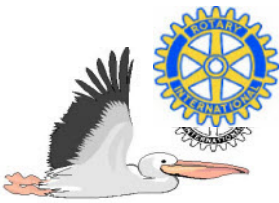


October 18, 2013



San-Captions

District 6960 Sanibel-Captiva Rotary Club Organized 1979
* Chartered March 18, 1980

www.sanibelrotary.org

SANIBEL-CAPTIVA ROTARY CLUB

Board Officers:

President: Scot Congress
President Elect: Bill Rahe
Vice President: Chris DeCosta
Secretary: Chet Sadler
Treasurer: John Danner
Sergeant-at-Arms: Don Russell
Past President: John Grey

Board of Directors:

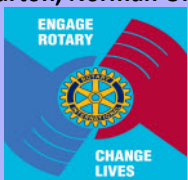
Dan Cohn
Bob Guggino
Emily Kletzien
Bunny Ospa
Dick Waterhouse
Alex Werner

Trust Foundation:

Lee Almas
Tony Gropp, Treasurer
Mike Raab, Secretary
John Bellino
Jim Lavelle
Chet Sadler, Rotary Foundation
John Grey, Chair

ROTARY INTERNATIONAL
PRESIDENT 2013-2014

Ron Burton, Norman Okla. USA



DISTRICT #6960

GOVERNOR 2013-2014

Tim Milligan

"Make a World of Difference"

SAN-CAP ROTARY CLUB 2013-14 PRESIDENT SCOT CONGRESS



MEMBERSHIP NEWS:

Welcome back Snowtarians: Clair Beckmann, Bill Rahe, Emily Kletzien, Charlie Emerson and visiting Rotarian Jean Dedouvre.

Up for consideration as new members of the Sanibel-Captiva Rotary:

- ◆ Dorrie P. Hipschman, Bailey-Matthew Shell Museum, Museum Director - Transferring from Gainesville, FL.
- ◆ Holli J. Martin, Heidrick & Co. Insurance, Insurance Administration - Transferring from Highland, IL.
- ◆ Angela Larson Roehl, Rosier Insurance, Insurance Agent
New Member

MARK YOUR CALENDAR:

DECEMBER 9, 2013

HOLIDAY PARTY

PLACE...COMMUNITY HOUSE, SANIBEL
TIME...6 TO 9 PM
GUEST \$50 MEMBERS NO CHARGE

UPCOMING BOARD MEETINGS:

PLACE...San-Cap Community Bank, Library Way
TIME...5 PM

DATES...Tuesday - **2013** Sept. 24, Oct. 11, Nov, 26,
Dec. XXX

2014 Jan. 28, Feb. 25, Mar 25, Apr. 22, May 27, Jun. 24

(Members are always invited to join the Board for these meetings.)

Club Song Giver of all things good, We Thank you for this food, With one accord Lead
us we humbly pray, Onward in Rotary's way
Of service day by day, Most Gracious Lord
(Tune of My Country Tis of Thee)

SPEAKER NOTES FROM LAST WEEK:

Snowtarians are back and the beginning of the return of season has begun. It's great to see our friends returning to the Islands and with that we know our slow pace of activities off-season will ramp up and we probably won't have a chance to catch our breath again until Spring 2014. You'll see Rotarians helping out at the FISH 10 K run on October 19th and notice our presence at "Ding" Darling Days October 20-26th (that is, if the park is open) and don't miss CROW's Taste of the Island November 10. Not only does the Sanibel-Captiva Rotary Club sponsor these events but we don our Rotary shirts and hats and provide some volunteer man/women-power to help out wherever needed. Get out those calendars or smart phones and don't miss any of these events. Oh and by the way, it's not too early to highlight your calendars for the weekend of February 15/16th Rotary's Arts & Crafts Fair.

Just back herself from a great few months in New Hampshire, club speaker chair- Emily Kletzien found that the club didn't have a speaker scheduled for this week's meeting. Therefore, Emily herself filled in and presented a program on the importance of brain stimulation and keeping your memory muscle in shape (I know the brain is not a muscle).



She outlined what she called the pillars of an active memory – participate in social activities, physical and mental exercise, spiritual connection, intellectual stimulation, community service, environmental wellness, and last but vitally important practice stress management. She handed out an activity sheet everyone can use to keep the mind sharp –

Exercise – Physical activity does not just benefit your waist size, it also produces beneficial changes in your brain.

Challenge your mind – Try out a new hobby that will get you thinking – play a musical instrument, play Sudoku, crossword puzzles, cards or board games, learn a foreign language, reading and creative writing, woodworking, etc.

Eat healthy meals and snacks – What you eat has a direct impact on your brain function.

Listen to some music – A study published in the Journal Heart & Lung found that people who listened to music while they exercised performed more than twice as well on a verbal fluency test than people who listened to no music.

Sleep enough - During sleep your mental energy is restored. Don't get enough of it and important skills like planning, problem solving, learning, concentration, memory and alertness will all become more difficult.

Quoting Emily again, "The human brain is amazing. Scientists keep discovering new things about the way it works. For example, we now know that it can generate new brain cells as long as we are alive. We also know that we can learn new things as long as we are alive. It is never too late! You need mental stimulation to keep all your brain circuits active."

One thing that is pretty obvious here on the Islands is that Islanders are lifelong learners. We are not couch potatoes. Islanders are movers and shakers and believe that the energy you extend outward, revitalizes the mind, soul, and spirit. The Sanibel-Captiva Rotary Club is a prime example of a place where our members can find a place to channel activities that increase blood flow to the mind, body, and soul.

SPEAKER CORNER:

10/19 Dr. Mark Mathusa, Small Animal Vet

10/26 Dr. Heather Barron, Hospital Director, C.R.O.W.

11/1 Gator Hunting - Roger Olsen

11/8 Sanibel River - Roger Olsen

11/15 How to Reduce Poverty in Lee County - Food Security - John Talmadge

11/23 Your Thyroid and your Family- Charlie Emerson

11/29 TBD

Makeup Meeting Locations

| | |
|-----------|---|
| Monday | <u>Noon - Fort Myers-South...</u> Crown Plaza Bell Tower |
| Tuesday | <u>Noon - Estero...</u> Spring Run Country Club <u>Noon - Fort Myers...</u> TBD |
| Wednesday | <u>7:30 AM - Bonita Springs...</u> Bonita Bay Club <u>7:30 AM - Fort Myers-East...</u> Beef O'Brady's <u>7:30 AM - Fort Myers Sunrise ...</u> Hilton Garden Inn <u>8:00 AM - Cape Coral...</u> LaVenezia Ballroom <u>6:30 PM - Cape Coral North...</u> Southside Sport Grill |
| Thursday | <u>Noon - Lehigh Acres...Microtell Inn & Suites</u> <u>8:00 AM - North Fort Myers</u> Fishbones at Shell Factory <u>Noon - Bonita Springs...Spanish Wells CC</u> |
| Friday | <u>11:45 AM - CapeCoral...Gold Coast...Gulf Coast Village</u> |

SANIBEL-CAPTIVA ROTARY BULLETINS
ARE ON OUR CLUB WEB-SITE

www.sanibelrotary.org. IF YOU ARE OUT OF TOWN,
CATCH UP ON THE NEWS.



Let's see how fast we can fill-up those blue buckets gracing your breakfast table. Change collected in these buckets will go to the District for research on Alzheimers.

Club badges are now numbered on the back. Please place your badges back in the box by numerical placement...or else!!!!

