

Happy Thanksgiving

CAPE CORAL GOLD COAST

Rotary District 6960



November 20, 2020

Birthdays

Sam Mazzotti
December 8th

Wedding Anniversaries

Bradley P. Corbett
November 20th
Randall B. McGruther
November 24th

Speakers

November 27 - No Meeting, Happy Thanksgiving!
December 11 - Erin Broussard, Hope Clubhouse

Speaker Hosts

Information Coming Soon

Club Meeting

Cape Coral Goldcoast
Meets at Gulf Coast Village,
Auditorium, Main Building
1333 Santa Barbara Blvd.
Cape Coral, FL 33991
Time: Friday at 11:45 AM

Not quite ready for an in-person meeting? Rotarians, Visiting Rotarians, and other guests may contact Brad Corbett at 715-451-5684 for a Zoom meeting invitation.



President's Message



Holiday Greetings! As we move toward the seasons of giving thanks and giving presents, one recipient to keep in mind is the Goldcoast Student Scholarship Fund. The Board has approved establishing a

Go-Fund-Me page for the scholarship in December, with the goal of raising \$10,000 in 30 days. These funds will be in addition to those we raise with the reverse raffle tickets. Fortunately, this is one fundraiser that COVID-19 will not be cancelling. So tell your friends and all supporters of Cape Coral students of this great opportunity to help some highly deserving high-school graduates.

Yours in Rotary,

Brad



Visitor Form for In-Person Meetings

Gulf Coast Village has a screening form for visitors to its facility, including Goldcoasters. [Review the form](#) to ensure you are eligible for admission to meetings.

Overcoming Pain

Friday, November 20, 2020

Michelle Avola, Director of Development of the Southwest Florida Free Pain Clinic, spoke to Goldcoast last Friday. The Clinic, established in 2010, offers services to low-income, uninsured individuals dealing with pain. The Clinic provides alternatives to opioid prescriptions and over-the-counter pain medicines. Using chiropractic care, massage therapy, acupuncture, physical therapy, lifestyle counseling, etc., the Clinic provides patients with comprehensive pain treatment plans addressing physical, emotional and spiritual needs. Open two afternoons a week in Fort Myers, the Clinic is staffed by licensed health care providers.

Michelle spoke from personal experience, having undergone pain therapy for injuries from a car-bike collision and for fibromyalgia. She noted that 1 in 5 people suffer from ongoing pain, which can be debilitating and lead to depression. Unfortunately, the Clinic is the only free clinic of its type in Florida and perhaps in the whole country.




Virtual Arts Festival

The 2021 Cape Coral Arts and Music Festival is being cancelled as an in-person event and instead will go virtual January 4th through January 31st. The Rotary Club of Cape Coral (morning club) decided to cancel their live event, a major fundraiser, due to COVID-19.

[Click Me for the
 Rotary Application!](#)



Rotary  **The Four-Way Test**
 of what we think, say or do

1. Is it the truth?
2. Is it fair to all concerned?
3. Will it build good will and better friendships?
4. Will it be beneficial to all concerned?

THESE MEMBERS ARE HELPING TO SUPPORT YOUR CLUB NEWSLETTER

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Club Leaders



Bradley P. Corbett
President



Donald H. Thomas
President-Elect
Rotary Foundation Chair



Lisa A. Musial
Club Director
Secretary



Mabelle Shirk
Treasurer



Michael Chatman
Club Director



Olin Hill III
Club Director



Neil E. Masse
Club Director



Dylan Zsebe
Club Director



Robert D. Knight Jr.
Membership Chair



Wendy Irene Piascik
CCO-Club Comm. Offcr



Edward Keith Roos
Sergeant-at-Arms



Phil Deems
iPast President



Suzanne Vasbinder
Area Governor