

December 5, 2014



San-Captions

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

www.sanibelrotary.org

Board of Director Officers:

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

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Past President: Scot Congress
Bob Guggino-17
Hollie Martin-17
John Mason
Bunny Ospa
Dick Waterhouse
Alex Werner

Trust Fund Board:

President, John Grey
Treasurer, Scot Congress
Secretary, Mike Raab
Rotary Foundation, Chet Sadler
Lee Almas-17
John Bellino
Jim Lavelle
Scott Congress pp

SPEAKER CORNER

TODAY- DECEMBER 5TH BRIAN BOYD

“Freedom is Not Free” Special Operations and our Nations' capabilities.

December 12th CINDY DE COSTA

Executive Director, Children’s Education Center of the Islands

Chris DeCosta , December speaker coordinator

TODAY – INSTALLATION OF NEW CLUB MEMBERS:

Dr. James Davis – spouse, Maggie

Retired Psychiatrist

Sponsors – John Pryor, Bill Rahe, Dick Salerno

Dr. Richard Mattern- spouse, Adele

Retired Radiologist

Sponsor – Bill Rahe

TODAY – SANIBEL LUMINARY

BAG DUTY - Time 3:00 pm at Chamber

TOMORROW –CAPTIVA LUMINARY

BAG DUTY - Time 9:00 am Breakfast after



ANNUAL HOLIDAY PARTY

DATE: Thursday...December 11th

TIME: 6PM TO 10PM

PLACE: Sanibel Community House

Club members are free, guests/spouses are \$50

Catered by Baileys Catering

unlimited wine/beer/soft drinks

Entertainment: The Allison Duo

saxophone and piano, offering jazz arrangements of holiday favorites and a sing-a-long

Dress – Holiday Dressy Casual -Paul Harris

members. please wear your medallions and pins.

RESERVATIONS
REQUIRED

RI PRESIDENT

2014-15

GARY C. K.HUANG



DISTRICT #6960

GOV. 2014-2015

PETE DORAGH



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

Does anyone out there remember... what was the #1 hit single on the Billboard Charts in 1955 and stayed there for six straight weeks? I'm afraid I do...because I just loved the song...The Rock and Roll Waltz by Kay Starr. Just bear with me here, and I will tie this to Rotary.

The lyrics go like this, "There in the night what a wonderful scene...Mom was dancing with Dad to my record machine...And while they danced, only one thing was wrong...They were trying to waltz to a rock and roll song? A-one, two, and then rock...A-one, two, and then roll...They did the rock and roll waltz...A rock, two, three, a-roll, two, three...It looked so cute to me...I love the Rock and Roll Waltz".

Well, if you had peaked in the windows of the Dunes Club House early last Friday morning, you would have seen a room full of Rotarians...on their feet, swinging and swaying, and dancing per instructions given to them by the Enchanted Ballroom's, Susan Scott. Yes, many viewers may have been scarred for life but everyone was having fun.

Susan Scott, as some of you know, participated in one of the first Dancing with the Sanibel Stars Fundraiser for the Community House, some five years ago. I don't know, if she knew what she was getting herself into then but all the contestants took this dance contest seriously (well, most of them). They took lessons, diligently practiced, held events to promote the fundraiser, and sweet-talked their friends to vote with their pocketbooks when it came to voting for the winner of the fancy mirror-ball trophy. Unfortunately, Susan did not win...even with her three perfect ten scores from the judges... the winner was Billy Kirkland – with his so called dancing on his Segway...beating out all the other contestant with the popular vote.

But after that experience Susan was hooked on dancing and was convinced by her professional dancing partner from Dancing with the Sanibel Stars to continue dancing and get prepared for an upcoming dance contest in Las Vegas. The rest is history, Susan and her partner continued to enter dance competitions around the world and have many of their dance trophies displayed in her dance studio on the Island, The Enchanted Ball Room. The ever-popular dance craze and success of the original Enchanted Ball Room has encouraged Susan to open another studio in Bonita Springs. Susan brought up a study published in the New England Journal of Medicine regarding the health benefits of various exercises. She was quick to point out that this study noted the extremely aerobic component of dance but included the benefits such as social interaction and increased mental agility attributed to dancing. In an article published in the Stanford Medical Journal published by Richard Brown stated, "That for centuries, dance manuals and other writings have lauded the health benefits of dancing, usually as physical exercise. More recently we've seen research on further health benefits of dancing, such as stress reduction and increased serotonin level, with its sense of well-being. Then most recently we've heard of another benefit: Frequent dancing apparently makes us smarter. A major study added to the growing evidence that stimulating one's mind can ward off Alzheimer's disease and other dementia, much as physical exercise can keep the body fit. Dancing also increases cognitive acuity at all ages". So, now you know Rotary Rocks...we are not only pretty smart people but we can dance circles around those Island Kiwanians.

MEMBERSHIP HIGHLIGHT ...

Stepping into the spotlight for just a minute on Nov. 21st was new member, Jack Kuhn – client advisor for SunTrust Bank, Sanibel. Jack told us he appreciated his first assignment for the club...door greeter and looks forward to working with his fellow Rotarians in the year ahead.

As a client advisor for SunTrust, he was proud to announce that SunTrust is the second largest money manager in Florida. The most direct corporate ancestor, the Trust Company of Georgia, was founded in 1891 as the Commercial Travelers' Savings Bank. Two years later, it restructured as a trust company and renamed itself Trust Company of Georgia.^[4] The current SunTrust Banks, Inc., was the result of a merger between the Trust Company of Georgia and SunBanks, Inc., of Orlando, Florida (founded in 1934 as First National Bank of Orlando) in 1985. The merged company operated as Trust Company Bank in Georgia and Sun Bank in Florida until 1995, when all banks took the SunTrust name.

It's history includes ties with Coca-Cola and \$166.5 billion-asset SunTrust span more than 90 years. The Trust Co. of Georgia, which helped take Coca-Cola public in 1919, was a predecessor company of SunTrust's. A piece of paper containing the formula for the brown-colored, sugary drink was placed in a Trust Co. of Georgia bank vault in 1925 and remained there until just a few years ago.

For most of the past four decades, SunTrust Bank and its predecessors have ruled Central Florida banking. Its leaders have fueled the citrus industry, financed much of the region's explosive growth and helped lure both Walt Disney World and Martin Marietta (now Lockheed Martin) to Florida and the Orlando area. SunTrust builds strong business and personal relationships and has a proven track record to prove it – Total Assets in Florida \$24.7 B, Florida Trust Account 9,771.

INVITATION FROM SunTrust, Sanibel
2408 Periwinkle Way
To the first Sanibel Artist Series
Reception featuring local artist
Thursday, December 18th 4:15-5:45pm



Thank You to all that volunteered at the
Holiday Outreach Harlem Heights
Foundation
Bountiful Blessings – Thanksgiving