



Enabling our Members for Fun, Fellowship and Service to the Community and the World

Publication of the Rotary Club of Sarasota Bay ©

Issue #9 Volume 73 | September 10, 2024

Charles Reith President 2024-25

Restoring Resilience to Regional Landscapes.
Powerhouse Forests for Climate Adaptation and Mitigation



August 2024 Update



President Charles will update us on The past, current, and future plans in Sarasota and beyond as he spreads the idea around the Rotary world

Tuesday Noon
August 20 2024
Zoom Meeting ID: 860 6855 4560
Passcode: 908057
Club of Sarasota Bay
Rotary
District 6960

Charles Reith went on a wild ride through the Microforest projects in our neighborhood, giving us the lowdown on where we currently stand. He dished out some of the projects and the learning curve that's been ongoing. Teaming up with the Lakewood Ranch Rotary club and other groups from near and far, he's been spreading the green love.

What a stellar effort, making us all beam with pride!

Keep up the good work and we are looking forward to all the new projects around Florida and more.

[Click here to enjoy](#)



Meeting Dates

Sept 100 Central	10
Sept 100 Central	24
October 100 Central	1
October 100 Central	15
October Field Trip	30

Lemur Tour 10am to Noon

Theapy for Healthy Habits and a Peaceful Mind.

Dr. Debra Gill
Clinical Psychologist

Multidisciplinary experience and education in weight and eating concerns. She is certified to provide

Tuesday Noon
September 10, 2024

Research-based treatments combined with clinical sensitivity

With more than three decades of experience utilizing therapy, coaching, and mindfulness techniques, Dr. Gill can help individuals achieve their goals and boost their confidence in managing emotions, anxieties, relationships, weight, and health.

Collaborating closely with clients, she helps establish sustainable healthy practices, with a focus on self-care and self-compassion. Her approach is interactive, ensuring that each session is enriching for you.

Dr. Gill can offer strategies to navigate intense emotions and avoid unhealthy impulses. Her personal journey from childhood obesity to overcoming eating disorder symptoms adds to her ability to help individuals dealing with issues like eating anxiety, addiction, and perfectionism. Equipped with certifications in fitness and nutrition, she has led DBT groups and currently offers personalized DBT skills training for Binge Eating, Emotional Eating, Bulimia, Addiction, and Anxiety. Welcome Dr. Debra Gill.

Next Meeting

Sept 24, 2024
100 Central Ave. Condos
5th Floor Community Room



P.O. Box 755 Sarasota, FL 34230



Club #4340

District 6960

29 OCTOBER 2024

Field Trip▶ Lemur Conservation

Facility tour

Notes!

EVERYONE SHOULD WEAR CLOSED TOE SHOES; THERE MAY BE RED ANTS AND THE TERRAIN IS UNEVEN. THE GROUP MAY ALSO WANT TO BRING HATS AND BUG SPRAY. EVERYONE WILL BE ASKED TO WEAR A MASK AROUND THE LEMURS; THOSE WILL BE PROVIDED.

No club meeting this week

10am-Noon

29 OCTOBER 2024

42500 73rd Ave E,
Myakka City, FL 34251



Dr. Erik Patel
Conservation and
Research Director



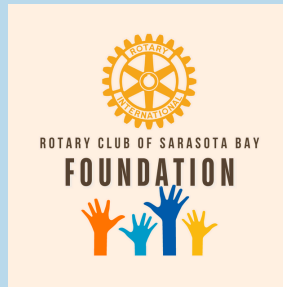
We'll be looking
for you!



SARASOTA BAY FOUNDATION GRANT

KAMPALA, UGANDA

3rd Screening



REPORT FOR: HIV SCREENING, HYPERTENSION AND DIABETES MELLITUS ON BOTH ADULTS AND CHILDREN WITH IN THE COMMUNITY:

Here is the **report from the third VCT testing day** in August. The Rotary funds have made these days very successful. Please thank everyone. We will have one more testing day before the end of the year. Probably wait until the children are out of school later November

15th August 2024, We Tested 78 Clients for HIV/AIDS.

Hypertension and Diabetes Mellitus at MCC Kampala Medical Centre. Health education was done on HIV/AIDS Testing, Hypertension and Diabetes Mellitus Mobilizations were done weekly among Church announcements and on a daily basis one on one by our PEER Educators following up clients .

TOTAL CLIENTS....78
HIV POSTIVES.....11
HIV NEGATIVES.....67
DIABETES MELLITUS....02

Two patients who were diagnosed with Diabetes Mellitus and were referred to the Nearest Government facility near their homes. No client was diagnosed with hypertension. All positive patients were advised to started AART and were supported at MCC Kampala Medical Centre.



Carol will be here this week to accept your plastic donations.



NexTrex Recycling Challenge

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

No black plastic garbage bags, the store drop off location needs to know that this is to be recycled and it's not trash.