



The SMILE

September 9, 2020

ROTARY CLUB OF SARASOTA

CHARTERED APRIL 12, 1926
CLUB NUMBER 4339
DISTRICT 6960
ZONE 34
PRESIDENT – LAURA RANDALL

The Four Way Test of Things we Think, Say or Do:

- 1. Is it the TRUTH?
- 2. Is it FAIR to all concerned?
- 3. Will it build GOODWILL and BETTER FRIENDSHIPS?
- 4. Will it be BENEFICIAL to all concerned?

Upcoming speakers

- Sept 16.....Jeff Jackson, CEO, PGT Innovations
- Sept 23.....Kat Ross, Dockmaster, Marina Jacks
- Sept 30.....Lynn Cole, Certified Mediator
- Oct. 7.....Michael McGovern, Chair, International PolioPlus Initiative

This week's speaker

Dr. Christina Captain, Sarasota Center for Acupuncture and Nutrition



Dr. Captain is a nationally board certified (NCCAOM) Doctor of Acupuncture and Oriental Medicine (DAOM) and the lead practitioner at Sarasota Center for Acupuncture and Nutrition, formerly Family Healing Center, which she founded in 2000.

She earned her Master's degree in Acupuncture & Oriental Medicine (MSAOM) from the East West College of Natural Medicine, Sarasota and completed her Doctoral specialty with a focus in Integrative Medicine at AOMA's Graduate School of Integrative Medicine, Austin, TX.

In 2014, she earned a Master of Science degree in Human Nutrition (MSHN) from the University of Bridgeport, CT. Dr. Captain has received additional training in acupuncture, including training at M.D. Anderson in pain management and integrative cancer therapies. She is qualified by the state of Florida to provide injection therapies. Also in 2014, Dr. Captain co-authored a textbook titled "Laboratory Analysis for the TCM practitioner" that was published by Jessica Kingsley Publishing, UK.

Prior to becoming a practitioner of Oriental Medicine, Dr. Captain earned a Master's degree in Speech Language Pathology and Communication Disorders from the University of Central Florida, Orlando, FL. She remains an actively licensed speech pathologist (SLP) in the state of Florida.

Dr. Captain is also trained in a variety of techniques from allergy elimination to facial rejuvenation. Educated in the Mei Zen cosmetic acupuncture, vibrational beauty, and injection bio-rejuvenation systems.

Dr. Captain's knowledge and enthusiasm for health and wellness has earned her a reputation as a qualified lecturer, keynote speaker, and experienced teacher throughout the United States.

September 2nd Meeting Recap

By Bonnie Calvert

Thank you to Jim Shirley, Executive Director of the Arts Alliance of Sarasota County and Jason Cannon from Florida Studio Theater (FST) for speaking at our September 2nd lunch meeting. FST and all the theaters have been hit hard by the pandemic. Millions of dollars have been lost and many artists have been furloughed. The Sarasota Orchestra just announced that they will be closed through May, 2021. FST and other theaters and galleries are working on maintenance of their shops but may not survive this mandatory shutdown. FST considered opening on a limited seating basis but only about 35-40 people would be allowed in which is not cost effective. They are working with the county for CARES ACT money. Jason Cannon signed up for PPP money and was able to hire 32 playwrights whose work was reviewed via Zoom. The goal is to have new plays ready to go when FST is allowed to re-open. Cabarets are being planned, murals are being painted, Zoom classes are being held through the school and the potential for live streaming is being looked at seriously, as well as outdoor venues. Jim and Jason encouraged our members to invest in the arts.



Rotary International Committee Pam Akins, Chair



Doing Good in the World

Why Give to The Rotary Foundation?

- Of the world's 7.7 billion people—
- 800 million live on \$2/day or less
 - 2 billion lack clean water
 - 2.4 billion lack sanitation facilities
 - 750 million adults are illiterate
 - 9 million die from hunger or hunger-related disease annually
 - 1.5 billion are affected by war, violence and high crime
 - 15,000 children under the age of 5 die every day of preventable causes

- ✓ We are blessed to live in one of the wealthiest countries in the world.
- ✓ We can leverage our gifts with other Rotarians' time, talents and treasure.
- ✓ We know our donations are used in the best possible way to save and change lives.
- ✓ Because Our Foundation is Rotarians helping Rotarians do good in the world.
- ✓ Because the world needs it!

*Be a Sustaining Member, Paul Harris Fellow, or Major Donor
Give at www.rotary.org/give · Go TRF Direct*

What's next?

Where in the world is our speaker?

Out of an abundance of caution for our members and our community, we will continue to meet virtually via Zoom for the foreseeable future. Our team will be hitting the road to meet our speakers in their space. Zoom in this Wednesday and learn where **Dr. Christina Captain** will take us! Click [here](#) for the permanent lunch time link. The meeting ID is 850 7495 4959.

Stay Connected!

Don't let a Global Pandemic get in the way of connecting with Rotarians! Here are a few ways to stay connected:

- Join our weekly Zoom meetings and learn from our engaging speakers
- Join the Saturday morning Zoom Room @ 9:00am. [Here's](#) the link or call **Lee-En Chung** for info.
- Get some fresh air on Saturday morning and join the Guys of Panera group at 9am at the Panera Bread location at Bahia Vista and Tamiami Trail.
- Get your golf on with the Rotary Golf Group each Wednesday and Saturday (weather permitting). Contact Rotarian Roy Adams for information and to reserve your spot.
- Join a Rotary Affinity Group like the Supper Club or create your own group. Contact **Tom Melville** for assistance.



Working Women @ Rotary

Working Women @ Rotary, founded in 2020, is a community where likeminded women can connect, get inspired, and cultivate their careers. It was founded as an effort to grow and maintain our exceptional club environment by creating a more inclusive culture. As such, the **Working Women @ Rotary** objectives include championing diversity and inclusion, having a positive, open dialogue, encouraging each other to showcase and develop leadership skills, and inspiring each other.

If you are interested in being a part of this dynamic group, please reach out to Shelly Wilson, swilson@rpmisp.com

Here is how you can help!

OLD COMPUTER?

YOU CAN USE IT TO HELP OTHERS.



Laptop Donation Drive for area foster kids

The Children's Guardian Fund (CGF) and Sarasota Technology Users Group (STUG) have teamed up to collect used computer laptops. With a long history of recycling and safety, the STUG *sanitizes* the hard drive with a seven-step process that protects the donor's information. The STUG employs software similar to that used by the **U.S. Department of Defense to completely eliminate all data on the hard-drives**. They then refurbish the laptop and install software that is typically required for school. Refurbished laptops are distributed to area students in foster or state care through the CGF and the Guardian ad Litem Program.

Drop off at: 1750 17th Street, Building J-1, Sarasota FL 34234

Arrange for a pickup: call MARK at [941.374.1107](tel:941.374.1107) or e-mail msharff@gmail.com



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