



Dr. Debra Gill is a clinical psychologist specializing in weight management with over 30 years of experience. She uses therapy and coaching to help clients build confidence, manage emotions, relationships, weight, and health. Debra focuses on developing lasting healthy habits, self-care, and self-compassion. Her interactive style aims to provide valuable insights in each session. She shares strategies for managing strong emotions and unhealthy urges. Debra's personal experiences strengthen her ability to help with eating anxiety, addiction, and perfectionism, always approaching challenges with non-judgmental acceptance and a commitment to clients' goals.

Click here to enjoy



Meeting Dates

September	100 Central	24th
October	100 Central	1st
October	100 Central	15th
October	FIELD TRIP*	29th
November	100 Central	5th

* Lemur Field Trip



30-plus years experience as an executive in the healthcare industry and the last 17 years of my career for a large regional health system. She works with

Tuesday Noon
September 24, 2024

Zoom Meeting ID: 860 6855 4560
Passcode: 908057

Shari grew up in Ohio in a small business family in the healthcare field. She has a BS in Mathematical Education from Miami University and an MBA from Indiana Wesleyan University. She spent the majority of her career as a healthcare executive resolving complex issues and providing quality service with fiscal responsibility.

The last 17 years of her career, Thornton worked for a large regional Healthcare system - Premier Health. Through effective collaboration with business partners, clinical stakeholders and cross functional teams, she led organizational and system wide changes to increase quality of care and productivity.

Since relocating to Venice, Florida, she has served at the Sarasota County polls for multiple elections, worked on restoring native habitats, and currently serves as president of her HOA while participating in several community organizations.

"Shari Thornton is a dynamic leader who turns opportunity into action. I have worked with Shari on urban forestry projects and watched her assemble teams, craft budgets, and raise funds with professionalism and compassion."

---Dr. Charles Reith, Director. Rotary/Veterans Forest Partnership



29 OCTOBER 2024

Field Trip Lemur Conservation

REPLY WITH YOUR
RESERVATION REQUEST

MEET YOU THERE

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

Reply to get on the list!



Dr. Erik Patel
Conservation and
Research Director



We'll be looking
for you!





BREAD BUDDIES

CONSIDER VOLUNTEERING ONCE!

**[CLICK HERE TO EMAIL
JANALEE HEINEMANN](#)**

Club of Sarasota Bay

Rotary

District 6960



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.