



THE ROTARY CLUB OF MEDIA

JULY 2015

Club 5492

Member of Rotary District 7450
Southeastern Pennsylvania, USA

The Medium

Past President
Penelope Reed...
**THANK YOU FOR
YOUR SERVICE!**



Welcome
2015 - 2016
President
Larry Smoose

HONOR FLIGHT NETWORK: HONORING OUR VETERANS



Honor Flight Network (HFN) is a non-profit organization created solely to honor America's veterans for all their sacrifices. HFN flies veterans to Washington DC to visit memorials built to honor their service to the nation and reflect at their memorials. Top priority is given to the senior veterans – World War II survivors, along with those other veterans who may be terminally ill.

In 2015, over 200 groups are scheduled for flights to our nations capital. These veteran groups come from all over the United States.

Of all of the wars in recent memory, it was World War II that truly threatened our very existence as a nation—and as a culturally diverse, free society. According to the Department of Veterans Affairs, an estimated 640 WWII veterans die each day. Our time to express our thanks to these brave men and women is running out.

In another 5-7 years almost all of our World War II veterans will be gone. This tour is their "last hurrah" - the last time they will be recognized as the conquering victors that collectively and literally saved the world. To this day most of Europe is free, most of the Pacific is free and America is free. This freedom came at a very high cost. We can never repay them for what they've done. An "Honor Flight Tour" is simply a small token of our appreciation for everything they've done. Throughout their HFN tour, the Veterans are thanked, recognized and admired for their service. They come home personally knowing how much their country loves them and respects them. Veterans will never forget this gratitude and adoration.

Your donation will help transport veterans to Washington, D.C. to visit THEIR memorials.

July	Program
2 nd	Honor Flight - Recap May 30th trip Greeter: Tony Salloum
9 th	Flight of the Kraken - Vicki Otmani Greeter: Jeff Bordenave
16 th	Classification Talks Greeter: Govinda Mayla
23 rd	President Larry Smoose Greeter: Julie Shopa
30 th	Tyrone Werts: Life Sentence Greeter: Kevin Jones

VICKI OTMANI...READY TO 'FIGHT THE KRAKEN'



Example of a 2-Person Ocean rowing boat

With only the moon and stars brightening the pitch black night sky, Vicki Otmani says she'll feel excitement not fear when she and Ariel Nelson set out to row 2,400-miles across the largest ocean in the world.

Otmani and Nelson are training for the second ever Great Pacific Race. The race starts from Monterey, Calif., on June 4, 2016 and the duo hope to reach Honolulu, Hawaii, by Aug. 10 and become the first female pair to row across the Pacific.

The race is an amazing challenge for Otmani, a lifelong athlete, and Nelson, a self-professed new convert to sports.

Nelson met Otmani, a personal trainer and rowing instructor at the Rocky Run Y. An Oklahoma native, Otmani played tennis and attended Oklahoma State University.

Introduced to the sport of rowing, Otmani moved to Nashville and later to Philadelphia where she joined the Vesper Boat Club.

Otmani trained for distance triathlons, which eventually introduced her to her husband Chris, a fellow triathlete.

After pitching the Great Pacific Race idea to Nelson, the two formed Fight the Kraken last April. The name of their

team is inspired by the mythological Kraken, an enormous, squid-like sea monster, capable of swallowing ships whole and the bringer of certain doom to all who cross its path.

Preparing for their ocean journey, the two have been cross-training and exercising about two-three hours a day. After entering the race in September, the team plans to buy their boat next month.

Their two-person 24-foot boat row boat, which will cost about \$30,000, will be equipped with watertight cabins, water filters and a stash of food supplies. Each boat has a water tight cabin at each end with the rowing cockpit in the middle. Usually one cabin is used for storage and the other as the accommodation, where the crew can rest when they are not rowing. At night, they'll anchor the boat.

Organizers of the inaugural race last summer said each team endures an average of 1 million oar strokes during the trip, while facing 30-foot waves and 50-knot wind gusts. The boats carry no sails or engines and are only moved by oars.

Eleven nations were represented in the Great Pacific Race 2014. (USA, Canada, UK, Ireland, France, Netherlands, Finland, Denmark, Australia, New Zealand and South Korea.)

Burning between 8,000-10,000 calories a day, and losing 10-20 of their body fat, the team will rely on food such as freeze dried meal like beef jerky for energy. Showers and bathrooms will have to wait until the crew lands in Hawaii.

Each boat has a small water maker or desalination unit installed on it. This device uses electricity from the solar panels to force seawater through a fine membrane. This removes the salt from the water and makes it drinkable. Every crew will also have a tracking device, emergency positioning indicating rescue beacon and flares.

Patriotism is not short, frenzied outbursts of emotion, but the tranquil and steady dedication of a lifetime. ~Adlai Stevenson

PRESIDENT LARRY SMOOSE: A SALUTE FROM SAO PAULO

Enjoy a glimpse of the festivities and activities of the 2015 Rotary International Convention in Sao Paulo, Brazil. With photo's, quotes and commentaries about incoming Rotary Intl. President, K.R. Ravindran and his presidential theme for 2015-16, "*Be a Gift to the World*".

President Larry will share his first hand experience from the convention and the benefits that all Rotarian would gain from attending Rotary International Conventions.



TYRONE WERTS: 36 YEARS FROM THE INSIDE OUT

Tyrone Werts was convicted of a second-degree murder in 1975, for which he received a life sentence; however, he was released after 36 years. This was an extremely rare case as the law in Pennsylvania says that if you have been charged with 1st or 2nd degree murder and were given a life sentence, and there is



no possibility for parole. While serving his time at Graterford Prison, in Perkiomen, PA, Werts served as the president of the "Lifers" and made many very influential and positive changes in the prison community.

Werts entered the prison he was a high school drop out. While in prison he worked on his high school degree and even left prison with a college degree from Villanova. He spent time tutoring and mentoring other inmates and became known as a leader within the prison. He established The Lifers' Public Safety Initiative, which is a crime prevention program. His largest achievement was his development of The Inside-Out Prison Exchange Program. The program was originally developed by Lori Pomp in 1997 at Temple University. Werts was most influential in bringing the Inside Out Program to Graterford Prison, where he was serving his time. The program brings together people who are behind bars and college students and has them learn within the same classroom. It encourages them to examine social issues such as crime, justice, freedom, inequality, and more. The hope is that as peers, the two populations from different worlds can share their thoughts on each matter and gain a better understanding of each issue. He was a long-term member of Graterford's Think Tank, which was the main group that developed the Inside Out Program and made it become nationwide program. The program has been known for having great success rates as far as intellectual development between both the students and the inmates participating in the program. It now exists in 20 states and has been implemented into 37 schools.

After his release, Werts continued his work consulting on the Inside-Out Program. Also soon after his release, The Defender Association of Philadelphia hired him as a consultant. Because of his work with decreasing crime rates among those released from prison while serving his own time, he was well known throughout Philadelphia and luckily was able to get his life started quickly after being released.

Werts now speaks at college campuses and other places about crime prevention and shares his story in hopes that it will inspire change in both the law and in our society.

Welcome New Members!



(L-R) New club member Bill Clinton and sponsor Bob Dimond, club President Penelope Reed, new member George Beatty and sponsor Lew Beatty, Jr. (George's grandfather)



Rotary Night @ Phillies Tue., Aug. 4th @ 7:05pm

Join District 7450 Rotarians and friends to watch the Phillies vs Dodgers. DG-E Chad will throw out the first pitch. All children, 18 and under, attending with a Rotary Club will get a Phillies Phan gift bag. Join us on the Rooftop above Ashburn Alley 5:35-8 pm for networking. Concession stands nearby to purchase food and beverages.

All children will have the opportunity to meet the Phanatic 5:45-6 pm. Great photo opp!

See your Club President or their designate for tickets before they sell out.



DAVE GRANLUND © www.davegranlund.com



Rotary Club of Central Delaware County



DRIVEN
TO
GIVE



**LINCOLN TEST DRIVE EVENT
@ 8TH ANNUAL MEDIA CAR SHOW
Sunday, July 12 at 10am - 4pm**

10-Minute test drive equals a \$20 Donation to the Club Charity. State & Orange Streets

4TH OF JULY PARADE 2015

Rain or shine, the parade goes on. This is the 4th year of District 7450 participation on July 4th. Come and show Philadelphia that we are Super Heroes having 110 years of being committed to "Service above Self"



PENNCREST INTERACT CLUB PRESIDENT RECEIVES THE ROTARY INTL. PRESIDENTIAL CITATION



Josh Cadorette (on right), 2014-15 president of the Penncrest Interact Club receives the Rotary International Presidential Citation for excellence from Rotary District Governor Doug Blazey at a recent ceremony aboard the Spirit of Philadelphia.

The award is given to interact clubs that meet specific criteria that include participation in school and community service projects, encouraging students to apply for the Rotary Youth Leadership Award and attend the weekend leadership training event, and working in partnership with their sponsoring club, the Rotary Club of Media. Mary Samuel will be the president of the Penncrest Interact Club for the 2015-16 academic year.

July Birthdays

- 6th - Greg Torre
- 7th - Kerry Dyer
- 13th - Julie Shopa
- 16th - Sally Holub
- 17th - Govinda Malya
- 18th - Dennis Slostad
- 22nd - Alex Karkenny
- 26th - Jack Sproul
- 28th - Tony Cavaliere



"Food, Friends & Fun Since 1951"
DIGNAZIOS
Towne House
RESTAURANT & BANQUET FACILITY

JULY MENU

- 2nd - Chef Salad - or - Chicken Parm
- 9th - Ham & Cheese Wrap - or - Open Face Turkey
- 16th - Italian Wrap - or - Spaghetti w/Meatball
- 23rd - Chicken/Tuna Bowl - or - Crab Cake Sandwich
- 30th - Chef Salad - or - Filet Tips over Rice

SMART PHONES: As a courtesy to our speakers, please defer from texting, emailing, or otherwise using your Smart Phones during announcements and presentations



This Newsletter has been made possible by the generosity of Tom Gregory and Professional Duplicating
www.ProDupe.com

