



2020-2021 District 6930  
Club of the Year

# The Eco Friendly Rotary Club Newsletter

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



July 9, 2024

The Official Newsletter of the Eco Friendly Rotary Club

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## Service Above Self

### Eco Friendly Rotary Club Established in 2020

Dist.6930 Governor: **Jula Babbitt x2**

DG Elect: **Marcia Gaedke**

President: **Sam Bourgeois**

President Elect: **TBD**

Secretary: **Connie Hagglund**

Treasurer: **Suzie DeBusk**

Past President: **Denise de Prouw**

President Elect Nominee: **Jen Reed**

Director at Large: **TBD**

Fellowship Chair: **Kimberly Carroll**

Foundation: **Suzie DeBusk**

Sgt. At Arms: **Suzie DeBusk**

Charities: **Connie Hagglund**

Club Newsletter: **Suzie DeBusk, Ailish Nic**

**Phaidin, Linda Seals**

Technology: **Sam Bourgeois**

Membership: **Ailish Nic Phaidin**

Nominating: **Michael Holliday, Suzie De-  
Busk, Alannah Nic Phaidin**

Socializing: **Suzie DeBusk**

### Get Involved!

Lots of opportunities and committee jobs to help you get engaged and involved.

Reach out to [Jula Babbitt](#) or [Suzie DeBusk](#) to discuss how you can best use your skills!

## SPEAKERS

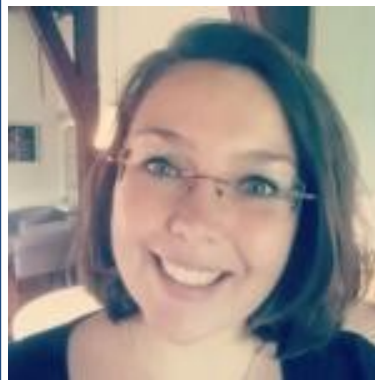
July 9—TBD

July 16—TBD

July 23—Suzie DeBusk—  
Membership

July 30—Marcy Ullom—TBD

**WE NEED SPEAKERS! Help us find  
folks to present to us!**



### Eco Friendly Year 2023-2024 Recap President Denise de Prouw

By Ailish Nic Phaidin

President Denise De Prouw was our speaker to-day. This is Denise's final meeting as President of our Club. All members thanked Denise for her enormous work and for steering our club through a year of ups and downs – mostly ups. Denise kindly took on the job of being our President on July 1<sup>st</sup> last year and our members fully supported her throughout. Wonderful job Denise!!! Thank you so much.

Denise gave an overview of the results of the goals she set last July and analyzed the results and achievements.

- ◇ Club Service Activity: Goal of 15. Reached 5 --- excluding the many service activities Jula partook in.
- ◇ Social Activities: Goal of 2. Reached at least 2.
- ◇ Rotary Action Group participation: Goal of 1. Reached 1.
- ◇ District Conference Attendance: Goal of 2 for international conference. 0 at District Conference.
- ◇ Rotary Fellowship: Goal of (10). Awaiting Kimberly's results, 10 as of now.
- ◇ District Learning Participation: Goal of 4 – overachieved that goal
- ◇ Money contributed to Rotary Foundation annual Fund: Goal of \$5,000. We have over \$5,000 (per Sam) once the accounting is completed.
- ◇ Service Project: Goal 3. Achieved: 0 (TBD Jula's many service activities with other clubs). Denise will adjust this after the meeting.
- ◇ PolioPlus Contributions: 0
- ◇ Youth Exchange Program (Inbound): Goal 1. Achieved: 0
- ◇ Youth Exchange Program (Outbound): Goal 0. Achieved: 0
- ◇ Rotaract: Goal 0. Achieved: 0
- ◇ Club Membership: Goal: 30 (from a number of 24). We lost 3 members this year. (Club BoD will discuss making Kathleen an honorary member)
- ◇ Interact Club: Goal: 0. Achieved: 0
- ◇ Online Presence: Achieved the goal of 5 (probably more).

**Thanks again, Denise for all of your hard work and enthusiastic leadership!**

### Zoom In—Donna Ashworth

In one century, none of us will be here. We'll all be back to the earth that grew us, or dispersed among the stars which imploded so long ago, to give us the building blocks we needed to make this life. And if you have any faith at all in the unexplainable, there we will be. Wondering what all the fuss was about. Wondering why we gave away years of living when we were supposed to use the pain to hyper-focus on the moment. Hyper-focus, if you can. Zoom in on the details. Get right up in the face of this gift we are given because it is but a beat in this magical masterpiece. One century, out of 45 million so far.

**Zoom in. Be here. Let's go.**

**Contact us at:**

**Eco Friendly Rotary Club**  
**365 Gus Hipp Blvd.**  
**Rockledge, FL 32955**

**VIRTUAL ZOOM MEETINGS**

The recording of the meeting from last week is here:

[Last week's meeting video](#)

To attend this week's meeting, go here:

[Weekly Meeting Zoom Link – Eco Friendly Rotary](#)

Meeting ID: 812 6839 5230

Passcode: 6930

**Meet with Other Rotary Clubs****Cocoa – Tue. 12:15 PM**

Brevard Community College, Cocoa

**Cocoa Beach – Wed. 12:15 PM**

International Palms, Cocoa Beach

**Cocoa Beach Day Break – Tue. 7:15 PM**

Roberto's Little Havana, Cocoa Beach

**Eau Gallie – Tue. 12:15 PM**

Cuizine, Satellite Beach

**Eco Friendly Rotary Club – Tue. 12 PM**

Via Zoom

**Indianlantic – Wed. 12 PM**

Eau Gallie Yacht Club, Indian Harbour Beach

**Melbourne – Thu. 6:30 PM**

Island Pasta, Melbourne

**Melbourne Beach – Tue. 7:30 PM**

Ocean Side Pizza, 300 Ocean Ave., #6

**Merritt Island – Thu. 5:15 PM**

Island Lincoln Mercury Jaguar Land Rover

1850 E. Merritt Island Cswy., Upstairs

**Merrit Island Breakfast – Wed. 7:15 AM**

Victoria's Restaurant

**Palm Bay – Thu. 12 PM**

Broken Barrel Tavern

**Rockledge – Thu. 7:15 AM**

Twisted Birch at Turtle Creek Golf

**Suntree – Fri. 7:30 AM**

Suntree Country Club

**Titusville Sunrise – Tue. 7:15 AM**

River Lanes, 800 Cheney Hwy.

**Titusville – Thu. 12 PM**

LaCita Country Club

**Viera Club – Wed. 12 PM**

Amici's – The Chef's Table, Suntree

**Other ways to help!**

- ⇒ **Don't forget to join Treekly**—Let's turn our footsteps into forests. Download the Treekly app and join our group 'Eco Friendly Rotary'. <https://bit.ly/treekly> Group code: T-YQZXV
- ⇒ **Join ESRAG**—Environmental Sustainability Rotary Action Group—It's FREE!!
  - ESRAG Info: <https://esrag.org/>
  - ESRAG Oceania: <https://esragoceania.org/>
  - Membership: <https://esrag.org/membership/>
- ⇒ **#IFixThePlanet**

*Come Sail Away*

**2024/2025 District Conference**

**November 7-10, 2024**  
**Port Canaveral**



**Rotary**  
 District 6930

**Rotary Web Sites**

- ◆ [Eco Friendly Rotary Club](#)
- ◆ [Rotary Leadership Institute](#)
- ◆ [District 6930 Web Site](#)
- ◆ [Rotary International](#)
- ◆ [Rotary E-Club One](#)
- ◆ [Rotary Shirt/other items](#)
- ◆ [Rotary Fellowships](#)
- ◆ [Eco Friendly Rotary Shirts](#)
- ◆ [Eco Friendly Rotary Facebook](#)

**Building Emotional Intelligence in Children by**  
**Practicing the five steps of emotion coaching**

- ◆ Step 1: Be aware of your child's emotions.—Parents who emotion coach are aware of their own feelings and sensitive to the emotions present in their children. They do not require their child to amp up their emotional expression for the feelings to be acknowledged.
- ◆ Click here to purchase this printable poster.
- ◆ Step 2: See emotions as an opportunity for connection and teaching.  
 Children's emotions are not an inconvenience or a challenge. They are an opportunity to connect with your child and coach them through a challenging feeling.
- ◆ Step 3: Listen and validate the feelings.—Give your child your full attention while you listen to their emotional expression. Reflect back what you hear, thus telling your child you understand what they're seeing and experiencing.
- ◆ Step 4: Label their emotions.—After you have fully listened, help your child develop an awareness of and vocabulary for their emotional expression.
- ◆ Step 5: Help your child problem-solve with limits.—All emotions are acceptable but all behaviors are not. Help your child cope with his or her emotions by developing problem-solving skills. Limit the expression to appropriate behaviors. This involves helping your child set goals and generating solutions to reach those goals.

**The way we speak to our children becomes their inner voice. ~ Peggy O'Mara**

Excerpt from: <https://bit.ly/3zAEJHK>



## ARGYLE SWEATER

THEY'RE NOT REAL. I SAW HER AT  
TOYS R US BUYING THE ATTACHMENT.

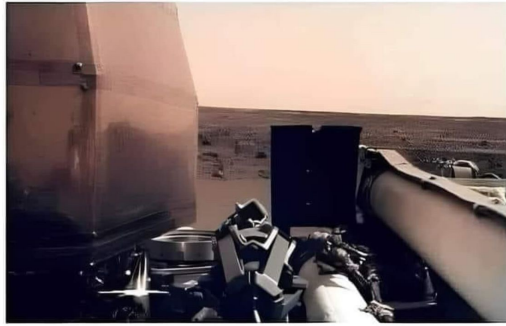


**Me yelling at Squirrels in the street to move so they don't die is probably the same feeling God has watching me live my life most days.**



Neil deGrasse Tyson

Jenkins Juile · 12h · 🌐



Scientists have again landed a spacecraft on a proverbial dime on a planet 40 million miles away that rotates at 241 metres per second. Think I'm gonna trust them on this climate change stuff.

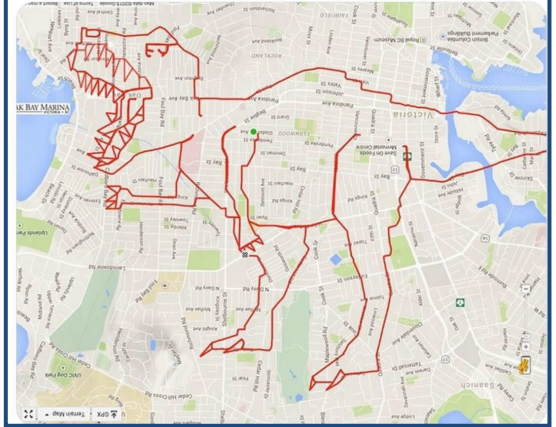


jake

@squidslippers

we had to work with a partner in math today & i got paired with this really quiet kid & i noticed he had a lot of change in his backpack & i asked him why & he told me that he works as a janitor at the school & he saves his change to put in expired parking meters on campus.

If you're having a bad day, please remember that a man from Canada known as Cycleangelo uses a GPS tracker of his bike rides to draw pictures.



"Organizing your finances is key!"

Me:



Seneca

@CryptoSeneca

Easy to spot a yellow car when you are always thinking of a yellow car.

Easy to spot opportunity when you are always thinking of opportunity.

Easy to spot reasons to be mad when you are always thinking of being mad.

You become what you constantly think about. Watch yourself.

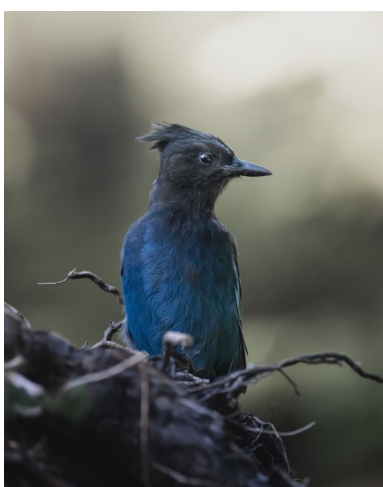
This security guard at magic kingdom asks every princess for their autograph. The reactions are priceless, they can't believe he thinks they're a real princess 😭







Moon with geese—Jim Wright—  
@stonekettle



Stellar's Jay—  
lux.opus.photography



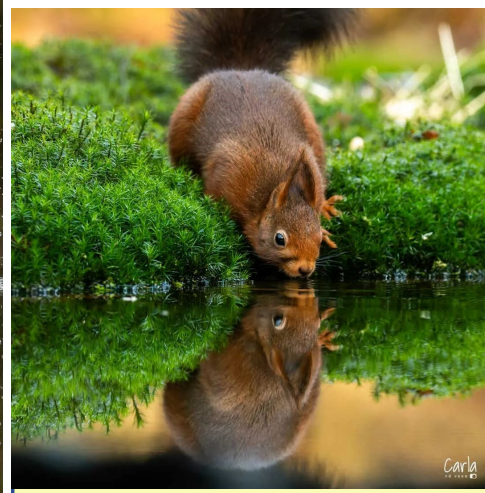
Purple-throated Mountain-gem—Bernard Van Elegem



Puffin with dinner—@carla\_vd\_veen



Double Image Kingfisher—@carla\_vd\_veen



Squirrel—@carla\_vd\_veen



Kingfisher Landing—@carla\_vd\_veen

## 6 Day Alberta and Rockies Unique Tour

This is a 6 day tour. DAY 1 Arrive Calgary - Transfer to Hotel  
Hotel: Sheraton Suites Calgary Eau Claire or Similar DAY 2 Head-  
Smashed-In Buffalo Jump (Optional) - Prince Wales Hotel - Waterton  
Town - Cameron Falls- Redrock Canyon Hotel: Sheraton Suites Calgary  
Eau Claire or Similar DAY 3 Banff - Johnstons Canyon - Bow Falls -  
Surprise Corner - Gondola (Optional) - Townsite visit Hotel: Banff Aspen  
Lodge or Similar DAY 4 Columbia Icefields: Glacier Skywalk and Ice  
Explorer Tour on Snowcoach & Skywalk (Optional) - Peyto Lake  
Hotel: Banff Aspen Lodge or Similar DAY 5 Lake Louise with lunch at  
Chateau Lake Louise (Optional) - Yoho Park - Emerald Lake - Spiral  
Tunnels - Natural Bridge Hotel: Sheraton Suites Calgary Eau Claire or  
Similar DAY 6 Drumheller - Royal Tyrell Museum - Horseshoe Canyon -  
Hoodoos - Return to Calgary Hotel accommodation is not included for  
Day 6 and should be booked by each participant Itinerary - Calgary  
Tours will try its best to reduce the impact on customers due to data  
errors (such as the website itself) and any other reasons but does not  
assume any losses or legal liability. If there is any discrepancy between  
the content of the website and the notices, regulations, contracts,  
instructions, itineraries, and other documents issued by the company,  
the final confirmation document sent by the company shall prevail. -  
Calgary Tours has the right to change the order of the tour or cancel any  
tour items and accommodation locations in the itinerary and has the  
right to extend or shorten the itinerary. Group members may not object  
for any reason. - Any losses or additional expenses incurred during the  
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illness, bodily injury, accident, death, deterioration of services,  
inconvenience, loss of enjoyment, disappointment, or frustration (either  
mental or physical), attributable to a fault, negligent act or omission by a  
provider or any employee thereof. Each agency has various regulations; it  
is responsible for passengers, and in case of accidental casualties or  
property damage, it should be resolved in accordance with the safety  
regulations established by various agencies.



🕒 Tour Start Date **June 14, 2025** And Tour End Date **June 19, 2025**

Interested





canada.calgarytours.ca



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[Print Itinerary](#) [Add To Favorites\(0\)](#)

## 6-Day Rockies Tour | Banff & Columbia Icefield & Yoho & Waterton National Park & Drumheller

**C\$ 1654.00** CAD/Up

Product No. : 2030

Tour Code : **IRO06R-250614-ITHF**Departure City : Calgary Airport  
(Include PU/DO)End City : Calgary Airport (Include  
PU/DO)

Duration : 6 Day

Local Or Airport Pick-up : Airport  
Pick-up  
Tours

Service Language : English

Overall Score : ★★★★★

Service Rating : ★★★★★

### Features And Introduction

- **Stay Calgary Downtown, Banff Town Centres - Easy access for shopping & restaurants**
- Visit 4 stunning national parks - Banff/YOHO/Jasper/Waterton Lakes National Park
- Visit Bad Land & Royal Tyrrell Museum (Optional)
- Stop at Lake Louise for 2 hours--Enjoy Deluxe Lunch at Chateau Lake Louise (Optional)
- Special arrangement to Johnston Canyon walk & Icefield Parkway (Optional)

**2025-06**

June 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14 C\$ 1654.00
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5
6	7	8	9	10	11	12

⚠ If Sold Out. Please Call Us: 403-276-7816 \*[low]-might Need

To Wait For Re-confirmation

Choose Date And The Number Of Guests

Departure Date : [Click Calendar On T...](#)

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