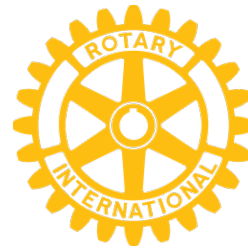


# Rotary

## Club of Sanibel-Captiva



Welcome New Member

### Welcome New Member Richard Hassad!



**Richard Hassad CPIA, Account Executive**

Richard has over 10 years of experience in insurance. He enjoys helping clients to navigate the complex insurance marketplace in Florida. He loves being a part of leadership and being a member of an amazing team at work. When not at work, he spends time with family, exercise, reading up on his favorite topics, scrolling on his phone, as well as socializing with family and friends. He moved to Cape Coral in 2000 from Guyana, South America.

Welcome Richard!

### From Red to Blue!

### Red to Blue!



### We are happy to announce that Kate Stone Pujol & Mark Brislin became official "Blue Badge" carrying members of the Sanibel-Captiva Rotary Club.

This is no easy task! To transition from a red badge to a blue badge Rotarian, and to help new members become better acquainted with Rotary and answer questions about procedures and opportunities for Rotary Service, they must complete certain tasks. They are:

1. Login to the District and Club Database at DACdb.com
  - Confirm your Login Name and Password are working.
  - Click on My Data, add your photo and update your other information.
2. Review the Club's website at Rotary Club of Sanibel-Captiva (sanibelrotary.org)



### Speakers

**February 14, 2025**

Robert Monk  
Arts and Crafts  
Festival Preparation  
Meeting

**February 21, 2025**

Jesse Bryson  
I Will Mentorship

**February 28, 2025**

Jim Hinck  
The Rotary  
Foundation

**March 07, 2025**

TBD  
TBD

### Birthdays

Stanley E. Grogg  
February 21st

Guy H. Tober  
February 27th

Heather S Scott  
March 1st

Michael M Young  
March 8th

Bob Stern  
March 9th

John Anthony Raho  
March 12th

### Wedding Anniversaries

John Anthony Raho  
February 14th

Joleen Mercedes  
Raho

February 14th

Jennifer Lusk  
February 16th

Lee Almas  
February 22nd

Gayle A Dendinger  
March 4th

### Years of Service

Michael F. Raab  
02-22-2007  
18 Years

Greg Thomas  
Scherer  
02-20-2015  
10 Years

Heather S Scott  
03-01-2019  
6 Years

Lillian L Conrad-  
Decker  
03-01-2024  
1 Year

- View the home page. Review the items on the Top Menu and Sub-Menus.
- Click on the Arts & Crafts Festival link and review the page.
- 3. Review the Rotary International website at Rotary International (rotary.org)
- Click on the top menu and scan each of the menu items: About Rotary, Get involved, Our Causes, Our Programs, etc.
- 4. Go to My Rotary (my.rotary.org) and Register. This Rotary International site contains information and videos Rotarians need to complete this checklist.
- 5. Go to My Rotary - Learning Center.
  - View General Courses and review the Rotary Basics course (Rotary Basics).
  - View General Courses and review the Preventing and Addressing Harassment course (Preventing and Addressing Harassment).
  - View Membership Courses and review the Microaggressions course (Microaggressions).
- 6. Meet as many members as possible. Sit with a different group each meeting.
- 7. Serve as Club Greeter for at least two meetings.
- 8. Lead the club in the Four Way Test.
- 9. Volunteer for a Rotary Service Project.
- 10. Attend a Board of Directors meeting or Trust Board meeting to observe the internal club operations. (The Club Board meets the 4th Tuesday each month at 5pm, and the Trust Board meets on the 3rd Wednesday at 7:30am.)
- 11. Serve on at least one Club Committee
- 12. Have Fun!

New Members are very encouraged to:

- Visit another Rotary Club in the area and experience their meeting. Your mentor may be able to accompany you.
- Attend a 6960 District function and/or the Rotary Leadership Institute (RLI). Cost is covered by Sanibel-Captiva Rotary Club.
- Invite a guest to a Rotary meeting. (Breakfast is free for the guest)

How many of these items have you completed?

## Congratulations Kate & Paul!

### Feed My Starving Children

Our Club, as well as the Sanibel School's Interact Club, participated in the Feed My Starving Children packing event. Organizers of the event committed to raising \$70,000 and gathering 600 volunteers to pack and produce 184,000 meals. Wow!



In this picture, Clair Beckmann won a gift card at the Volunteer Expo, which Rotary participated in last week. Clair donated the gift card to Paul Hawkins, President Elect of Rotary, who in turn donated it to the Sanibel School Interact Club, who in turn donated it to Dave from Feed My Starving Children!







### Silent Auction

## Silent Auction Basket Assembly



President Rachel helps create one of the many baskets that will be auctioned off at this weekend's Arts & Crafts Festival. Although it looks like she may have already started her day drinking, she should definitely wait until after it to start! (Just kidding!!!)

### Arts & Crafts Festival Awards

From Sally, Volunteer Coordinator Extraordinaire:

Here are some Do's for volunteering at this event:

1. Do park *behind* the Periwinkle Place Shops. (Even if you have to drive past that perfect parking place right in front of the Community House to do so.)
2. Do wear your Rotary Volunteer T-Shirt, either the one you have had for years or the one that you'll be able to purchase at Friday's Rotary meeting or at the event itself. We need to be able to identify our volunteers in the throngs of people.
3. Do check in with Sally when you arrive. She'll be sitting at the table with the Silent Auction people.
4. Do show up with your generous, open, Rotary spirit. You may find out that we ask you to switch jobs to something that you didn't plan to do. You might have to sit around and do not much for a bit until that task that we really need you to do needs to be done. You might be engaged in a lovely, fun conversation with your favorite Rotary buddy and get interrupted to go take out a bag of trash. In an event this large, the best thing you can do is live into our Rotary ideals when unpredictable needs arise.

In the spirit of the Super Bowl this weekend (go Chiefs!), this week's awards are:

The "Injured Reserve List" Award goes to *Chet Sadler and Lee Almas*. Get well soon, and no one else is allowed to have surgery or get sick next week!

The "Put Me In, Coach" Award goes to everyone who signed up this past week.

The "I'm Calling an Audible" Award goes to everyone whose plans have changed and need to change their shifts. Life

happens and will continue to happen, thank you to all you awesome Rotarians for being flexible as we make changes on the fly.

The "Taylor Swift (girlfriend of Travis Kelce, of course) Radical Generosity" Award goes to Victor Mayron (not even a member of our club) for his beautifully handmade wooden charcuterie board with the Rotary logo, and to Mary Bondurant who has donated to the silent auction since she will be absent.

Finally, The MVP Award goes to every Rotarian who has said "yes" to working! You are choosing to give your time to work hard and have fun, because you know the bigger picture: Everything we do goes to fund our grants and change the lives of children, students, and adults in our community and around the world. You rock, and it's a joy to work with you!

### Silent Auction

We have over 250 donated Silent Auction Items and need YOU to invite your neighbors and friends to come and bid mightily. From amazing art to dinners to gift certificates...we have it all. Please do your part and open your heart and your wallet so that we might help those in need with our grants.

Huge, huge, huge thanks to all you wonderful Rotarians who donated mightily. You are appreciated!

Clair Beckmann  
303-319-2435 cell

[clairann2000@yahoo.com](mailto:clairann2000@yahoo.com)

### Digging Deep!

### Storage Wars?



A big thank you to this gang who helped get the Arts & Crafts Festival supplies from storage and then enjoyed a delicious breakfast at the Summerlin Cafe!

In case you missed it!



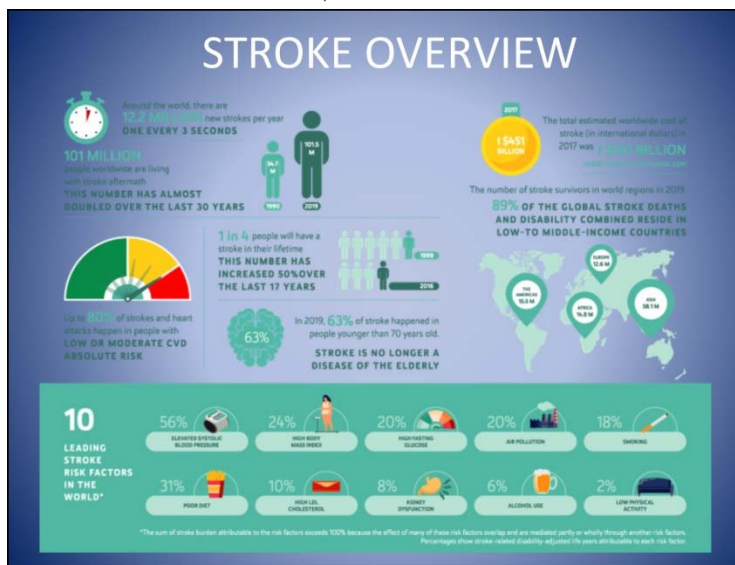
Last Weeks Speaker:  
Bob Stern,  
Stroke Treatments



Stroke remains the second-leading cause of death and the third-leading cause of death and disability in the world.

The estimated global cost of stroke is over US\$891 billion (1.12% of the global GDP2019).

From 1990 to 2019, the burden (in terms of the absolute number of cases) increased substantially (70.0% increase in incident strokes, 43.0% deaths from stroke)



Factors that lead to stroke are (in the order of risk):

- Dietary risk factors
- High BMI
- Smoking
- High fasting glucose
- Alcohol use
- High LDL cholesterol
- Impaired kidney function
- Low physical activity

In the United States in 2022, 1 in 6 deaths (17.5%) from cardiovascular disease was due to stroke.

Every 40 seconds, someone in the United States has a stroke.

Every 3 minutes and 11 seconds, someone dies of stroke in this country.

Every year, more than 795,000 people in the United States have a stroke.

About 610,000 of these are first or new strokes.

About 185,000 strokes—nearly 1 in 4—are in people who have had a previous stroke.

About 87% of all strokes are ischemic strokes, in which blood flow to the brain is blocked.

Stroke-related costs in the United States came to nearly \$56.2 billion between 2019 and 2020. Costs include the cost of health care services, medicines to treat stroke, and missed days of work.

The signs and symptoms of a stroke in men include sudden numbness or weakness in the face, arm, or leg, especially on one side of the body, confusion, trouble speaking, and vision problems. Signs of a stroke in women can include sudden numbness or weakness in the face, arm, or leg, especially on one side of the body, confusion, trouble speaking or understanding, and difficulty walking. Women may also experience additional symptoms such as hiccups, nausea, chest pain, fatigue, shortness of breath, and a racing heartbeat. It's crucial to seek immediate medical attention if these symptoms occur, as timely treatment can significantly improve outcomes.

## Upcoming Events!

**\*\* Rotary Legacy Dinner, Feb 15  
Venice, FL**

**\*\*ARTS & CRAFTS FESTIVAL, Feb 15 & 16**

**\*\*The International Convention in Calgary, Alberta, Canada will be June 21-25.  
Members can register at [convention.rotary.org](http://convention.rotary.org).**

## Upcoming Meetings

**\*\*Arts & Crafts Festival Meeting, weekly on Wednesdays, 8:00am  
Bank of the Islands, or Zoom**

Committee meetings and board meetings: all members welcome. Please contact Rachel for Zoom link if needed.

## Volunteer Opportunities

**\*\*Please reach out to Sally Haynes to volunteer for the  
Arts & Crafts Festival on February 14 - 16!  
revsal@gmail.com or 816-226-6980**

**Please send your pictures of any Rotary events to:**

**Photos@sanibelrotary.org**

<p>Sanibel-Captiva <b>Rotary</b> Club</p> 	<p><i>Send Photos:</i> photos@sanibelrotary.org <i>Email Questions:</i> rachel@islandtherapycenter.com</p>	 <p>SanibelRotary.org</p>	 <p>Facebook</p>	 <p>Instagram</p>
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### Friday's Speaker

**This week we will prep for  
our Arts & Crafts Festival!**

**Our regular weekly club meetings are at 8:00am, doors open at 7:30am. Our meeting will take place at**

The Community House, 2173 Periwinkle Way, Sanibel!

Meetings will also continue to be available by zoom for those unable to physically attend.

Here is the link to connect to zoom: <https://us02web.zoom.us/j/>

88513773856

Here is the number to connect by phone: (646) 931-3860

Meeting ID: 885 1377 3856

Passcode: **955563**

See you Friday morning!

### Rotary February Theme



**Peace and conflict prevention/resolution.**

The month of February is very special in the Rotary calendar because it includes the anniversary of the first meeting of Rotary held on February 23, 1905, in Chicago. That day is now designated as the "World Understanding and Peace Day".

On February 23 Rotary celebrates the 109<sup>th</sup> anniversary of the first Rotary club meeting. This is an opportunity for Rotary clubs and districts to promote Rotary's public image.

There are a variety of tools available at the Rotary Media Center: ([www.rotary.org/en/public-relations](http://www.rotary.org/en/public-relations)),

on the Rotary International website and in the new Rotary Brand Center: [www.Rotary.org/BrandCenter](http://www.Rotary.org/BrandCenter).

Here are 8 ideas to celebrate Rotary Day:

1. Create a Rotary history speakers bureau. Have Rotary club members in the community speak at the Library, Chamber of Commerce, and schools on the value of volunteerism, using project examples from Rotary's century of service.
2. Have the members of your Rotary club commit to a total of 109 hours of volunteer service during the week of Feb 16 to 22. Announce the total on Feb. 23
3. Write a newspaper article or letter to the editor to highlight what Rotary has accomplished locally and globally in the past and why it remains relevant today. Place it in community or school newspapers. A template for a Rotary Day news release is available at: Rotary Day Press Release Template <https://www.rotary.org/en/document/858>. This should be updated and personalized for the local media.
4. Request your community's mayor to proclaim February 23 "Rotary Day" in your town. A sample proclamation is available at: <https://www.rotary.org/en/document/859>. This also needs to be updated for 2022 and for your community.
5. Write an article on the history of Rotary in your community. Focus on vocational, community, youth and international service. Submit it to your local newspaper for possible publication.
6. Coordinate with a local television station or radio station to have Rotarians appear on a morning talk show or evening news segment in honor of Rotary Day. They can highlight Rotary history and local and international service efforts.
7. Collect items for distribution to those in need, such as shoes, school supplies, coats, gloves, and eyeglasses, and distribute them during a Rotary Day event.
8. Create a giant birthday cake in the shape of a Rotary gearwheel to mark Rotary's birthday, and invite the community or media to share it.

These are just 8 ideas to celebrate Rotary Day on February 23<sup>rd</sup> and promote Rotary and your club in your community. The anniversary is a great opportunity to tell the Rotary story and engage others in our vision of doing good in the world.

Rotary has designated months to help clubs Develop meeting agendas, projects, or public image campaigns based on these special occasions.

The Concept is to give all the clubs of the District a Ready Reckoner of the types of Service Projects, which could be indulged, during the Year, and help plan the activities of the year, mostly based on the Rotary Calendar i.e. Rotary Designated Months.

**2024-2025 President Contact Info**

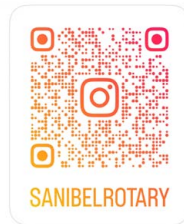
**Our 2024-2025 Sanibel-Captiva Rotary President:  
Rachel Tritaik**





Contact information for our 2024-2025 President, Rachel Tritaik  
[rachel@islandtherapycenter.com](mailto:rachel@islandtherapycenter.com) or cell 239-297-4997

Mail:  
Rotary Club of Sanibel-Captiva  
P.O. Box 686  
Sanibel, FL 33957



### Club Meeting

Sanibel-Captiva  
Meets at Sanibel Community House  
2173 Periwinkle Way  
Sanibel, FL 33957  
Time: Friday at 07:30 AM

