



Linda Chomiak, a new member of the Sarasota Bay Rotary Club will head this year's Art/Media Awards program for our Bay Club.

Linda's background includes International, Domestic work in the Defense and Commercial Industries. Career fields include Engineering, Engineering and Manufacturing Management, Facilities Management, Finance, Supply Chain, and Proposal Management for both competitive and sole source Government Defense Contracts.

She served as the Finance Chair for the Brookline NH Finance Committee for approximately six years providing support for the management of the towns departmental budgets.

Currently Linda is volunteering at both Sarasota Memorial Hospital and Senior Friendship Center.

Thanks for stepping up in Rotary!

### Selby Library Meeting Dates

April	2
April	16

April 30th will be a special Off-Site meeting at the Lemurs Conservation Foundation 42500 73rd Ave E, Myakka City. Time to be announced

# SAVE THE DATE

What Makes You Healthy

# ART/MEDIA AWARDS

CASH PRIZE  
\$5,000

16 November 2024  
Selby Public Library  
11 to 2pm

Geldbart Auditorium

Reservatoins  
Patron Tickets  
\$100

Guest Tickets  
\$30  
Lunch is included

The Teen Art/Media Awards Luncheon in Sarasota is part of The Healthy Teen Project for High School Students, supported by Reach Out Recovery and the Rotary Club of Sarasota Bay. This project features a mental health competition where students craft art projects inspired by chapters in the Teen Guide to Health authored by Leslie Glass. Winners have utilized their achievements for college applications and mentoring opportunities. In 2023, 450 students from various schools participated, and even more are expected to join this year. Lindsey Glass recently delivered a presentation at the Rotary Youth Leadership Awards program, engaging students from numerous new schools across Florida on March 9, 2024







### **Update On The Teen Mental Health Initiative**

1. Since 2021, \$24,000 in prizes, funded by Sarasota Bay Club and individual donors, have been awarded to 24 high school students for best positive mental health messaging by and for teens in the What Makes You Healthy Art/Media Contest.
2. 1000 students have participated from a variety of high schools and after school programs in District 6960.
3. The art exhibit and awards luncheon on Dec 5, 2023 was attended by 60 parents, students, teachers, Rotary members, and afterschool programs.
4. Rotary Club of Sarasota Bay, Sarasota Downtown Club, Sarasota Sunrise Club, Sarasota Gulf Gate Club, District 6960 have provided funding, volunteering, and support for the program.
5. The fourth year of the What Makes You Healthy 2024 Art Media Contest Opens March 1, 2024

#### **The Teen Mental Health Initiative Goes To RYLA**

**March 9th 2024**

1. 100 teens will receive copies of The Teen Guide To Health
2. Lindsey Glass (President Elect of the Rotary Club of Palos Verde Peninsula) will facilitate two and a half hours of interactive health and mental health leadership education)
3. Lindsey will present the Art/Media Contest and encourage participation.
4. Funded in part by RYLA and ROR Empowerment

#### **The Teen Mental Health Initiative Goes To District Conference in July**

1. Leslie Glass will be a featured lunch speaker.
2. Leslie and Lindsey will conduct breakout sessions on teen mental health and the need for health education.
3. 150 copies of Teen Guide To Health Will be given to all conference participants.
4. Cost of books \$1200.





# HIGH SCHOOL ART/MEDIA CONTEST

## "WHAT MAKES YOU HEALTHY?" 2024

FEATURING THE THREE PILLARS OF HEALTH  
**PHYSICAL, EMOTIONAL, SOCIAL**

### CONTEST DATES

**OPENS MARCH 1, 2024**  
DEADLINE FOR ENTRIES  
SEPTEMBER 2, 2024

**ART AND AWARD LUNCHEON**  
NOVEMBER 16, 2024  
SELBY LIBRARY SARASOTA

### CONTEST RULES

1. Register
2. Read the Teen Guide To Health, by Leslie Glass
3. Choose a subject from the book
4. Create an art or media project (solo or with a team)
5. Submit your entry

**FUN PRIZES FOR THE  
BEST POSITIVE MENTAL  
HEALTH MESSAGING!**

Club of Sarasota Bay

**Rotary**

District 6960



**REGISTER  
HERE**



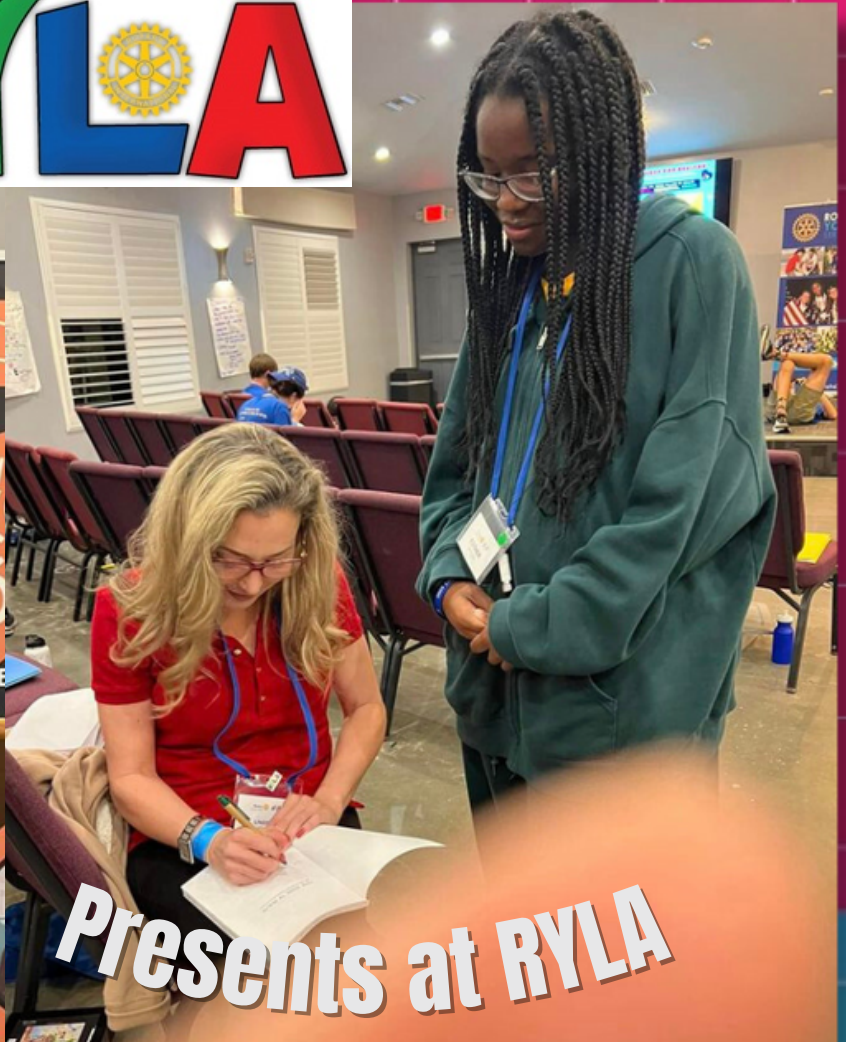
**REACH OUT RECOVERY**







**Lindsey Glass**

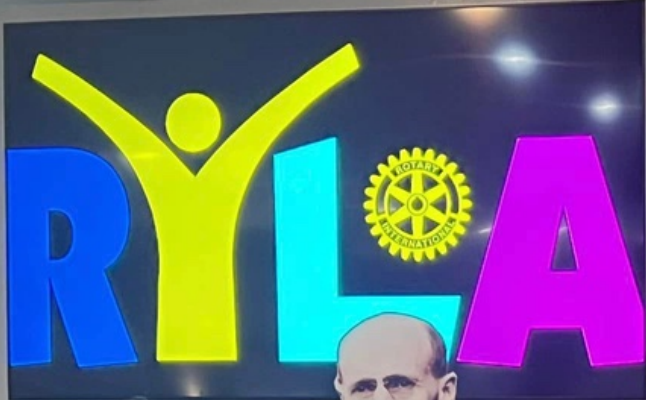


**Presents at RYLA**





# 2024 RYLA PARTICIPANTS



**President  
Ann Krause**

**Founder of Rotary  
Paul Harris**

**Presenter  
Lindsey Glass**

**District Governor  
Alfred Current**

**RoR Founder  
Leslie Glass**







Presented by the  
Community Foundation of Sarasota County

» HAPPENING  
APRIL 9-10  
NOON TO NOON

[GivingChallenge.org](https://GivingChallenge.org)

Back your local Rotary Club Foundation with up to \$100 and your donation will be doubled! Contribute to a promising future.

Fun, Fellowship and service to the Community and the World!



**TOGETHER, WE CAN CREATE  
A BETTER TOMORROW BY  
SUPPORTING AND BUILDING  
FOR THE FUTURE THROUGH  
OUR ROTARY CLUB  
FOUNDATION**

- Riverview IB E2 Program
- Teen Healthy lifestyles
- MicroForests
- Global Grants

**GET READY!**



### THE CLUB HAS ACCEPTED THE CHALLENGE - START SAVING YOUR PLASTIC BAGS!

#### How does the challenge work?

- Register on **NexTrex.com** to obtain access to the Trex Portal
- Determine a 12-month collection time period
- Collect a minimum of 1,000 lbs.
- Report recycling totals at **my.trex.com**

- Weigh, record and attached pictures
- Deliver the collected plastic film to a participating retailer (see list) for recycling

*Stores prefer smaller and more frequent amounts in the provided bin. Please contact store ahead of time with larger amounts.*

#### What does Trex provide?

- Up to three recycling bins
- Posters

#### What can I win?



*Trex Bench*

#### What can be recycled?

*All plastic must be clean, dry and free of food residue.*



Grocery bags



Bread bags



Bubble wrap



Dry cleaning bags



Newspaper sleeves



Ice bags



Plastic shipping envelopes



Ziploc & other reclosable food storage bags



Cereal bags



Case overwrap



Salt bags



Pallet wrap & stretch film



Wood pellet bags



Produce bags

Register on the website **NexTrex.com**





# Jacaranda EcoPARK



## Volunteer Time

Friday, March 29<sup>th</sup> from 10 am to noon



There will be **wet work** (ankle-deep) and **dry work**, whichever you prefer



Spreading Carboard/Raking Mulch/Planting Bald Cypress



### Jacaranda EcoPARK site:

- 1/3<sup>rd</sup> mile south of Center Road on Jacaranda Blvd
- Park on grass at site or on nearby Pine Forest Court
- Bring work gloves, rake, or just yourself
- Enjoy self-hosted lunch nearby afterwards with other volunteers

Call or text Charles Reith at 703.342.6185 if questions.