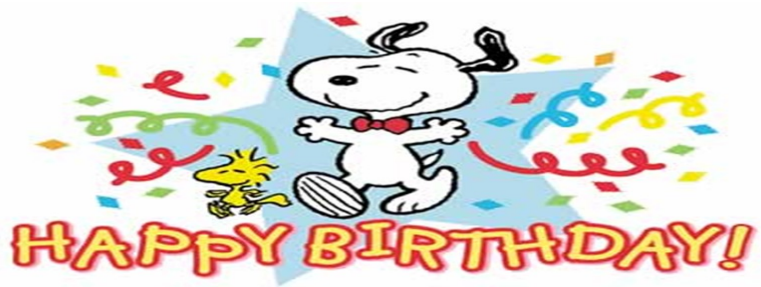
2/20 Club Assembly

2/27 No Meeting

### Attendance:

Regular Members: 34

Visitors : 10



## January Birthdays

01-02 Virginia Cowger

01-15 Hank Vandebert

01-18 Mary Tucker

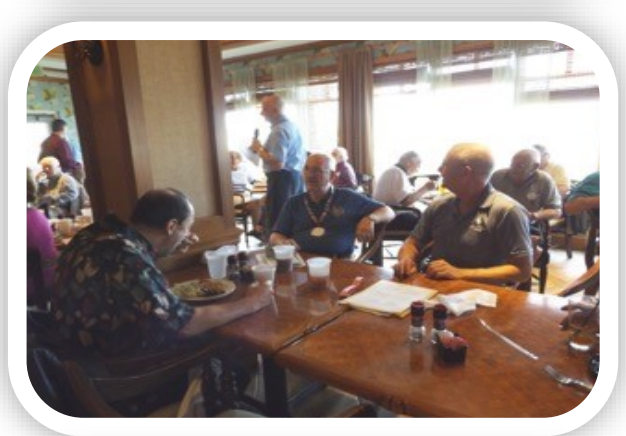
01-18 Jennette McCauley

01-23 Beth Hall

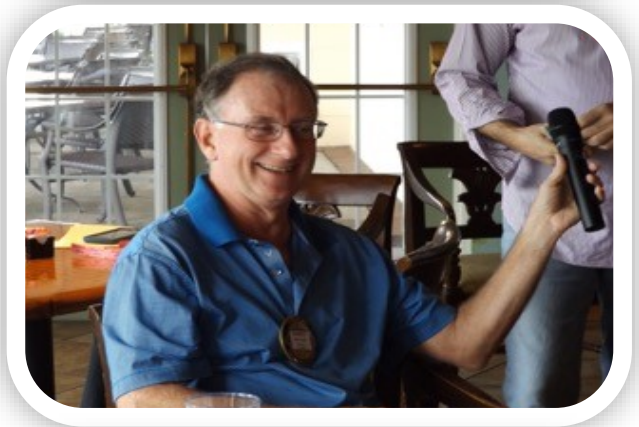
01-24 Dee Thomas

-01-31 Bill De Luccio













## ***SPONSOR FORM***

***March 10, 2018***

**SPONSOR COMPANY**

**SPONSOR COMPANY ADDRESS**

**CONTACT PERSON**

**PHONE**

**SELECT SPONSORSHIP:** ☐ T-Shirt

☐ Paddle ☐ Friend of Rotary ☐ Event

**(Signature)**

☐ Check Enclosed

**Please sign and return with your check payable to Rotary Club of Lake County Golden Triangle, PO Box 1639, Mount Dora, FL 32756. Questions: Email to [centralfladragonboat@gmail.com](mailto:centralfladragonboat@gmail.com) (or contact 352-495-7358)**

### ***T-Shirt Sponsor - \$100***

1. Your corporate name displayed on the back on the Dragon Boat Festival t-shirts.

### ***Paddle Sponsor - \$250***

1. Your corporate name and logo displayed in the Tavares Spring Festival magazine (logo in jpg format must be submitted with Sponsor Form).

### ***"Friend of Rotary"***

#### ***Sponsor - \$500***

1. Your corporate name and logo displayed in the Tavares Spring Festival magazine (logo in jpg format must be submitted with Sponsor Form).
2. A banner displayed on the waterfront. (sponsor must supply banner, 2x6 recommended)
3. Your corporate name displayed on Dragon Boat Festival t-shirts.

#### ***Event Sponsor - \$1000***

1. Your corporate name and logo prominently featured on all event materials, including the Tavares Spring Festival magazine, as well as numerous public address announcements made during the event (logo in jpg format and public announcement text must be provided with Sponsor Form.)
2. Your corporate name listed as sponsor on both Rotary Club of Lake County Golden Triangle and Central Florida Dragon Boat websites, and on any other printed material and articles.
3. A banner displayed on the waterfront. (sponsor must supply banner, 2x6 recommended).
4. Distribution of any product or literature provided by the sponsor to all participants, volunteers and spectators.
5. Your corporate name displayed on Dragon Boat Festival t-shirts.

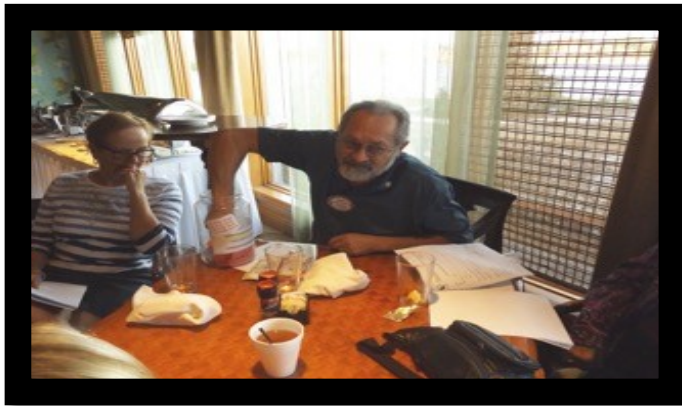
## ***The 16th Annual Central Florida Dragon Boat Festival***

**Sponsored by the  
Rotary Club of  
Lake County Golden Triangle**

***www.cfdragonboat.org  
Facebook.com/  
cfdragonboat***

**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 40 cards on the table that is all that is left between you and the pot, as Hank draws the wrong card , the Joker is waiting for you to start over again next week.**



**Over \$298.00 up still up for grabs**





**If you are not feeling well or are going in  
the hospital for any reason, let us know!!!**

**We are family and we do care.**

**Contact Dean Razzano at:**

**[cdrazzo@gmail.com](mailto:cdrazzo@gmail.com)**

**or 352-259-5485 (h), 913-707-9889 (c)**



## District Upcoming Dates

### January 6 - 13, 2018

Homestay Program

### February 24, 2018

District Grant Seminar for 2018 – 2019

Rosen College of Hospitality

### February 3, 2018

Statewide “Rotary Means Business”

### March 1 – 3, 2018

PETS2

Doubletree by Hilton at Seaworld in Orlando

### March 7 – 11, 2018

RYLA

### March 24, 2018

RLI

Rosen College

### May 3, 2018

Club Officer Submission Deadline

### May 11 – 12, 2018

District Conference and Assembly

Marriott World Center

### June 16, 2018

District Awards and Guards Banquet

### June 24 – 28, 2018

Rotary International Convention

Toronto, Canada

### July 27 – August 4, 2018

Wheelchair Games

Orange County Convention Center

### Miscellaneous Notes



**ROTARY:  
MAKING A  
DIFFERENCE**

# Will you be there to help?



## 38<sup>TH</sup> NATIONAL VETERANS WHEELCHAIR GAMES



### WHAT?

Attracting more than 600 athletes each year and 4,000 volunteers, the National Veterans Wheelchair Games is the largest annual wheelchair sports event in the world. A multi-event sports and rehabilitation program for military service Veterans who use wheelchairs for sports competition due to spinal cord injuries, amputations or other neurological disorders.

### WHEN & WHERE?

**JULY 29 – AUGUST 4, 2018**

All events will take place in the Orlando area.

### WHY?

The Orlando VA Medical Center and Paralyzed Veterans of America Central Florida Chapter are committed to improving the quality of life for Veterans with physical disabilities and fostering better health through sports and recreation. Over the years, the Games have produced a number of national and world-class champions. However, the event provides the opportunity for newly disabled Veterans to get involved and push further than they thought possible. Typically, one quarter of the competitors are new to the Games.

### OUR EVENTS:

Competitive events at the National Veterans Wheelchair Games include swimming, table tennis, weightlifting, archery, air guns, basketball, boccia, nine ball, softball, quad rugby, bowling, handcycling, trapshooting, wheelchair slalom, power soccer, a motorized wheelchair rally, and track and field. Athletes compete in all events against others with similar athletic ability, competitive experience, or age.

**Free. The public is most welcome.**

### HOW TO GET INVOLVED:

[www.wheelchairgames.org/volunteers](http://www.wheelchairgames.org/volunteers)

### SPONSORSHIP CONTACT:

**JOHN DeMAURO**

407.328.7041 • [johnd@pvacf.org](mailto:johnd@pvacf.org)

### PUBLIC AFFAIRS/MEDIA:

**HEATHER FREBE**

407.631.4436 • [Heather.frebe@va.gov](mailto:Heather.frebe@va.gov)



Co-Presented by:



VA | U.S. Department  
of Veterans Affairs



Paralyzed Veterans  
of America

[wheelchairgames.org](http://wheelchairgames.org)



WheelchairGames



#NVRG