

San-Captions

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

Get all our club news on these

Social Media Platforms view or join us on:

Web-site: www.sanibelrotary.org

FACEBOOK: Sanibel-Captiva Rotary Club

Twitter: #@sancaprotary

Board of Director Officers:

President: Charlie Emerson
President Elect: Holli Martin
Vice President: John Danner
Secretary: Chet Sadler
Treasurer: Jack Alexander
Sergeant-at-Arms: Don Russell

Board Directors:

Eldon Bohrofen 2017
Cindy DeCosta 2017
Dorrie Hipschman 2018
Angela Larson 2019
Trent Peake 2018
Rodger Triftshauer 2019
Immediate PP...Chris DeCosta

Trust Fund Board

Lee Almas 2017
Dan Cohn 2018
John Carney 2019
John Grey 2017
Scott Congress-Treasurer 2018
Bill Rahe - President 2019
Imed. PP...Chris DeCosta – Sec.

FRIDAY MORNING SPEAKER SERIES 2017:

JANUARY Coordinators: Bill Rahe and John Mason

13 Ralph Clark: Sanibel Civic Center Update
20 Joe Rider: Atlantic Coast Conference Referee
27 Jim Graham: The Shortest Pilot in the Navy

FEBRUARY Coordinators: Ed Wheeler and Roger Triftshauer

3 John Boland: Lee County Director of Economic Development
10 Community Blueprint/Mission United
17 Arts and Crafts Fair Setup Breakfast at Community House
24 Club Assembly

MARCH Coordinators EJ Neafsey and John Danner

3 Rabbi Jim Rudin: The Civil War
10 Maggi Feiner President and CEO of FISH
17 Chet Sadler: Rotary Trip to Haiti and Ecuador
24 Dave MacGregor: Lee Memorial Arts in Healthcare and Arts for disabled
31 Chris Davis: Island Inn

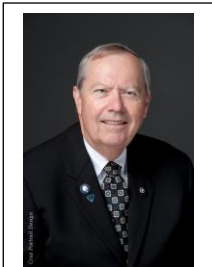
UPCOMING DATE TO PUT ON YOUR CALENDAR:

1-19-17... Thursday 5:30 pm to 7:30pm Sanibel-Captiva Rotary & the Children's Center of the Islands holding a social get together with the Young Professionals of the Islands Group at the Children's Center.

PLEASE ATTEND. WE WOULD LIKE TO DO AN UPCOMING PROJECT WITH THEM.



**ROTARY DISTRICT
#6960
GOVERNOR,
2016-2017
Ladd Waldo,
Lakewood Ranch**



**ROTARY
INTERNATIONAL
PRESIDENT
2016-2017
John Germ,
Chattanooga, TN USA**



ROTARY SCHOLARSHIP WINNER STOPPED BY TO SAY THANK YOU Rotary Scholarship recipient, Jessie McClain stopped by last Friday morning for a brief update on her freshman year at Emory University and thanked the club for granting her a college scholarship this year. It took her some time to zone-in on where she wanted to go to college...her decision was difficult because she wanted a school with a great women's softball team. Decision made...Emory. She finds the school highly competitive but that suits her fine. Studies include advanced Biology classes and Sports 1st baseman on the softball team.

**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)**

ROAD KILL – SATURDAY, 1-21-16

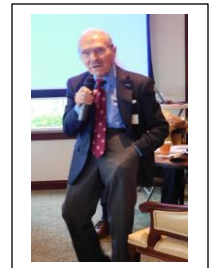
MEMBERSHIP: Welcome new member William Gibney.



MEMBERSHIP Roster...Club President, Charlie Emerson e-mailed our latest club roster on 1/6/17 to all club members. Contact Charlie, if you did not receive this e-mail. If there is any roster information that needs to be updated, please contact Club Secretary, Chet Sadler.

LEADERSHIP NEWS...Because of the recent resignation of Club Board of Director, Trent Peak (he has taken a new job in Williamsburg, VA) our Club Board of Directors voted to have his term on the Board filled by E. J. Neafsey.

SPEAKER NOTES FROM 1-6-17... Dr. Al Tatarunis, a Stress Management Consultant. For 30 years, Dr. Al was a teacher and school administrator. He holds a Bachelors Degree from the University of Massachusetts at Lowell, a Masters Degree from Harvard University and a doctorate from Boston, University. He has conducted stress management seminars, workshops and individual stress since 1984. In 2002, his book "Nobody Drives You Crazy. You Do!! A Stress Management Primer", was published. Dr. Tatarunis established the New England Stress Management Center with offices in Middleton, Massachusetts & Naples, Florida. The song "Don't Worry, Be Happy" by Bobby McFerrin could have been the theme song for Dr. Al and his presentation to Rotarians last week. Stress can kill you, if you let it. Kill your spirit, kill the essence of who you are, and what you could be.



So, this is what Dr. Tatarunis had to say, "The three greatest stressors in life are CIRCUMSTANCES, EVENTS, AND PEOPLE. Of these three, you only have control over some of your circumstances. If you don't like where you live - move, if you don't like being fat - don't eat so much and exercise, if you don't like being thin - then eat a lot and don't exercise, if you don't like being bald - get a toupee or a transplant, if you can't stand your spouse get a divorce, and if you hate yours kids when they're not looking - run away. However, there are other circumstances over which you don't have control. You can't control the price of gas, you can't control our senator and representatives in Washington, you can't control what is happened in the world, and you certainly know that you have no control over the economy. There is a rule for circumstances, IF YOU CAN DO SOME THING ABOUT IT DO IT. IF YOU CAN'T, SCREW IT." Pretty plain talk, hey! That's Dr. Al.

"The next stressor is events. These happen when you least expect it. For example, you get in your car to go somewhere and you have a flat. You take out the spare, take off the flat, put on the spare. The stress comes in this event when you decide whether to get upset or not get upset. No Matter what decision you make you're still going to have to change it. Why would you choose to get upset? You have made it habit to get upset when things don't go your way.

The next stressor is people. If you don't know by now that you can't control people. You must be living on another planet, in another galaxy, with different belief system."

Dr. Al teaches how to live in the present, not to seek perfection, and that everyone feels inferior so your just like everyone else. He suggests following the Four Agreements by Miquel Ruiz...Be impeccable with your words, don't take anything personally, don't make assumptions, and always do your best.

Tatarunis had a lot to say...so, if this topic sounds interesting and Dr. Al's wisdoms sounds right for you...get his book, "NOBODAY DRIVES YOU CRAZY, YOU DO!"