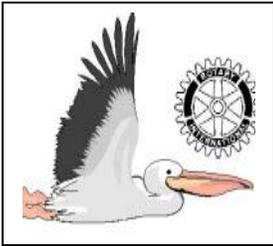


November 13, 2015



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

Board Directors:

- Jack Alexander 2018
- Eldon Bohrofen 2017
- Bob Guggino 2017
- Dorrie Hipschman 2018
- John Mason 2016
- Alex Werner 2016
- Immediate PP...Bill Rahe

Trust Fund Board

- Chair, John Grey
- Secretary, Mike Raab
- Rotary Foundation, Chet Sadler
- Lee Almas
- Dan Cohn
- Scott Congress
- Bill Rahe (Immediate PP)

MARK YOUR CALENDARS

SATURDAY, NOVEMBER 21ST MEALS OF HOPE
Harry Chapin Food Packaging Event
SANIBEL COMMUNITY CHURCH ...9:00AM

Friday, December 2nd ...Elections of Club Officers 2016-2017
Election of 2 new Board Directors & 2 new Trust Fund Board Members
E-MAIL ANY NOMINATIONS TO CLUB PRESIDENT, CHRIS DECOSTA
chris@hmdlegal.com

ON FRIDAY, DECEMBER 4TH THE CLUB WILL BE RETURNING TO THE
DUNES FOR OUR REGULAR WEEKLY MEETINGS.

Saturday, December 5th Sanibel Luminary Night...volunteers needed to
setup luminary bags.

Sunday, December 6th Captiva Luminary Night...volunteers needed to
setup luminary bags. CONTACT JOHN CARNEY

CLUB HOLIDAY/CHRISTMAS PARTY – DECEMBER 11TH

SO, MARK YOUR CALENDAR **TODAY**



Where: Sanibel Community House
Time: 6:00 pm
Catered by Bailey's
Guests \$50 pp



**FRIDAY, JANUARY 15 Fellowship Evening at Chet Sadler's House. More
information to come.**

IT'S NEVER TO EARLY...

Rotarian, Rodger Triftshouser, once again heading up the Silent Auction Section
at next year's **Arts and Crafts Fair...February 13 & 14th 2016.** He needs all the
help he can get...every member can help by finding auction items for the Silent
Auction. Items that bring in BIG DOLLARS...Include sports event tickets, theater
tickets, vacation packages, etc.

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)

DISTRICT #6960
Gov. 2015-2016
CYNDI DORAGN



RI PRESIDENT
2015-2016
K.R. Ravindran



**Trust Board will meet every third
Wednesday each month.** For
information contact John Grey 239-472-0590

NOMINATIONS CALLED FOR THIS YEAR'S Non-Rotarian VOCATIONAL EXCELLENCE AWARD

Please send NAMES and BRIEF BIO. to Chris DeCosta chris@hmdlegal.com

Awards will be presented in MARCH.

SPEAKER NOTES FROM NOVEMBER 6, 2015

Sanibel-Captiva Rotary welcomed Kurt Peters, Sanibel Captiva Lions Club President, to our podium last week to give us an overview of the club's Health Screening Program. I don't know if many Islanders are aware of this program but believe me they should know. This is a one-stop FREE health screening opportunity to have your-blood pressure checked, blood glucose checked (primarily for diabetes), peripheral visual fields checked, testing to determine your intraocular pressure of the eyes (glaucoma), muscular degeneration screening, and a hearing test. These are painless tests that provide a quick easy preventive check for health issue that are unfortunately so common for many of us, especially as we age. The Lions Club wants everyone on Island to take advantage of this program and has setup five various dates and locations for these Lions Club Health Screening opportunities ...

Sanibel Senior Center for Life-Nov. 18th, Sanibel Community House-Nov. 21st, and the Sanibel Rec. Center-Jan. 14th, Feb. 15th, and March 14th...all screenings will take place from 9:30AM TO 12:30PM.

The Lions Club is passionate about this health-screening program and has invested in up-to-date and reliable medical screening devices. The glucose screeners are all certified by the Lions Diabetes Foundation of Multiple District 35 and are under the supervision of a physician. Equipment used -Zeiss Humphrey FDT for peripheral visual fields, the Reichert AT 550 auto non-contact tonometer for intraocular pressure of the eyes, and ERO-SCAN or audiometer for hearing tests. When the immediate testing results are processed and the findings indicate health or vision concerns, individuals are strongly encouraged to seek medical attention from their health care providers.

These tests are easy, convenient, and definitely affordable (FREE); so why wait? Do yourself a favor; take a little time for yourself. Drop-in at one of the above locations and have these test done. Ben Franklin wrote, "An ounce of prevention is worth a pound of cure".

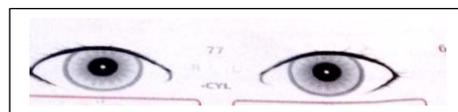
Sanibel-Captiva Lions Club also has two preschool eye and hearing screening sessions usually done in April and May. Next year's dates, times, and locations for preschool screenings have not been setup yet but are held at the pre-schools on the Island.

Sanibel-Captiva Lions also partners with many other Lions club in the area on health and vision screening opportunities; specifically with the Naples Lions Club and their vision-screening program in Immokalee. This location screens approximately 1000 people a year and provides free eyeglasses to those in need.

Have you ever noticed the Lion's "Recycle for Sight" eyeglass collection boxes around town... Bailey's General Store, Jerry's Foods, Bank of the Islands, Snead Cataract/Eye Physicians, Island Pharmacy, the Island Seniors Center, the Sanibel Library, the Sanibel Post Office, and Periwinkle Park. There is also a collection box at South Seas Resort on Captiva. Well, here's what most of who wear glasses should do...go around your house and collect your old glasses, even if the frames are broken...and then find one of the collection boxes and just drop them in...this is a win/win for everyone...you have less clutter in your home and someone gets to experience, possibly for the first time clear vision. What an amazing gift you could give someone and it's easy breezy.

Glasses collected on Sanibel and Captiva are sorted by prescription assessment, separated or repaired when necessary, and cleaned here on Sanibel then sent to a Lions' collection location in Florida and are distributed in Florida.

"Just since 1990, the Lions vision programs have prevented severe vision loss or restored sight to 27 million people around the globe. Many will experience corrected vision for the first time, enabling them to read, attend school, gain employment and take care of their families" Lions Club web-site.



Personally, I would like to see the Sanibel-Captiva Rotary Club and The Sanibel-Captiva Lions Club work on a project together. After all, vision (LIONS) is the pathway to literacy and learning (ROTARY).